I look forward to the many exciting developments coming this year, especially the opening of our new Memory Care and Classic Assisted Living Community in January. Be sure to join us for the opening ceremony on Thursday, January 8 from 3 p.m. until 6 p.m.

Among the changes at Frasier this year is the reorganization of our senior leadership team. As many of you have been informed, we have made a number of changes. Pat McAteer, currently the Frasier CFO, will serve in an expanded role as the Frasier COO (Chief Operations Officer). Michelle McPartland will be our new Vice President for Health and Supportive Services and will be responsible for overseeing the Health Care Center, Assisted Living, Therapy services, Frasier Care, and Social Services. We are currently recruiting for our new position, Vice President for Wellness and Community Services. This person will oversee Independent Living, Dining Services, the Wellness Center, Pastoral Care, Resident Services, and Housekeeping, among other duties. Kathy Pollicita will continue as Vice President for Mission Advancement with expanded responsibilities, including overseeing the Frasier Gift Shop. Finally, Nikki Lewis, formerly the Accounting Manager, is now Controller for Frasier.

We are grateful to be surrounded with such talented and dedicated people who give so much of themselves to Frasier. In closing, my New Year wishes for us all are that we may welcome the new year with a smile, a spirit of giving, a sense of humanity, and a pledge to spread peace and happiness. Happy New Year!
Music in December at Frasier

We think of December as a month of gift giving, and here at Frasier, we have had an ongoing gift of music...not one style of music, but a wonderful variety of musical presentations. At the forefront we have the continuing relationship with the University of Colorado College of Music. Professor Margaret McDonald of the collaborative music program and our partner in the Percival Concert Series, invited two promising pianists for the December concert. Graduate Student Joseph Piontek and undergraduate Michael Short entertained and stirred us with music from Beethoven, Berg and Chopin. Two evenings earlier several dozen Frasierites took the coach and cars to the university to hear Ms. McDonald and several of her colleagues perform music from Broadway shows. Our relationship with the College of Music expanded as students needed performing areas and audiences for their degree qualifications. Again, Margaret McDonald selected outstanding students to perform here, and on December 5th violinist Laura Eakman presented a program of Bach and Shostakovich. On the 12th Bilinda Lam Lou (piano), Summer Lusk (violin), and Ethan Fallis, (cello), performed trios by Beethoven and Mendelssohn. My wife, Nurit, told me the concert was a wonderful combination of skill and enthusiasm, and the three students in the question period discussed the origins of their instruments. On Monday the 15th was a highlight of the month of classical music. The brilliant seventeen-year-old cellist Johannes Gray with collaborative pianist Hsiao-Ling Lin gave a dazzling performance of Debussy, Rachmaninov, Piazzolla, Dvorak, and Sarasate. Again this year, on the evening of the 23rd, Leann Ostercamp, who has been performing for Frasier residents since she was in high school and now as a Master of Music student at Juilliard, brought us her musical tour of Germany with pieces by Bach, Beethoven, Bernstein and Brahms. Her dynamic, powerful program was a terrific capstone to a month of music of the masters at Frasier. However, not all the music of December was of a classical bent. The Brassaholics, entertained diners on the second floor dining room with Christmas music to usher in the holiday season, and on the following Sunday at noon, the Mountain View United Methodist Church Youth Choir enhanced the luncheon hour. Residents Louise and Bob Dudley again this year invited the CU Horn Studio under the direction of Professor Michael Thornton to perform an evening of Christmas music on December 23rd. (Continued on page 6)
The New Assisted Living Shows its Face

A few nights before Christmas this reporter donned his Pinkard hard hat and walked every foot of every room of the nearly finished assisted living/memory care space.

Here are some ad lib impressions:

--The new main entrance. One comes through the long-familiar south entrance doors and sees a welcoming low-key reception desk that is less a barrier than a guide to your destination.

--A second fireplace around the corner to the left offers quite a different impression. It is flanked by Chinese-red walls that set off its light-colored stone work. Overhead hangs a contemporary-styled chandelier that complements the clean feel of the fireplace.

--A few steps past the fireplace brings us to the new kitchen. The first impression is of a great deal of very shiny stainless steel. Standing out visually among the equipment is the large commercial-style stove. It has gas burners, a griddle and a grill, all within one structure. There are the usual steel sinks, sprays and countertops. The dishwasher is of mysterious design yet to be revealed and, happily, there is a walk-in cooler. The space is pretty tight, but efficiently organized and beautiful—a fine place to work.

--Temporary windows allow looking out into the empty space of the yet to be completed push-outs. Now the new concrete floors are covered with construction debris and snow. A skeletal outline of the shapes is formed by gray steel beams. But with a little imagination one can see a welcoming dining area and

(Continued on page 4)
A side glance as one walks down the west hall reveals a pleasant surprise— a flash of bright chrome on the front loading washing and drying machines nestled in a closet. They will do their work thoroughly and almost in silence.

--In every apartment, large and small, there are beautifully tiled showers. And in addition, for those needing help, there are two large shower rooms with dressing areas and plenty of benches.

--For those concerned about the comfort of staff, the old health care offices near the south entrance are still there. And there are several public restrooms for staff and visitors.

In summary, the two areas, assisted and memory living, look clean, bright and inviting. The promise that the new quarters will be a joy for residents and an attractive destination for visitors is already realized.

Note: A display of photographs from the new facility is on the wall near the Gift Shop.

Kevin Bunnell
At the December meeting of the Board of Trustees of FMRC two presentations were made of the data being considered in the plans for expansion of the Frasier campus. Elisabeth Borden of the Highland Group of Boulder and Denver, a strategic research, planning and marketing company, and David Slack of ARI, a group which provides strategic planning and financial projections to retirement communities, were present in person and by phone to update the Board as it sets the stage for the next generation’s life at Frasier. The program was heavy with data and information needed for the Board to make a final decision on the future of FMRC.

