

A message from Jason-The fall is my favorite time of the year. I look forward to the changing leaves, the warm foods, the fun colors, decorating the house with pumpkins, and planning the colder weather activities. I have to say that I am especially excited for this year's gatherings and wanted to give you a heads up so that you could mark your calendar. On November 4th we will be hosting our Thanksgiving meal. I assure you this will be an amazing event! With great food and awesome entertainment. The Holiday Art Show will be on December 1st. We will also be going to Camp Christmas on December 7th.

The start of cooler weather also means we have interns joining the team. Be sure to welcome Scarlet and Zac. Their bios are on page 1 & 2. Lastly, I wanted to thank you all for being awesome and making West of 50 flourish. Its because of you we are able to rock September. – Jason

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ICE CREAM Meet & Mingle SOCIAL!



Ice Cream & Interns -There is something special about an ice cream social. The opportunity of chatting with your friends, reminiscing about past times, and meeting new people. Join the West of 50 team as we welcome our new interns Zac and Scarlet!

The West of 50 team will be pulling together a variety of delicious ice creams (dairy and nondairy) and sweet treats such as fudge, sprinkles, Oreos, whipped cream, root bear, brownies, fruit, nuts and much more!

Date: Tuesday, September 6th. Time: 12:00pm—1:30 or later??

West of 50's BSW Intern— Scarlet Holiday. Hello, my name is Scarlet Holiday. I am pursuing a bachelor's degree in Social Work at Metropolitan State University of Denver. My long-term ambition is to work as a Licensed Clinical Social Worker in the mental health profession. I will be interning with The Center on Colfax's West of 50 program for the next year. I am very excited to work with such a fantastic and inspiring group of people. I am all about having fun and creating equitable and safe environments.



AARP This Driver Safety 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.**

West of 50's MSW Intern



Meet Zachary (Zac) Lees (He/him/his) is a first-year graduate student pursuing his Master's in Social Work at the Metropolitan State University of Denver Department of Social Work. He was a recent graduate from the University of Colorado, Denver last May with his bachelor's degree in Human Development and Family Relations.

As a veteran and proud member of the LGBTQ+ population himself, he is enthusiastic to use his education, life experiences, and empathy to connect with his community and to continue the progress for LGBTQ+ individuals along with their families and allies in all aspects.

"I am so excited to begin this internship and to learn and grow alongside the wonderful staff and patrons of the LGBTQ+ community and their allies at The Center on Colfax!"

Zac is passionate about issues of social justice, diversity and inclusion, and community activism for marginalized populations. He will be with us through May of 2023 and looks forward to meeting you!

Older, Wiser, Sexually Smarter – The following statements could be true or false. Attend the September 20th session to find out!

1. The expectation that older individuals will not be sexual is probably more responsible for sexual problems than actual physical changes.
2. Masturbation is natural supplementary activity within a relationship.
3. Women's sexual problems are usually caused by reduced estrogen after menopause.
4. Most adults would like to discuss sexual functioning with their physicians.
5. After age 35 or 40, most men need direct penile stimulation to get an erection

Artist Spotlight—Steve Calcagno



Artist Spotlight - Steve Calcagno

Steve has been attending programming and volunteering for five years with The Center on Colfax. Originally, Steve attended the Open Art Group for social connection and conversation. On their third time with the group the started creating art of their own. He really began his artistic journey when the Denver Art Museum sent The Center curated boxes of art supplies. The third box he received contained the materials to paint with watercolor. From this box, Steve created a piece that

would not only be featured in The Center's Holiday Art Show but is now a part of the Queer Creativity Through the Ages exhibit in the Denver Art Museum. This whole experience has really begun to make Steve feel like an artist. When he was in the 9th grade, he was told by his teacher that the house he was drawing looked like a kindergartener drew it, to which Steve responded, "Oh well, that's MY drawing of a house."

Steve is also a huge volunteer for The Center. He has spent many years of his life volunteering for different organizations and causes, like Denver Health Pediatrics. At The Center Steve takes pride in volunteering for everything from tabling for events and leading the peer social group, Men's Coffee at The Center, to throwing on lips and heels to run bingo games at the West of 50 booth during Denver Pride 2022. Steve truly enjoys volunteering and feels that doing it brings him so much love! The West of 50 team at The Center wants to share their gratitude and appreciation for all the passion and energy that Steve has for his community. We truly are blessed to have you! - Bryant Mehay

