



# News

Summer 2017

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## Mayor Addresses CPN Meeting

By Peggy Goetz

Mayor Michael Hancock visited the April 19 Congress Park Neighbors meeting and covered a variety of issues, including Denver’s growing density, traffic, economics and education.

Mayor Hancock shared several statistics as evidence that Denver continues to grow rapidly and his administration is aware of the pressures building on the economy, transportation, housing and other areas. He cited several efforts to help Denver get ahead of the curve, including the revitalization of Blueprint Denver and the neighborhood plans.

He talked at length about the need to continue to build a foundation for a transition to more mass-transit options, citing the influx of younger professionals who don’t want to own cars. He also cited an ongoing arrival of retirees, saying Denver is the “number three destination for retirees.” Data projects that Denver will add up to 250,000 residents by 2040.

Attendees commented that the “Wide Open West” landscape and mindset attracts people who expect to have cars for road trips to skiing and hiking in the mountains and other beautiful areas of Colorado.

Neighbors noted that prudent planning should include adequate accommodation for the automobile for some time to come.

To add your input to Denver’s planning explorations, try the “Growing a Better Denver” (<https://maptionnaire.com/en/2714/>) online game and take the “Build Your Own Transit” (<https://denvermovestransit.org/>) survey.

Nearly 40 neighbors gathered in the multi-purpose room of Sewall REACH school for the Mayor’s presentation and discussions about the Congress Park Green Team’s Earth Day celebration and this fall’s Denver Solid Waste Management trash collection conversion from dumpsters to rolling carts.

To keep apprised of neighborhood issues, sign up for the email blasts at [www.congress-parkneighbors.org](http://www.congress-parkneighbors.org), attend the neighborhood meetings every other month, or contact any of your volunteer neighborhood Board members on the next page. Your neighborhood needs your participation. Volunteer for a committee or activity to support Congress Park.

### *Congress Park’s Vision (1995 Neighborhood Plan)*

*Congress Park is a traditional city neighborhood with a small-town atmosphere. Here, people of diverse cultures, ages, colors and economic backgrounds share a sense of community, value older homes and mature trees, and enjoy the convenience of city living amid the stability of a thriving neighborhood.*

**Congress Park News** is a quarterly publication of Congress Park Neighbors, Inc. A network of volunteers produces and distributes it to a circulation of more than 4,500 residents and businesses within the area bounded by Colfax Avenue, Sixth Avenue, York Street and Colorado Boulevard.

www.CongressParkNeighbors.org

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Volunteers Needed

Your articles, letters and advertisements are always welcome.

Neighborhood meetings are held every other month (February, April, June, August, October, December), on the third Wednesday, at 7 p.m. at REACH Charter School 940 Fillmore. Watch for the newsletter and the email blasts for featured speakers.

Don't get the email blasts? Sign up at [www.congressparkneighbors.org](http://www.congressparkneighbors.org).

This newsletter is printed on 100% recycled paper with soy-based ink by Signature Offset

## Volunteer Opportunities

**Y**ou are curious about your neighborhood and how it fits in—and stands out—in Denver. We need your help in these areas.

### Volunteer Opportunity: Business Liaison

A neighbor who is interested in Congress Park businesses could visit new and established businesses, write a “welcome” or “what’s new” article, and talk to business owners about advertising in the CPNNews. New businesses are eligible for one free ad; all advertisers can pre-pay for four ads (one year) and may qualify for a discounted rate.

### Volunteer Opportunity: Newsletter Coordinator

We're looking for a neighbor who can be our Volunteer Newsletter Coordinator. You'll work with the CPN, Inc., Board and manage the production of the 30-plus year-old vibrant quarterly neighborhood newsletter in the best interest of the neighborhood, upholding the neighborhood vision.

### Volunteer Opportunity: Newsletter Contributor

Your name in print! Write articles about CPN issues, businesses and residents' concerns. You'll interview newcomers and long-time residents to relate the Congress Park vibe to our readers.

### Volunteer Opportunity: CPN activities

There's a bunch going on in Denver that affects Congress Park and we need more people participating in meetings and reporting on them to neighborhood meetings and in the CPNNews. Your neighbors need your perception and perspective.

Email [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org) to express your interest in taking on any of these, or perhaps to volunteer for something we haven't thought of yet!

## Your Congress Park Neighbors 2017 Volunteer Board of Directors

Tom Conis—President  
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Victoria Eppler—At-Large  
1254 Clayton St.; 303-912-7988  
[victoriaeppler@comcast.net](mailto:victoriaeppler@comcast.net)

Your elected, all-volunteer Congress Park Board invites you to attend the open meetings at REACH Charter School at 940 Fillmore on the third Wednesday every other month (Feb., Apr., June, Aug., Oct., Dec.) at 7 p.m.

Lots of other neighbors help with communications, membership, and more, and generally make Congress Park a great place to live—you know who you are and how much we depend on you—Thanks!