According to Elisabeth Borden, Frasier’s market area is the southern half of Boulder County where there are presently nine Independent Living and nine Assisted Living facilities, six Memory Care facilities, and five Skilled Nursing facilities. Only 20% of Frasier’s residents come from outside this area. Based on estimates of future population growth, an additional 172 Independent Living units, 160 Assisted Living units, and 185 Memory Care units will be needed for Frasier’s target population. Only two new retirement communities are under construction in the Boulder area today; Morningstar on Table Mesa Drive will provide Assisted Living and Memory Care, Mainstreet Properties in Lafayette will offer Skilled Nursing and Assisted Living. FRMC has a strong advantage in the Boulder market. The name alone is a “brand” with a great reputation. The scarcity of land for building in Boulder makes it difficult for others to enter the market. Frasier has stayed not only with the times, but ahead of the times.

In order to build Frasier’s projected 72 new Independent Living apartments it will be necessary to secure 70% pre-leasing agreements. Its leasing history suggests that new apartments will be 85-100% pre-leased; Frasier now has the longest wait list in its history with 194 people waiting to move. Frasier offers high quality and service. Its pricing is reasonable and in line with other retirement communities, even on the low side.

With these market indications and analysis of our readiness on hand, David Slack of ARI presented a thorough and number filled analysis of Frasier’s financial present and future. “We didn’t expect it [the current status and projections] would be that strong,” he said. The market is there, the new facilities can sit on site, all financial considerations are improving, and the new additions will enhance the entire Frasier community. The seventy-two new units are key in terms of new revenue sources and can easily support the new Centers. He projects that FMRC will be better off financially with expanded Independent Living apartments and Performing Arts and Wellness Centers.

First, how do we stand financially in relation to other retirement communities in the United States? FMRC is A-rated in terms of its cash reserves, ranking in the top 98% of all retirement communities, and probably the highest in Colorado. Its cash reserves are $43,414,000, allowing it, if ever necessary, to operate for almost three years without any new influx of money from entrance fees, monthly payments or investments. Frasier’s debt amounts to $40,000,000; while payments seem high, it is only because its debts are retired in 20 years.

Second, how does FMRC’s financial profile (Continued on page 16)
(Continued from page 2)

ber 7; the music was familiar but with a brass choir quite unique, and several of the perform-

ers told us about their studies and professional ambitions. Again in keeping with the season, at our Merry and Bright party, two very distinctive a cappella groups, one dressed in Victorian costumes, sang traditional carols and the other, a men’s chorus belted out more boisterous ballads. For a change of pace the Timberliners Barbershop Chorus performed in the Assembly room. One of our own, soprano Janet Brewer accompanied by Boulder’s own Pat Holmberg performed seasonal songs at the Women’s luncheon on Wednesday, the 17th. And to top it off, we had Simon Kyeyune and friends’ annual Christmas party with song and story on the 18th. December was decidedly a month of musical riches here at Frasier with something for every taste: a climax of the old year and a hint of what we can look forward to in 2015.

As a personal postscript: the thirteen people who traveled with the Frasier coach to hear Handel’s complete Messiah presented by the Colorado Bach Ensemble based in Ft. Collins, were thrilled by an inspiring and uplifting performance of soloists, chorus and chamber orchestra.

Jim Wolf

Janet Brewer Brings Song To Women’s Luncheon

In our sun-lit dining room, decorated with festive holiday greenery, Janet Brewer, an accomplished soprano who is a member of the Boulder Chorale and a new resident of Frasier, provided a stunning repertoire of nostalgic seasonal favorites, at the Women’s Luncheon. Her beautiful soprano voice lent to the audience’s humming, singing along or listening, with awe. Pat Holmberg, a recognized piano accompanist added to the fullness of presentation.

Janet sequenced her choice of songs, by starting with a song of anticipation “We need A Little Christmas” followed by a selection of songs mindful of biblical history and its spiritual impact on all connections with family sentiments, and joy. All senses were touched when Janet sang, “Do you Hear What I Hear?” Janet ended her program with “Twelve Days After Christmas,” eliciting laughter as she used comic gestures and exaggerated lyrics. Asked how she practiced for her performance she said, “Performance is the destination, and the journey is the rehearsal preparation.”

Janet comes to Frasier with an impressive history of singing in choirs since she was a child. She was a member of the Central City Chorus when she was at Colorado College. While pursuing her M.A at Miami University. She was accepted at the Aspen Training Program. Her most recent joy came in 2014 when she performed Handel’s oratorio in Dublin, Ireland, under the auspices of the Berkshire Choral Festival. Thank you Janet and Pat for an extraordinary picture of Christmas in song. What a gift!

Laura Fischer
Student Art Show

In December all Frasier residents were invited to the art gallery to enjoy a wonderful combination of art and music presented by students from our local Horizon School. It proved to be a delightful afternoon. Students from kindergarten to the sixth grade exhibited many impressive examples of their work.

The kindergarteners had drawn colorful self portraits and each face wore a crown, a smile and rosy cheeks. The portraits were priceless and provided an interesting comparison with another collection of sophisticated self portraits painted by fifth and sixth grade artists. These students were inspired by Andy Warhol and showed four versions of their faces. Accompanying their portraits were student poems with color as a theme. Their writing skills equaled their art ability. Part of one poem read ...  

"Orange playing in the night, laughing, dancing with delight, burning, scoring ever brighter, sparks and embers turn to fire.

Red and purple, best of friends, every second is a blend, jumping to what sky they find, they are never far behind."

