

Jason’s Travel Tips - As many of you know... I LOVE traveling. Kevin, Zoey and I do it as much as possible. We enjoy exploring new places, sleeping, trying new foods. However, travel can be expensive and stressful. Here are some tips to help make your trips more enjoyable.

1. **Traveling with a pet.** Zoey is sweet, kind, and loves to cuddle. She is also growing older.



Zoey recovering from a day at Disney.

When we can’t take her, we use Rover to find an excellent pet sitter. What we love about Rover is that they do background checks on all their sitters. They also allow their consumers to leave reviews on how the sitter cares for pets. They also have upfront pricing. We tend to choose a mid-

priced sitter and we always meet them beforehand. We want to see how Zoey responds to the person. We also provide them with a clear list of expectations. This includes not allowing them to bring others into our home. We have been very happy with this service.

2. **Have a great travel credit card.** We invest in a solid card that provides a lot of perks and rewards. Look for cards that provide services like TSA precheck, access to airport lounges, and boost your standing with hotels and resorts.

3. **Know your hotels!** Marriott and Hilton have great reward programs.

Zoey loves to play! Here she is running between Kevin and I in Steamboat.



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Checking out fossils in Wyoming

Become a member of your preferred hotel chain and stick with them. The more you stay the more you get. Marriott Bonvoy has some decent perks once you hit the gold status. Hilton Honors Gold status tends to give you more than Marriott. Regarding both statuses... it is rare that you will get a room upgrade without asking for it.

4. **Flying cheaper is not always better.** We have learned that if you want to make it to your destination on time go with Delta or United. We also pay for the extra room and the

ability to carry on a bag. Flying is stressful and the kinder you are to yourself the better it is on your blood pressure.

5. **Know your passenger rights.** Starting July 1st airlines are required to disclose all fees up-front instead of at checkout. Airlines are fighting against this new rule in court. You are guaranteed a no-hassle refund for canceled or significantly delayed flights if travelers don't want to rebook on another flight (effective Oct. 28, 2024). Additionally, if your luggage is more than 12 hours late when you fly domestically, you are entitled to a refund of your baggage fee (effective Oct. 28, 2024). To learn more about your rights visit flightright.gov.

6. **Age matters when it comes to flying.** If you are 75 or older, you are not required to remove your shoes or light jacket when going through TSA. You can also ask for assistance when getting to your gate. Pro tip- if you ask for assistance to the gate, you will often be able to board earlier.

7. **When flying, never put your medications in your luggage.** Should your bag get lost you are out of luck. Keep them in the prescribed bottles and take them with you. Should you need to travel with a medical device like a CPAP, this item flies for free and the airline can't count this as a carry-on. Nor, can the carrier ask you to check it. The device travels with you.

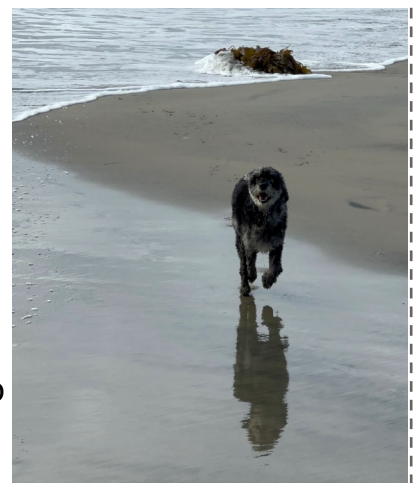
8. **We love traveling by car.** We have been to a lot our national parks and monuments. Sadly, these special places are being loved to death and have enacted a Timed Entry Permit System. These permits are first come, first served and are released a month in advance. To save money, we purchase a National Parks Pass that is good for a year. For anyone 62 years or older, the person can purchase the pass for \$80.00. This is good for the person's lifetime, or they can get a yearly pass for \$20.00. Know the rules of the road. Be mindful that when you travel across state lines, you are expected to adhere to their laws. Regardless of what state you are from.



Zoey checking out the bison on a road trip to Yellowstone.



Zoey enjoying an afternoon of Kayaking.



Zoey playing at the beach

Happy travels! - Jason & Zoey

New 4U! As you know, technology is ever changing. We are excited to announce that our team is making itself available to aid you with your phone questions and issues. What we can help you with...

