

We are excited to announce our newest program: **PRIDE Compass**. Coming in July the West of 50 team will start providing free, short-term case management services to help

adults aged 50 and better maintain their independence. Our team will work one-on-one with individuals to provide essential resources, such as, community benefits, healthcare, transportation, and mental health support. We also assist with navigating Colorado's complex housing options and help individuals access employment opportunities.

Eligibility

These services are available exclusively to LGBTQIA+ community members who are 50 years of age or older.

Areas of Focus

Employment Support

We offer personalized assistance to help older adults confidently re-enter the workforce or explore new opportunities. Services include:

- Resume and cover letter writing or updates
- LinkedIn profile creation and optimization
- Online job application assistance
- Skill-building to recognize and avoid job search scams
- Interview preparation and coaching

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Director of Elder Services: Jason
jeatonlynch@lgbtqcolorado.org

Manager of Elder Services: Bryant
bmehay@lgbtqcolorado.org

Housing Support

We help older adults navigate Colorado's complex housing landscape with services that include:

- Tips and strategies for apartment searching while avoiding housing scams
- Guidance through state and local housing benefit programs
- Support completing housing applications
- Connections to organizations that help make homes safer and more accessible for older adults

Health & Wellness Support

We support older adults in maintaining their physical and mental well-being through:

- Healthy eating tips and resources
- Referrals to mental health services
- Connections to local community wellness programs
- Assistance with navigating Colorado's healthcare options
- Help finding and establishing care with a new doctor
- Guidance through state and local food assistance programs

Transportation Assistance

We help older adults stay mobile and connected by providing:

- Referrals to reduced-cost or free senior transportation services

- Guidance on using and navigating public transportation systems
- Information on safe and affordable ride-share options

Other Support Services

We offer additional help to ensure older adults can confidently manage important tasks, including:

- Completing documents (in-person at our center)
- Navigating automated phone systems and making important calls
- And others! Unsure if we can assist? Call ahead and ask.

How to Access Services

To get started, please contact us at 303-733-7743 or visit us during one of our walk-in times. Walk-in sessions are offered on a first-come, first-served basis. Please note: we may not be able to accommodate you after walk-in hours unless you have scheduled an appointment with a team member in advance. The full roster of Pride Compass supports will be available late July/early August.

To make the most of your session, come prepared with any relevant documents, passwords, or other materials related to the support you are seeking.

“You can accomplish it with a little support”. – Kathleen

There’s no magic secret to healthy aging—but research consistently shows that one of the most powerful things you can do is to keep going. Keep moving. Keep thinking. Keep living. Staying engaged in meaningful work acts almost like a medication; whether that’s through a job, volunteering, caregiving, or creative pursuits. It offers real benefits for both brain and body, supporting cognitive function, emotional well-being, and physical health. Social connection, a sense of purpose, and daily mental stimulation aren’t just nice to have; they’re essential ingredients for aging well. If you’re looking for a way to stay vibrant as the years go on, start by staying involved. Keep showing up. It matters more than you might think. To help us unpack this a little more, we chatted with Kathleen, a community member who took our needs assessment and asked about our PRIDE Compass’s program.

Jason - What was your career before retiring?

Kathleen - *“I was an educator, with fourteen years in the classroom and six years as a Diagnostician for students who had visual impairments. I worked for the Florida School for the Deaf and Blind for 20 years.”*



Jason - How long have you been retired?

Kathleen- *“Um, well, about four and a half years. This July will be five years. But after that, I became a family caretaker for my daughters and young kids.”*

Jason - Why are you interested in trying to find new employment opportunities?

Kathleen - *“I want to put purpose into my life. I am one of those people who gets gratification from working. I want to create purpose and integrate into the community”.*

What is your biggest fear about returning to the workplace?

Kathleen - *“Wow... That’s something. I guess just fitting in and being able to do the job. I hope that people don't look at me as an old woman, but a person who is equal. I guess in short, helping my confidence instead of hurting it”.*

Jason - What are you looking forward to the most about returning to the workplace?

Kathleen - *“Connecting to the community, events, and being around people. I applied for a job at a library, and this would allow me to do that.”*

What did you find most helpful about working with West of 50 through this process?

Kathleen - *“The caring support. The one-on-one support that I was given really mattered. It showed me that I could do it. - I was stuck.”*

What would you recommend to your fellow community members who are considering returning to the workplace?