Another project by the fifth and sixth graders was a unique series titled "Rainbow Trees." This art was so colorful it just jumped off the wall. We then saw that the first- and second-grade children displayed a variety of subjects including trees, moons and sunflowers. They demonstrated their skill in handling water color.

Then the third and fourth graders came along with a presentation of Southwest scenes as well as an unusual group of animal pictures. These cutout animal shapes were covered with bright patterns and showed a very strong sense of design.

We then moved into the dining room for Christmas music and refreshments where we were treated to some violin and flute solos and duets. Some of the musicians were from the seventh and eighth grade and the orchestra was composed of twenty-one students. The music was directed by their enthusiastic teacher, Dennis Sullivan. It should also be noted that the Horizon art teacher is Kara Priest. How lucky these children are to be in such good hands.

Jan Grenda
Assisted Living Residents Have More to Look Forward to Than New Apartments

The December meeting of the Assisted Living Resident Council brought more than the usual announcements of coming events, and the now routine assurances about a move-in date.

Here are some examples:

- In addition to traditional menu favorites, new items will be offered.
- In Memory Care food will be cooked to order and available all day.
- Assisted Living will enjoy amazing restaurant-style kitchen service. And the AL dining staff will always be available, even between meal times.
- Manager Andy was asked if residents could make special requests. The reply: "Absolutely. The chefs love special requests and challenges that take them outside of their daily routine."
- One of AL residents’ favorites is baked goods by Donna Head. "Will Donna still be baking?" they asked. Answer. "Donna may bake some, but not right away." Chef Jason is a former pastry chef and he will be making individual birthday cakes from scratch for AL residents.
- One resident asked for smaller portions. Andy encourages residents to specify their preferences to their server when placing an order.

Other AL news includes the announcement that landscaping around the push-outs will begin soon—believe it or not.

Also: Residents were again reminded that they have access to a County-sponsored Ombudsman. She is Bonnie Neighbors. Her special concerns are residents' rights. She administers a list of rights, and encourages people who have questions about them to call her at the Boulder County Area Agency on Ageing at 303-441-1173.

Kevin Bunnell

RECYCLE ALERT

The new Eco-Cycle Guide that came a few weeks ago has two important changes in the recycling business.

- Under “Recycle” (p. 6). Large unperforated plastic boxes commonly used for salad materials can now be recycled. They are sturdier than berry boxes and resist crushing. Their flat lids, however, cannot be recycled; please put them in Trash.
- Under “Compost” (p. 14). Dark-colored paper and envelopes can now be composted. So can the light brown Kraft envelopes with metal clips. With all of these items please remove metallic parts.
Cyber Seniors
On the Friday before Christmas the six o’clock PBS Nightly news carried a concluding story that made a lot of Frasier Folk sit up and look twice. There before them were several familiar residents solving computer problems with fresh-faced teen agers from Boulder’s New Horizons School.

The film was from weekly sessions sponsored by the school as one of its many innovative programs to enrich the learning of students.

Diana Burnnell gets computer tips from one of the students in the Cyber Seniors program.

Students who are good with computers and who would like school credit for working with seniors come to Frasier to give hard-to-come-by help with commuter problems.

After the holidays a new semester will begin, and the Cyber Seniors program will continue. For more information see Molly Briggs in Enrichment and Community Life.

Meanwhile, there is a poem on page 19 that explains the magnetism of the program for Frasier residents.

Kevin Bunnell

The View from Main (Street)
by Jim Wolf

Walking the corridors at Frasier can tell you a lot about who lives in the long array of apartments. Of course, there are the names, or name, on the door; that tells you where someone you know lives. But then there is the shelf; everyone of us has a shelf where we receive packages, newspapers, the yellow sheets announcing activities, and notices of all sorts of special meetings, or letters from Tim.

That’s what we get, but what do we give in return? We share a bit of ourselves with what we put on that shelf. It could be some artifact from our travels, or a piece of artwork that says something to us, or indeed a piece of art that we have created ourselves or something as unusual as a bent bicycle wheel. Our shelf is a way of telling passersby something about who we are and something that we value. And that is a value in itself. Each of us comes from a different place in life, geographically and professionally, and we are uniquely who we are. The shelf is not just an inbox, it is an outbox of individuality.

Jim Wolf
Thanks to all of you who gave to Frasier’s Year End Campaign to support the our New Assisted Living and Memory Care Community which will have a special dedication on Thursday, January 8, 2015 from 3 p.m. to 6:00 p.m. You and your friends are all invited to celebrate the grand opening.

Colorado Gives Day raised over $26,000,000 for area non-profits. Thanks to Frasier’s residents, Board, staff, families and community members who supported us by making $4,500 in credit card gifts on December 9th. Over $20,000 has come in to date for Assisted Living and the total giving is coming close to $30,000. Please consider making a gift if you haven’t already done so.

This year the funds raised for Assisted Living will be used immediately for the following programs and items: We are working with Don Galbranson of Bob’s Piano to select a vintage baby grand piano that will be enjoyed by our residents and will be a pleasure to play by our guest pianists. Members of the Geneva Percival Fund for Music will help us with our selection. A few new iPads will be used to support our technology programs with brain exercises and opportunities to communicate with out-of-town relatives for both Assisted Living Classic and Memory Care residents. Additional funds will be used to purchase new materials for the library, the memory care garden, an aquarium, support for the Memories in the Making and the Music and Memories programs, and funds for staff education. All of these additions will enhance the lives of our residents in our new Assisted Living community. Thank you for making this possible.

Also, thanks to those of you who have made gifts for staff scholarships, the Employee Emergency Assistance Fund, and Spiritual Life. As always your unrestricted gifts are much appreciated.

With the opening of Assisted Living and the approval of the Master Plan later in the year, 2015 will be an exciting year for Frasier.

