



The Carillon Chronicle

The Past / The Present / The Future

What's happening across the street?!?



When looking across Niagara Street to the east you look directly at a 17 story, 250-unit luxury apartment building. In addition to the apartment units, the community will include 7,000 square feet of ground floor retail units. Looking east, in the far-left corner you can see the Vectra Bank, a nine-story mixed-use building.


Behind the 17-story luxury apartment building is the Kimpton Hotels & Restaurants. This is a 19 story, 190 room hotel with 14 suites. This hotel will feature a rooftop bar and lounge which will serve as a music venue. The hotel will also have a ground-floor bar and restaurant. The Kimpton Hotel plans to open its doors in 2024.




I spoke with a contact person regarding the development we see unfolding before us. On the land directly across the way from the Carillon they are working on a "For Sale Residential Condo Project." He said that all the "stuff" that we see there now will be cleaned up in the next month or so. He also mentioned that along the corner of Union and Niagara there will be an apartment project starting. New residential towers, 19 stories and 20 stories high. These buildings would create 705 new residential units. This plan also includes space



for a ground floor grocery store. Currently, Trader Joe's is not interested, and he encourages anybody who wants to see Trader Joes (or their favorite grocery store) across the street from us to start writing them and telling them how wonderful and successful they would be at Bellevue Station!

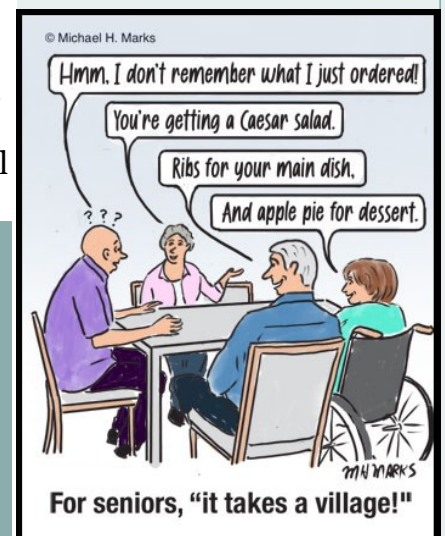
Search for all the hidden flowers throughout this issue. Let Tonja know in the Life Enrichment office how many  there are in this edition of the Carillon Chronicle. The person who guesses correctly will get their name in for a prize drawing!

Last edition winner for finding the  flowers was Tillie Lira! Congratulations Tilly!

INSIDE THIS ISSUE

Resident Spotlight.....	2
Furry Friend Spotlight	4
Employee Spotlight.....	4
The Miracle of Vision	5
Monarch House	8-9
Movie/GardeningCorner	10
Upcoming Birthdays.....	11
Sudoku / Word Search.....	11
Younger Years Photos.....	12
Carillon Singers	14
Dear CALIE.....	15
A Look Back In Time.....	16
Resident Recipe	20
Talents & Hobbies.....	21
Autumn Trivia.....	22
Cross Word Puzzle	23
Carillon Exchange/Notes....	24

Cartoon by Michael Marks



LARRY DEMUTH



RESIDENT SPOTLIGHT

Larry DeMuth graduated from the University of Colorado Law School in 1953 and spent approximately forty-seven years practicing his profession. The first nine months of his practice were spent with a Denver law firm. Then, when the Korean War ended, he was ordered to active duty as a legal officer in the United States Air Force. He was assigned to the headquarters of the Special Weapons Center at Kirkland AFB in Albuquerque, New Mexico.

In addition to serving for two years as a JAG officer, his career as a lieutenant was highlighted by training at Maxwell AFB in Montgomery, Alabama, and was given the opportunity to witness a live atomic bomb test in Indian Springs, Nevada. Observers of the atomic test were one mile from ground zero behind a wooden barrier which did not obstruct the view of the explosion. The actual blast contained a wonderful display of colors. At the end of his active service, Larry served another decade in the Air Force Reserve.



After his active duty, Larry returned to the law firm for which he had previously worked. He became a partner in the firm and had a broad, diversified general legal practice. The law firm's clients included Mountain States Telephone & Telegraph Company, and in 1971, Larry became Vice President and General Counsel of that company. He served in that position until the breakup of the Bell System at which time he was selected to be Executive Vice President and General Counsel of U.S. West. He retired in 1992.



Larry married in the 1950's and is a father to one girl and two boys. His wife died 25 years into the marriage. Four years later he remarried. His best friend had passed away, and he married his widow. They were married 37 years until she passed away in Carillon's Monarch House.

When asked what was the most fun in his life, Larry said it was traveling all over the world with his second wife. They took a foreign trip every year, and it was wonderful experiencing each country's unique culture and scenery.

~ Interview by Renee Dilts

The Carillon's Beautiful Flowers!



Our residents have an amazing green thumb when it comes to the beautiful flowers seen on their balconies.

OUR WONDERFUL “MAIL LADY!” AMA SERWAA



The Carillon is very fortunate to have Ama as our mail carrier. Not only is she delightful and friendly, she is definitely efficient!

Ama moved from Ghana West Africa in 2000, and has been living in Denver for 23 years. Before working for the post office Ama earned

an associate degree in accounting, but did not continue after she started her family. Ama enjoys working for the United States Postal Service because she enjoys the feeling of being connected to a huge family and having relationships with the people she delivers mail to.

