

# The Gardens greetings & St. Elizabeth stories.

## Featured Meetings and Activities

### IL Resident Meeting

Tues. Sept. 3rd - 1:00 PM  
Auditorium

### IL Activities

#### Planning Meeting:

Cancelled for September

### AL Resident Meeting

Tues. Sept. 24th - 1:30 PM  
Day Room

### AL Activities

#### Planning Meeting:

Tues. Sept. 24th - 2:00 PM  
Day Room

### Outdoor S'mores & Entertainment

Mon. Sept. 2nd - 7:00 PM  
Community Garden

### Root Beer Floats

Wed. Sept. 11th - 2:00 PM  
Bistro Lobby

### Autumnal Equinox Toast

Mon. Sept. 23rd - 6:00 PM  
SkyView Pub

### North High School Parade

Wed. Sept. 25th - 5:30 PM  
32nd Avenue

## New Exercise Program at GSE

We have a new exercise program starting at The Gardens at St. Elizabeth in September. Vintage Vibes with Marquis will be every Wednesday at 11 AM in the Auditorium. Marquis makes fitness fun with lot of movement and energy. All abilities welcome as he will help adapt the exercise to what you are able to comfortably do.

Marquis has been visiting us for Karaoke in Memory Care where he is well loved. Residents have enjoyed his silly and humorous personality. We are excited to now welcome him in for this new exercise event and we hope you will join us.

Marquis will also be providing entertainment at our September Independent Living Birthday Party on Friday, September 27th.

We are looking forward having Marquis around providing us with a new exciting and vibrant approach to activities and exercise!



## Monthly Reflection by Chaplain Aram

*Much has been made of the “divisiveness” that permeates our society currently, especially with the coming presidential election. It has become increasingly difficult for people to maintain civility in the midst of disagreement and criticism. Oftentimes what “triggers” strong reactions and anger is our own wounding. I found this reflection from my friend Mercy Aiken (she does a lot of work in the Middle East) to be very helpful in this regard, and I hope it might be of help for you and all of us – Chaplain Aram*



What a gift this sort of healing is - to ourselves and others. But HOW do we heal? Some quick thoughts that spring to mind that have worked for me:

1. Most criticism contains at least a grain of truth, and maybe more. Own that grain. Ask for God’s help to repent and change. Be humble about it. Humility can carry us farther than we ever imagined, all the way to the expansive and humble heart of God.
2. Pray for those who hurt you, wrong you (or those with whom you strongly disagree on important matters). Bless them, as Jesus said. This practice removes much bitterness and enlarges our heart in love.
3. Remember we are all wounded in some ways. This knowledge gives us more grace for our selves and everyone else. I’m sure there’s much more that could be said, particularly for people who have suffered specific types of wounding that I have not experienced. I used to have very thin skin. Now I find that I’m rarely—if ever—personally offended. And if I am, I know what to do. What freedom!

*[Note from Chaplain Aram: when it comes to things like political disagreements, I would say (1) get to know the person and a little bit about their story, and (2) try to find the underlying reason for their beliefs, and look for common hopes and aspirations.]*

## Walk to End Alzheimer’s



As we have done in the past, we will be participating in this year’s Walk to End Alzheimer’s at City Park, on Saturday morning, September 21. Staff, Residents, and Family members are all welcome to walk with us! There will be a long walk and a short walk – more details forthcoming.

You can sponsor anyone who walks. For now, a very simple way you can contribute is by purchasing a “flower card” for \$2 (available at the Front Desk). These can be in honor or memory of a loved one. We will then hang them in the Lobby. Let’s get LOTS of flowers hung over the next few weeks!


# Cancer Detection Guidelines

Submitted by: Dorothy T.