- ⇒ Assistance with learning how to navigate your phone.
- ⇒ Double-checking settings to ensure your phone is working properly.
- ⇒ Removing unwanted or needed apps.
- ⇒ Connecting fitness trackers.
- ⇒ Double check to make sure your communication tools are set up properly..
- ⇒ Assistance with understanding how to use your phone.

To utilize these services you will need to make an appointment with the correct person. Bryant knows Android devices and Jason knows Apple produces.

Older Wiser Sexually Smarter Guest Speaker- Chelsea

Newton, Queer Social Worker and Sex Therapist!
Join our Older, Wiser, Sexually Smarter group on Tuesday **8/6/24** to join Chelsea Newton, Licensed Clinical Social Worker and Sex Therapist for a conversation on “old school” sex ed, what’s changed, and how older folks view sex in 2024. She’ll bust myths, explore mental health resources, and answer common questions she gets as a sex therapist. There will be prizes for participation.

Chelsea trained at Widener University’s Center for Human Sexuality Studies and has served children and families in Denver as a social worker since 2014. She previously worked for the City and County of Denver in Sexual Abuse Intervention and Child Sex Trafficking and currently works as a School Social Worker in Denver Public Schools. She also owns a private sex therapy practice, Phases of the Mind Therapy, where she supports LGBTQ+ adults with sexuality and mental health. When Chelsea is not providing therapy, she can be found in her backyard sipping hot tea and watching the birds.

We need your help!

As you know West of 50 has partnered with a land developer to try and develop an income-restricted 50+ community. West of 50 would not own the building. We would have programming held within it. We are trying to get the land rezoned to keep the project moving forward. The goal is to get fifty letters of support for this project by August 15th. Should you want to submit a letter please do so ASAP. Should you need assistance with completing this request please let Bryant or Jason know. Below is an example of what the letter could say:

“I am writing to express my support for the above referenced rezoning application for the rezoning of York Street Yards and the quad at 3840 N York Street to I-MX-5. I understand this would allow building heights of five stories across the site and a wide variety of uses, including residential uses.

This zoning would reflect the mix of uses the owners of the York Street Yards have brought to the site and the pedestrian-friendly intent and requirements of this zone district make it a good fit for the neighborhood. The proposed affordable housing will provide substantial public benefits and contribute to making our neighborhood an inclusive one.”

Thank you for the support!

- Jason



WOF an outing to the Denver Botanic Gardens! Nothing says summer like flowers! So, let's check out the Botanic Gardens at York Street. The gardens reflect an ever-widening diversity of plants from around the world. Join your closest friends as we explore living plants, natural history, and art collections. Thanks to a generous donation from the Gardens this trip is free for community members. **RSVP** is required to attend this event. Transportation and food are not provided. **Date:** August

8th, **Time:** 12:30p, **Price:** Free

WOF a Road Trip to Manitou Springs! It is time for WOF to hit the road and explore Manitou Springs. This awesome city sits just outside of Colorado Springs and is known for its mineral springs and mountain landscapes. This artist enclave features time-honored art galleries, street performers, creek-side restaurants, and boutique stores. **Notice: If we do not fill the buses 20 seats we will no longer provide this program.**

Jason's favorite things to do in Manitou!

- ⇒ **The Penny Arcade!** This historic attraction is the place to play hundreds of old arcade games like pinball. But it gets even better... some of the games still cost a penny and you can play some of the first arcade games ever made.
- ⇒ **Mineral Springs!** Throughout Manitou, you can try out various mineral springs. My family had gone here for years to collect mineral water. My elders believed the water had healing elements. There are 8 springs in the city and each tastes like shit but are fun to find and try.
- ⇒ **EAT!** Feeling Mexican? Try The Loop (\$-\$-\$-\$), looking for American grub? Try Mate' Factor Café (\$), or need a great burger? Try Border Burger Bar (\$-\$-\$-\$).
- ⇒ **SWEET!** Need a sweet tooth fix? Tryout Pikes Peak Chocolate and Ice Cream or the Candy Bar.
- ⇒ **Shopping!** One of the best shops in town is the Glass Blowers of Manitou. I used to go here as a kid and watch them make the glass hummingbirds.
- ⇒ When I was a kid, we would go to Manitou to watch the 4th of July Fireworks show. This rugged town has GREAT parks. But my favorite is Memorial Park. Nothing is more enjoyable than ice cream and chilling on a swing while listening to the creek.

