

Congress Park

News

Fall 2016

www.CongressParkNeighbors.org

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Congress Park Ice Cream Social Celebrates National Night Out

By Wendy Moraskie

The 2016 Congress Park Neighbors National Night Out featured renowned Lik's ice cream!

From 6 – 8 p.m., neighbors, police, firefighters, City Council representatives, State House members, and others greeted friends, mingled and chatted in the shade of the park pavilion next to the sandy playground. The temperature was slightly cooler than the 90+ degree days we had endured for several days prior. There was even a breeze, along with a few threatening rain drops.

Volunteer scoopers, including a couple of good-natured policewomen, delivered more than 400 cones of chocolate, vanilla and strawberry ice cream from large tubs in family-sized coolers to neighbors, kids and a few dogs.

Neighbors incorporated the party into their walks, runs and other evening activities, and talked about hyper-local issues with city, state and neighborhood representatives. Juggling dripping cones, people asked Congress

Park Board members about a zoning, paving and new businesses, turned in their Congress Park Neighbors' membership forms, applied for cards at the Denver Public Library table, signed up for the Congress Park Neighbors email blast, contributed to the Teller backpack program and



Two Congress Park neighbors offer to share their cones at the Aug. 2 National Night Out Ice Cream Social.

volunteered to help write and deliver the hard copy Congress Park News.

And there was National Night Out swag. Kids, with and without ice cream mustaches, wore bright red kid-sized firefighters' hats, had balloons inflated at the library table, sported bracelets, pins, sunglasses and pencils, and swarmed over the climbing toys in the sand.

If you want to volunteer to help with a neighborhood initiative or have a question about CPN issues, please attend the neighborhood meetings on the third Wednesday of the even months (next is October 19) at 7 p.m. in National Jewish Hospital's Heitler Hall, or email CPNBoard@congressparkneighbors.org.

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.

Volunteer Opportunity: Newsletter Coordinator Needed by Sept. 1

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.CongressPark
Neighbors.org

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CPN Board

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Distribution:
Volunteers Needed

Your articles, letters
and advertisements are
always welcome.

Neighborhood meetings are held every other month (August, October, December, February, April and June), on the third Wednesday, at 7 p.m. in National Jewish Hospital's Heitler Hall. Watch the newsletter and the email blasts for featured speakers. Don't get the email blasts? Sign up at www.congressparkneighbors.org.

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

Email cpnboard@congressparkneighbors.org to express your interest in volunteering for this vacancy. We're looking for a neighbor who can be our Volunteer Newsletter Coordinator. You'll work with an existing volunteer editorial and layout team to manage the production of the 30-plus year-old vibrant quarterly neighborhood newsletter.

The newsletter informs Congress Park neighbors about neighborhood-related issues and works with the volunteer neighborhood Board in the best interest of the neighborhood to further the neighborhood vision.

It's a great opportunity for long-term residents to lend your expertise, and for newcomers to quickly learn more about the wide-ranging interests and issues in our terrific neighborhood.

Over about 30 hours every quarter, the newsletter coordinator will: solicit and gather news copy from continuing and new writers; write articles as needed; deliver to and collect from volunteer writers, editors and layout designer; communi-

cate with advertising and delivery coordination volunteers; and keep current on issues relevant to the neighborhood. Not sure yet? Email Wendy Moraskie at wendyrich@msn.com to hear more.



Neighborhood volunteers and District 2 Police Officers scoop ice cream for the crowd at the Aug. 2 Congress Park Neighbors National Night Out Ice Cream Social.

Your Congress Park Neighbors 2016 Volunteer Board of Directors

Tom Conis—President
tom.conis@congressparkneighbors.org

Myles Tangalin—Treasurer
treasurer@congressparkneighbors.org

Maggie Price—Website
1465 Fillmore; 303-333-5478
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1475 Milwaukee St.; 303-355-3735
wendyrich@msn.com

Victoria Eppler—At-Large
1254 Clayton St.; 303-912-7988
victoriaeppler@comcast.net

And we thank these committed neighbors:

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

Your Name Here?—Congress Park
Historic Preservation

Lisa Loranger—Hospital District Redevelopment

Steve Eppler—Crime Action
crime@congressparkneighbors.org

Denver Botanic Gardens Liaisons
Bill DeMaio; bdemaio@aol.com
Myles Tangalin
Victoria Eppler

Do you have a suggestion for your Board?

Send hints and help to
CPNBoard@congressparkneighbors.org

The CPNews has a need for a volunteer who can visit with CPN professionals and businesses about advertising in the neighborhood newsletter. Call Wendy at 303-355-3735 for more information.

