



A message from Jason— As the weather continues to cool and the aspen trees turn to flaming torches that light the way to winter. I encourage you all to take time to get outside and enjoy our wonderful world. While out and about, spread kindness... open the door for someone, buy a random person a coffee, tell someone they look nice today, help a neighbor out, be there for a friend in need. Research suggests that individuals who practice healthy generosity tend to have better physical and psychological health. This added benefit tends to come from face-to-face volunteering. In addition to this, individuals who give and are active in their community have a higher life satisfaction. Resulting a more positive attitude and fewer depressive symptoms. For the month of October the West of 50 team will be building off of the programming that was introduced in the month of September. We will also be introducing two new groups one supporting our Veterans and one focusing on mental health. We also have a trip to The Colorado History Center OH! AND a MOVIE NIGHT!

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The Community Group’s Busy August—This past August the Community Group was busy connecting with the community and working to ensure that all Monkeypox vaccine clinic attendees were well aware of all of the services and support The Center provides to the community. As a result, the group talked to more then 100 individuals.

The group also went to High Point Assisted Living and hosted BINGO. Cowpoke Avi and Steve-Anne headlined a hilarious show full of jokes, dancing, and skits. Cowpoke Avi even pulled out his harmonica! The residence loved the show and enjoyed an afternoon full of fun.



AARP This course is aimed at drivers who are 50+ and will provide you with a review of defensive driving skills and current rules of the road. Check with your insurance to see if this course entitles you to a discounted insurance premium. The cost for AARP members is \$20 and Non-members is \$25. **Date: Wednesday, October 12th. 10:30 am—2:30 pm. To RSVP contact Jason or Bryant.**

CDC Monkeypox FAQ -

What is Monkeypox? Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal.

Are There different types of Monkeypox? There are two types of monkeypox virus: Clade I and Clade II. Infections in the current outbreak are from Clade II.

Is monkeypox deadly? Infections with the type of monkeypox virus identified in this outbreak—the Clade IIb—are rarely fatal. Over 99% of people who get this form of the disease are likely to survive. However, people with weakened immune systems, children under 8 years of age, people with a history of eczema, and people who are pregnant or breastfeeding may be more likely to get seriously ill or die. The Clade I type of monkeypox virus has a fatality rate around 10%.

What are the symptoms of monkeypox?

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.
- The rash goes through different stages before healing completely. The illness typically lasts 2-4

weeks.

- Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.

How does Monkeypox spread?

Monkeypox can spread from person to person through direct contact with the infectious rash, scabs, or body fluids. It also can be spread by respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex.

Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. Anyone in close personal contact with a person with monkeypox can get it and should take steps to protect themselves.

What treatments are available?

There are no treatments specifically for monkeypox virus infections. However, because of genetic similarities in the viruses, antiviral drugs used to treat smallpox may be used to treat monkeypox infections.

Is there a vaccine to prevent monkeypox? Because monkeypox and smallpox viruses are genetically similar, vaccines developed to protect against smallpox viruses may be used to prevent monkeypox infections.

Who should get vaccinated? CDC recommends vaccination for people who have been exposed to monkeypox and people who may be more likely to get monkeypox, including:

- People who have been identified by public health officials as a contact of someone with monkeypox
- People who know one of their sexual partners in the past 2 weeks has been diagnosed with monkeypox

People who had multiple sexual

partners in the past 2 weeks in an area with known monkeypox.

What are the side effects? Side effects vary from person to person. But could include:

- Erythema
- Pain
- Edema
- Pruritis
- Hyperpigmentation
- Induration

Systemic Side Effects:

- Fatigue
- Headache
- Myalgias
- Nausea
- Chills
- Fever

Local side effects may be more severe with intradermal administration compared with subcutaneous administration. Side effects may appear soon after vaccination, and some local reactions, such as hyperpigmentation, may persist for several weeks or months. One study noted mild injection site skin discoloration lasting greater than 6 months for some individuals. Recipients should be counseled that such long-lasting local reactions are expected and may be part of the normal immune response to vaccination. Patients should also be counseled that these side effects are usually self-limiting and will generally resolve over time. While the presence of local or systemic side effects may indicate the development a robust immune response, the absence of such reactions should *not* be construed as not mounting adequate immune protection, as the severity and duration of side effects can vary from person to person.

