

Depression vs. Anxiety -They are both mental health conditions with some overlapping symptoms. There are key differences between the two conditions.



Anxiety – Its normal to worry from time to time about things. Maybe your cat has been sick or a friend is not doing

well. Its normal to worry about them. But, if this worry becomes persistent and reaches all areas of your life, this could signal you are navigating something much bigger.

Signs you have something bigger going on:

- Persistent and severe worrying
- Overthinking
- Envisioning worse-case scenarios
- Obsessing over situations or outcomes
- Fear
- Indecisiveness
- Inability to relax

Navigating a prolonged state of anxiety that continues to trigger your fight or flight response can have considerable effects on your health.

Depression – We all have moments of “sadness”. Maybe, your cat just died or your friend was hit by a



bus while crossing I70 on foot. The big difference is that the symptoms don’t affect your long-term daily living. Depression affects your ability to function and if this is transpiring then something could be going on.

Signs you may have clinical depression:
Continued feelings of sadness and hopelessness.

Continues on Next page

In This Issue

Events

- WOF a Road Trip pg. 3
- Fall @ the Botanic Gardens pg. 4
- Push 'n Pansies pg. 4
- Lunch Bunch pg. 4
- OWSS Sexploratorium Trip pg. 5
- WOF a Halloween Movie Night pg. 5
- Thankful 4U pg. 6
- Events Calander pg. 10

Community

- Depression Vs. Anxiety pg. 1 & 2
- Club50 pg. 2
- Thankful 4U Menu pg. 2
- Queer Author Expo pg. 4
- Take A Breather by Lindsey pg. 7
- Steel Street Update pg. 7
- Interview with Liz pg. 8
- Call Me Faggot by Ken Felts pg. 9



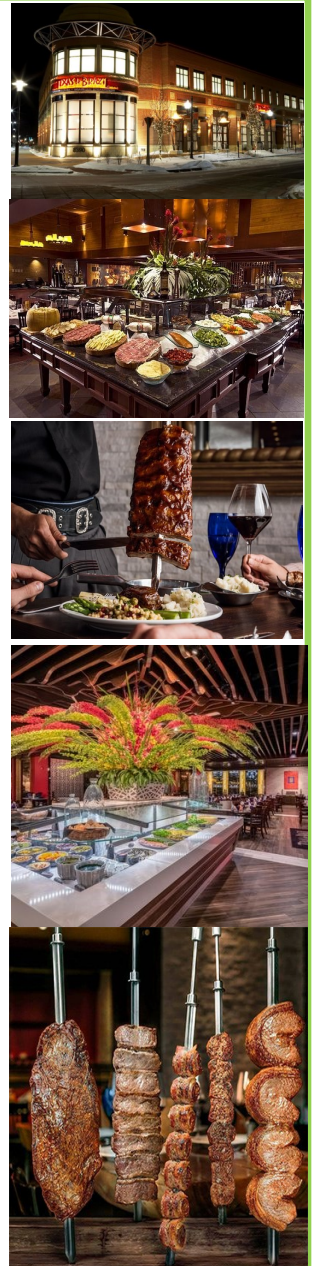
- Loss of interest
- Trouble sleeping
- Feeling exhausted
- Changes in appetite
- Feeling like small takes are monumental achievements.
- Thoughts of self-harm.
- Feeling of worthlessness and low self-esteem.



The combination of the two can cause digestive issues, changes in weight or appetite, difficulty sleeping, or concentration, and irritability. Colorado does have several free supports that one can access. 988 is a free hotline that can connect you with a care specialist by text, phone, or chat. This service connects individuals to a national network of local contact centers that offer free and confidential assistance. The Center also provides 12 free clinical support sessions. The Office of Suicide Prevention provides free support as well and can be reached 24/7, 365 days per year. Their number is 1-844-493-8255. It would help if you also talked to your doctor. This individual can help in many ways. This could include medication and referrals to other supports. **Remember... you matter and are loved.** - Jason

Thankful 4U! West of 50's Thanksgiving Celebration.

We are excited for this year's Thankful 4U event! This year's event will be held at Texas de Brazil. This all-you-can-eat experience features a chef-crafted gourmet salad area featuring various selections of fresh greens, vegetables, imported artisan cheeses, charcuterie, and hot side dishes. Sides include garlic mashed potatoes, sweet fried bananas, Brazilian cheese bread, Jasmine Rice, sauteed mushrooms, and cream of Jalapeno. Various cuts of beef, lamb, port, chicken, and Brazilian sausage are carved tableside. For dessert, you can choose from Key Lime or Bananas Foster Pies and have access to non-alcoholic beverages. **RSVP required to attend.**



Club 50

Club50 — We are excited to introduce you to the new Community Group! **Club50** drives West of 50 programs, creates volunteer opportunities, and makes meaningful change whenever possible.