Your elected, all-volunteer Congress Park Board invites you to attend the open meetings at National Jewish Hospital on the third Wednesday every other month (Feb., Apr., June, Aug., Oct., Dec.) at 7 p.m. in Heitler Hall.

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!

Updates from the Colorado Boulevard Healthcare District

By Lisa L. Loranger

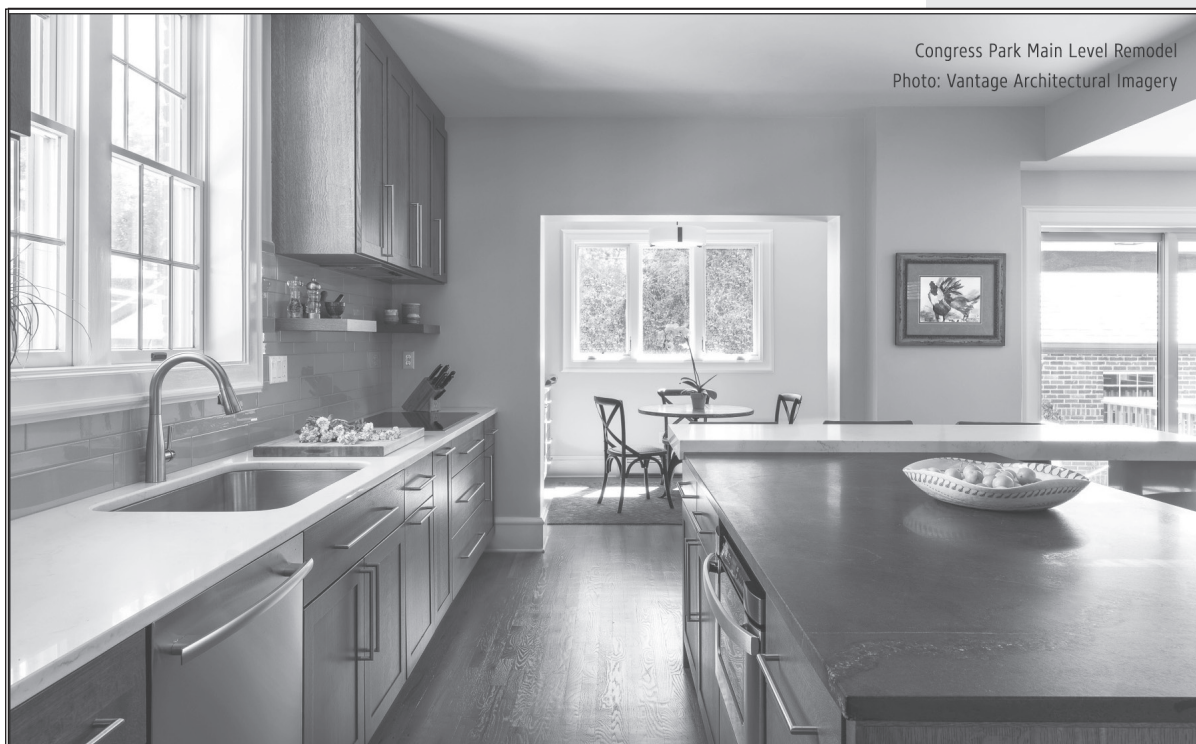
While the CBHD Board has not held any meetings recently, there is a subcommittee that has met to discuss mobility in and around the 9th & Colorado project. The Traffic, Pedestrian and Bike Committee has held two meetings to discuss the implications of increased traffic moving through the neighborhoods as a result of the redevelopment. A major concern of residents in the area is the safety of children walking to and from school.

Justin Schmitz, a traffic engineer for the City of Denver, and Frank Cannon of Continuum attended both meetings. They presented the results of a traffic study conducted in the neighborhood south of the 9th & Colorado development. They also discussed some of the traffic improvements that will be implemented to help mitigate traffic congestion in the area.

As discussed in previous articles, these improvements include added turn lanes and traffic lights. In addition, the timing of the walk signals on Colorado Blvd. will be extended to making crossing easier. Also, an additional signal and crosswalk for west-bound 11th Avenue will be added for traffic turning south on Colorado Blvd.

In the meantime, there is continued progress at 9th & Colorado. Demolition is almost done, and they are adding the basic infrastructure for the site, including the new street grid. We'll also start seeing construction of the first apartment block next to the garage at 11th & Colorado.

For more information about 9th & Colorado, visit <http://9thandcolorado.com/>.