And we thank these committed neighbors:

Joan Gregerson, Liz Goehring and Becky Coughlin—Congress Park Green Team coordinators

Steve Eppler—Crime Action  
[crime@congressparkneighbors.org](mailto:crime@congressparkneighbors.org)

Your Name here—Congress Park Historic Preservation

Your Name here—Hospital District Redevelopment

### Denver Botanic Gardens Liaisons

Bill DeMaio; [bdemaio@aol.com](mailto:bdemaio@aol.com)  
Myles Tangalin  
Victoria Eppler

### Do you have a suggestion for your Board?

Send hints and help to  
[CPNBoard@congressparkneighbors.org](mailto:CPNBoard@congressparkneighbors.org)

**Visit CPN businesses, make new friends and support your neighborhood newsletter. Volunteer CPNNews advertising accounts rep needed now! Call Wendy, 303-355-3735, for info.**

## News from Sewall Child Development Center

By Patricia Smith

### Summer at Sewall 2017

Sewall is offering full-day summer camp opportunities starting the week of June 5 for 5- to 8- year old school-age children. Preschool-age summer camp for 3- to 5-year-olds starts the week of June 12. Each program runs in segments through August 4.

Elementary school-age summer camp has weekly outings to the community for theme-based learning and experiences through Denver Parks and Recreation. This is a wonderful opportunity for graduates of Sewall to come back for the summer, your neighborhood friends and family to participate in Sewall programming, and current Sewall children who are heading to kindergarten in the fall to enjoy a different experience.

Preschool-age summer camp has community agencies bringing enrichment activities to the classroom to follow each theme. If your child is kindergarten bound, you have the option of enrolling in either the preschool age or the school age summer camp. Contact Janine Westlund at [jwestlund@sewallchild.org](mailto:jwestlund@sewallchild.org) for more information or download the registration form from Sewall website at [sewall.org](http://sewall.org) or on Sewall's Facebook page.

### Graduation Time!

Sewall is looking forward to our annual graduation celebration for the children heading to kindergarten in the Fall. Please mark your calendars and plan to attend. It is a wonderful celebration of how your



child has grown during their time at Sewall and the exciting next stage of their education in kindergarten. All families are welcome to attend and will be parking around the Fillmore Campus. Graduation for Sewall children at the Fillmore campus will be held at the 940 Fillmore Street campus outdoors on Friday, June 2 at 10:00 a.m.

### Colorado Garden Foundation Grant for Fillmore Campus Sensory Garden

On May 12, the Colorado Garden Foundation will host a ceremony to present a \$75,000 grant at the Sewall Child Development Center/REACH Fillmore Campus. The Congress Park Green Team will be part of the volunteer effort to design and install this beautiful new garden! We will have more updates as the design process begins. For more information about this project, and to volunteer, contact Maribeth Waldrep at Sewall: 303-399-1800 ext. 129.





## Tellerpalooza Flies at the BlueBird in May

By Lisa Aiken



Save the date! Teller Elementary's 14th Annual Tellerpalooza Concert is coming to The Bluebird Theatre on Saturday, May 27th at 4 p.m. As always, the public is welcome to join in the celebration of music, culture, food and fun.

Early in the evening, Teller's own students—featuring band, voices and violins—will take to the stage to perform alongside local bands who have graciously donated their time and talents. This year's lineup includes: Sur Ellz (<http://www.surellz.com/music>), Thunder and Rain (<https://thunderandrainmusic.com>), 2MX2 (<http://2mx2.com>), Full Belly (<https://www.reverbnation.com/fullbellymusic>), and Megan Burt & the Cure for Love (<http://meganburt.com>).

In addition to great music, there will be also be other fun activities like henna and temporary tattoos, face painting, a bake sale, beer & wine raffles, food trucks from Fat Sully's and Smokestack 70 (BBQ), as well as ice cream from Sweet Coogie's. Once again, the event will be piloted by the ever-entertaining master of ceremonies, Zach

Hochstadt. A big thank you and shout out to the bands, as well as the following sponsors:



Preview of 2017 Tellerpalooza shirts

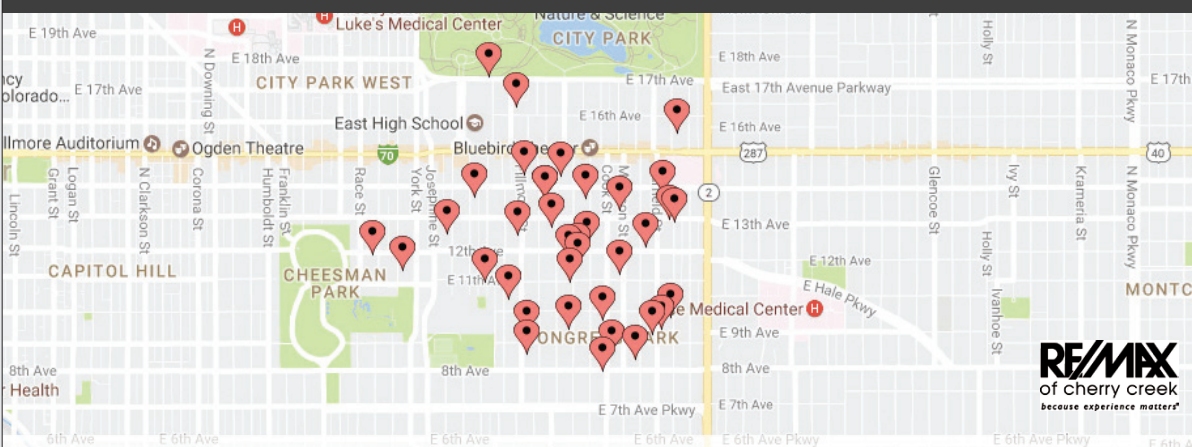
AEG Live, The Bluebird Theater, Rupp's Drums, Colorado Commercial Cleaners, Cerebral Brewing, Oskar Blues, Sweet Coogie's, Fat Sully's and Smokestack 70.