Date: Aug 15th, **Time:** 9:30a, **Cost:** \$15.00 non-refundable seat holding fee.

Itinerary:

Leave: 10a.

Arrive at Manitou Springs at 11:30a

Leave Manitou Springs around 2:30p.



Meet the new WOF interns!

This August we will be welcoming two new WOF Interns: We are excited for you all to meet Helena and Lindsey!



Introducing: Helena

"Hello, all! My name is **Helena** Juntunen, I use she/her/hers pronouns and am super excited to be interning with the Center on Colfax this fall. I chose the Center as my internship location because I loved the various programming available (Stitch and Bitch is calling my name!) and the mission to engage and empower the LGBTQ community in Colorado. As a first year Masters of Social Work student, I am excited to step into a new role (I've been working with kids the past two years) and gain new experiences. Particularly, I hope to accomplish gaining the necessary skills needed to begin my journey in the therapy realm. In my free time, I enjoy being outside. In the summer

you can find me hiking, camping or playing tennis! My partner and I play on a tennis doubles league together and love meeting and hitting with new people. I have recently found a new hobby in water color painting- while I am not the best, I find it very relaxing!"

Introducing: Lindsey



I am excited to begin my internship at The Center on Colfax with the West of 50 community, motivated by my lifelong commitment to supporting the LGBTQ+ community and passion for working with older adults. I live in Denver with my husband, Charles, and our cat, Jude. I'm a social work student at MSU Denver, pursuing a Bachelor's degree, and I work as a veterinary technician at Pepper's Senior Dog Sanctuary in Littleton. I also teach and practice yoga, love spending time in nature, listening to music, attending concerts, dancing, singing, playing the ukulele, and collecting and listening to vinyl

records.

My previous volunteer experience with the West of 50 community was transformative, deepening my allyship and enriching my understanding of Denver's LGBTQ+ community. During my internship, I aim to make a meaningful impact by providing support and fostering a strong sense of community. I also hope to gain practical experience, enhance my social work and advocacy skills, understand the unique challenges faced by this demographic, and create lasting connections within the community. I am so happy to be here!



ReCreative Denver at the Stitch & Bitch

August's Stitch and Bitch with ReCreative Denver is brought to you by Mieke Lippstreu (they/she/he), trash artist and drag performer! The

night's project will have you experimenting with the untraditional, and challenging your definition of beauty. Join The Center and ReCreative for an evening of assemblage and collage! **August 19th at 6:15 p**



Exploring Intimacy Later in Life

Wednesday, August 21, 2024 at the **AARP Colorado State Office** located at **303 E 17th Ave, Suite 510, Denver, CO 80203** for **"Intimacy Later in Life"**, a presentation by Jason Lynch of The Center on Colfax.

Intimacy and the search for lifelong companionship doesn't end as we age. The type of intimacy one may seek may change with age. One may choose to increase sexual intimacy, or drift from what is considered traditional sexual practices to things such as holding hands, touching, kissing, and outercourse.

In this conversation we will explore the different types of intimacy, what they mean to you, and some of the best practices to engage in safe sex.

In this conversation we will discuss:

- What does intimacy mean to you.
- What have been some of your barriers to communication and intimacy?
- How does intimacy change as we age?
- What are some current best practices to protect yourself when engaging in an intimate relationship.

This is an **in-person** event and **space is limited**. **If the registration button is grayed out, it means we have reached max capacity and registration has been closed.** Parking fee waived for garage on Logan Street between 17th and 18th Ave. Bring parking ticket with you to event to be validated. **A light lunch will be provided.** Register at: <https://events.aarp.org/>

WOF a Lunch and learn with Bryant—Gratitude is both a state of being & a way of approaching life. But what is gratitude and how can the enactment & practice of gratitude benefit your well-being? In this Lunch & Learn, Bryant will lead you through the science of gratitude, the relationship between gratitude & aging, and discuss new ways to engage with gratitude as a practice.



Join Bryant on **Wednesday, August 21st** from **12-1:30** to learn more, lunch is provided so make sure to RSVP in advance.