Congress Park Main Level Remodel
Photo: Vantage Architectural Imagery

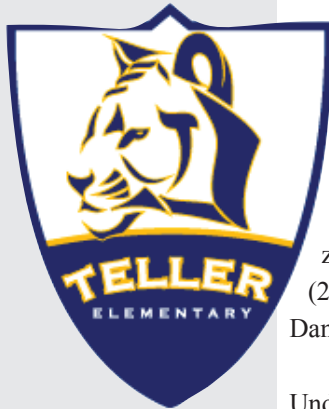


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Teller Welcomes A New School Year

By Lisa Aiken



With summer coming to a close, Teller teachers and staff members are busy getting ready for the 2016-17 school year, which begins August 22. Six new teachers will be joining the roster. Please welcome: Nasreen Moloo (Kindergarten), Mariam Mazooji (1st grade), Siri Amster & Samuel Oginni (2nd grade), Stephanie Chesla (3rd grade) and Dan Lingerfield (Physical Education).

Under the new management of Amy Morawa and team members, Cynthia Godoy and Shannon Mennell, Teller's Backpack Friends is still going strong. Through the generous support of the Teller community, Backpack Friends helps families feed themselves and their children so that no student goes hungry on the weekends or when school is out. Volunteers are needed every Friday at 1pm to distribute food to go home for the weekend. Teller families

and neighbors of Congress Park, won't you please consider volunteering? You can contact Amy Morawa directly at amymorawa@gmail.com or sign up via the link <http://www.signupgenius.com/go/10c094daca92da31-friday>. Save the date: Teller families and the entire Congress Park Neighborhood are invited to a Shells and Sauce give-back night on September 23rd, from 3-10pm. Twenty percent of all proceeds will go straight to the Backpack Friends Program. Come help support this worthy cause!

continued on page 5

Teller Events

<http://teller.dpsk12.org/>

August 11, 5 pm:
NEW FAMILY BBQ

August 18, 4 pm:
Lemonade Social

August 22:
First Day of School

August 30:
Back to School Night

Sept. 29:
Picture Day

Nov. 16:
Picture Retakes



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Teller Welcomes A New School Year, continued

By Lisa Aiken

continued from page 4

The Green Team Initiative, started last year by Teller’s Librarian, Timothy Hernandez and parent, Ian Teller, was a fantastic success. Teller’s Student Green Team will continue raising awareness around composting and recycling. Their efforts to make Teller a more sustainable community, committed to reducing the amount of trash produced, has resulted in a dramatic reduction in landfill waste collected at lunch and in classrooms. Containers placed outside the cafeteria to collect juice pouches were shipped to TerraCycle, who up-cycles them into backpacks, pencil pouches, messenger bags or pelletizes them into other usable products, like planters, watering cans and waste bins. Two shipments have been sent and Teller is waiting for a check for all their efforts. Future plans for the year include plastic bags that will be recycled separately through TREX and two nationwide competitions: The plastic Film Recycling Challenge beginning on November 15th and The PepsiCo Recycle Rally. The team’s goal is to increase our diversion rate from 70% to 90%+. Teller is so very proud of the success of these endeavors and seeks to take the program to new heights this year.

Lan Spengler, Meghan Hughes and Jennifer Baptist, who head up the Teller Garden Team are pleased to announce that their hard work is paying off. Soon Teller students will begin harvesting, weighing, and measuring the bounty of tomatoes, basil, peppers and cucumbers. What’s

even better is all the produce grown in the Teller Garden is brought to the cafeteria and served for lunch! If anyone has or would like to donate a small garden shed, please contact meghanehughes@netscape.net.

Don’t forget to mark your calendars for the following dates: Back to School Night on August 30th, the first PTA Meeting (in the Teller Library) on September 20th and the Shells and Sauce Restaurant Night on September 22nd.

So many things go into making Teller Elementary the great school that it is. It’s a place that’s rich with people demonstrating strong leadership and goodwill to others. It’s a place where our children learn to be a part of a community, to volunteer, to help make our community an even better place. There are many ways to make your mark and to contribute to the greatness that is Teller; from making monthly donations to Simply Giving, to supporting Teller’s Gift Cards Program and buying TellerWear, through purchases via AmazonSmile and MightyNest, to attending fundraisers and restaurant nights, and to simply volunteering your time. These volunteering and fundraising efforts help fund all the great programs offered daily at Teller, such as Music, Art, Computers, and P. E. Together we can make the 2016-17 school year one to remember!!!