Her partner also works for the post office in a different capacity. He does union work and frequently travels. She and her partner have 2 children: a 17-year-old son in high school who enjoys many sports, especially football, and a daughter who is 9 years old and is artistically creative. She enjoys finding projects on the internet, especially paper crafts.

Ama is a Bronco fan and loves the outdoors as well as jogging. As a music fan, her favorite song is “*What’s Up*,” sung by 4 Non Blonds. Someday Ama would love to learn to play the guitar and travel to Egypt.

Ama shared that she has trouble tying her shoelaces. I think I need to show her my husband’s method, starting with bunny ears. It worked for my granddaughter!



Interview by: Linda Gutin

Simple Formula for Living



- Live beneath your means.
- Return everything you borrow.
- Stop blaming other people.
- Admit it when you make a mistake.
- Give clothes not worn to charity.
- Do something nice and try not to get caught.
- Listen more; talk less.
- Every day take a 30 minute walk.
- Strive for excellence, not perfection.
- Be on time. Don’t make excuses.
- Don’t argue.
- Get organized.
- Be kind to unkind people.
- Let someone cut ahead of you in line.
- Take time to be alone.
- Cultivate good manners.
- Be humble.
- Realize and accept that life isn’t fair.
- Know when to keep your mouth shut.
- Go an entire day without criticizing anyone.
- Learn from the past. Plan for the future.
- Live in the present.
- Don’t sweat the small stuff.
- It’s all small stuff.
- ~ Author Unknown



Rolodex Icebox Hootenanny
Long Gone Words!
 Shorthand Britches Switchboard Partyline
 Whippersnapper Footfeed
 Percolator

FIONA



OUR “FURRY FRIEND” SPOTLIGHT!

Meet Fiona! Service Dog with Charm!

Fiona lives with Stan Ferguson, and is described by Stan as “perfect.” She is a mix of Bichon Frisée and Cavalier King Charles. Stan has had her for ten years since bringing her home at six weeks old. She has had training as a service dog, and Stan credits her with finding his late wife Susan’s reoccurring cancer on two occasions. Fiona is delightful and as cute as she is smart. What a combination!



“DID YOU KNOW?” The Bichon Frise has been around since the 14th century. They originally lived on ships to be company for Spanish Sailors. The original Bichon Frises were formerly known as Bichon Tenerife, as they were once found only on the Canary Island of Tenerife. It is the French people who have developed the bichon frisé into a lapdog. Their instinctive intelligence is their ability to understand your emotions and needs as their owner and are why they make an awesome companion dog.

TIFFANY BARAHONA ARTIGA



EMPLOYEE SPOTLIGHT

Tiffany really enjoys working closely with residents and families. She absolutely loves getting to learn through them and getting to “travel” through their life stories and experiences.

Tiffany was born in El Salvador and spent the first 8 years of her life there. After her family immigrated to the US in May of 2004, she settled into Denver, Colorado, and has called this area home ever since.

She started off as a CNA (Certified Nursing Assistant) in 2014, for a nursing home in Aurora. Six months later she was given the opportunity to work for a different company as an activity assistant. A role she held for 4 1/2 years before transferring to a different community where she co-ran the Adult Day Program.

Tiffany is a Certified Medical Assistant, Certified Nursing Assistant and CPI Certified. She also holds a QMAP certification, is an Eden Alternative Associate and was a Memories in the Making Instructor. She is currently working on a Medical Coding Program. She is so busy; Where does she find the time?

Tiffany loves ALL music, but tends to listen to EDM over everything else. She is also a hopeless romantic and loves to read fantasy romance novels. However, she is currently reading a lot of historical fiction thrillers, such as The DaVinci Code by Dan Brown.

The number one place on Tiffany’s bucket list to visit someday is Japan! She loves Japanese food and their culture and would love to explore Fufuoka, Kyoto, and Nagasaki one day. Her favorite sport is futbol soccer, and her favorite team is the Argentinian team. (She Loves Messi) ;-)

When Tiffany is not at work she loves exploring new food spots, going to the mountains, road trips, and spending time with her daughter and dogs. A fun fact about Tiffany! She has a love for cars and following a wild idea one day, her brother in law and she bought a car together and built it for drag racing. He has used it in a couple competitions at the Bandimere Speedway.

Tiffany has a loving, caring personality. She’s always there to lend a helping hand and with everything she does, it truly shows how much she cares and loves her residents in Monarch House. Thank you Tiffany for everything you do!





The Miracle of Vision



Tidbits About The Eye And Vision

Written by Dr. Gene Nirk

The Eye Letter Chart

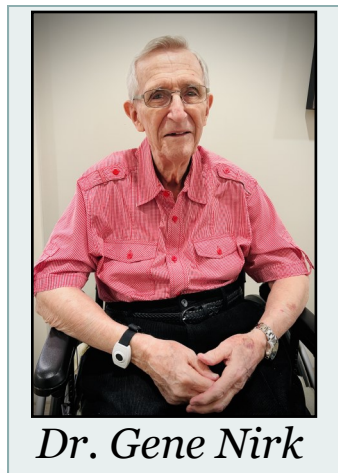
You have just been told by your eye doctor that your best corrected visual acuity is 20/200 (legal blindness) in each eye, with little chance of improvement in the future. What does this mean, and how is this knowledge actually useful to you in your everyday life?