WOF a Movie Night! In collaboration with the Transgender program. Join Joy and Bryant and your closest friends for the documentary **Disclosure**. About the film: DISCLOSURE (2020) is an unprecedented, eye-opening look at transgender depictions in film and television, revealing how Hollywood simultaneously reflects and manufactures our deepest anxieties about gender. Leading trans thinkers and creatives, including Laverne Cox, Lilly Wachowski, Yance Ford, Mj Rodriguez, Jamie Clayton, and Chaz Bono, share their reactions and resistance to some of Hollywood's most beloved moments. Grappling with films like A Florida Enchantment (1914), Dog Day Afternoon, The Crying Game, and Boys Don't Cry, and with shows like The Jeffersons, The L-Word, and Pose, they trace a history that is at once dehumanizing, yet also evolving, complex, and sometimes humorous. What emerges is a fascinating story of dynamic interplay between trans representation on screen, society's beliefs, and the reality of trans lives. Reframing familiar scenes and iconic characters in a new light, director Sam Feder invites viewers to confront unexamined assumptions, and shows how what once captured the American imagination now elicit new feelings. DISCLOSURE provokes a startling revolution in how we see and understand trans people.

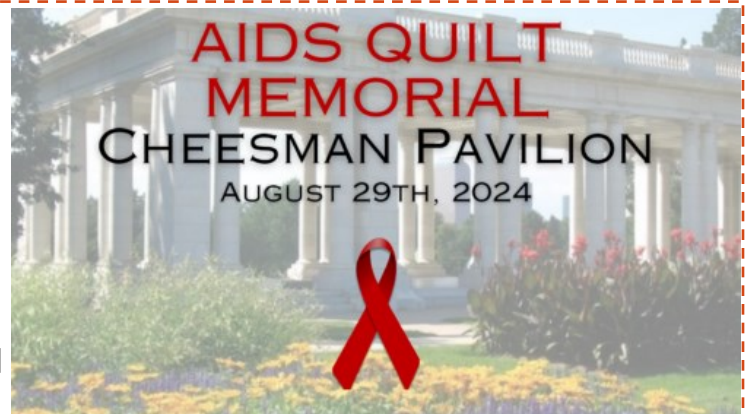
Date: August 23rd 6-8p. Doors open at 5:30p
RSVP online or with Jason or Byrant.

Lunch Bunch is going to the Denver Milk Market! Located in the historic Dairy Block you will find a collection of tasty spots to eat. This dining hall is home to BOS Butcher and Deli, Ghost Tortilla, the Green Huntsman, Lou's Hot & Naked, and Moo Bar. The trendy eatery is also home to great shops.

When: August 28th. **Time:** 12:30p
RSVP online or with Jason and Bryant



AIDS Quilt Memorial: Lets join the Colorado Health Network for an evening of reflection and honoring those who we lost. On August 29th the WOF team will be attending CHN's AIDS Quilt Memorial in Cheesman Park. This intimate evening event will also for us to gather to reflect on the past, the present, and the future. As well as be provided an opportunity to see panels from the AIDS Quilt. **Date:** August 29th. **Time:** to be announced



August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Key Lesbian: Lesbian Lounge Story: Telling Your Story Stitch: Stitch & Bitch Sex: Older Wiser Sexually Smarter AARP: Community Group Art: Open Art Move: Movement DPSG: Disability Peer Support Group				1 10 Art	2 10:30 Move 1:30 DPSG	3
4	5 10 Lesbian 1:30 Story 6:15 Stitch	6 10 Men's Coffee 2p Sex Guest Speaker	7 10:30 SS Yoga 1:30 AARP	8 10 Art 12:30 Field Trip	9 10:30 Move 1:30 DPSG	10
11 Gay Uncle Day	12 10 Lesbian 1:30 Story 6:15 Stitch	13 10 Men's Coffee 2p Sex	14 10:30 SS Yoga 1:30 AARP	15 No Art 10 am Road Trip Letters due!	16 10:30 Move 1:30 DPSG	17
18	19 10 Lesbian 1:30 Story 6:15 Stitch	20 10 Men's Coffee 2p Sex	21 10:30 SS Yoga 11:30 Lunch & Learn AARP 1:30 AARP	22 10 Art	23 10:30 Move 1:30 DPSG 5:30p Movie Night	24
25	26 10:30 Lesbian 1:30 Story 6:15 Stitch	27 10 Men's Coffee 2p Sex	28 10:30 SS Yoga 12:30 Lunch Bunch 1:30 AARP	29 10 Art AIDS event.	30 10:30 Move 1:30 DPSG	31