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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City Resources

By Councilwoman Debbie Ortega, At-Large

Take Action Now to Prevent Emerald Ash Borer

One in six trees in Denver is an ash tree. ALL will be destroyed by the emerald ash borer if action is not taken. I encourage you to take action now to protect your ash tree. To learn more on how you can save your tree and our urban canopy go to <http://beasmartash.org/why-should-i-care/>.

Rocky Mountain Human Services Seeking Board Members

RMHS serves the developmentally disabled in our community. Denver taxpayers provide funding for the organization through a dedicated mill levy. RMHS is seeking individuals who are committed to their mission and can dedicate their skill to guide an organization that is dedicated to assisting individuals with developmental delays, cognitive and intellectual impairments, brain injuries and social conditions. For more information visit www.rmhumanservices.org.



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Who to Call?

I often hear from people who don't know which city agency to call about an issue. The city's organization chart is at http://www.denvergov.org/content/dam/denvergov/Portals/0/documents/City_Org_Chart_2006.pdf which may help you decide which department to call. You also can call 311 for assistance or my office at 720-337-7713.

Update on Colfax Re-Development

By District 10 Councilman Wayne New

Everyone agrees that Colfax Avenue is a jewel in Denver’s history – only needing ongoing polishing to continue to shine! To make sure it’s a core for future positive development, your participation is needed and your ideas for improvement are welcome and invited.

Over the past six weeks, two Colfax re-development stakeholder kickoff meetings have been held with great interest and enthusiasm. Community Planning and Development led one meeting on land use, and Public Works Transportation led a second meeting on transportation and mobility.

At both meetings, Colfax property owners, business leaders, neighborhood leaders, City Council, Mayor’s Office, and other City department representatives discussed significant issues affecting the development of Colfax, including:

- Streetscape – Wanted: wider sidewalks for increased pedestrian walking space, sidewalk patios, and other amenities. Do we need to change zoning to achieve this?
- Neighborhood Protection – How do you maintain a complementary transition between our beautiful and historic neighborhoods and attractive Colfax commercial and residential development?
- Public Safety – How can police and other services continue to create a safe, friendly environment for all residents, businesses, and visitors?

- Affordable Housing – How can we encourage/incentivize property owners and developers to provide a more affordable housing units on Colfax?
- Intersection Crossing Safety – What improvements could improve pedestrian safety at Colfax intersections?
- Bus Rapid Transit (BRT) – Can effective planning and implementation of BRT on Colfax manage the needs of vehicle traffic, reduce the use of cars, maintain adequate parking for businesses and residents, and support bicycle use and safety?

So far, the City and several Colfax business improvement districts are working on plans for improved streetscapes and street lighting. The 2017 City Budget and the upcoming 10 year capital improvement bond issue both include specific capital improvement needs. The City is establishing a multi-department working committee to coordinate planning with all stakeholder groups and help expedite good ideas.

Get involved! Be on the lookout for town hall meetings to discuss improvement ideas and recommendations. Colfax is the spine of our city and the path to your neighborhood: make sure it’s strong and can support the future. Contact my aide, Melissa Horn at 720-337-7710 to find a working group you can contribute to or to connect with the right resource.

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”
 –Andrew Carnegie

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Sustainability in Congress Park - What does it mean to you?

By Liz Goehring, Betsy Coughlin, Lisa Loranger, & Nicole Ilderton
Congress Park Green Team Steering Committee members

In the last issue of the Congress Park News, we reported that the newly formed CPN Green Team was enthusiastically working to apply to Denver’s Sustainable Neighborhoods Program. In a nutshell, this City program helps neighborhoods organize workshops, projects and events intended to enhance a neighborhood’s livability while reducing its ecological footprint. We are thrilled to report that Congress Park has been selected to participate in the program. Many thanks go out to ALL who lent a hand with the application, including green team members, local businesses who contributed letters of support, and our CPN Board. We are on our way!

But what does it mean to be a “Sustainable Neighborhood?” Ask five different neighbors and you are likely to get five different answers. Why?

The answer has to do with the lack of agreement on what “sustainability” means. In its simplest form, this term means meeting the needs of the present without compromis-

ing the well-being of future generations. It also means considering people, planet and profit when making decisions (often referred to as the triple bottom line).

When we apply this thinking to our neighborhood, it can mean many different things. It can mean building community through neighborhood-wide activities like our Earth Day festival. It can mean creating gardens that protect and support pollinators or learning how to make our homes more energy efficient (did you know that energy efficient homes can have a higher value?). It can also mean patronizing our local businesses and helping them adopt green business practices.