Practically every eye doctor in the world uses a standard Snellen Chart, developed by ophthalmologist Dr. Herman Snellen in 1862, to measure and report visual acuity in an eye. This measure is so accurate, reliable, and understood by the entire universe that it has not been changed since the inception of the initial eye chart.

Your best visual acuity of 20/200 is expressed in the form of a Snellen fraction, in which the top number of 20 has a twofold purpose. First, it indicates the distance at which the test was taken and, secondly, the distance away from the 20/200 letter at which the 20/200 eye can read it correctly. The bottom number 200 is the distance the 20/20 eye can be and still read the 20/200 size letter correctly. In other words, your 20/200 eye must come up to 20 feet away to read the 20/200 size letter, but the person with 20/20 normal vision can back away up to 200 feet from it and still read the 20/200 size letter correctly.

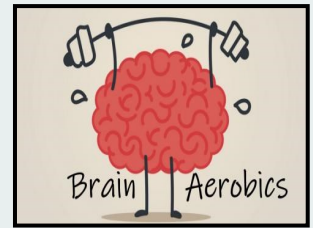
For another example, lets assume that a person's best visual acuity in each eye is 20/50. This means that he must come up to 20 feet away from the 20/50 size letter to correctly read it, but the person with 20/20 in each eye can read that 20/50 size letter 50 feet away, and be correct.

Individuals with blurred vision must be constantly aware that their decreased visual acuity makes them much more accident prone due to their decreased depth perception and inability to see as clearly in poor light conditions.



Dr. Gene Nirk

Dr. Gene Nirk



Unscramble

The Words

(Things to be thankful for)

1. DRNIFES

2. OREFMED

3. YILAMF

4. CAUNOIETD

5. RAHLEUGT

6. FEAYST

7. UISEHSNN

8. ERTWA

9. EVLO

10. ISSKNNDE

11. WDSMOI

12. TESSNSU

13. EYILCTREITC

14. RLDHINEC

15. ICMNEEDI

(Answers are on page 7)

Happy Anniversary



Fran & Barry Hansen



Fran and Barry Hansen, Carillon residents since 2022, will celebrate their 25th wedding anniversary in September. They married in Breckenridge in 1998, 4 years after they had met following the loss of their spouses.

Fran's late husband, Dr. Thomas Neff, was a CU professor and pulmonary physician at Denver General Hospital, now Denver Health. He graduated in 1993, from Northwestern Medical School, served in Vietnam in the 85th Evacuation hospital and returned to Denver in 1966. Fran joined him here with their 3 young sons. Loving Denver, they stayed here to raise their family now including son #4. All the families live here now.

Barry, from Anaconda, Montana is a metallurgist, a graduate of Montana School of Mines in Butte. His early career was in Chile, then received a degree from Columbia University, NY. His main work years were in Minnesota, Wisconsin, Brazil and Denver, having moved here in 1988. His wife Helen, an accountant, prepared taxes at H&R Block. They were blessed with 3 daughters, all living on the east coast. Barry worked at various companies in the Denver area. He also served on the Multiple Sclerosis Board, two daughters have MS, and he was a frequent blood donor also.

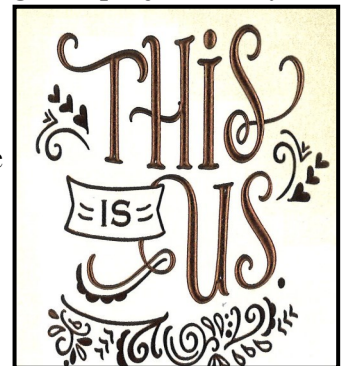
Fran from Lincoln Nebraska, graduated from the University of Nebraska (yes, a Husker), taught for several years, married Tom and they started their family. She loves journalism work of all kinds-family history, albums, etc. She also loves watching sports. Barry calls her "Sports Fran."

After Barry and Fran met in 1995, they hosted a "Brady Bunch" picnic to have their families meet. Fran's 4 sons, a surgeon, a banker, a federal prosecutor and an insurance broker, welcomed Barry's 3 daughters- a government contractor, a counselor/minister, and a former Peace Corp worker. Barry now has 5 grandchildren and 1 great grandchild. Fran has 12 grandchildren. Families keep them busy!

After their marriage, Fran and Barry initiated a successful bereavement program at Risen Christ church. After 4 years they retired to travel more and relax. Barry also took over his grandmother's old home in Montana and refinished it over 3 years, then sold it. It was a grand project. They love Montana!

Now, here they are at the Carillon! Barry has lots of help with his knee and lung issues from staff here and outside providers. He appreciates all the care. He and Fran enjoy the happy hours, dining services, wonderful staff, and meeting residents. They feel blessed to be here at the Carillon.

Happy 25th Anniversary to Fran and Barry!



Meet our Ombudsman!



Kris Boggs
303-480-5655
kboggs@drcog.org

Kris Boggs joined the ombudsman team in March 2022. Kris has college degrees in applied science, psychology, music, and a graduate certificate in dementia.

Kris has training and experience in multiple applications: adult protective services, child protective services, interviewing techniques, interviewing techniques with vulnerable adults, intellectual and developmental disabilities, substance abuse, domestic violence, mental health, de-escalation strategies, traumatic brain injuries, multiple sclerosis, crucial conversations, expert testimony, and client centered care planning.