Information pulled from the CDC website—please do evidence based research.—Jason



Veterans Peer Support Group- This is a **hybrid** support group for LGBTQ identifying Veterans to find resources, peer support, and acceptance. This will be a brave space to build community connections, to discuss our individual and collective experiences, and to support one another on our unique journeys though life after service. The group is free to attend; please contact Zac at zlees@lgbtqcolorado.org for any questions. Every Tuesday evening from 6pm-7pm (1 hour) beginning on October 11th. This drop-in group is open to any US Veterans who identify as a member of the LGBTQ community.

Kathleen Keller Recipient of the 2022 AARP Colorado Community Partner Award.



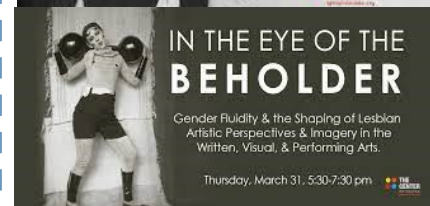
It gives me great pleasure to announce that Kathleen has been chosen as this year’s AARP Colorado Community Partner Award recipient. This award recognizes contributions or partnerships that have made a positive impact on the community or the state that the individual resides. Thanks to her ideas, drive, and presentation of The Eye of The Beholder series, she has impacted an entire community.



The series, welcomed 48 new community members and drew over 80 participants. Each program was craftly designed and built off the other. Allowing the attendees to develop an understanding of queer history and how gender fluidity and the shaping of lesbian artist perspective and imagery impacted



the written, visual and performing arts. With the conclusion of the series Kathleen continues to be an active member of the AARP Community Group, The Open Art Studio, and attend other events that strike her



interest.—Jason



The 2022 AARP Colorado Community Partner Award will be formally presented at a ceremony scheduled for October 5, 2022, 11:00am-1:00pm. Pavilion at Central Park, 8801 Martin Luther King Junior Blvd, Denver, CO

Here for you– Community Resource Navigation with Zac or Scarlet. We understand that finding and accessing resources can be difficult. That is why Zac and Scarlet are able to work one-on-one with you to assist with finding and accessing social service or other community resource that you may be eligible for. Either intern with serve as a one-stop information and referral stop to community programming and resources. What types of services could the assist with:

- Access to Healthcare and Mental Health Services
- Housing Assistance
- Food Assistance
- Transportation
- Health & Wellness Services
- Assistant with SMART goal creation.



Times, dates, and sign up processes will be posted soon!



Acceptance, Mindfulness, and Healthy Coping Support Group- Mental health includes our emotional, psychological, and social well-being and can affect all individuals in a profound way. This peer support group will provide a safe space to share our personal struggles and accomplishments with our mental health among our peers and to learn from our collective experiences through story-telling. Together we will focus on accepting difficult emotions and feelings, mindfulness and meditation, as well as sharing helpful coping skills as a group to remain fully present in life despite mental illness. This is an **In-person** peer support group and is free to attend; please contact Zac Lees (He/him) at zlees@lgbtqcolorado.org for any questions. **Every Friday Afternoon from evening from 1:30pm-2:30pm (1 hour) beginning on October 14th.**



Learning to See - Smartphone photography class—This open format class will be a chance to explore our surroundings from a different perspective. Using the camera as a tool to Look and See. As the instructor I will guide individuals in Observation, Skills/Techniques, Professional showcasing and artist submissions. This course will provide a boost of confidence behind the lens as well a focus in content. After our 6 weeks we will share and reflect on our projects with one another and the community. Join me as we discover the joys of Looking and Seeing.