Best wishes to you and your family in 2015.

Kathy Pollicita
Vice President for Mission Advancement
Alzheimer's Association Workshops:
The Nuts and Bolts Part II-B

On September 25th the Alzheimer's Association presented a free workshop at Frasier titled “Successful Communications.” The information from that session is condensed here. Communication and language changes that may occur in the person with dementia:

- Difficulty finding the right word
- Using familiar words repeatedly
- Inventing new words to describe familiar objects
- Easily losing train of thought
- Difficulty organizing words logically
- Reverting to speaking in a native language
- Using foul language
- Speaking less often
- Relying on nonverbal gestures more often

It is the goal of the caregiver to preserve the feelings, dignity and independence of the person with dementia while at the same time being vigilant of safety.

Questions in typical conversations seek information. When conversing with a person who has dementia, look for the *feeling* behind the question. For example, if a widow asks “Where is my husband?” Instead of reminding the woman of her husband’s death, the caregiver could begin a dialogue with “You love your husband very much.”

The Alzheimer’s Association can help patients and families by offering: information and referrals, family counseling, support groups, education programs, medic alert + safe return, trial match, and advocacy.

For more information call the Alzheimer’s Association 24/7 helpline at 1-800-272-3900 or visit www.alz.org/co on the web.

*Isabelle Kessler*
*Enrichment and Community Life Coordinator*

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New Residents

**Moving from their home in Louisville, CO and arriving in FMRC apartment # 109-FS are Pat Carney and Charlie Anderson. Pat was born in Ste. Genevieve, MO on April 30th. Charlie was born in Minneapolis, MN on April 10th. Pat was a history and art teacher and Charlie was a mathematics teacher. Pat’s interests are painting, history, art, travel, and nature. Charlie’s interests are travel, nature, hiking, and bridge. Their new phone number is 720-562-8072. We welcome Pat and Charlie to our community!**

**Moving from her home in Lafayette, CO and arriving in FMRC apartment # 475-FC is Betty Campbell. Betty was born at Patuxent River NAS, MD on Sept. 7th. She was a registered dietician and trainer. Her interests are fabric and needlecraft, walking, biking, reading, lectures, family time, and volunteering. She has two children, Jennifer in Louisville, CO and Brian in Durango, CO. Her new phone number is 720-562-8263. We welcome Betty to our community!**

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**Punography.**

I tried to catch some fog. I mist.

When chemists die, they barium.

Jokes about German sausage are the wurst.
What was Kenya like situated on the equator in the beautiful highlands and grasslands of Africa’s eastern coast, when it became independent and free of British rule in 1963? JoAnne Howe, born in Joplin, MO, and a resident of Frasier with her husband Chuck since 2003, had the answer. In her humorous and pragmatic way she fascinated a Frasier audience at the October Women’s luncheon with a talk about her sometimes trying but wonderful times when she travelled to Kenya with her husband Chuck in 1964, while being mom to four small children, the youngest 4 months old. At that time Chuck had been teaching Economics at Purdue University in a professorial position, when he received a phone call from the Rockefeller Foundation with an offer to teach at the University of Nairobi in Kenya, all expenses paid. Who could refuse? After World War II, the Rockefeller Foundation prioritized the support of higher education, to help developing countries by recruiting noted educators. Chuck was to be given a professorial position to teach economics and help with related environmental studies.

Deciding whether the family should go, JoAnne jokingly said, that if she could rent her house, take her pressure cooker and Joy of Cooking, it would be a great opportunity. It took the year of 1963 to prepare, and in July of 1964 they started their journey, encountering many detours and inconveniences, but when they arrived in Kenya, which looked and felt like Boulder, they were welcomed by an official and taken to their Nairobi home. There they met Jonathan, their loyal houseboy who did the cooking and household chores. Nairobi was Kenya’s largest city a hub of culture, and university influence. One of JoAnne’s observations, was that the British left Kenya in good condition, but did so with employment of civil servants and no directors which led to growing civil unrest.

In daily activities, JoAnne drove the children to and from school. She learned that “Dick and Jane” primers were used. There was no school on Saturday. Wednesday afternoons were a time to travel. Local markets had plentiful souvenirs, but not safe healthy food. Shopping was done at government stores, or at individual ”butchers, bakers and candlestick makers.” JoAnne and Chuck fondly remember safaris. They travelled with their children in their own car for safaris in surrounding countries to see the beautiful and abundant wildlife of east Africa and bought art work, some of which they donated to museums.

Once called the cradle of humanity, safe and inviting, Kenya today is volatile and plagued with internal corruption and terrorism, as are her neighbors, South Sudan, Somalia and Tanzania. In 2013 terrorists attacked a bus in Nairobi, killing seven people.

JoAnne and Chuck remember Kenya and the region in happier times.

Thank you very much JoAnne for this extraordinary talk, bringing Kenya to our awareness.

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Laura Fischer
Grandchildren

They disappear with friends near age 11. We lose them to baseball and tennis, garage bands, slumber parties, stages where they rehearse for the future, ripen in a tangle of love knots. With our artificial knees and hips we move into the back seats of their lives, obscure as dust behind our wrinkles, and sigh as we add the loss of them to our growing list of the missing.

Sometimes they come back, carting memories of sugar cookies and sandy beaches, memories of how we sided with them in their wars with parents, sided with them even as they slid out of our laps into the arms of others.

Sometimes they come back and hold onto our hands as if they were the thin strings of helium balloons about to drift off.

"Grandchildren" by Olivia Stiffler, from Otherwise, We Are Safe © Dos Madres Press, 2013.

Punography.

A soldier who survived mustard gas and pepper spray is now a seasoned veteran.

I know a guy who's addicted to brake fluid. He says he can stop any time.