AGE	FREQUENCY	FEMALES	MALES
40-49	Every 5-10 Years	Colonoscopy, CT Colonography or flexible sigmoidoscopy, Primary HPV DNA approved test; or Co-test (HPV test and Pap test)	Colonoscopy, CT Colonography or flexible sigmoidoscopy
	Every 3 Years	Complete health exam, Pap test (if not testing at 5 years), Multi-targeted stool DNA test (MT-sDNA)	Complete health exam, prostate-specific antigen (PSA) blood test <sup>1</sup> , Multi-targeted stool DNA test (MT-sDNA)
	Yearly	Clinical breast exam, mammogram, digital rectal exam, endometrial biopsy, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT)	Digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT)
	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
50-65	Every 5-10 Years	Colonoscopy, CT Colonography or flexible sigmoidoscopy, Primary HPV DNA approved test; or Co-test (HPV test and Pap test)	Colonoscopy, CT Colonography or flexible sigmoidoscopy
	Every 3 Years	Pap test (if not testing at 5 years), Multi-targeted stool DNA test (MT-sDNA)	Multi-targeted stool DNA test (MT-sDNA)
	Yearly	Complete health exam, clinical breast exam, mammogram, endometrial biopsy, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)	Complete health exam, prostate-specific antigen (PSA) blood test, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)
	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
66+	Every 5-10 Years	Colonoscopy, CT Colonography or flexible sigmoidoscopy	Colonoscopy, CT Colonography or flexible sigmoidoscopy
	Every 3 Years	Multi-targeted stool DNA test (MT-sDNA)	Multi-targeted stool DNA test (MT-sDNA)
	Yearly	Complete health exam, clinical breast exam, mammogram, endometrial biopsy, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)	Complete health exam, prostate-specific antigen (PSA) blood test, digital rectal exam, guaiac-based fecal occult blood test (gFOBT) or fecal immunochemical test (FIT), low dose helical CT (LDCT)
	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam

**Note:** Your doctor may suggest a different testing schedule depending on your risk of developing a specific type of cancer. Discuss with your doctor to develop a screening schedule that is tailored to your own situation.

## HELP US FIND A CURE FOR EVERY SHADE OF CANCER

Appendix Cancer  AMBER	Bladder Cancer  GOLD/BLUE/PURPLE	Bone Cancer  YELLOW	Brain Cancer  GREY	Breast Cancer  PINK	Cervical Cancer  TEAL/WHITE	Childhood Cancer  GOLD	Colorectal Cancer  DARK BLUE
Esophageal Cancer  PERIWINKLE	Gallbladder/Bile Duct Cancer  KELLY GREEN	Gynecological Cancers  LAVENDER	Head and Neck Cancer  BURGUNDY/IVORY	Hodgkin's Disease  ORCHID	Kidney Cancer  ORANGE	Leiomyosarcoma  PURPLE	Leukemia  ORANGE
Liver Cancer  GREEN	Lung Cancer/Mesothelioma  CLEAR/WHITE	Lymphoma  LIME	Melanoma  BLACK	Multiple Myeloma  BURGUNDY	Oral Cancer  BEIGE	Ovarian Cancer  TEAL	Pancreatic Cancer  PURPLE
Prostate Cancer  LIGHT BLUE	Sarcoma  YELLOW	Stomach Cancer  PERIWINKLE	Testicular Cancer  ORCHID	Thyroid Cancer  TEAL/PINK/BLUE	Uterine Cancer  PEACH	Cancer Survivorship  YELLOW	General Cancer Awareness  LAVENDER

## New GSE Neighbors

Msgr. Ray Jones  
Ron Marcelly  
Carmen Schneider  
Karen Meggett  
Ginner Laferty  
Karen Austen

## Featured Services

### GSE Security

720-614-4373

6:00 PM to 6:30 AM

### Therapy Services

Legacy Healthcare Services  
Physical, Occupational and  
Speech Therapy Services.  
Call 303-964-2112

### Concierge Care Services

Family Tree In-Home Care  
Call 303-791-3155

### Hearing Aid Clinic

Monthly visit.  
Sign-up at Activity Desk

### Dermatologist Visits

Monthly visit.  
Sign-up at Activity Desk

### Optometrist Clinic

Monthly visit.  
Sign-up at Activity Desk

### Foot Care Clinic

Please sign-up with the  
Front Desk.

## Religious Services

### Mass Schedule

Mon., Tues., Thurs. & Fri.  
10:00 AM

Sat. 4:00 PM

Sun. 10:00 AM

**LOCATION:** Chapel

### Divine Mercy

#### Chaplet & Rosary

Mon., Wed., Fri. - 3 PM

Sun. - 9:30 AM

**LOCATION:** Chapel

### Interdenominational Service

Wed. 10:30 AM

**LOCATION:** Chapel

### Centering (Silent) Prayer

Thurs. 1:30 PM - 2:00 PM

**LOCATION:** Chapel

### Televised Mass

Channel 12

Sunday - 6:30 AM

### Catholic Programming:

EWTN - Channel 233

### Protestant Programming:

TBN - Channel 230 & 236

### Scripture Study

#### Independent Living:

Every Tuesday

2:15PM

14th Floor Skyview Pub

#### Assisted Living:

Every Thursday

11:00 AM

Day Room

## Spiritual Life Reminders - by Chaplain Aram

**Monday Afternoon Video Series:** Mondays from 3:00 – 4:00 PM in the Auditorium. After taking a break, beginning September 16 we will begin showing the series, The Chosen, from the very beginning. Our residents have loved this series; if you haven't experienced it, check it out!