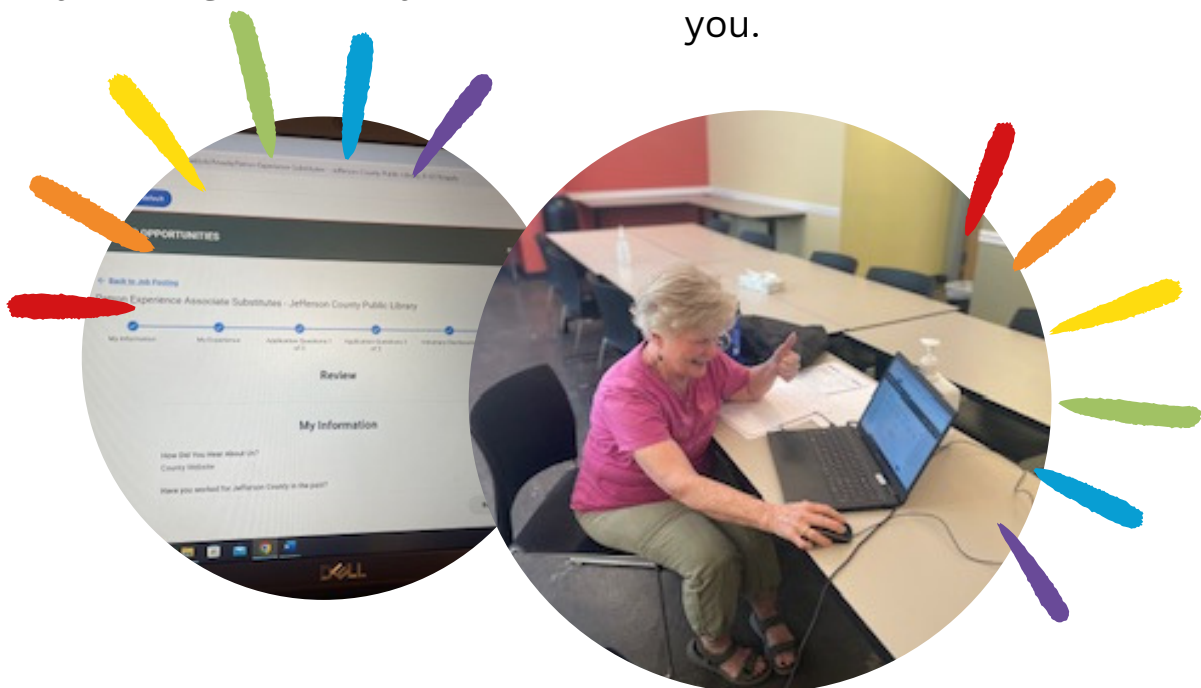
Kathleen - *Well... I did not do this. But to sit down with someone and talk with them about your skills, wants, and dreams. I mean really teasing out what you want to do.*

“Some people need the money... That is not why I want to work. Though it will be nice to have. But, sitting down and talking with someone who will listen to what you want to do and help you navigate that.

The Jefferson County workforce center has a wealth of knowledge. The Pride Compass program is much quicker to work through. But they offer a ton of resources and support.

If you want to do it, you can accomplish it with a little support”.

The full roster of Pride Compass supports will be available late July early August. Cant wait? set up a time with Jason or Bryant and they will be more than happy to assist you.



CLUB50

Wednesday, July 2nd @ 1 pm

Agenda:

- Ideas for 2026 programs
- PRIDE numbers & feedback
- Tea Dance feedback
- Thanksgiving Concepts
- Fall Bus Trip and more!

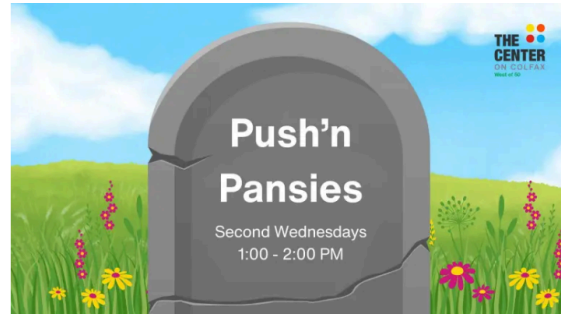


MENTAL HEALTH AWARENESS BARBEQUE

FRIDAY, JULY 18 | 4:00 - 7:00 PM

Join us for a summer celebration of Mental Health Awareness! The barbeque will feature local clinicians and partner organizations, plus opportunities for attendees to mingle and connect with their community.