Tellerpalooza serves as a vital funding source for Teller Elementary, whose deficits increase more and more each year. Last year's event raised roughly \$15,000, which went towards funding academic programs as well as faculty positions at the school.

Tickets are \$15 each or \$50 for a family 4 pack. T-shirts will be available for \$15 for kids and \$18 for adults. This year, the Tellerpalooza team is offering a Teacher Gift Package for \$35, which includes a T-shirt and 2 tickets for your kid's

teacher. Also, since the event is on Memorial Day weekend, there's also an Out of Towner Donation Package of \$25 for families who still want to help the school raise money. Please see the Teller website for more information or to purchase tickets and shirts: <http://teller.dpsk12.org>.

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## The Teller Art and Music Departments are Busy!

By Lisa Aiken

**F**riday, May 12: Teller's Tiger Voices will perform the national anthem with five other DPS choirs at 6:40 p.m. at the Rockies Game.

Tuesday, May 16: A Celebration of Color and Sound From 4-4:40 p.m., first graders will present original group compositions to represent a mood played on xylophones and other classroom instruments. From 5-5:40 p.m., second grade students will kick off our Little Kids Rock program with three modern rock songs using guitar, keyboard, drums and vocals. This is sure to be a rocking night. During this time too we will also have our All School Art Show fundraiser where families can purchase some original student artwork. Last year's Art Show raised \$1,500. Both the proceeds from this year and last will go towards the budget deficit.

Tuesday, May 23, 5 -7 p.m.: Concert in the Park. The final choir, band and violin performances will be an outdoor concert (weather permitting) on the Teller playground. Bring your lawn chairs and blankets and enjoy some amazing Teller music. The 2016-17 Awards Presentation will also take place for those students in the after school music programs. Families are being asked to bring cookies to share following the concert to celebrate our amazing students.

May 24 & 25: Talent show auditions will be held from 3:15-5:15 in the Teller Auditorium. Sign up with Ms. Dee in the office. Results will be posted on May 26.

Friday, June 2: All school Talent show. Two shows will be presented in the Teller Auditorium at 8:30 a.m. and 10:30 a.m.

## Teller Offers Fundraising Options for Every Interest

By Lisa Aiken

**BoxTops Fundraising:** The Teller Fundraising Committee needs you - parents and members of the Congress Park Community. Efforts are being made to step up participations to help earn the school more money. Be on the lookout soon for a mailbox outside of the school where parents and neighbors can help support our local school. Also, the class with the most BoxTops will earn their teacher a \$100 Visa card in a twice-yearly contest. Congrats to Kinder Teacher, Mrs. Kairys, for being the first prize winner!

**DYE it Yourself Fundraiser:** Wednesday, May 10th. 3-6 p.m. Kids can custom dye white silk scarves for Mother's Day, themselves, friends etc...Here is a link to pre-pay: [Squareup.com/store/dye-it-yourself](http://Squareup.com/store/dye-it-yourself). It's \$35.00 per scarf and \$10.00 of that goes back to the school. This event is open to the entire neighborhood, so grab a neighbor and help your local school.

**Backpack Friends** continues to provide food for 36 families every weekend who may otherwise go hungry. Please consider donating funds or your time and effort. More information can be found on the "Teller Backpack Friends" Facebook page.

Do you know another way Teller could raise funds? Call or email the school and let them know.



**Teller Mission 2015**  
Teller Scholars are problem solvers. They ask questions, think critically and grow through personal, social and academic challenge. Our scholars are resilient, independent learners who persevere to college success and beyond.

**Happening at Teller**  
Check out the calendar at <http://teller.dpsk12.org/calendar/>



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#### Sapling Level

Berenice's  
Lyman Home Co  
Jim & Teresa Toomey  
Positive Energy Works  
Trader Joe's  
Wild Flowers

Thanks to Denver Sustainable Neighborhood Network for year-round assistance with Green Team initiatives and for printing our flyers and banner!

Thanks to Kleenatap for providing filtered water.

Thanks to energysimple for providing bicycles to power the music!

## Green Team Celebrates Earth Day 2017

By Maggie Price, Liz Goehring, Joan Gregerson and Becky Coughlin  
*Congress Park Green Team Steering Committee members*

About 400 people participated in Congress Park's Second Annual Earth Day celebration! We can't thank everyone enough for your involvement, as exhibitors and enthusiasts.