Kris sees the need and is passionate about advocating for vulnerable people. Throughout her professional career she has had the opportunity to apply her experience and passion working with people from a wide range of circumstances and backgrounds.

Long-Term Care Ombudsmen Are Resident Directed Advocates

If you have questions or concerns about your quality of life, quality of care, or resident rights, call your local ombudsman.

To contact the State Long-Term Care Ombudsman visit www.COombudsman.org or call 303.862.3524

Over Ninety!

By Marty Blumberg

90 is the new 70! With the advent of new medicines that limit viruses such as covid, and people's awareness of what is healthy to eat and what is not, the life span of the population has increased.

Many people have led creative lives past ninety. One such person is Mel Brooks. He started his career writing jokes for comedian Sid Caesar, "Your Show of Shows". Mel was a movie director, song writer, actor, comedian and producer. His career lasted 7 decades. In 1967, he wrote a film starring Zero Mostel and Gene Wilder called *The Producers*. *The Producers* earned him an Oscar for best writing. He was married to Anne Bancroft in 1964 until her passing in 2005.

Rita Moreno, born in Puerto Rico, is 90 years old and also has a long career. She is best known for her role as Anita in the film *West Side Story*. She is one of 16 people who have received an EGOT (Emmy, Grammy, Oscar, and Tony). Her performing had a hiatus after *West Side Story* because she could not get roles that she wanted. She had a long relationship with Marlon Brando. Rita, in 2021, starred in a remake of *West Side Story* directed by Steven Spielberg.

Another actor, Clint Eastwood is 92 years old. From 1971, he did five Dirty Harry films. He played a NYC detective who was disrespectful of authority. He received Oscars for Director and Best Picture in *Unforgiven*. In 2004, he received Oscars for Director and Best Picture in *Million Dollar Baby*.

These are a few amazing actors that are over 90!

Answers to Unscramble The Words on Page 5

- | | | |
|-----------------|--------------|--------------|
| 15. Medicine | 10. Kindness | 5. Laughter |
| 14. Children | 9. Love | 4. Education |
| 13. Electricity | 8. Water | 3. Family |
| 12. Sunsets | 7. Sunshine | 2. Freedom |
| 11. Wisdom | 6. Safety | 1. Friends |

RESIDENT SPOTLIGHT

Monarch House

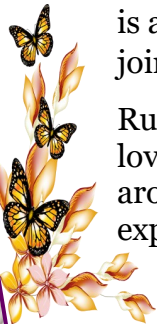


RUTH ALBERT

Ruth was born and raised in the Denver Metro area and is very proud to call herself a Colorado Native. She spent her childhood alongside her parents and siblings before marrying and forming a family of her own. From this marriage she had her son Steve, and two daughters, Barbie, and Debbie. They are now adults with their own families and have furthered the branches of her family tree with the addition of 7 grandchildren. Ruth is very close to all her family and is very loved and cherished by all of them.

During her adulthood, Ruth did sales work as well as volunteer work in various hospitals with newborn babies and their families. Ruth is devoted to her Jewish faith and has passed this on to her children. It is due to this that Ruth also speaks Yiddish and enjoys singing during special holidays and services. Ruth is also very fond of having big family gatherings where she can have all her loved ones under one roof.

Ruth is very friendly and enjoys having conversations with her friends during mealtimes. She enjoys music concerts, happy hours, going to Shabbat services on Fridays and Saturdays, Bingo, light gardening, and occasional arts and crafts, especially those that involve flowers. In her spare time, she is often found listening to music, enjoying light reading materials, or in the company of her friend and neighbor Pat, or one of her family members. Ruth is a member of the Carillon singers and is always very excited to join rehearsals or performances for the whole community.



Ruth is a kind and lovely lady and loves to make connections with others around her. She is never shy of expressing her love to her family, friends, and to everyone she meets here, at the Carillon.



Molly Brown House



Daniels Gate Park

Museum of Nature & Science



Las Caras Mexican Grill



A visit from Teddy (Chow Chow)



Glamour Shots



Denver Zoo



Sensory Outings

Gardening



Eldergrow

Parry's Pizza



Rio Grand



Mexican Grill

Monarch House

Courtyard



Lookout Mountain Outing





Film Critique: *The Lady Eve* By Martin Blumberg



The Lady Eve is a sparking romantic comedy written and directed by Preston Sturges.

The *Lady Eve* is based on a 19 page story by Monckton Hoffe called "Two Bad Hats". The movie came out in 1941, and in 1944, *The Lady Eve* was selected for preservation in the United States National Film Registry. It was the top grossing film in 1941, and Time Magazine called it one of the best 100 films of all time. The cast includes Henry Fonda (Charles Pike or Hopsie), Barbara Stanwick (Jean Harrington), Charles Coburn (Colonel Harrington), William Damarest (Muggsy), and Eugene Pallette (Horace Pike).

Colonel and Jean Harrington, father and daughter, are a con duo who make their living by cheating at poker and fleecing rich travelers. Charles Pike, heir to an ale fortune, is their target. At some point Jean falls in love with Hopsie, but her father objects because it would stop the scam. Hopsie discovers the scam and dumps Jean. Later she pretends to be someone else and marries him in order to get revenge. In my opinion, the second half of the film is not as good as the first, and there are too many pratfalls. Stanwyck and Coburn give wonderful performances.