The club will be meeting the **first Wednesday** of every month starting on **November 6th** at **1:30p to 2:30p**.

Nov. 6th at 1:30pm. Location Pete's Kitchen: 1962 E Colfax Ave, Denver, CO 80206



WOF – a Road Trip – Lets Escape to Estes Park! - Estes Park is in one of the world’s most beautiful towns, surrounded by awe-inspiring peaks of the Rocky Mountains. This small mountain town sits at an elevation of 7,522 feet and is home to shops, restaurants, historic hotels, and elk. The road trip is not limited to shopping and dining... attendees can tour the Stanley Hotel, go fishing at Estes Lake, or visit the Estes Park Museum.

Jason’s favorite things to do in Estes Park.

The Elk Rut- One of the reasons I waited to book this trip was to ensure that we would be visiting the town during the Elk Rut. This runs from mid-September and lasts for a month or so. An elk rut is the mating season for elk. During this time the bulls make loud, high-pitched bugling sounds to announce their availability and warn other bulls. During this time, bulls compete for cows and get their freak on.

Leaf Peeping- Rocky Mountain National Park had higher than average precipitation this year. As a result, it pushed the prime leaf peeping time to late September. So, we should see some GREAT colors.

The Stanley Hotel Historic Day Tour – This 60-minute walking tour is a hoot. I could not stop laughing after I learned about Elizabeth Wilson’s story. She was a housekeeper who was on her nightlight routine of turning on the gas lamps in the rooms. But little did she know that there was a gas leak! Upon lighting a lantern, the room was blown apart and her body was shot through the floor.

Cost: \$25.00

The Taffy Shop- This is Estes's original saltwater taffy shop since 1935. This year the Taffy Shop was voted the Best Candy Store in the US by USA Today.



Our day will be busy! The bus leaves on **Wednesday, October 2nd at 9:30 am**. Upon arriving at Estes Park, you will have the day to explore the park. We will load up at **3:00 pm** to head back to The Center. RSVP is required to attend as well as a **\$15.00 nonrefundable** seat-holding fee for the trip. The fee is due at the time of RSVP. You will be able to sign up online or in person. This trip is limited to 32 individuals.





Push 'n Pansies—Death is not a topic that many like to discuss. But the end of the rainbow is inevitable. Push 'n Pansies is a brave

space for individuals to come together and discuss the end of life, learn about resources, and discover the strength to normalize aging and death.

For this first session, we will discuss the different types of care facilities and what one could consider when exploring them as their next housing option.

Push 'n Pansies meets the 2nd Wednesday each month at 1:00pm — 2:00pm



The Center is proud to host this event featuring authors, publishers, illustrators, and writers from the LGBTQ+ community.

Come out and support your local queer and allied creatives at this free community event! Event attendees will have the opportunity to meet and greet with the creatives, purchase signed books, and support the community. **Date:** Saturday, October 12
Time: 11:00 AM - 5:00 PM



Fall at the Denver Botanic Gardens —

WOF is returning to the gardens to soak up the fall colors and plants. This trip is free and space is limited. RSVP ASAP to cash in on this fall paradise. The Denver

Botanic Gardens is a public garden that features a variety of gardens and art collections. The Gardens York street location is once of the top five gardens in the nation. **Date:** October 10th
Time: 1:00pm **Location:** 1007 York St, Denver, CO 80206

Lunch Bunch—Las Delicias Uptown. Las Delicias is an authentic Mexican restaurant known as a local favorite that's backed by generations of experience. They know the importance of flavor, fresh ingredients, and authentic Mexican recipes. **Date:** Oct. 24th. **Time:** 12:30p **Location:** Las Delicias Upton, 439 E. 19th Ave. Denver, Colorado. RSVP highlight encouraged so that we can contact the restraint and let them know how many people to expect.

If you have a restraint you would like Lunch Bunch to go to please let Jason know. Restraints are selected by ability to accommodate 25+ people.