Congress Park Neighbors Inc. Green Team presented the Earth Day neighborhood party on Saturday, April 22, 2017 at Capitol Heights Faith Communities, 1100 Fillmore Street.

This year's theme, "Think Globally, Act Locally!" was chosen to encourage all of us in Congress Park to take action right here under our feet. The threat of bad weather moved the event inside the church but that did not seem to dampen the fun. Throughout the festival local musicians Flat Out Jazz and Swallow Hill Music Choir serenaded the participants as they stopped by more than 20 exhibit tables with topics that ranged from Bees to Vegan Eating. Community volunteers pedaled Energy Bikes to power the sound system

#### Local Actions!

Our Green Team Co-Leader Liz Goehring has been collecting and tallying the hundreds of commitments that festival goers made. The volume is amazing and include volunteering to work in

the Sewall Sensory Garden, taking the Pollinator Planting Pledge, planning a neighborhood cleanup and dozens of other important steps, both big and small. In addition to helping our community through the actions, their documentation validates our standing in Denver's Sustainable Neighborhoods program. If you have data you would like to share, please email it to Liz Goehring at [lizg313@gmail.com](mailto:lizg313@gmail.com)

Congress Park Neighbors, Inc., thanks the Green Team members and sponsors for this terrific event. Mark Saturday, April 21 on your calendar for next year! If you want to get involved in and of the year-round activities, sign up for our email newsletter, attend one of our upcoming meetings, and please visit our page through the Congress Park Neighbors website.

As well as the annual Earth Day Festival, we do have activities all year round, so please reach out if you'd like to work directly on or with our team. The Green Team is in it for the long haul so we look forward to working together for years to come!



CP Earth Day exhibitors pose for the thank you photo after the event.

## Door to Door Scammers Offer a Variety of Ways to Unlawfully Separate You From your Money

From the Denver DA's office

Thieves masquerading as security alarm employees are burglarizing Denver residents, especially our elders, with numerous scams. These scammers may tell you they can provide a new roof, fence, gutters, tuckpointing, tree-pruning and other services, or claim to be from a utility company or other entity.

Such criminals are also referred to as “distraction thieves” because they lure their unsuspecting victims outdoors to help locate property lines, or to assess “damaged power lines” or broken branches. While the victim is detained, a partner in the crime enters the home, takes valuables and disappears before the victim realizes that a crime has taken place.

Unlike the more widely known con artists who pitch home improvement scams door-to-door, “distraction” burglars pose potentially greater harm to their victims, especially if confronted

With the warmer weather approaching, it’s likely

there will be a resurgence in these kinds of crimes. As a general rule, residents should be cautious of any stranger who goes door-to-door asking to use the phone or bathroom, or who tells a “hard luck” story in an attempt to get you to give them money or get in your house. Neighbors can be helpful by reporting any suspicious activity to police.

### Be Alert

Never open the door to anyone that you don’t know, and never let a stranger into your home without first checking their credentials. Utility companies and other service providers that operate in the City of Denver must display visible identification. To be on the safe side, refuse the service, shut the door and call the company represented by the solicitor to verify their legitimacy.

Only talk to strangers through a closed and locked screen door. For peace of mind, consider installing locks on all front-door screens.

Denver DA’s Fraud Line: 720-913-9179

## Earth Day 2017

By Joan Gregerson

Bicycle-powered tunes  
Bubbles and balloons  
Strollers and babies  
Neighbors and newbies  
Homeless and recovering  
Lovely people loving  
LED lights  
Vegan bites  
Bees and butterflies  
On cheeks and hands  
Native flowers and  
Dandelion lands  
Climate action  
Jazzsatisfaction  
Seed starting  
Sensory gardening  
Bicycling  
Recycling  
Kite making tables  
Composting bagels  
Boxes for bees  
Cards for refugees  
Cloth and bags  
Jewels and soap  
Hand-made wonders  
Full of hope  
Biodiversity enriches wildlife  
Diversity is my rich life  
I speak for the trees  
And the trees speak to me  
Uniting the neighbors and  
the nations  
Protecting the EPA  
This and more  
Was our Earth Day  
Seeds were planted  
In many a heart  
Every oak tree  
Comes from such  
A tiny start  
And every forest  
Is made of lots of trees  
From people like us  
And days like these

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### City Repaving Colfax This Summer, Speer to Colorado

In early April 2017, crews began reconstructing 196 curb ramps and resurfacing the roadway on Colfax Avenue, from Speer Boulevard to Colorado Boulevard. The six-month project will improve safety for motorists and pedestrians.

While the project team plans to minimize impacts to travelers and ensure the public has access to area businesses at all times, motorists in this area can expect the following:

**April - June:**

Sidewalk and curb ramp work 8:30 a.m. - 3:30 p.m., Monday through Friday.

**June - September:**

Resurfacing from 8:30 p.m. - 5:30 a.m., Monday through Thursday.

All work is weather permitting, and schedules are subject to change.