FUN FACTS

It was hibernation season during the shoot so Emma the King Snake was always sleeping while also shedding her skin. Needless to say, she was very uncooperative!



Gardening Corner

by Martin Blumberg



There are many perennial flowers. Some are easier to grow than others. This is a list of some of the easier ones to grow.



Rudbeckia, or Black Eyed Susan), is a perennial known as Rudbeckia Fulgida Hirta has daisy-like flowers with yellow, gold, or orange petals and a dark brown or black center disk. There is also an annual rudbeckia variety which produces bigger flowers.



The Echinacea, or Coneflower, is considered a herbaceous perennial. This flower has different colors with the most common color being purple.



The Phlox grows as a ground cover or an 18" plant. Tall Phlox is the species Phlox Paniculata. This flower has many colors, but the most common colors are the pastel pinks.

The Achillea, or Yarrow, is about 18" tall and grows as a spray of flowers. Most common is white but also comes in pinks, purples and yellows.



Shasta Daises come in different heights, ranging from one to three feet tall. These flowers have a brown center with white petals. A common variety is called Becky. There is a variety called Banana Cream and its petals, you guessed it, are yellow. Daisies are popular and are known to represent purity.



Coreopsis, or Tickseed, is drought resistant and is a native North American plant. It has 38 species in the 48 states. The flowers are mostly yellow and have been used as a tea and dye for cloth. It is called Tickseed because the seed resembles a bug.



Did You Know... That perennials grow slower than annuals, and may product fewer blooms in their early years versus the showier blooms of annuals.



HAPPY BIRTHDAY



September

- Beth Hymoff
- Diane Kelce
- Dale Boller
- Sam Kalat
- Patty Marx
- Donna Sandberg
- Nancy Chapparo
- Carol Leimas
- Ed Mangold
- Julia Vean
- Winnie Hale
- Janice Baclawski
- Saralyn Loveman
- Tanis Kirrane
- Audrey Price
- Barbara Wood
- Ethel Kimsey
- Azucena Hadzeriga
- Diane Dale
- Diane Giovanetti
- Bill Daywitt

October

- Pete Sinner
- Betty Smith
- Richard Lee
- Susana Curbelo
- Don Tucker
- Millicent Fieman



November

- Mary Klaus
- Pat Wall
- Yong Chang
- Carol Tretten
- Linda Gutin
- Martin Blumberg
- Naomi Primack
- Helen Shea
- Lorene Curtin
- Yoshie Tanita
- Anne Canter
- Larry DeMuth
- Mary Loban
- Stome Tanita
- Bud Hessel
- Kay Hall
- Paula Greenwalt

FALL SEARCH

A H T Z V G I O G A S W E A T E R H Q D
 P Q R W N E R C D F R V B V U K G A T C
 P D A E Y V V T B H A H P T C Z T Y T Q
 L B K A B P X O F A I M Z F O Z P R H W
 E Z I T K T B B S L L R I A O X W I A V
 H E N H F Z Q E O L T L X L L O P D N B
 V M G E V W Y R M O H V T L Y O M E K L
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 H Y L V M T D E Y N B P X O B V Z I X D
 B O M V A B N G E C O R N U C O P I A S

Sudoku

					8	5	3
		3	8				
	7	2					
				9		3	2
3				2	4		6
7		5		9			
							9
	2	9	4	7			
	4	8		9			

Cartoon by resident

Michael Marks



- CORNUCOPIA
- AUTUMN
- PUMPKIN
- SUNFLOWER
- SWEATER
- HARVEST
- CORNSTALK
- THANKSGIVING
- HALLOWEEN
- GOURDS
- FROST
- CHILLY
- RAKING
- OCTOBER
- QUILTS
- TURKEY
- COOL
- WEATHER
- ORCHARD
- FOOTBALL
- THANKFUL
- FAMILY
- GATHERING
- ACORN
- APPLE
- CIDER
- HAYRIDE
- FALL
- MAIZE
- LEAVES

Younger Years!



A



B



C



D



E



G



H



I



F



K



L



J



M



N



O



Younger Years Continued!



P

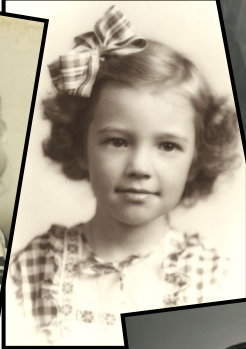
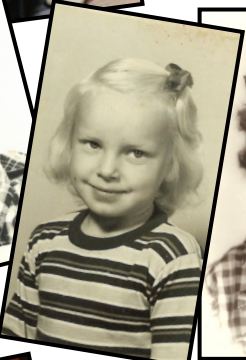
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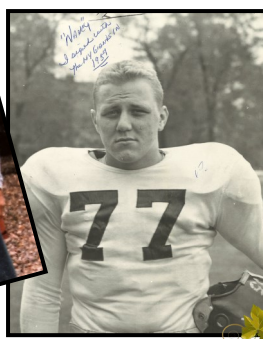
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- Z. _____
- AA. _____
- BB. _____
- CC. _____
- DD. _____
- EE. _____
- FF. _____
- GG. _____

(Answers on page 22)





The Carillon



Card Creations!