In Loving Memory

Ralph Burns
Born ......................... Aug. 29, 1918
Died .......................... Dec. 10, 2014

Eleanor Payne
Born ......................... Aug. 15, 1916
Entered F.M.R.C. ............ Mar. 26, 1999
Died .......................... Dec. 07, 2014

Herbert Plews
Born ......................... Jun. 14, 1928
Entered F.M.R.C. ............ Apr. 21, 2006
Died .......................... Dec. 12, 2014

Pauline Wilson
Born ......................... Apr. 13, 1927
Entered F.M.R.C. ............ Sept. 25, 2009
Died .......................... Dec. 13, 2014

Dorothy “Dot” MacFarland
Born ......................... Jan. 02, 1918
Entered F.M.R.C. ............ Feb. 03, 1992
Died .......................... Dec. 20, 2014

Angels Explained By Children

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth.

Ashley — age 9
Joyce Davies says she and her husband Ken began collecting the china houses that make up their North Pole Village in 1990. The village is set up on Frasier’s 4th floor next to elevator #1. 1990 was the first year this particular village was made.

The Davies’s collection comprises approximately 24 lighted houses, each with its own name, for example, the Elf Bunk House (below), Crayola House (bottom right), and the Jack-in-the-Box House. Only two small buildings don’t light up, the hot chocolate stand and the popcorn shop. The Mickey Mouse carousel goes round and round, and the reindeer-training snowman leads a novice deer in a harness around a high circle on a pole, presumably teaching him to fly. Other accessories include fences, benches, and evergreen and deciduous trees.

The buildings are made of china and hand-painted. Each comes in a box with a Styrofoam insert exactly molded to its shape. In their boxes the buildings are practically indestructible. Everyone was asking where Joyce stores the snow village. She gave a chuckle as she said, “They occupy three-quarters of our cage.” Joyce says it takes three days to set up the little village. She had great help this year from son Kenneth, who dealt with the wiring. Each house needs to be plugged into a main electrical connection. The whole set-up can be turned off or on with the touch of one button.

Nancy Tilly
Saturday, January 17th, MLK Jr. Day of Service: Homeless Shelter and Safehouse Progressive Alliance for Nonviolence

This year Frasier is participating with the City of Boulder Youth Opportunities Advisory Board (YOAB) as a site for a day of service over the afternoon of Sat. Jan. 17th. Eleven high school age youths will join Frasier residents on our campus in making a difference for two longstanding Boulder service organizations on projects supporting their vulnerable populations. From 1:00 – 2:00, in the Art Studio, 2nd floor FE, the students will help us assemble individual bags of art supplies for children ages 4 to 8 who are residing at the Safehouse. Then they will move to the HCC Activities Room where they will put together snack/lunch bags for the homeless shelter outreach program, providing nutritious meals to those on the streets who choose not to use the shelter.

We can all participate in this effort through a collection drive as we gather supplies for both of these projects. We will have boxes at all of our entries where you may donate art supplies (crayons, markers, coloring books, sketch pads, chalk, coloring books, etc.) and items for the outreach nutrition program (cereal/granola bars, peanut butter, jelly, nuts, fruit cups, etc.) There is a more extensive list at the front desk as well as on the boxes at the Frasier entries. The collection drive will run from Monday, January 5th through Friday, January 16th. Come hear about both the Homeless Shelter and Safehouse during a talk on Thursday, January 15th at 4:00 in the Assembly Room.

During this January 17th afternoon, we will also take some time to write letters to our service members overseas. We hope you might join us in some way for these projects!

Molly Briggs

Frasier and the Colorado Athletic Club

It is pretty clear to most residents of Frasier Meadows that exercise in later life is critical in maintaining physical function and independence. We are fortunate to have a well-equipped Wellness Center with a staff dedicated to maintaining our physical well being. However, we are also fortunate to have a relationship with the nearby Colorado Athletic Club.

This facility has just undergone a $5,000,000 renovation and is available to Frasier residents through a cooperative agreement between the two facilities. Some of our residents have become regular users of the Club and have found it to have a welcoming environment, a vast array of equipment and a staff dedicated to encouraging and aiding its club members to achieve higher levels of strength, mobility and fitness.

For those Frasierites that have not become familiar with the Colorado Athletic Club a visit would be worthwhile. A look at the heated outdoor pool, the indoor pool, the strength

(Continued on page 18)
Do You Like It Here?

Do you like it here?
An oft-asked question
Do you like it here?
Reflexively I respond
Oh yes, I'm happy here!

Later in my small apartment
I sit in reflection
Do I like it here?
I think about Ohio,
and my life there

Close family ties,
loving church community
Memories too intimate to ponder
Did I like it there?
The answer of course is
My life was perfect
Or was it?

Was it really perfect when the temperature matched the humidity at 95 degrees?
Was it perfect when sweet friends helped me across the street when I was able to "do it myself"?
Was it perfect when a medical crisis left me hurting, lying on the icy street alone?

Once again I ask myself the question
Am I happy here?
And I mutter a silent prayer to the universe.
Thank you for bringing me here
Far from the familiarity of home and loving family and friends
Far from the frustrations of conservative politics
From the haggling of condo building residents
Wanting to overthrow current structure to gain control
Far from a loved one's self-induced poverty and neediness.
Far from the "perfection" of home.

Do you like it here? The question is asked
As a genuine concern
Do you like it here?
For just a moment I pause viewing the now familiar Flatirons,
Yes, I love it here.

Mary Dickerson

(Continued from page 5)

Stand at this moment? Its financial liquidity is very strong. Its debt service is weaker, but still good. Its capital structure would be strengthened by paying down more of its debt. At present, its profitability is low because of the costs of the flood. If these adjectives seem to be negative — "weaker", "strengthened" and "profitability" — it is only in relation to the strong marks given to Frasier's financial liquidity.