The bottom line for Congress Park is that we have a wonderful opportunity to come together as neighbors, define what a “sustainable neighborhood” means to us, and work towards that shared vision. Please look for opportunities to get involved, at any level, and share your vision of a sustainable neighborhood.

Meetings you can join will be announced in the Congress Park email blasts. Not signed up yet? Check www.congressparkneighbors.com.

Street Cleaning through November

Be aware of these quiet, unassuming signs at the ends of your block. During the first week of the month, the city will sweep the streets--except for where your car is parked! Worse, you could get a ticket. So, to facilitate clean streets and ticket-free windshields, note the cleaning day for your side of the street, and help your neighbors remember, too.



Being part of the community means CARING

Join me in
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Saturday September 17, 2016
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MAKING SENSE OF INVESTING

Liking On Facebook May Cultivate More Than Friendship

From the Denver District Attorney's Office

These days, "Liking" on Facebook may get you more than you bargain for. It could get your page plagued with ads and offers that you don't want and, at worst, could put malware on your computer or provide your personal data to unscrupulous scammers.

It's called Like-Farming. It often begins with spreading a positive message or similar effort and then uses all the "Likes" to spread to others' Facebook feeds. Finally, with lots of "likes," the post is modified for a nefarious purpose.

Likes turn to scams

What the "farmers" want is to gather as many Likes as possible in whatever way they can. Have you ever Liked or Shared the picture of the small child with a disfigurement or no hair; the "This [government policy] stinks: 'Share' if you agree!" post; a general inspirational message to help your friends have a good day; or played a quick game ("Name a fish without the letter 'T' in it")? You've been "Like-Farmed."

Other Like-Farmers offer valuable prizes. They promise a chance to win a free scooter, Mac-Book, the latest iPhone, gift card or other desirable freebie for "Likes" or "Shares"—these are pretty much guaranteed to be scams.

Once the page has a sufficiently high popularity rating and is shared on lots of your friends' pages, the Like-Farmer removes the page's original content and replaces it with malware or scam advertising. It can be used to hack your

facebook page and your friends', collect people's marketing information or other harmful activities. Or the scammers may just outright sell the highly liked site to cybercriminals in a black market web forum.

Have you ever received a feed showing how your friend 'Likes' something like a Bank or a particular type of sunglasses and thought to yourself "Huh?" Blame Like-Farming.

Art Grows at the DBG, too



Until November 6, Works by Heidi Jung featuring plants and insects are on display in the Gates Garden Court Gallery with collaboration from Michael Warren Contemporary.



From now until Oct. 2, Minneapolis's Walker Art Center is lending several choice sculptures for exhibition throughout the Gardens.

Crime Prevention Tips from Our District 2 Officers

By Stephen Eppler

“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

You are Part of the Solution

Reach out to your neighbors and be aware of who is on your street and in your alley. Keep your porch lights on. Report street and alley lights that are out to 311. Cultivate shared neighborhood vigilance. Ask the police about starting a neighborhood watch group on your block. If you see suspicious activity, trust your instinct and call 911 to report it.

Congress Park’s National Night Out Ice Cream Social was a great opportunity to get to know some of the officers who protect us and to speak with them about crime in Congress Park.

We agreed that Congress Park residents could take some minimal actions to prevent crimes and make our neighborhood safer. Some of her suggestions were simple.

Close and lock your house and garage doors. Many burglaries occur without forced entry. Over 90% of these thefts occur when a garage door is left open. It takes only moments for someone to steal an expensive bike or other property and walk away.

The officer also noted that thieves will certainly try the connecting doors between garages and houses. She suggested installing a lock with a keyless, push button mechanism at that location.

She then told me that it was quite common for a thief to ring the doorbell and, if no one is home, go to the side or back of the residence and break in through a window or door. She said increasing numbers of households are replacing the existing doorbell with a “smart” doorbell. It is video-enabled, and connects to your local Wi-Fi home network and your smart phone with an App. You can see and speak with visitors using your smart phone or tablet. One example is from Ring.com at about \$200.

A video camera at the door is another option. Look for one that is weather resistant, wire free, wide-angle with night vision, motion detection, two-way audio and .similar Wi-Fi / smart phone connectivity.

The police continue to recommend porch lights, high-tech or old school. Most any lighting will make your property a less-attractive target. A convex mirror can illuminate blind spots around entrances.

Easily preventable thefts from automobiles continue to be a common crime in Congress Park, up almost 15 percent from 2015. The most commonly stolen items are cell phones, tablets, and laptop, often from unlocked vehicles. However, it just takes seconds for a thief to break a window to steal visible valuables. Hiding things on the floor, under or behind the front seat does not work. Lock your car, take your valuables with you or put them, and their tell-tale accessories, in the trunk.