Craft Corner

Air Plant Magnets!



Glass Etching



Beautiful Bracelets!



Watercolor Painting



Apron Silk

Screen Painting



PATRIOTIC

The Carillon Singers!

SING-A-LONG



ACCENTUATE THE POSITIVE



Your Carillon Advice Column!



Dear
Carillon
Advice
Loquacious
Imaginative
Entertaining

Supportive, sympathetic,
 and creatively entertaining
 advice given if asked.

Dear Calie,
 Is it possible to decorate the dead trees on the Carillon property to make them more appealing? And attractive?
 Signed "Learning from the trees, how to die standing"

Dear Learning from the trees,
 I think that I shall never see a poem lovely as a tree... Check with the Life Enrichment team. Halloween is coming up, a roll or two of TP would make a cute mummy. Perhaps they could plan seasonal activities? Paper cutout snowflakes in the winter? Crochet green leaves to hang from the trees in the spring? Or? We could be like the trees and let the dead leaves drop. 😊
 Sincerely, Calie

Submit your anonymous questions!
There is a box in the Carillon mail room for your questions.

For entertainment purposes only.

- 1. Abraham Lincoln
- 2. John F. Kennedy
- 3. John Keats
- 4. New England
- 5. Aurora Season
- 6. Autumn in New York
- 7. Hard Cider
- 8. Catch a falling leaf.
- 9. Autumn Equinox
- 10. About 36 apples
- 11. To scare off evil spirits during Halloween
- 12. Evergreen Trees
- 13. Rosh Hashanah
- 14. They have more sugar in
- 15. To hide from ghosts their leaves.
- 16. Cinnamon, Nutmeg, Cloves & dry Ginger.
- 17. The 1st auto transmission mechanism
- 18. Yellow, Orange, Red and Brown.



A LOOK BACK IN TIME

CARBOY WINERY



BLACKHAWK CASINO



BONNIE BRAE ICE CREAM

CHESS CLUB!

GERI-THEACTRICS

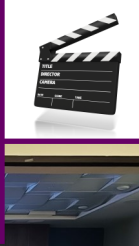


ZANES!

DENVER ZOO

NO BUSINESS LIKE SHOW BUSINESS

DINNER AND A MOVIE NIGHT!



**WALK ON
HIGHLINE
CANAL**



LALOMA



**LOVELY
LADIES!**



WOMENS LUNCHEON



**MENS
LUNCHEON**



OCEAN PRIME



DAIRY QUEEN



ELVIS!



We've had so much fun the past 3 months!

4TH OF JULY BBQ

HAPPY
4th
of
July



SENIOR OLYMPICS AT HILLTOP



HAPPY BIRTHDAY!



Father's DAY! BBQ





RECIPE BY BERNIE PAIZ

made with love

This Santa Rosa Eggs recipe is from southern California! This is one of Bernie's favorite egg dishes. It has great flavor and comes out light and fluffy in texture.

The best way to serve it is with salsa on the side and a slice of potato bread toast.

It is mild in flavor and Bernie says it even tastes great if you add spicier chilies or peppers. He also shared that his wife Mary would grate some cheddar cheese and sprinkle it on top. The shredded cheese decorated this dish and added more flavor! Thank you Bernie for sharing your recipe with us!

SANTA ROSA EGGS

Ingredients:

-  12 eggs
-  1 1/2 cups half & half
-  6 cups grated cheddar cheese
-  4 1/2 oz diced green chilies
-  2 cups cottage cheese
-  1 1/2 cups Bisquick
-  3/4 cube melted butter
-  1 tsp salt
-  1/2 tsp pepper



Egg Shells:

Brown vs White Shells

An egg's shell color doesn't indicate the quality or nutritional value of an egg, but rather the breed of the hen that laid it. Hens with white feathers tend to lay white eggs and hens with red feathers tend to lay brown eggs.



Cartoon by Michael Marks

Beat eggs and half & half together. Add all other ingredients and mix well. Spray Pam cooking spray on two 9x9x2 baking dishes and divide mixture between the two pans.

Bake uncovered in a preheated 350 degree oven for about 45 minutes. The top will be slightly browned and a knife will pierce cleanly.

Let sit 10 minutes before serving.

Serves 12

~ Interview By Renee Dilts



Resident Talents and Hobbies

AZUCENA (SUE) HADZERIGA



The painting she stands by is a place in the Colorado Mountains. She painted it by memory from a time she went mushroom hunting.



Raku style pottery made by Azucena.

Azucena (Sue) is a very talented artist. Her paintings are beautiful, with each detailed brush stroke making the image look like a real picture.

Sue grew up in Buenos Aires, Argentina, where she obtained her degree, Professor. She moved to Utah in 1957, and then to Denver with her husband. She has 3 wonderful children, two sons and one daughter, who she loves dearly.

Sue started painting when her children were around 6 years of age. She did not have any formal teachings in painting. Everything she learned was self-taught. Talent and artistry run in Sue's family. Her father and sister were musicians and her uncle was an artist who painted in watercolors.