So, with a future market promised, interested parties, a history of successful marketing and a strong financial base, FMRC is considering embarking on an expansion of its facilities. If a decision is made to move forward, the first step will be a testing of the waters, with $4,000,000 budgeted for a marketing program to see if Frasier's plans are feasible. If they are not, the facility can walk away from the project without any harm to its financial status. If they are, an aggressive pre-leasing campaign will be undertaken to ensure, at least, a 70% enrollment in the new facility, or fifty new tenants. A loan for $58-60 million, for twenty years at 3.25%, will be taken out, with repayment made by new entrance fees. These, and resulting monthly fees, will strengthen FMRC's cash flow, covering increased costs and supporting the Wellness and Performing Arts Centers. It will not only put the entire facility on a firmer financial basis, but also improve the quality of life at Frasier Meadows.

The decision to go ahead with the project, or not, is waiting to be made by Frasier's Board of Trustees.

Margaret Picher
Infected with Gynocracy…..

That silly phrase was intended to ridicule Clara Barton when it was published in an eastern newspaper ...... not because she was an active suffragist (radical trouble-making rabble-rousers) but because she spoke publicly about causes she believed in. Her last and greatest cause was the establishment of the International Red Cross, which required the President and Congress to authorize our signing of The Treaty of Geneva. The U.S., the last holdout, finally signed in 1882.

It all began with Clara’s desire to help soldiers fighting in ”The War of Rebellion.” First, she organized the public to produce food staples, bandages, and warm clothing, keeping two warehouses in continual use.

She knew that she needed to be on the battlefield, making sure the wounded had food and water, and basic care; she also knew the importance of stemming the flow of blood from wounds as quickly as possible. Ministering to these needs often placed her in danger. On one occasion, a bullet tore through her sleeve and killed a man behind her. On another occasion a soldier, had a bullet lodged in his bleeding cheek which Clara reluctantly, but bravely, removed. She became known as “the angel of the battlefield.”

After the War of Rebellion was finally over, Clara set to work attempting to locate and identify missing soldiers, only one of whom in thirty was identifiable. With President Lincoln’s blessing and encouragement, Clara established a Missing Soldiers’ Office in Washington.

Bushel baskets of supplicating letters from families arrived every day. To give you some idea of the scale of this task, recall that 12,658 soldiers died in Andersonville Prison, perhaps the most infamous, but not the only Confeder-ate prison (there were eleven others). As many as 40,000 soldiers who fought in The Civil War were not identified during Clara’s lifetime.

We learned about this great lady from a dramatic monologue presented in the Assembly Room in December. It was written and performed by Susan Marie Frontczak, who was costumed in a historically accurate, charming, custom-made, 19th century dress and wig. Susan Marie coaches the budding actors who participate in the Young Chautauqua Program, which meets here at Frasier. Perhaps we’ll be lucky enough to see this group in action as they develop their skills. We hope so!

Trish Judd

Punography.

I’m reading a book about anti-gravity.
I can’t put it down.

I did a theatrical performance about puns.
It was a play on words.

They told me I had type A blood,
but it was a type-O.
T he Frasier annual Merry and Bright party in our Dining Room on Tuesday December 9th featured an extraordinary dinner with appetizers, entrees of scallops and carved filet of beef, and many delicious accompaniments. Entertainment included Essa Kalandareva on piano, The Dickens Carolers, and the New Wizard Oil Combination an a cappella men’s choir. Frasier staff pitched to assist our dining room chefs and servers to kick off the holiday season. A good time was had by all!

Molly Briggs, Tim Johnson, Michael Lacopo, Emily Jackson, and Kayla Goldstein were on hand to make sure the evening ran smoothly.

Cory Balk, Jourdane Sorrell, Karina Gordillo, and Greg Tracy helped to prepare and serve a wonderful dinner.

The Dickens Carolers strolled through the diners and sang holiday favorites.

JoAnn Joselyn

(Continued from page 15)

equipment and the vast array of cardio machines is awe inspiring. For people who love to walk in order to maintain fitness the indoor track would be a welcome alternative on days that preclude an outdoor walk. Improve your health by taking a short walk across the street to the Colorado Athletic Club. The sauna and the steam room are all fired up and the staff is waiting.

Ted Granda
They Come on a Mission

They come on a mission—
to fill a gap in the lives of their elders.
Their youthful expertise and wisdom,
surprises us who are supposed to own
such qualities.

They are guided into this new experience
by men and women who love to see their
charges shoulder new mantles of
knowledge and understanding.

They come wearing hats of many shapes.
We wonder if those hats are sending
secret signals. But the messages escape us.

We especially wonder about hats worn with
flat bills to the back, and recall bills
worked into curves until we seemed to
peer from a tunnel.

These young people come in all sizes and
shapes. Some tall, bearded and muscular.
Others in the bloom of impending adulthood.

But these are only superficial signs and
symbols.
They also come with precious bounties,
invisible on first sight, and still hidden
during initial meetings.

Then we bring forth computers and lay them
before these youngsters along with our
ignorance.

Now the rules kick in.
There are parietal rules to prevent behavior
incompatible with our learning goals.
Our student mentors have come, not to display
their technical skills but to evoke
understanding in those they teach.

Corollary: The learner’s fingers are always on
the keyboard and mouse.

The mentor sits to one side of the booted
computer.
The voice is soft and patient. “You’re right, this
won’t work. Let’s try this.”

Or, “You will need to activate your location
service before you can use all those
other features.”

Or, “---Janel is good at scanning matters.
We can stay after 4:00 and solve your
problem.
My Dad will be waiting out front.”