West of 50's all because of YOU— I cant believe it but we are over half way through the year. When I look back and I think about everything we have accomplished I am shocked. I want to take this time and THANK YOU for your ideas, feedback, and commitment to The Center. We are able to do what we LOVE because of YOU! Over the past several months we have changed our name, built an art exhibit, created new programming, built new community led programs, I am sure I have I have missed something. But here is a look at how many people we have interacted with in the second quarter. **Thank you** for all the Love—Jason

During quarter 2, the West of Fifty program served 75 unduplicated individuals through programming; 30 of those individuals were new to the Center. Participants were served by Center programming on average over 11 times during the second quarter. The 31 events facilitated by the West of Fifty program were attended by a total of 634 individuals over the second quarter; 461 of those individuals were new to the Center. Participation rose by 277% from Quarter 1 due to an increase in the amount and variety of events including pride-related events. The most notable events were:

- Choir Boy: 20 participants
- Eye of the Beholder: 16 participants
- Georgetown Railroad: 11 participants
- Name Reveal Party: 17 participants
- Spectrum LGBTQ Training: 26 participants
- Tea Dance: 56 participants
- Ken Felts PrideFest: 19 participants
- 6.25 Pride BINGO: 120 participants
- PrideFest Telling Our Story: 16 participants
- 6.25 Pride BINGO 190 participants

Queer Reproductive Health-



This past August the AARP Community Group started constructing hygiene kits for individuals who are traveling to Colorado to seek abortions. Since the overturning of Roe vs. Wade the state has seen the wait time for individuals seeking this care increase to two weeks (CPR News). Patients looking for an abortion could expect longer wait times due to the surging demand as states continue to limit or prevent a persons ability to accesses medical care (CPR News). Many

people assume this issue only affects the straight community. Queer, trans, nonbinary, and intersex people become pregnant as well. Sexuality and gender are fluid, and people love and have sex with people of varying gender identities. Wetesify.org reports that lesbian, gay, and bisexual youth are twice as likely to experience an unintended pregnancy or get someone pregnant and bisexual young women are more likely to experience a pregnancy. Additional, queer and trans people experience high rates of sexual assault and rape, leading to a need for queer trauma-informed reproductive healthcare and abortion access.



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.

About Maeve— Maeve aims to empower learners to express themselves in a playful way. Maeve is a Colorado native. She has traveled and lived abroad, and has acquired a BFA and MFA. Her work is represented at Visions West Contemporary and in numerous corporate and private collections throughout the US, including the Collection of the Booth Western Art Museum in GA. Having taught with Young Audience affiliate in Miami, FL, Maeve has experience working with a variety of age groups and cultural backgrounds. **Classes start Monday, September 12th, at 10am—11am. Requirements: Participants must have a camera or smartphone to participate. Contact Jason or Bryant with questions**



Vermicomposting with the Denver Urban Gardens - Vermicomposting: Composting with red wiggler worms,



is an easy, low - cost way to reuse non-meat food scraps, extend the composting season, and also use simple bedding materials for your worms. The process can be done indoors, year - round, utilizing a simple storage container. The product, vermicompost, can be utilized as a rich soil amendment in your outdoor garden and extra worms shared with friends to continue the cycle. **When? Wednesday, Sept. 14, 5:30 - 7:00 pm at The Center. RSVP by emailing Bryant at bmehay@lgbtqcolorado.org by 08/31**

West of 50 Goes to the Zoo- This past July the Denver Zoo donated 20 tickets to West of 50. Resulting in a traumatizing day for the Zoo's more than 3,000 residences. It was reported that West of 50 community members were seen swinging from the branches of the monkey exhibit. One on looker reported seeing Ernie daring a sea lion to hold it breath longer than 20 minutes. Resulting in the sea lion being rushed to the veterinarians office. If you notice in the picture to the right. One community member (we chose not to reveal her name to protect her identity) stole Billy the elephants ears and paraded around the zoo with them. Thank you to the Denver Zoo for your generosity!



Cow Poke Avi's Game Extravaganza PRESENTS! Scataqueeries-

Join Cow Poke Avi as he maneuver players through a hilarious game of Scataqueeries. Players are encouraged to dress in HOT Couture!

Date: Wednesday, September 14th from 1:30 pm— 3pm. Treats provided!