Interrupting your day for a long, unscheduled meeting with police after your car is broken into and your laptop holding all your work is stolen can really jam up your schedule and disrupt your life. Do your part to make yourself less of a target and drop our crime statistics. Be alert to your environment. Get to know your neighbors. You know what looks right vs. out-of-place on your block. If you see suspicious activity, call 911 and report it.



District 10 City Councilman Wayne New listens to Congress Park neighbors at the Aug. 2 National Night Out Ice Cream Social.



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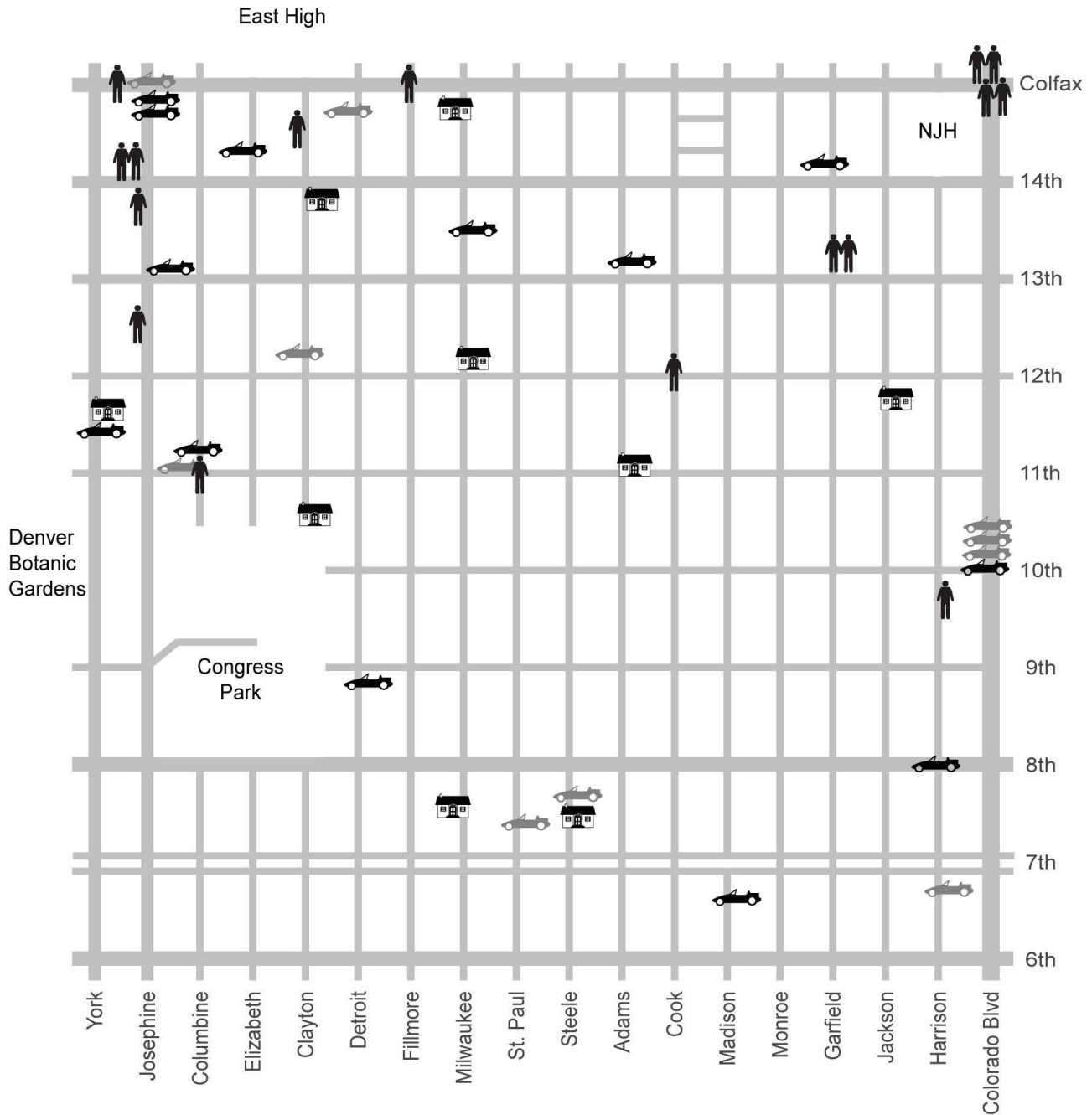
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CONGRESS PARK NEIGHBORHOOD CRIMES APRIL - JUNE 2016



-  Assault/robbery
-  Burglary
-  Auto Theft
-  Theft from auto

This map shows a compilation of all serious crimes reported to police within Congress Park in the second quarter of 2016. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics.