Dedication, competence, and love are all here
marshaled.
These neophyte teachers have engendered rich
and lively learning to be envied by
master teachers.

A proper educational project is judged by
results.
Are these young mentors transformed in
some way?
Did they really induce learning?
Did they learn useful behaviors from their
older partners?
Did they learn new and mysterious things
about themselves?

And what of the elders?
Did those hours with the young transform
them?
Did they learn to like and enjoy their look
into youth culture?
Did they learn new techniques that made their
computer lives more pleasant and
productive?

The answers to these questions are yet to come.
They may not flow forth in one bolus.
More likely some answers will emerge
unexpectedly—an image of a face will
recall an “aha” technical moment.

Or a sudden notice of fingers on a keyboard
may awaken a moment of laughter
that teetered on the edge of love.

Words there will be about this experience—
flowing easily from voices long
separated.
The assessment will go on long after many of
our voices are hushed.

Kevin Bunnell
Museum of Boulder

Boulder’s History Museum is about to transform into the Museum of Boulder. December’s Kaleidoscope program featuring Laurie Paddock, Frasier Resident, and Nancy Geyer, Executive Director of the new Museum of Boulder explained and illustrated the metamorphosis. Laurie, a member since age 2 of the Boulder Historical Society, reviewed the many locations which have been used for historical collections through the years: The Court House, Old Central School, to the present location in the Harbeck-Bergheim House on Euclid. Nancy talked about the expanded mission of the new museum which will feature those factors such as local contributions to science, technology, athletics and natural foods which make Boulder the unique place it is, as well as historical exhibits and a children’s museum.

The Museum has purchased and is renovating the Masonic Lodge at Pine and Broadway for its new home, projected to open in 2016. The passage of tax measure 2A in November worth $4 million, a December National Endowment for the Humanities grant for $500,000 and $1 million in private donations to date have brought the organization more than half way to its $8 million goal. If one wishes to contribute toward the new Museum of Boulder contact Karl Anuta. A joint membership in The Museum of Boulder and Historic Boulder, the organization dedicated to saving historic worthy buildings, is available.

Louise Bradley

Volunteering at Frasier

One of the best features of our lovely community is the contributions of our members both within the walls of Frasier and in the greater Boulder community. This column is dedicated to bringing awareness to several of these Frasier volunteer efforts, spotlighting some of the Boulder community members who volunteer at Frasier and bringing attention to new opportunities as they arise.

This month I am thinking of our own Simon Kyeyune, Frasier Care Resident Assistant extraordinaire, as well as extremely dedicated volunteer. For the month of December, Simon has completely embodied the spirit of the season, seeing that trees and public areas are festooned, singing at every opportunity, serving residents at the Merry and Bright party, leading the singing at the Resident Relations Party. In addition, later that evening joining with another amazing volunteer, Doe Kelly, to sing with those on the Holiday Lights tour, putting on a remarkable show on the 18th, performing again with Doe at the Giving Tree party and then again later caroling in the IL dining room during dinner. Finally gracing the Christmas Eve Worship with his beautiful voice. His hours of preparation for all of these events are unfathomable. He works diligently behind the scenes for Vespers every week as well. We are blessed to have Simon! (And Doe for that matter!) Our gratitude is difficult to describe in words!

Some examples of resident volunteer opportunities include taking a book cart to residents in the HCC, Gift Shop attendees, and projection operators for the Saturday night movies (training available). Please contact, me at ext. 4339 if you are interested or would like to hear more.

Molly Briggs

Punography

A cross-eyed teacher lost her job because she couldn't control her pupils.
Your Brain Matters:
Is Current Research on Aging and Exercise Relevant?

Earlier this summer, Dr. Angela Bryan, Professor of Psychology and Neuroscience at CU, and her colleague Dr. Jessica Andrews-Hanna, Research Associate in the Institute of Cognitive Science, gave a fascinating overview of age-related changes in brain structures that influence different journeys as we age. Angela and Jessica are collaborating with the Intermountain Neuroimaging Consortium, housed at CU. In Boulder and across the Rocky Mountain region, a team of 75 researchers is using magnetic resonance imaging to study brain functioning as it is related to different behaviors. Their methods are on the cutting edge of imaging research. Angela and Jessica will be recruiting subjects for their work, and several Frasier residents have volunteered.

Just as we take a different journey when aging and decide to come to Frasier, similarly, when our brain cells shrink and make fewer neurons, the multitude of fibers finds a different route to process memory, cognition and physical activity. We get involved with participation, enjoying life, leading activities and committees, yet it frustrates us when we forget names, misplace keys, forget where we filed important papers, have trouble with organization and may lose a sequence of numbers when telephoning or balancing check books. Is this a short-term memory deficit? Not necessarily.

Recall in short-term memory is controlled by the hippocampus, which is the gateway to memory and acts as the executive, or CEO, of the brain. The executive function includes such abilities as reasoning, planning, multitasking and maintaining attention when there are distractions. If short-term memory is in question then the executive function is weak. Angela was encouraging when she said that with decline there is “good news.” She explained that the brain is malleable and composed of inter-connected regions that “talk” to each other, strengthening processes of brain integration. Though neurons decay daily, we can rehabilitate and replenish pathways from birth to our last breath; we are continually trying to replenish and rebuild. Knowing this, we need to take responsibility to build on our strengths. Research at CU and internationally suggests that we can recruit and replenish our brain power in memory and cognition by an active lifestyle, with mental and physical exercises that challenge our short-term memory and executive functions. Wellness Center, here we come!

Angela and Jessica cautioned that neurological detours still can happen. Although some recall decline is normal, a few of us become part of the unfortunate minority that develop Alzheimer’s disease and other types of dementia, with causes still to be discovered.