For additional information about this project, call the project information line at 1-844-281-4473, Option 1, email the team at ColfaxSpeerToColorado@gmail.com, or visit the project website and sign up for updates at <https://www.codot.gov/projects/colfax-resurfacing-denver>.

**PocketGov Alerts You to City Service Dates**

Trash pickup is which Wednesday? Recycling is which Thursday? What—a Street Sweeping ticket? Never miss a city service date again after you set up a profile on [www.pocketgov.com](http://www.pocketgov.com).

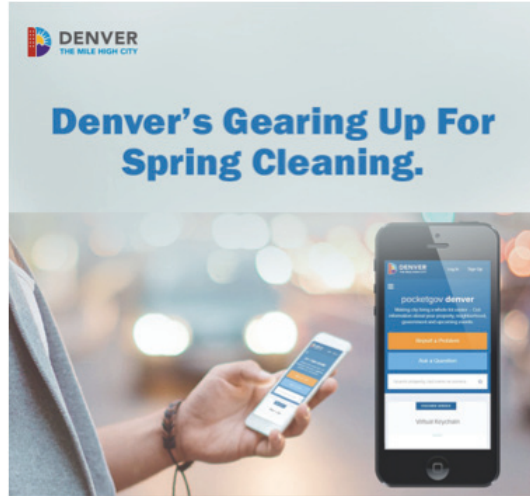


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## Bargains for a Good Cause

By Wendy Moraskie

With apologies to Alfred, Lord Tennyson,  
Spring is when our thoughts turn to yard  
sales. Oh sure, love too... after the yard sales.

You love yard sale-ing and contributing to a good  
cause, so the Zonta Club of Denver's annual yard  
sale is the place to be on May 20.

The nearly 40 members of the club are serious about  
spring cleaning and their club's mission: to improve  
opportunities for at-risk women and children.

One Saturday in May, for more than 10 years, they  
have arrayed a selection of gently-used decor,  
jewelry, furniture and other household goods on  
the lawn at 1360 Glencoe.

Stop by in the morning for the best selection,  
but not before 8 a.m., please. 303-355-3735

The Zonta Club of Denver was chartered in 1927  
and, as a chapter of Zonta International, is united  
with more than 30,000 executives in business and  
the professions in over 1,200 clubs in 67 countries  
and geographic areas to empower improve the  
quality of life for women and children worldwide  
through service and advocacy.

Zonta Club of Denver members volunteer  
hundreds of hands-on service hours annually at  
local organizations and have given more than \$3  
million to local and international organizations  
over the club's 90-year history.

For more information about Zonta Club of Den-  
ver, visit [www.zonta-denver.org](http://www.zonta-denver.org), or ask anyone  
at the sale.



**Zonta Yard Sale**  
100s of great bargains;  
10+ years;  
Funds go to local grants  
for at-risk women  
1360 Glencoe,  
Saturday, May 20,  
8 a.m.- 3 p.m.  
No early birds.



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## Congress Park Crime Item

By Stephen Eppler, Crime Action Chair

*"The Congress Park Crime Action Committee is committed to coordinate efforts to rid our neighborhood of crime, thus helping to ensure personal safety for all."*

*CPN Crime Action Committee Mission Statement*

### Crime Statistics Resources

A Crime Quotient quantifies the number of reported incidents per 1,000 residents within a geographical region. The Denver Post's website (<http://crime.denverpost.com/about/>) posts a variety of data on reported crimes to facilitate neighborhood ranking.

Crime statistics for the first 3 months of 2017 document several changes.

With respect to violent crime, both simple and aggravated assault have decreased compared to 2016. There were 2 aggravated assaults this year and 4 during 2016. Simple assaults dropped by 1 to 4 events. However, robberies have increased significantly to 5 from 0 in 2016. Most of these events continue to occur disproportionately near Colfax (south to 13th Avenue), followed by Josephine Street and Colorado Boulevard. Fortunately, these numbers remain relatively low, but this has shifted Congress Park's ranking among the 78 Denver neighborhood to 59th, up from 65th in 2016.

There has also been an increase in crimes against property. The number of auto thefts remained stable at 10 for the first 3 months of 2017. However, beginning in March and continuing through the first 3 weeks of April the frequency of auto theft has increased. Theft from motor vehicle has increased. There were 17 events during the January - March 2016. During the same period of 2017 there were 25, a 47% increase. Larceny increased even more, from 13 to 25, a 92.3% increase. Many of these involved bike thefts. The incidence of burglary remained stable at 16 during this period of 2016 and 2017 roughly equally split between forced and unforced entry. Crimes

against property are relatively evenly distributed throughout the Congress Park except for motor vehicle thefts which tend to occur in the same areas as violent crimes.

Adriel Torres, Community Resource Officer District 2 confirmed these trends and commented that, "many of these crimes are crimes of opportunity where people get in hurry and forget valuables in their vehicles or just think 'it won't happen to them.'"

Don't allow yourself to become a victim. Even if you are away only briefly, close up your garage and lock your doors. Keep your property out of sight and secured.