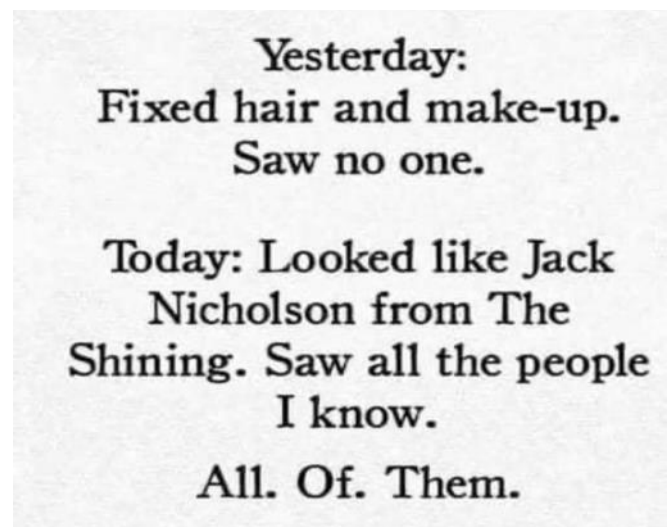
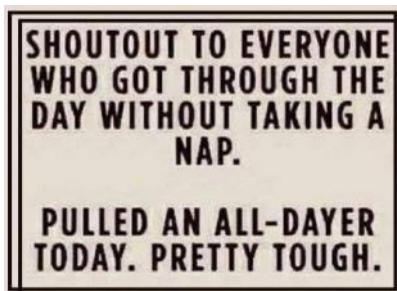
**In-Person Scripture Study Discussion:** IL residents meet at 2:15 PM in the Pub on the 14th floor. Assisted Living residents meet on Thursdays at 11:00 AM in the Day Room. \*Note: there will be no Scripture Study the week of September 9, as Aram will be away at a CHI Leadership gathering in Ohio.

**Visitation:** if you would like a visit for prayer, encouragement, pastoral counsel, or a Home Blessing, please call me at ext. 2355. Also, I am available to discuss/create a funeral plan with you (it's never too early!)

**Sacred Space Trip:** Tuesday, September 24 – location tbd.

**Movie Night with Chaplain Aram:** Monday, September 30 at 6:00 PM. Aram will be showing the movie, Thirteen Lives (2022) – the story of the dramatic rescue in Thailand of a group of young boys and their soccer coach who were trapped in a system of underground caves that were flooding.

## Funnies From Betsy



**Some people will forget your name two minutes after you tell them, but will remember your dog's name for the rest of their life.**

© I Might Be Funny

**It's me. I'm some people.**

# September Birthdays

## Happy Birthday!

Sept. 1 Amanda Sanchez - Healthcare  
 Sept. 1 Ariana Guadian Lopez  
 Sept. 2 Bev Osborn  
 Sept. 5 Ebony Brown - Healthcare  
 Sept. 8 Frayne Neptune - Security  
 Sept. 12 Rovena Forest  
 Sept. 13 Karen Gauthier  
 Sept. 13 Anita Sanders  
 Sept. 13 Randy Inzunza - Dining  
 Sept. 14 John Martinez  
 Sept. 14 Kay Owens

Sept. 14 Heather Boley - Reception  
 Sept. 15 Helen Gallegos  
 Sept. 15 Bosco Ndanda - Dining  
 Sept. 15 Marisela Chavez - Healthcare  
 Sept. 17 Letisha Maestas - Healthcare  
 Sept. 20 Pat Lucy  
 Sept. 20 Linda Kusek  
 Sept. 20 Joseluis Hernandez - Dining  
 Sept. 24 Amanda Herrera - Healthcare  
 Sept. 29 Anna Pena-Wickard  
 Sept. 29 Nana Petropoulos - Healthcare  
 Sept. 30 Regis Haug

## Fun Photos from August!



# Fall Word Search

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



CORN  
AUTUMN  
BONFIRE  
BOOTS  
OCTOBER  
RAKE

THANKSGIVING  
HARVEST  
LEAVES  
CARNIVAL  
APPLES  
APPLE CIDER

PUMPKIN  
FOOTBALL  
SWEATER  
NOVEMBER  
SEPTEMBER  
SUNFLOWER



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