Along with other residents, I learned, questioned and felt I wanted to know more. Thank you Angela and Jessica for taking us through a fascinating journey we shall long remember.

Laura Fischer

Angels as Explained by Children

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath again, somewhere there’s a tornado.

-Reagan, age 10
As the North Wing project evolved Manor residents wondered just what kind of renovation would come to their part of the building. Throughout the first thirty years the most significant change in the residential building at Frasier had been the consolidation of one-room studios into one-bedroom apartments in response to the “market demands” of incoming residents. Little attention had been paid to upgrading the original facilities such as the service utilities, service areas such as the kitchen, modernizing the common areas, or improving the looks of the hallways and “public areas.” It took some time for these “improvements” to materialize.

Of persistent concern to residents were the service utilities and especially air conditioning. This had not been a part of the original construction and over the first decades there had been a considerable amount of “make do” undertaken and paid for by residents: the chapel, the dining room and several other “common areas.” More extensive were actions taken by individuals to make their living quarters more comfortable by simply keeping their doors open to foster cross ventilation during the hot summer months, or adding window air conditioners that put a strain on the electrical system. To modify the service utilities as a whole was a formidable task which was not tackled until the “renewal” of 2008-09 when a modern air heating and cooling system was installed for every apartment.

The initial projects were to remodel the kitchen and modify the Health Care Center; in both cases a decade or two of experience provided ample ideas for renovations. But in 2008-09 a more extensive renovation program was undertaken for the original building, now called “Central.” Among many changes, this involved rearranging facilities in the “commons” area: moving the library from the garden level to the main floor, a history room, moving the gift shop from near the building entryway to its interior and adding administrative office space by moving the outer wall of the building to the west, renovating the reception area and constructing a new outdoor overhang to protect residents coming and going in their cars.

Frasier Meadows Retirement Community is committed to you! We are pleased to offer an innovative program, Vitalize 360, which offers you, as residents, the opportunity to share your interests and lifestyle needs through an informal conversation. The conversations support a culture that represents the missions, values, and vision of Frasier Meadows Retirement Community. Every resident will be offered the opportunity to participate annually in a conversation. The program’s intention is to use the information collected from your personal conversations to support a meaningful residential community for all residents. Stephanie Willner, Wellness Coordinator, is leading Vitalize 360 and will offer a more detailed presentation on the program and its merits on Tuesday, January 13th, 2-3 p.m. in the Grille.
January Birthdays

INDEPENDENT LIVING
Ann Rowan .................... 1.02
Betty Boselli .................. 1.03
Elbe Geer ....................... 1.05
James Sindelar ................ 1.05
Rachel Bender ................. 1.07
Connie DeVries ............... 1.07
Pete Palmer .................... 1.09
Ann Evans ...................... 1.10
James Scholten ............... 1.10
Priscilla McQueen ........... 1.13
Stuart Mundt .................. 1.13
Jean Johnson ................. 1.15
Kate Crawford ................. 1.18
Walter Duncan ................. 1.19
Bernice Rosenberg ............ 1.19
Mary Kelso ..................... 1.20
Faye Parrish ................... 1.21
Joan De Graaff ............... 1.22
Bill Sabin ....................... 1.25
Ken Davies ..................... 1.28
Eloise St. John ............... 1.28
Judith Rhoads ................. 1.31

ASSISTED LIVING

Kathy Kingwell ................ 1.21

HEALTH CARE
Evelyn Kube .................... 1.12
Wanda Francipane ............. 1.23
Patricia LeBlang .............. 1.28

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PUBLISHER: John Harris
CO-EDITOR: JoAnn Joselyn
CO-EDITOR: Pete Palmer

PROOF READERS:
John Tracy
Phil Waggener

REPORTERS:
Louise Bradley
Kevin Bunnell
Laura Fischer
Ted Grenda
Tricia Judd
Janet Klemperer
Margaret Picher
Nancy Tilly

PHOTOGRAPHERS:
Al LeBlang
Phil Waggener

COLUMNISTS:
Sam Hays
Pete Palmer
Jim Wolf

DISTRIBUTION:
Peg Beeler
Irma Galusha
Dick Leupold
Don Moore
Bob Pardee

E-mail address correspondence to:
Mirror@FrasierMeadows.org

The MIRROR staff will meet at 2:00 p.m. on Monday January 5th in the Private Dining Room to plan the February 2015 issue.
Saturday January Movies (7:00 p.m.)

January 3        Cool Hand Luke (1967)
When petty criminal (Paul Newman) is sentenced to two years in a Florida prison farm, he doesn't play by the rules of either the sadistic warden or the yard's resident heavy. His bravado makes him a rebel hero to his fellow convicts and a thorn in the side of the prison officers.

January 10       Renoir (2012)
Set on the French Riviera in the summer of 1915, Jean Renoir returns home to convalesce after being wounded in World War I. At his side is Andrée, a young woman who rejuvenates, enchants, and inspires both father and son.

A lonely, aging movie star named Bob Harris (Bill Murray) and a conflicted newlywed, Charlotte (Scarlett Johansson), meet in Tokyo. Strangers in a foreign land, the two find escape, distraction and understanding. They form a bond that is as unlikely as it is heartfelt and meaningful.

January 24       The Big Sleep (1946)
Private investigator Philip Marlowe (Humphrey Bogart) is hired to help resolve the gambling debts of General Sternwoods. As people linked to the Sternwoods start being murdered, Marlowe finds himself getting ever deeper into the case.

January 31       Kolya (1996)
Former concert cellist Louka barely makes ends meet after being blacklisted from his job with the Prague Philharmonic Orchestra. For a fee, he marries a Russian woman so she can become a Czech citizen, but she immediately emigrates to West Germany, sticking the bachelor with her sickly 5-year-old Kolya and questions about the sham marriage.