Officer Torres also wanted to make Congress Park residents aware of Pocketgov.denver, a relatively new internet portal accessed through [www.denvergov.org/pocketgov](http://www.denvergov.org/pocketgov), or via a smart phone app. It provides a way to get information about your property, neighborhood and local government. In addition to providing an unmonitored link to the police, it has helpful information about street sweeping, waste service/schedule, Denver events, fee payment and other data.



**Dan Braun**  
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[danbraun725@gmail.com](mailto:danbraun725@gmail.com)



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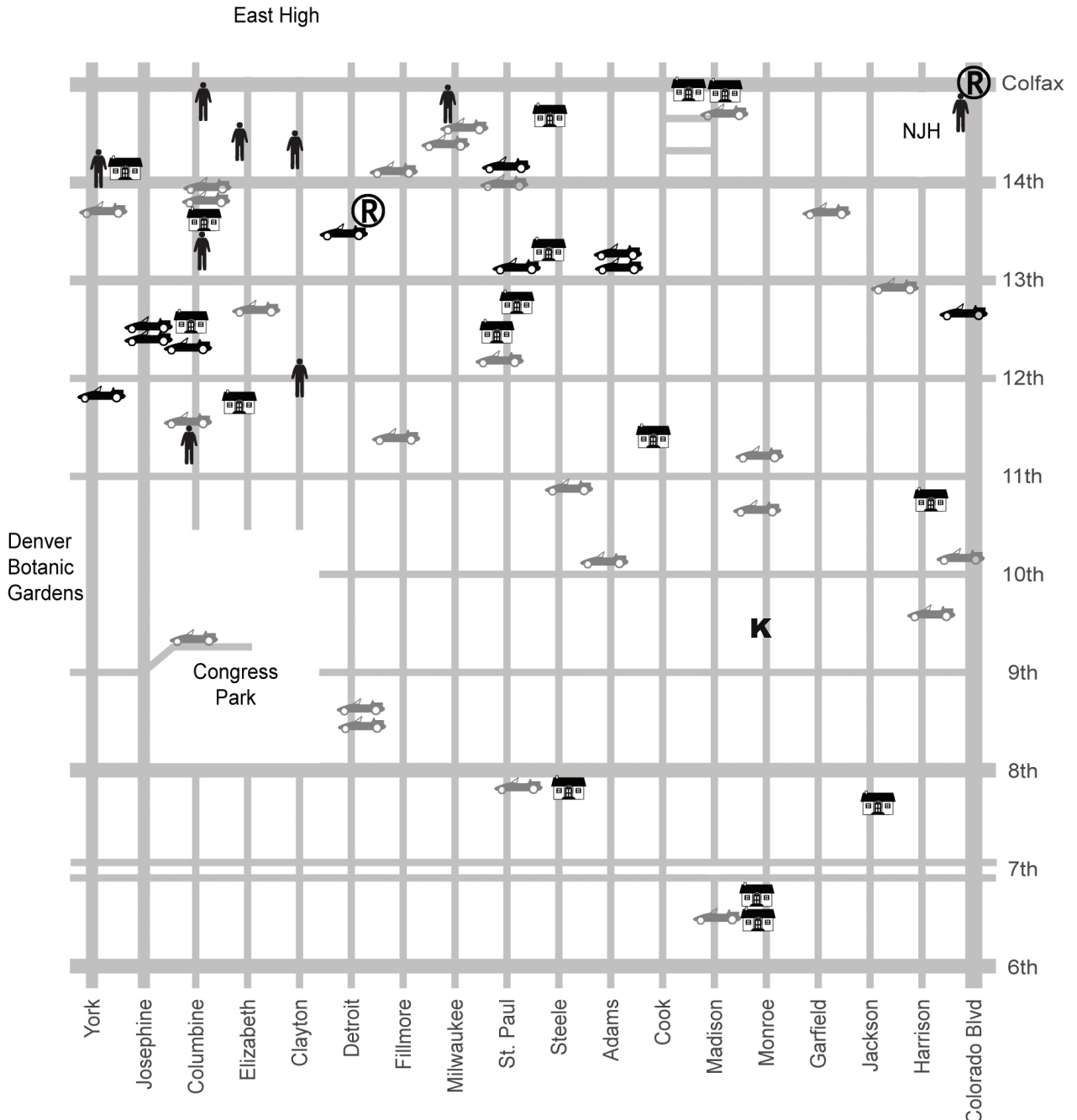







"The fence that makes good neighbors  
needs a gate to make good friends"

-Anonymous



# CONGRESS PARK NEIGHBORHOOD CRIMES JANUARY - MARCH 2017



-  Sexual Assault
-  Assault/robbery
-  Burglary
-  Auto Theft
-  Theft from auto
- K** Kidnapping

**This map shows a compilation of all serious crimes reported to police within Congress Park in the first quarter of 2017. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics.**

## City Park Jazz

Denver's popular City Park Jazz, which presents free Sunday evening concerts featuring only local musicians, has announced its 2017 schedule, featuring an eclectic collection of talent.