Older, Wiser, Sexually Smarter Visits the Sexploratorium

Each week our sex education group Older, Wiser, Sexually Smarter (OWSS) discusses different topics related to sexuality, sex, relationships, & more. We have an exciting opportunity to go to the Sexploratorium Tuesday, October 15th. The Sexploratorium is a comprehensive sex education center, complete with the world's first Educational Sex Museum! Our organization is founded and run by queer former college professors who wanted to bring sex ed to the masses! We believe that education should be enjoyable, applicable to our lives, and based on scientific studies. Fawn O'Breizman, founder and primary instructor, has been teaching psychology for over 20 years. She has won multiple awards for her teaching and travels around the country presenting multiple topics at gender and transgender conferences.

Topic "Aging Like a Fine Wine: Making the Most of our Sexuality while Aging." Explore how to embrace and enhance your sexual well-being as you age, with practical advice on maintaining intimacy, confidence, and connection at any stage of life.

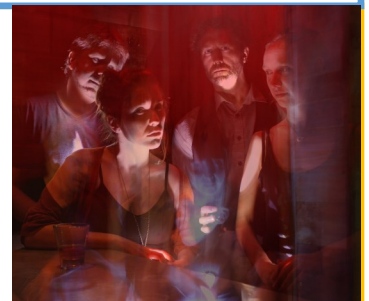
When: Tuesday, October 15th @ 2pm; **Where:** Sexploratorium, 1800 S Broadway

Halloween Movie Night Presents: Ghost Quartet

"One Pot of Honey, One Piece of Stardust, One Secret Baptism, & a Photo of a Ghost"

West of 50 returns for another haunting edition of movie night! This year, we are going to watch a filmed production of the musical Ghost Quartet, by David Malloy. Ghost Quartet is a song cycle about love, death, and whiskey. A camera breaks and four friends drink in an interwoven tale spanning seven centuries, with a murderous sister, a treehouse astronomer, a bear, a subway, and the ghost of Thelonious Monk. The Stitch & Bitch space will still be available during this showing.

Join us Monday, October 28th at The Center on Colfax for this intriguing and mystical show. Doors open at 5:30, the show begins at 6pm.





Thankful 4U!

Please join us for
West of 50's
Thanksgiving Celebration

Friday, November 1st at 11 o'clock

Texas de Brezel

8390 Northfield Boulevard

Suite 1800, Denver, CO

80238

RSVP required to attend...

walk ups will not be accommodated

Take a Breather: Deep Breathing for Relaxation

Lindsey Murphy

Our breathing patterns can have a direct impact on our nervous system and stress levels. How we breathe can either trigger the sympathetic nervous system, responsible for the "fight or flight" response, or the parasympathetic nervous system, which promotes a "rest and digest" state. Slowing down our breathing or using various breath techniques can help activate the parasympathetic nervous system, which promotes relaxation, helps manage stress, and can calm the mind and body. This type of breathwork is commonly practiced in yoga, meditation, and techniques for managing stress. 2:1 breathing is a simple breathwork exercise that involves exhaling for twice as long as you inhale, focusing on giving more than you take. This technique can help calm the mind and the body, promoting stress relief and relaxation. You can do it anytime and anywhere. Let's give it a try:

Close your eyes, relax your jaw and shoulders, and let your tongue fall off the roof of your mouth. Let your breath flow naturally.

After a few normal breaths, inhale deeply through your nose, filling your belly like a balloon. Breathe in and out through your nose, or in through your nose and out through your mouth—whichever feels most comfortable.

At first, keep your inhales and exhales equal in length. For example, inhale for a count of 4 and exhale for a count of 4. Adjust the count to what feels best for you.

Gradually start to make your exhale twice as long as your inhale. For example, if you inhale for a count of 4, exhale for a count of 8.

Continue this cycle for 5-10 breaths, or as long as you'd like, and when you're ready, open your eyes.

The next time you are feeling stressed, disconnected, or struggling to calm down, try this breathing exercise and see how it feels.



Steel Street Project Update

We are excited to announce that the Steel Street housing project is moving through the city's rezoning process. We need community members to attend a public hearing on **Monday, October 14th at 5:30p** to speak in support of the project. We must have a great turnout for this hearing as we need to ensure that the project continues to move forward. As a reminder, the Steel Street Housing project is a collaboration with a developer to create affordable housing for our 55+ queer elders. The goal is for West of 50 to have programming on the main level of the building. Please RSVP with Jason and Bryant to attend. More information to come.

We are excited to introduce you all to our newest team member. Liz (they/she) joins us from Texas and is our new Director of Education and Training. In this role, Liz will be engaging the community and teaching organizations about diversity, equity, and inclusion.



Jason - Who are you and what do you do at the center?