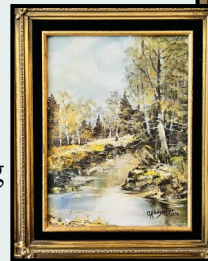
Sue's artistic talents range from sculpting, pottery (Raku style), painting in many mediums; her favorite medium is acrylic and oils.


A fun fact about Sue was that when she was younger she had dreams of becoming an archeologist!


Thank you Azucena for sharing your amazing talent with us!



Another stunning Colorado scene done in oils, painted from memory.



 **Fun Fact!** Raku pottery is a type of low-firing process inspired by traditional Japanese raku firing. It is associated with Zen philosophy and the tea ceremony, and embodies simplicity and naturalness.

 **Fun Fact!** Walking Canes are a **Symbol of wisdom**: In some cultures, walking canes are associated with wisdom and experience. The image of an elderly person with a cane is a symbol of the passage of time and accumulated knowledge.

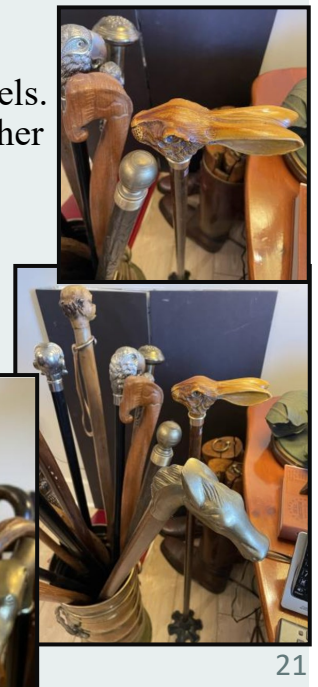
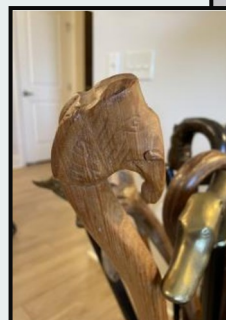
BOB DRINKWINE



Bob Drinkwine has an artistic, yet practical, collection of canes he and Sharon collected on some of their world travels. His oldest cane belonged to his grandmother, and reflects her tiny stature. His favorite cane, which came from Austria, resides in his car, and is used on outings.

One cane, purchased in Carmel, CA, has a compartment for a hidden "stash" and is actually a pool cue. There are two carved elephants, one of which came from Hawaii. A beautifully carved wooden man was purchased in England, and a silver man with a bountiful mustache came from France. The cane collection is an artistic accent in their apartment full of beautiful furniture and artwork. Thank you, Bob, for sharing with us!

~ Interview by Renee Dilts



WHAT IN THE WORLD?



Whats this!?!

(Answer is on page 22)



- Answers to "Younger Years"
- A. Sue Hadzgeriga
 - B. Bernie Palz
 - C. Carol Leimas
 - D. Jean Shom
 - E. Barbara Rodgers
 - F. Darlene Litzinger
 - G. Renee Dilts
 - H. Sarah Hanna
 - I. Julia Vean
 - J. Dwayne Hunn
 - K. Kay Norman
 - L. Kathleen Ziegler
 - M. Linda Gutin
 - N. Marty & Joan Blumberg
 - O. Larry DeMuth
 - P. Marilyn & Gene Nirk
 - Q. Warren & Mary Washington
 - R. Carol Small
 - S. Nancy Simpson
 - T. Sharon & Bob Drinkwine
 - U. Ed Mangold
 - V. Donna Mangold
 - W. Donna Sandberg
 - X. Charlie Thies
 - Y. Karen Matyk
 - Z. Judy Schmid
 - AA. Bud and Sandie Mauvais
 - BB. George Wong
 - CC. Jim Judd
 - DD. Evelyn Denu
 - EE. Bud Hessel & Parents
 - FF. Bob Litchard
 - GG. Lorene Curtin



1. Which President made Thanksgiving a national holiday?
2. Which US President began the tradition of pardoning a turkey?
3. The poem, "To Autumn," was written by which poet, famous for his odes?
4. Which region in the US is a popular "leaf peeping" tourist destination?
5. According to NASA, autumn is _____ because geomagnetic storms are twice as frequent.
6. Which 2000, romantic film starring Winona Ryder and Richard Gere takes place in the fall?
7. Which popular autumn drink is created by fermenting apple juice?
8. According to an old fall superstition, what should you do this season to attract good luck?
9. What is another term for the start of fall?
10. About how many apples does it take to create one gallon of apple cider?
11. Why were Jack-O-Lanterns introduced?
12. Name a species of trees that don't lose their leaves.
13. Which festival marks the Jewish new year? It falls in the autumn.
14. In the fall, why do some leaves have more vibrant reds, oranges and purples.
15. Why did the ancient people wear Halloween costumes?
16. What four spices make up pumpkin spice.
17. What did Henry Ford patent in October, 1911?
18. Name the four colors commonly associated with fall.



Answers on page 15



Cartoon by Michael Marks

- Answers to:
- Autumn Fun!**
- 1. MARGOLD
 - 2. RAGWEED
 - 3. SCORPIO
 - 4. TURNIPS
 - 5. SCARLET
 - 7. PUMPKIN
 - 8. HALLOWEEN
 - 10. CHLOROPHYLL
 - 13. ANTHOCYANIN
 - 14. HARVESTMOON
 - 18. BEER
- DOWN
- Across
- 6. FALL
 - 9. DECIDUOUS
 - 11. AUTUMN
 - 12. FOOTBALL
 - 15. ITALY
 - 16. EQUATOR
 - 17. OKTOBERFEST
 - 21. MONARCH
 - 22. NINETY
 - 23. TURKEY
 - 24. NOVEMBER
 - 19. SOUTH
 - 20. MACBETH
- Crossword**

Crossword ~ Autumn Fun!