Lunch & Learn-Death & Dying In Colorado: The Buyers Guide to Pre-Planning Your Final Wishes

Join our community member Lloyd and his team for a LIGHT HEARTED and INFORMATIVE talk about this very serious topic as two of Colorado's finest industry experts present "Death & Dying In Colorado: The Buyers Guide to Pre-Planning Your Final Wishes". At the September luncheon you'll learn about the many options available to you and your loved ones regarding end of life care in Colorado and how you can safeguard your plans for your future. Topics Will Include:

- Benefits of Pre Planning LGBTQIA+ Community.
- Care
- Colorado Dispositions
- Next of Kin Rights/Responsibilities
- Burial & Cremation Traditional flame vs Water Cremation: Which is right for you?
- Organic Natural Reduction & The Rise In Green Funerals
- Veterans Affairs
- Funding Your Funeral & The Options Available

Date: Wednesday, September 21st, 11:45p—1p. RSVP to Jason or Bryant by Sep 8th. Lunch provided. Sponsored By: Harwood Cremation & Funeral Services

"Talking About Sex Won't Make You Pregnant & Talking About Death Won't Make You Dead"- Gail Ruben



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Older, Wiser, Sexual Smarter-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. The following is an example of what you can look forward to learning about:

-Got a second wind? Sexuality in mid & later life: This session explores the keys to continuous pleasure and health for individuals in later in life. Participants identify their expectations regarding sex when they were young, in midlife, and their later years. they examine the changes in sexual response, the concept of "Good-Enough Sex," and guidelines for sexual health and happiness as they age

-Skin Hunger: Everyone needs Touch: In this session, participants learn psychological facts that support the universal need for touch. They discuss cultural messages that affect our attitudes about body contact and learn to give a receive a message of the hand.

-Everyone Deserves Respect: Love the Skin You're in!: In a society that extols young, beautiful, and perfect bodies through incessant media messages, it can be difficult to respect one's naturally aging body. Participants examine the evolution of cultural messages about beauty in the U.S. and the current marketing of body Makeovers. This session encourages participants to appreciate their bodies, however imperfect they may be, as they evaluate the impact of body images on sexuality.

-Exploring Online Relationships: This session helps participants feel more comfortable using apps and the internet to form a relationship and access sexual information while identifying and eliminating possible online dangers. Participants develop a personal advertisement describing themselves (or a friend) and the potential partner they might seek.

-Good Sex: What makes it So?: In this session, participants identify the qualities of a good lover. They explore ways people can have " good sex" with "outercourse" - sex that is non-penetrative and focuses on the whole body rather than just the genitals.

-From Problems to Possibilities: Sexuality, Aging, Disability, & Chronic Illness: Participants examine the many sexual problems that are a profound reality for people who are aging, disabled, or have a chronic illness. This session encourages people to accept the challenges, understand the possibilities, and explore new ways of being sexual - despite, and because of, the difficulties that confront them.

-Not Only for the Young: Mix & Match Safer Sex Activities for Older Adults: As adults face relationship changes through separation, divorce, death, and disability, they need current information to prevent sexually transmitted infections. This session is designed to encourage participants to think about their own potentially risky behaviors and understand the importance of safer sex behaviors if they are at risk.

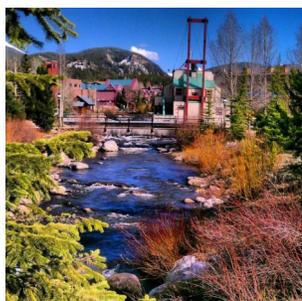
At each session we will introduce a new topic and activities to talk and learn about. This program is designed for older individuals.

Date: **Starting Tuesday, September 20th & will 2:00pm—3:30pm.**



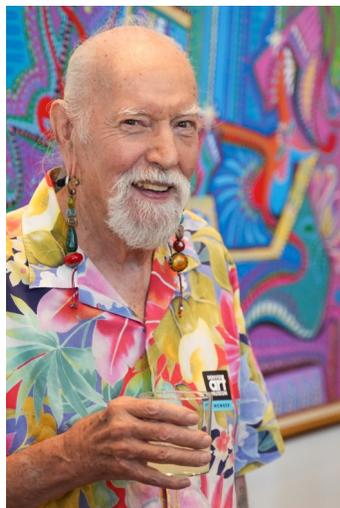
West of 50 Road Trip to Breckenridge— Join the West of 50 Team as we head to the high country for some leaf peeping. While capturing the colorful foliage of the aspen tress set against the majestic backdrop of the towering peaks that sorrowed Breckenridge. You will be able to explore this resort town that is know for year-round alpine activities and Gold Rush history. The Victorian core of this former mining town is preserved as the Breckenridge National Historic District, running primarily along Main Street, with Colorfully painted buildings from the 1880s and '90s housing shops, galleries and restaurants. Participants will be free to maneuver around the town to shop, eat, and snap photos.

Date: Wednesday, September 28th. The Bus will be leaving at 10:00am and will return around 5pm. The trip is limited to 13 individuals. Nonrefundable 15 cash to RSVP is due at the time of RSVP. To RSVP contact Jason or Bryant. Participants are responsible for their own lunch and shopping expenses.