The 31st season will span 10 Sunday evenings starting June 4, with concerts set for 6 to 8 p.m. at City Park Pavilion.

Acts run a gamut that includes the soul-funk-doo-wop mix of The Other Black, featuring Wesley Watkins, the sultry sound of vocalist Linda Styles, and the supercharged blend of bluegrass/jazz from Pete Wernick & Flexigrass.

City Park Jazz has also put out a call for concert volunteers and sponsors for the all-volunteer event.

Check out the full lineup below and find out about transportation, food trucks, volunteering and more at [CityParkJazz.org](http://CityParkJazz.org).

### Schedule:

- June 4: The Other Black  
(featuring Wesley Watkins)
- June 11: Pete Wernick & Flexigrass
- June 18: Linda Styles
- June 25: Dotsero
- July 2: Purnell Steen and Le Jazz Machine
- July 9: Buckner Funken Jazz
- July 16: Judge Roughneck
- July 23: Los Bohemios
- July 30: JoFoKe
- Aug. 6: Alpha Schoolmarm Orchestra

CITY PARK



"Alone we can do so little;  
TOGETHER WE CAN DO SO MUCH."  
-HELLEN KELLER



## Gardens Offer Opportunities to Enjoy Nature, Right Next Door

By Erin Bird, Denver Botanic Gardens

Just down the street or a few blocks over at the Denver Botanic Gardens, you can enjoy the beautiful plantings while admiring sculpture, tasting wine, attending concerts, hearing about Shakespeare's flower and herb references, or studying yoga. Classes use the gardens as an inspirational backdrop to illustrate water conservation, creative uses for herbs and ...illustration. Here are a few examples of what's going on at the Gardens. There's something for every age, activity and garden appreciation level. For more details, see [www.botanicgardens.org](http://www.botanicgardens.org).

### Concerts, Exhibits, Tours, Lectures, Classes

Calder: Monumental, April 28 – September 24

Color: Works by Teresa Booth Brown,  
May 24 – August 6

Summer Concerts, June 1: Taj Mo': The Taj Mahal  
and Keb' Mo' Band

Summertime Tea in the Gardens, Saturday,  
June 3, 17, 10-11:30 a.m.

Mountain and Plains Iris Show, Sunday, June 4  
Every Drop Counts Tour, Thursday, June 8, 17,  
5-6 p.m.; June 21, 9:30-10:30 a.m.

Sip and Stroll Tour, Thursday, June 8, 6:30-8 p.m.

Garden to Glass: Summer Drinks and Tapas,  
Friday, June 9, 6-8 p.m.

Easy Drawing in the Gardens, Saturday,  
June 10, 2-5 p.m.

Cooking with Fresh Herbs, Saturday, June 10,  
2-4 p.m.

Croquet in Bloom, Saturday, June 10,  
4-6 p.m. (monthly)

One-Man Bonsai Show, Sunday, June 11-18,  
10 a.m. – 9 p.m.

Seasonal Discoveries Tour, Sunday, June 11,  
11 a.m. - noon

Summer Concerts, June 13: Punch Brothers  
Lecture: Under the Colorado River, Thursday,  
June 15, 6-8 p.m.

Denver Rose Society Show, Sunday, June 18,  
1-6 p.m.

Midsummer Night Tour, Sunday, June 18, 29,  
6-7:15 p.m.

### Fitness and Flowers

Evening Kundalini Yoga: Mondays, 6-7:30 p.m.

Sunrise Vinyasa Yoga: Tuesdays and  
Thursdays, 8-9 a.m.

Tai Chi in the Gardens, Tuesdays, 8-9 a.m.

Gentle Vinyasa, Wednesdays, 8-9 a.m.

Evening Vinyasa Yoga, Wednesdays, 6-7 p.m.

Fitness in the Gardens, Thursdays, 8-9 a.m.

Vinyasa, Violins and Vino, Thursday, June 22,  
6:30-8:30 p.m.

**Colfax Marathon**  
**May 19-21, 2017**  
**[www.runcolfax.org](http://www.runcolfax.org)**





## Help Your Children with Special Needs Thrive Throughout Their Lives

By Jackie Waters

### A Little Help

If you know a senior who could use a little help, with house chores, shopping or a ride somewhere, contact Pastor Dr. Paul Leon Ramsay or, aLittleHelp.org, at 720-242-9032.

This non-profit connects seniors to volunteer and low-cost services.

Parents of children with special needs strive to ensure their needs are met far into the future. You document your children's medical history, advocate for them, secure caregivers, meet with educators and doctors, and draft wills, trusts and guardianships with lawyers and financial planners. In addition to planning for the future, you also need to use the time that you have now to teach your child skills that will help him be as independent as possible so that he can thrive throughout his lifetime.

### Let Your Child Try and Fail

It is easy to fall into the trap of being too overprotective or too helpful if you have a child with special needs. Teaching him that it is okay to try and fail until he learns how to do things himself, within his abilities and realistic expectations, is critical to giving him a foundation to thrive his whole life. It is difficult to stand back while a child struggles, but it is valuable to let him learn to fail and recover. He will become more tenacious and independent in the long run.