Down:

1. What is the birth flower for October?
2. What weed pollen causes the most common fall allergies?
3. If you were born October 30th, what's your star sign?
4. The first Jack O' Lanterns were made of what?

5. The leaves of red maples change to what color.

7. What vegetables are often carved

8. Which festival is a Celtic autumn

10. Which pigment decreases in plants

13. Name the pigment that turns the colors of the leaves to red and purple.

14. The full moon closest to Autumn Equinox is called what?

18. About 1.3 million gallons of what is poured during Oktoberfest.

19. In what direction do Birds migrate in the fall?

20. Where does the rhyme 'double, double, toil, and trouble' come?

Across:

6. In which season do birds prepare for migration?

9. Shedding of leaves in the autumn season occurs from which trees?

11. In Great Britain, instead of fall what name do they prefer calling the season fall?

12. What sport do we see people do in the fall?

15. The largest white truffle festival takes place where?

16. Autumn begins when the center of the sun crosses the Earth's what?

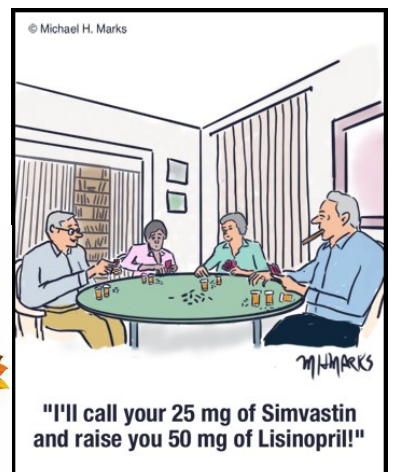
17. Which festival is celebrated in Germany during the fall season?

21. Which type of butterfly migrates from the US to Mexico?

22. What percent of a pumpkin is water?

23. What is the traditional dish served during Thanksgiving?

24. In the US, Election Day for government officials is during which month?



Cartoon by Michael Marks

Answers are on page 22

CARILLON EXCHANGE

“I actually do enjoy sewing on buttons... Gratis. Do bring me a job or two or three.” Cynthia in Apt 317

Looking for someone who is willing to do minor sewing repairs, like hemming for residents. Please contact Tonja in the Life Enrichment Office and she will pass on your information if needed.

Looking for small to medium size vases. If you have any lying around collecting dust we can recycle them for the women’s luncheon flowers. Thanks!

Books? Magazines? Linda will be glad to process them. You can leave them outside door #533. Please don’t just leave them in the library.



Notes of Interest!



Friday is Fun Day! Please join us for Mind Aerobics, Wii Bowling, and Bridge every Friday.

We are still looking for Mahjong players! We have two wonderful ladies who want to play, and we need 4. Please see Tonja in the LE office if interested.

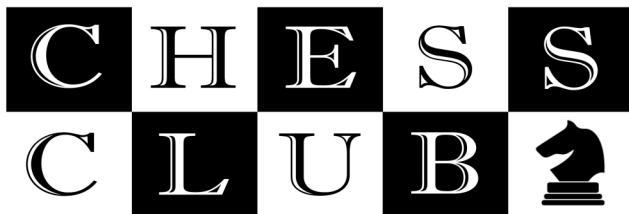
REMINDER: When we have a special dinner or event in our dining room, you must sign up. Sign up is essential even if you are not bringing guests.

Do you have a hobby, or collect something that’s special to you? We’d love to share in our next edition! Contact any of our Carillon Chronicle Team.

Next Edition Highlights

Lets play the Carillon version of “Where’s Waldo!” For the next edition we are looking for a picture of you someplace in the world, and we will guess where!

Do you have a special occasion coming up? Milestone birthday? Anniversary? Please see Tonja in the Life Enrichment office if you want to share in the Chronicle.



Interested in playing chess?

Join the Carillon Chess Club!

Kevin McConnell and his son Griffin will co-coach the chess club. Griffin is a 3 time Colorado state champion!

We will meet on Saturdays twice a month. The first two meetings will be

September 9th & 30th

10:30am to 12:00pm

in the Game Room



ALL levels of Chess knowledge welcome!

See Brian in the Life Enrichment office if you are interested in joining the Chess Club.

The Carillon Chronicle is published by:
Renee Dilts, Linda Gutin, Marty Blumberg, Gene Nirk,
Kay Norman, Linda Holt & Tonja Auyeung

Thank you for your continued help and support in putting together this literary adventure!

We are always looking for new ideas!

If you have a suggestion for future issues please contact any of our Carillon Chronicle members (listed above) or attend a Carillon Chronicle Planning Meeting. We would love to hear from you!



Answer: Vintage Cuticle Scraper!
An essential tool for any manicure!



The Carillon Chronicle is for the Carillon residents and families. We hope you enjoyed this edition!



All material and information contained within the Carillon Chronicle is for general information purposes only.