Classes are every Monday, at 10am—11am. Requirements: Participants must have a camera or smartphone to participate. Contact Jason or Bryant with questions. NO CLASS 09/26 & 10/10



RAINBOWS & REVOLUTIONS

West of 50 Field Trip— The Colorado History Center’s Rainbows & Revolutions- *“LGBTQ+ people have always been part of Colorado communities. They have pushed against stereotypes, transforming the way mainstream society views them. Rainbows & Revolutions is about more than just Pride— the exhibit explores how LGBTQ+ people’s very existence in Colorado has*

been a rebellious act beyond the rainbow, from quiet assertions of identity to loud and proud demonstrations for civil rights and equality”. The Colorado History Center has generously donated tickets to the Center. Participants will have access to the entire history center. **Date: Thursday, October 20th, 1:00p to whenever. To RSVP - Contact Jason or Bryant. Space is Limited. Thank you to the Colorado History Center for their generosity and commitment to our community. Participants are responsible for their own parking fees and other expenses accumulated.**



HISTORY COLORADO — CENTER —

Everyday you wake up alive, relatively happy, and a functioning human being, you are committing a rebellious act. You as an alive and functioning queer are a revolutionary.

QUEERS READ THIS (ANONYMOUS LEAFLET, JUNE 1990)



HEADS UP!-This years Holiday Party & Art Show will be on December 1st.

If you would like to submit your art into the show, it will need to be ready for display the week of Thanksgiving. **Meaning that art is due by Wednesday the 23rd of November.** The art will remain in The Center’s lobby until mid to late January of 2023. Should have any questions contact Jason or Bryant.

Older, Wiser, Sexually Smarter— Key Facts for older Adults -Directions:

Mark “T” True or “F” False before each statement



1. ___ Since many older adults tend to visit physicians more frequently than younger people, sexually transmitted infection (STI) is more likely to be discovered? **FALSE.** Care providers often don't ask about older patients' sexual health.
2. ___ People who have one STI are at increased risk of getting a second STI? **TRUE.** You can have more than one STI at one time AND having an STI can make a person 6 to 10 times more likely to pass or get HIV during intercourse.
3. ___ Older adults at risk for HIV are more likely than their young counterparts to adopt HIV-prevention strategies. **FALSE.** Older adults are more likely to engage in unprotected sex than younger individuals.
4. ___ Antibiotics can cure bacterial infections but not viral infections. **True.** Bacterial infections such as chlamydia, gonorrhea, and syphilis can be cured by antibiotics. Symptoms of viral infections like herpes, hepatitis B, HIV can be treated but not cured and the virus remains in the body for life.

Join the West of 50 Team as we reexamine what it means to be sexual later in life. Each week we will unpack topics and activities that will spark engaging conversations and remind you that sex at any age can be enjoyable and that you are worthy of love and intimacy. At each session we will introduce a new topic and activities to talk and learn about. **This program is designed for older individuals. Tuesdays, from 2:00pm—3:30pm.**

There was a flock of gays spotted in Manitou Springs—This past August, West of 50



took a road trip to Garden of the Gods and Manitou Springs. The group enjoyed spending the day exploring these two bountiful parts of our state. While at the Garden of the Gods, Jason was able to recount his time rock climbing the red sandstone structures. Following this the group went to Manitou for lunch and shopping. The group enjoyed exploring the

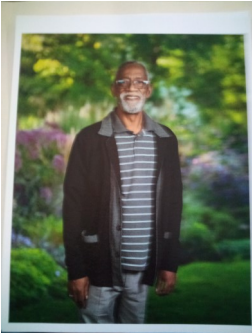


countless shops and trying different treats found within the area. The next trip will be to Breckenridge on September 28th.

Halloween Movie Night

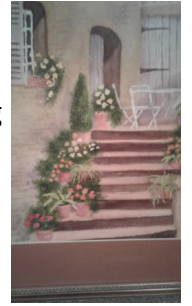
Join us October 31st for a spooktacular rooftop (weather permitting) viewing of **MISERY** starring **Kathy Bates** and **James Caan**. Cider and popcorn treats will be provided. Bring blankets and pillows and come dressed as your favorite Stephen King Character. **Event will be held Monday October 31st, arrive at 5:30 to get your spots, movie starts at 6 pm sharp!**





Artist Spotlight—Keithland Wilhite:

Keithland recently joined the Open Art Group at The Center for the opportunity to socialize with my peers while creating art. My interest in art began at an early age according to my family members. By the time I was in Middle School my parents decided to restrict any activities that might indicate that I was gay. Drawing and painting was forbidden! Of course, I continued in secret and eventually began to see it as a way to escape the negative attitudes and words swirling around me. After high school my creative spirit fell by the wayside and remained so for many years. Fortunately, I met my partner who encouraged me and reveled in my artistic skills. That was a real boost to my confidence, and it helped restart my journey as an artist. And now that journey has taken me to the Denver Art Museum as a participant in the Queer Creativity Through the Ages exhibit. An incredible opportunity that I could never have dreamed of. I am also grateful for the welcoming and safe space that The Center provides for queer community members. I wish I could have told that persecuted young boy of years ago to hold on to your creative spirit and that life does get better.