Habitat's Re-Store Makes it Easy to Be Green

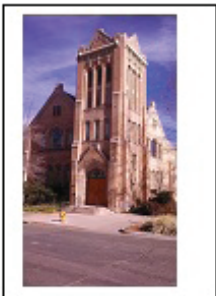
By Kathleen Kurtz

Habitat for Humanity Metro Denver has the perfect place for you to donate and buy used—and sometimes new—household items. The “Re-Store” at 70 Rio Grande Blvd in Denver has more than 30,000 sq. ft. of donated tile, light fixtures, paint, carpet, cupboards, counters and much more. Builders sometimes order more than they can use, and they donate the extra, along with the cupboards and countertops they remove (sometimes not very old), to Re-Store.

Remodeling a kitchen or bathroom? H4H has a deconstruction crew that can help you with the

first step—getting rid of the old cupboards and appliances. Did you already take out the old, still useable cupboards? Don't stack them by your dumpster, call H4H and they'll pick them up and sell them. For your donation, you can get a tax receipt. The proceeds they get from selling the items at the Restore go to running the organization, which includes employing people, sometimes their first job, and giving them work experience they can leverage for the future. Another benefit of the process is that all Re-Store proceeds help low-income working families build homes and purchase their home at no interest.

Capitol Heights Faith Communities



1100 Fillmore St.

Denver, Colorado 80206

303-333-9366

Capitol Heights Presbyterian Church (USA)
10:30 Catholic Community
Dignity Denver

3 Services on Sundays, Seminars in Social Justice, Direct Service to Homeless, NO ENEMIES songs for the movements, Community Gardening, Sustainability, Inclusivity, Certifiably Green

The Restore has shelves filled with good, reusable light fixtures, some antique-looking, and some new. They always have a good selection of toilets, sinks, windows, doors, tools and hardware. Decorators also donate their house-staging pieces when they aren't bleeding-edge trendy anymore.

Do you need a small piece of carpet? Yep, it's there, and pieces are often new and left over from a big commercial job. Looking for tile? Wall or floor? They have both, as well as laminate. You never have to buy nails or electric switches at retail—Re-Store has a huge supply of these items.

When you go, keep an open mind about what's there. That odd-looking rack might have had a specific commercial use in its former life, but it could serve a different purpose (toy or bathroom storage?) in your house.

In addition to the store in Denver, there are also stores in Wheat Ridge and Littleton. Call 303-960-4811 for deconstruction information and 303-421-5300 for pick-up of your donated items. Buy at H4H Re-Store and help keep usable material out of landfills, help yourself by purchasing items at up to 80% off retail and help deserving families have an opportunity for decent housing.

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



Help Your House Protect You this Winter

It's been so hot we can barely imagine fall and cooler weather. If we can, we look forward to it with tangible longing after several weeks of 90+ temperatures. Objectively, we know the cold will be here before we're ready for it, so here's a quick checklist of things to attend to around the house before we haul out the down jackets. If we just did one thing a week, starting now, we might be able to avoid climbing ladders and crawling around foundations in freezing temperatures, and the swearing that ensues.

Replace worn weather stripping and caulking. This will help keep cold air out and, in turn, help to reduce your heating bill.

Inspect exterior walls and seal gaps. Take a close look around the exterior of your home and cover any and all gaps you find. Use caulk to seal small gaps near the foundation of your home, or around windows. Heavy-duty screen or hardware cloth over exterior vents will allow air to escape but prevent critters from getting in. Remember your basement doors and windows, too. Caulk up drafts, snug up any loose frames, and replace cracked panes.

Remove or securely cover window A/C units. Stop snarling: no one's coming near your A/C unit until at least Halloween, if these temperatures hold up. Wait—doesn't it frequently snow on Halloween? Well, sometime between now and then, make a date to put them away, or get some very snug, weatherproof and airtight covers for them.

Clean out and repair rain gutters. Hire this done if you don't want to climb up there yourself, but it's a top-of-the-list item.

Inspect the roof. Our standard Denver hailstorms can wreak havoc on roofs. Even if they don't do enough damage to require a new roof, weather and time can damage shingles and wear out seals around vents, gutters and chimneys. Get a recommendation for a contractor. Don't hire the random guy who knocks on your door and says he was passing by and sees that you need roof repairs.