### Teach Your Child to Break Tasks into Smaller Chunks

Sometimes, kids with special needs quit before they even begin, overwhelmed by the size of a task before them. Help your child identify the series of smaller bits that make up the entire task and understand that each completed piece puts him one step



Image via Pixabay by stevepb

closer to finishing the job. These smaller chunks will be much more manageable for your child and help him maintain both a positive attitude about his abilities and the motivation he needs to complete the whole task.

Strategies that help your children become independent are some of the best things you can teach them to help them thrive throughout their lives. Show them that it is okay to try and fail until they can accomplish a task and help them approach larger tasks by breaking them into smaller chunks.

Baking or similar projects can be good learning opportunities. The larger job can be broken down into manageable chunks, and if some flour gets on the counter and a few eggshells get in the mix, it can be easily fixed. But the satisfaction your child will have at saying, "I baked those cookies," will make it all worth it.



## Neighborhood Directory

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**May** is Better Hearing & Speech Month, Melanoma/ Skin Cancer Detection, National Bike, National Photo, and Asian Pacific American Heritage Month.

**June** is Recycling Month, Fireworks Safety, National Dairy, and Zoo & Aquarium Month.

**July** is National Blueberry Month, National Ice Cream, National Recreation & Parks Month.

### Service Club Meeting

**Zonta Club of Denver**  
303-355-3735  
90 years working to improve opportunities for at-risk women and children. Monthly dinner, program & meeting on 2nd Thursday, \$35. [www.zonta-denver.org](http://www.zonta-denver.org)

### Worship

**Capitol Heights Presbyterian Church**  
1100 Fillmore; 303-333-9366  
A welcoming, diverse and inclusive faith community in Congress Park. Sundays: 9:30 am worship service, 11:00 am education hour.

### Window and Gutter Cleaning

**Twin Pines Window Cleaning**  
Window and Gutter cleaning. Also offering house cleaning and yard clean up. Contact Bob at 303-329-8205. Offering complimentary estimates since 1994.

### Service Club Meeting

**Zonta Club of Denver II**  
303-470-1686  
Established in 1986 to advance the status of women both locally and globally. The club meets at the University Club at 1673 Sherman St Monthly meeting on the 4th Thursday, \$40. [www.zonta-denver2.org](http://www.zonta-denver2.org).

### Professional Organizing

**Liberated. Understood. Empowered. Clear-headed.**  
This is how many of my clients feel when I help them declutter and simplify. I am Sarah Meyer, a Professional Organizer and Congress Park neighbor. Contact me at 303-868-2248 or [www.streamlinewithsarah.com](http://www.streamlinewithsarah.com) for help with your home and office organizing needs.

### Volunteer Opportunities

**Congress Park Neighbors**  
Meet new friends, share your expertise at neighborhood meetings and discuss issues that are shaping your neighborhood. Third Wednesdays of even months, 7 p.m., Sewall/REACH, 940 Fillmore. Contact [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org) and visit [congressparkneighbors.org](http://congressparkneighbors.org).

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**Think Outside the Big Box**  
*Shop at Your*  
**Congress Park Businesses**  
[www.congressparkneighbors.org](http://www.congressparkneighbors.org)  
lists all merchants in Congress Park.  
Please visit our site and see how our local businesses support our neighborhood.

“The spirit of volunteerism is the spirit of service.”  
—Lailah Gifty Akita



Congress Park Neighbors, Inc.  
 P.O. Box 18571  
 Denver, CO 80218  
[www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org)

The best way to keep up-to-date about neighborhood issues i.e., crime alerts, parking, zoning is to sign up for CPN's email broadcast at [www.congressparkneighbors.org/eblast.html](http://www.congressparkneighbors.org/eblast.html)

Check [www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org) for our advertisers' most recent news!



"Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved."  
 —Mattie Stepanek

**Congress Park Neighbors Membership Form**

Your neighborhood needs you! Join your neighbors today.

Name:  
 Email:  
 Address:  
 Phone:

Date:

I am interested in learning more about:

The above information will only be used for contacting you about Congress Park Neighborhood issues.

- Neighborhood beautification
- 12th Avenue Business Support
- Neighborhood/Colfax Plan
- Historic Preservation
- Newsletter reporting
- Newsletter advertising
- Newsletter production
- Newsletter distribution
- Neighborhood Watch
- Outreach
- Membership
- Social events
- Graffiti abatement
- Crime prevention
- Traffic/Parking
- Zoning
- Other

Member Name: \$20  
 If household membership, other persons name:  
 Patron (receive 2 passes to the SIE Film Center!): \$30  
 Business or organization: \$40

(Circle amount enclosed)

Make check payable to:  
 Congress Park Neighbors, Inc.  
 P.O. Box 18571  
 Denver, CO 80218

Congress Park Neighbors, Inc. is a non-profit organization with an elected, volunteer Board of Directors. Your tax-deductible annual dues support the newsletter, website ([www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org)), mailings and fliers about hot issues, events like the ice cream social and ongoing activities to benefit the neighborhood.