Queer Creativity Through the Ages: Reception

After having opened at the Denver Art Museum the weekend of Denver Pridefest, The Open Art Studio artists were treated to hor d'oeuvres and recognition from the CEO of The Center, Rex Fuller, and Danielle Schulz, the DAM's Manager of Lifelong Learning and Accessibility. Friends, family, and supporters of the West of 50 program got to see the amazing pieces as well as the collaborative "Group Peace" and learn about the art from the artists themselves. Both Avis Blankenship and Tom Schasane spoke to the group about their experiences both on developing the exhibition and their time with The Center's Open Art Studio as a whole.

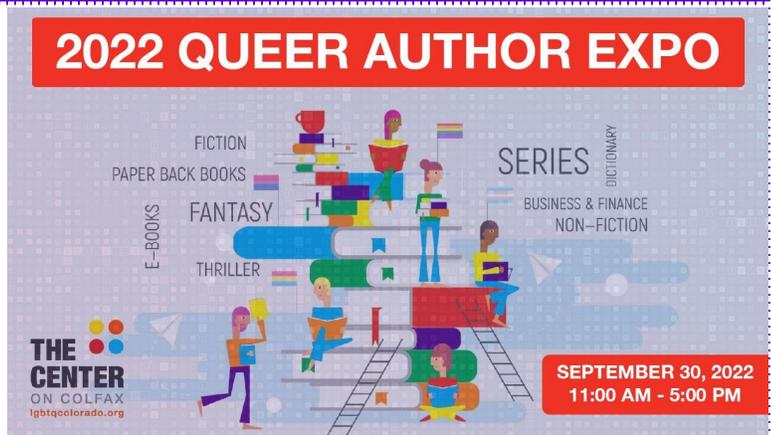


We want to acknowledge all of our amazing artists and share how proud we are of them and the amazing work they have done!



4th Annual Queer Author Expo

Come out to support LGBTQ authors! This is your chance to meet up-and-coming writers sharing their visions of the community. Authors, illustrators, and writers, this is your chance to sell your work and network with other creatives.



Interested in participating as an author?

Purchase your exhibitor space today for Queer Author Expo 2022! Please email Sable Schultz, Transgender Program Manager, at sschultz@lgbtqcolorado.org for more information.

When: Friday, September 30th | 11 AM to 5 PM

Where: The Center on Colfax – 1301 E. Colfax Ave



LGBTQ+ Disability Peer Support Group

This hybrid peer support group is for individuals who have a disability and identify as a member of the LGBTQ+ community. This is a drop in space that provides conversation, social support, and resource sharing. This group is free to

attend. Registration is required if you intend to participate virtually. For questions, please contact Bryant Mehay at bmehay@lgbtqcolorado.org.

When: Fridays @ 1:30-3pm starting August 19th

Where: The Center on Colfax. Virtual option available to attend, visit lgbtqcolorado.org to sign up to join the group!



Lunch and Learn with Envision: You - Envision: You is a non-profit organization that works to improve the mental health of LGBTQ+ Coloradans. In this Lunch and Learn, Envision:You will talk about their organization, what makes them unique, current programs, and why it's so important for the LGBTQ+ community to talk about mental health with other trusted individuals.

The presentation will also provide opportunities to have conversations about individual and community experiences around seeking support. **Date: Wednesday, September 7th. 12:30p—1:30p Lunch Provided RSVP to Jason or Bryant.**

September 2022

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 10-Open Art Studio	2 10:30-Qigong 11:30-Women's Salon	3
4	5 Labor Day Center Closed	6 10-Men's Coffee 12-Ice Cream Social 1:30-Trans Support	7 10:30 Yoga 12:30 L&L 1:30-Community	8 10-Open Art Studio	9 10:30-Qigong	10
11	12 10-Photo 10:30-Meditation 1:30-Story	13 10-Men's Coffee 1:30-Trans Support	14 10:30-Yoga 1:30-Scataqueeries 5:30-Vermicompost-	15 10-Open Art Studio	16 10:30-Qigong	17
18	19 10-Photo 10:30-Meditation 1:30-Story	20 10-Men's Coffee 1:30-Trans Support 2-Sex Ed	21 10:30-Yoga 11:45 -L&L 1:30-Community	22 10-Open Art Studio	23 10:30-Qigong Autumn Begins	24
25 Rosh Hashanah Begins	26 10-Photo 10:30-Meditation 1:30-Story	27 10-Men's Coffee 1:30-Trans Support 2-Sex Ed	28 10-Breckenridge 10:30-Yoga	29 10-Open Art Studio	30 10:30-Qigong	