Prep deck furniture and grill for hibernation. No climbing required for this one, just clean the grill,

furniture and cushions, and cover and store as you wish, so they're fresh for next spring.

Clean, stain, and/or seal the deck. Another item you can tackle or hire out, so you can enjoy the deck next spring at the first hint of a warm day.

Inspect your garage floor, parking area or driveway for vulnerable places that could be breached over the winter. Do you need to replace some pavers? Pour some new concrete? Fill cracks? Easier to do it now while the project is small, than after several freeze-thaw cycles have their way.

"A burst pipe is great fun!" said no one ever. Drain and winterize outdoor faucets and irrigation systems. Then protect them. Weather-resistant, insulated material specifically designed to keep pipes from freezing is readily available. You'll want to get some.

Reverse your ceiling fans. If you can't find the instructions for your fan (that's me), look online, or just look at the fan blades at a slow speed. You can see how turning one direction pulls the hot air up (summer time direction) or pushes it down (winter time direction).

Test and change batteries in smoke detectors. Every year I vow I'm going to have the electrician wire the smoke detectors into the ceilings, and I still haven't gotten to it, so I'll be testing and replacing those 9-volters again this fall.

Have your furnace inspected and clean or replace dirty furnace filters.

This list certainly isn't exhaustive, but looking at these items soon will give you a head start, and help make sure our (ahem!) robust winter weather doesn't leave you with more costly repairs next spring.



Help Available for Families Needing Elder Care

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society. Her areas of expertise include management and administration of nonprofit organizations, education and training on issues related to older adults, advocacy and policy development on senior issues, and clinical practice in working with seniors and families to manage their lives in the later years. She has been the Director of the Society since 1982. She teaches Nonprofit Management for Fort Hays State University.

Elder care continues to be one of the most complicated needs in our society. In Colorado there are thousands of agencies providing home care, assisted living, and other long term care services. Families are often overwhelmed about where to start, what questions to ask and how to pay for services.

The Colorado Gerontological Society publishes the Colorado Senior Resource Guidebook at <https://www.senioranswers.org/publications/guidebook/>. The Guidebook is a comprehensive resource of services providing answers for families and friends facing challenges in providing care and assistance for loved ones, along with forms to compare services, questions to ask, and other decision making tools.

The Guidebook provides updated prices of all of the licensed facilities in the state, as well as information about star ratings if the agency is certified by Medicare. Not all agencies providing elder resources are licensed or certified by the state. The Guidebooks helps families assess three types of home care.

Telling a loved one they must leave their home and move is one of the most difficult conversations about advance care planning that families and elders must have in their life. Helping someone stay in their own home is usually a preferable goal.

When home care is no longer an option, many families face the challenge of moving their loved one to a retirement community, assisted living, or nursing home. Methods for selecting the right level of care, location and price are also covered in the Guidebook.

Families may also need documents to act on behalf of loved ones, such as financial and medical powers of attorney, do-not-resuscitate orders, and living wills. Copies of pre-printed forms that can be used for these important decisions are in the Guidebook. While the documents can be used to make advance care decisions, families may also want to seek the services of an attorney.

The Guidebook is available for free through local libraries throughout Colorado. Free copies can also be obtained by visiting our office at 1330 Leyden, #148, Denver or ordered online at SeniorAnswers.org (\$10 shipping and handling) or by calling 303-333-3482.

For questions related to helping a loved one with elder care, call a counselor at 303-333-3482.



Service Club Meeting

Zonta Club of Denver
 303-355-3735
 88 years working to improve opportunities for at-risk women and children. Monthly dinner, program & meeting on 2nd Thursday, \$35.
www.zonta-denver.org

Professional Organizing

Make Your Workspace Work for You
 Does the office in your home or small business need streamlining? Contact Congress Park resident and professional organizer, Sarah Meyer, at 303-868-2248 (www.streamlinewithsarah.com). Let an expert help you get organized!

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., National Jewish Heitler Hall. Contact cpnboard@congressparkneighbors.org and visit congressparkneighbors.org

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"Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work."

--Vince Lombardi

September is Latino Heritage, Baby Safety, National Literacy, and Sickle Cell Awareness Month

October is National Breast Cancer Awareness, Adopt a Shelter Dog, Child Health, Disability Employment Awareness, and Fire Prevention Month

November is American Indian Heritage Month, World Communication Month, Great American Smokeout Month, Peanut Butter Month

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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

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"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:
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 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), mailings and fliers about hot issues, events like the ice cream social and ongoing activities to benefit the neighborhood.