THE CENTER ON COLFAX
Mental Health



Understanding HAND -

Thanks to improvements in HIV treatment, people with HIV are living longer than ever before. In fact, almost 50% of people living with HIV in the US are now above the age of 50. Life expectancy for those with HIV is very close to their peers without HIV. However, aging with HIV is not without its challenges, including a much higher risk for cognitive decline.

This presentation will discuss why approximately 50% of people living with HIV will experience some form of cognitive decline and focus on the main cause of this decline, HIV-Associated Neurocognitive Disorder (HAND). Topics covered include the signs and risk factors for HAND; similarities and differences between HAND and Alzheimer's disease; and why accurately diagnosing cognitive change in people living with HIV is so important.

Date: Wednesday, July 9th at 1pm.

This program will be presented online with viewing opportunities at The Center or through registering via zoom

Lunch BUNCH



Civic Center EATS

Thursday, July 17th

12:30 p - 2:00 p

101 14th Ave, Denver, CO

EATS is the beloved weekly Denver tradition that brings together dozens of food trucks to offer attendees a diverse dining experience. The trucks change weekly and offer a variety of food options. Past offerings included but were not limited to: AFC Wings, Cazuelas, Cheese Love Grill, Kary's Creperie, Saucy Chops, Sweet Action, and so much more. We will meet at the south end of the park by the amphitheater.



Feeling zoo-per happy today!

This past May, West of 50 took a trip to the Cheyenne Mountain Zoo. Trip goers enjoyed soaring over the tigers and leopards on the Mountaineer Sky Ride, feeding giraffes, pushing kids out of the way for a go on the slide, and walking next to wallabies.

Michael noted, *"One of my favorite animals is a giraffe, and I can't wait to feed one!"* Mary noted, *"This was another great trip! I am so happy I got to go! But, boy, am I tired."* and Doug enjoyed learning about the animals and spending the day in the sun.

West of 50 takes two bus trips a year. Look for the fall trip in September.



Good Chives Only at this Wellness Friday program - This past May West of 50

partnered with The Denver Botanic Garden for a day of mindfulness, movement, and medication. Attendees were able to connect one on one with the gardens like never before. This included horticulture therapy, a movement program, and creative arts meditation. Following this free program, participants were able to explore the gardens. It was noted that this was one of our best programs yet!



Thank you for all that attended! Thank you Denver Botanic Gardens and Quana Madison for your continued support! and Thank you to Bryant for putting together a wonderful program.



Show me the MONEY! June was a great month for West of 50! We were recently awarded two grants—one from AARP Community Challenge and another from Next50.

The AARP Community Challenge grant will support the development of our Emergency Preparedness Program, launching this August. Funding will go toward purchasing supplies for the program, including fireproof boxes for participants.

The Next50 grant will fund our new Pride Compass initiative, a case management program designed to support our LGBTQ+ community members. This grant will help cover the cost of a new community computer, technology needs, and staffing expenses.

Please note: both programs are available to individuals aged 50 and older.





Under the Colorado Sun: Sun Safety & Skin Health for Our Older Queer Community
Living in Colorado means higher altitudes which means more sunshine—and more skin health risks.

This interactive presentation explores the serious impact of UV exposure, which can lead to increased skin cancer risk, and how it uniquely affects Colorado's older queer community. We'll discuss the importance of sun protection as we age, how to choose an effective sunscreen, and how visibility, access, and representation play a role in our health.

You'll learn how to choose the right sunscreen (not all SPF is created equal!) and get the chance to see how well you're really applying it using a UV mirror and you're current sun damage using a UV camera. This eye-opening, sometimes amusing experience shows the invisible effects of sun exposure in real time.

Plus, attendees will receive free sunscreen, SPF ChapStick, and some fun CU Cancer Center swag! Come for the knowledge, stay for the self-care—and leave a little more sun-smart.