Liz - "Who am I... that is a big one to start with. Liz Elsen (they/she) I am the Director of Education and Training".

Jason - If someone gave you an elephant and you can't sell it or give it away. What would you do with it?

Liz - "Oh my goodness, I can't sell it or give it away? ... this is a wild question... do you ask everyone this? ... they laugh. I suppose it would have to become my new lawn mower. Maybe I could train it to take my dogs on walks".

Jason - What made you want to work at The Center?

Liz- "I am very passionate about LGBTQIA+ issues, when I was in college, I worked in the dorms and one of my residents had experienced discrimination due to her gender identity. She came to talk with me... I was told that I was not allowed to have or provide any education about trans or queer issues because of how that might affect others. That lit a fire under me to make sure that anyone who wants or needs those resources has them available."



Jason- What do you think of garden gnomes?

Liz- "Um... I recently took a garden gnome from my old house... the previous owner had hosted (they/them) I don't know this gnome's gender. Okay. No stop. Ha ha. So, the gnome will soon arrive in Colorado. So, I am fonder of them than I realized."

Jason- What are you looking forward to most with your new employment opportunity?

Liz- "Oh, I have met so many great people and I have only been here for three weeks. I am looking forward to meeting all the awesome people that come to The Center and ones that have yet to".

Jason- If you could lead a parade through the building, what type would it be?

Liz- "One where we gave out... Ice-cold Capri Suns on a hot day. Do you still drink Capri Suns? ... I do. However, I heard they are switching to bottles, which is less charming".

Jason- Where did you live before? What has been the hardest part of moving thus far?

Liz- "Um, I spent the last 13 years working at the Gender and Sexuality Center at UT Austen. But, unfortunately, our center closed with the most DEI ban in Texas. Not being able to explain to my dogs that all the things they were fond of are gone... they have been so confused. I know that they will have fun adventures in Denver".

How would you use scissors while at work if you were a pizza delivery person?

Liz- "She repeated the question... She now looks dumbfounded. Perhaps I would cut open some extra red chili flakes and add them to my meal. She giggles. I love spicy food."

CALL ME A FAGGOT, CALL ME A QUEER
Ken Felts (2024)

Call me a faggot, call me a queer,
Call me the names that I hate to hear.
Shunned by the righteous in my neighborhood
I live in the shadows of those called good.

But the path I have trod was not of my desire
I never chose to be alone with all this gay fire.
My parents, my church, my world did decree
All males born must be straight and cannot be free.

With a heart that is aching and quietly breaking
For my dear gay brothers who are abuses taking
I speak softly to not let my anger overflow
I hope and ask that their love for me will grow.

Black eyes will turn back to blue; bruises will slowly heal
But a broken heart is limited in how much it can feel
Does dark envy of what I am dominate their rage?
Are they shamed and fearful of my courage?

Yes, the sunset will come, and I will still be gay
And the grave matters not, where there is no day.
In the ground we are equal, straight and queer,
Where I will forever live with my gay friends so very dear.

Attention Artist

The Center's Holiday Party & Art Show is set for

Friday, December 6th!

All Art is due the week of Thanksgiving

All art submitted must be able to remain on display for the

Full duration of the exhibition.

OCTOBER 2024

LGBTQ HISTORY MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 Men's Coffee 2p Sex	2 9:30 Bus Trip 10:30 SS Yoga	3 10 Art	4 10:30 Movement 1:30 DPSG	5
6	7 10 Lesbian 1:30 Story 6:15 Stitch Frances Xavier Cabrini Day	8 10 Men's Coffee 2p Sex	9 10:30 SS Yoga 1 Push 'n Pansies	10 10 Art 1 Botanic Gardens	11 10:30 Movement 1:30 DPSG <i>National Coming out day</i>	12 11a Queer Author Expo
13	14 10 Lesbian 1:30 Story 6:15 Stitch	15 10 Men's Coffee 2p Sexploration Trip	16 10:30 SS Yoga	17 10 Art	18 10:30 Movement 1:30 DPSG	19
20	21 10 Lesbian 1:30 Story 6:15 Stitch	22 10a Men's Coffee 2p Sex	23 10:30 SS Yoga	24 10 Art 12:30: Lunch Bunch	25 10:30 Movement 1:30 DPSG	26
27	28 10 Lesbian 1:30 Story 5:30 Movie Night / S&B	29 10 Men's Coffee 2p Sex	30 10:30 SS Yoga	31 10 Art Gardens Field Trip <i>Halloween</i>		