Lunch & Learn: Are you needs being met? Prioritizing yourself and identifying strategies for positive personal relationships.

Prioritizing yourself in a relationship is sometimes the opposite of what society teaches. Sometimes it can be difficult for individuals in the LGBTQ+ community to know if their emotional and personal needs are being met. Unmet needs can make it difficult to identify others in their lives that promote unapologetic self-love. In addition, as one grows older, problems like low self-esteem, insecurities, and disinterest in socialization and passions may arise. However, it is never too late in life to overcome these opportunities for change. Join Scarlet as she teaches you about the importance of Self-Love, and the impacts it has on your ability to navigate personal relationships. This constructive conversation will help you identify what self-love is and what it could look like for older adults seeking companionship. **Date: Thursday October 13th, 12-1pm Lunch Provided**

Steve-Anne's Game Extravaganza

Join Steve-Anne as she maneuvers players through a hilarious and informative game of Queer Jeopardy. Players are encouraged to come dressed in their best campy Avant-Garde garb! **Wednesday October 26th, from 1:30-3pm. Treats provided!**



Original Art: Vince Colletta Studio Re-ink: © Color Diego Jourdan Pereira Zombification: Mike Pascale



HAPPY THANKSGIVING

WE'RE THANKFUL FOR YOU.

Join us in celebrating a wonderful year, with friends, food, and more.
This year's meal will feature entertainment, giveaways, and a surprise event.

Catered by Taste the Love Cooking
Menu

Herb & Spice Rubbed Turkey
Brown Sugar Glazed Ham
Mashed Potatoes
Green Bean Casserole
Collard & Mustard Greens
Gravy
Yeast Rolls

Dessert

Assortment of pies: Apple, Pecan, Cherry, Sweet Potato, Pumpkin, & Peach Cobbler

FRIDAY, NOVEMBER 4TH FROM 11AM-2PM

ALTHEA CENTER 1400 N WILLIAMS ST, DENVER CO 80218

RSVP by October 26th

For active members of the West of 50 Program ONLY

Contact Jason at jeatonlynch@lgbtqcolorado.org for questions



Scan QR Code or go to this link: <https://www.surveymonkey.com/r/WOFonturkey>
to virtually RSVP or sign up in person

October 2022

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 10:30 Meditation 1:30 Story	4 10 Men's Coffee 1:30 Trans Support 2 Sex Ed.	5 10:30 SS Yoga AARP Awards 1:30 Community Group	6 10 Open Art Studio 10 Photo	7 10 Qigong	8
9 9am-5pm: Out! At the Museum DMNS	10 10:30 Meditation 1:30 Story	11 10 Men's Coffee 1:30 Trans Support 2 Sex Ed. 6 Vet Support	12 10:30 SS Yoga 10:30-2:30 AARP Driver 1:30 Community Group	13 10 Open Art Studio 10 Photo 12 L&L	14 10 Qigong 1:30 MH Support	15
16	17 10 Photo 10:30 Meditation 1:30 Story	18 10 Men's Coffee 1:30 Trans Support 2 Sex Ed. 6 Vet Support	19 No Yoga 1:30 Community Group	20 10 Open Art Studio 1 Field Trip	21 10 Qigong 1:30 MH Support	22
23	24 10 Photo 10:30 Meditation 1:30 Story	25 10 Men's Coffee 1:30 Trans Support 2 Sex Ed. 6 Vet Support	26 10:30 SS Yoga 1:30 Queer Jeopardy	27 10 Open Art Studio	28 10 Qigong 1:30 MH Support	29
30	31 10 Photo 10:30 Meditation 1:30 Story 6pm MOVIE NIGHT					