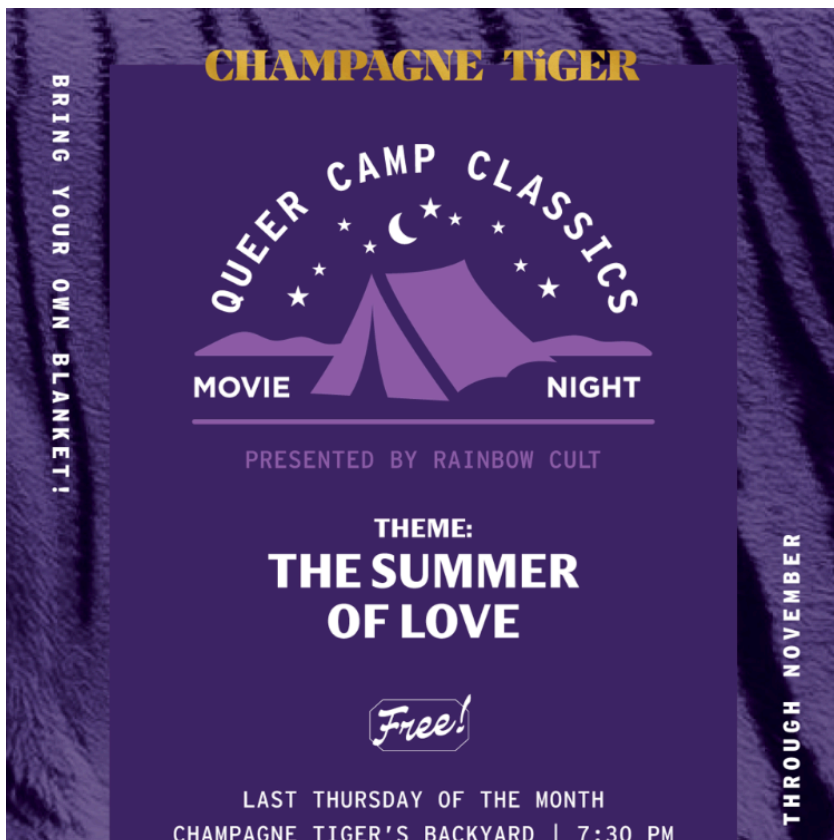
Date: Wednesday, July 30th,

Time: 11:45a - 1:00 pm. RSVP required



Cancer Center

NCI-DESIGNATED COMPREHENSIVE
CANCER CENTER



WOF! Another movie night

We're excited to leave our basement and partner with Champagne Tiger and Rainbow Cult for our July Movie Night!

The event is free to attend, with food and drinks available for purchase. You are encouraged to bring your own blanket or chairs, seating is available, but limited. This surprise screening won't be revealed until closer to the event.

Date: Thursday, July 31st @ 7:30p

Location: 601 E Colfax Ave, Denver, CO 80203

The Center's Got Talent March 2025



Larry Wheeler



Joni Newton



Emilio Sena



Michael Van Dalsem

Steve-Anne



Mel Garcia



John Sackett



Ken & Johnny



August Celestial



Laura Reiman

More photos available online at Flickr -
[https://www.flickr.com/photos/lgbtqcolorado/
albums/72177720326779359/](https://www.flickr.com/photos/lgbtqcolorado/albums/72177720326779359/)

WOF July Word Search

N Z R A T M L P M V M U O A P M D M T R
 M H N I E R P S I M N P U H M E E H N N
 O T E O R A A E E D M T E R C M G E E R
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Zooper
 Barbeque
 Tea Dance
 Mental Health

Case Management
 Pansies
 Civic Center
 CAMP

Movie Night
 Sunscreen
 Pride Compass
 Summer





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO groups	2 10:30 SS Yoga 1 Club50	3 10 Open Art	4 Happy 4th Center Closed	5
6	7 Center Closed	8 10 Men's Coffee 2 Sex	9 10:30 SS Yoga 1 Push'n P	10 10 Open Art	11 10:30 Move 11:45 Med. 1:30 DPSG	12 10:30a Pride Playwright
13	14 10 Lesbian 1:30 Story 6:15 Stitch	15 10 Men's Coffee 2 Sex	16 10:30 SS Yoga	17 10 Open Art 12:30 Lunch Bunch	18 10:30 Move 4p BBQ	19
20	21 10 Lesbian 1:30 Story 6:15 Stitch	22 10 Men's Coffee 2 Sex	23 10:30 SS Yoga	24 10 Open Art	25 10:30 Move 1:30 DPSG	26 10:30a Pride Playwright
27	28 10 Lesbian 1:30 Story 6:15 Stitch	29 10 Men's Coffee 2 Sex	30 10:30 SS Yoga 11:45 L&L	31 10 Open Art 7:30 Movie Night		

Lesbian = Lesbian Lounge
Story = Telling Your Story
Stitch = Stitch & Bitch
Sex = Older Wiser Sexually Smarter

SS Yoga = Silver Sneakers Yoga
Move = Movement
Med = Meditation w/ Quana
DPSG = Disability Peer Support Group
L&L = Lunch & Learn

*Heads
Up!*

No programming June 25th - July 1st
 Programs will resume On July 2nd.

The Center will be closed July 4th & 7th