As summer approaches, most of us are thinking about home improvement, yard work, travel plans, and spending time with family and friends. I know I am. But as we know, school districts continue to plod along with plans for the coming year and beyond, political campaigns gear up for the fall election, and JCEA-R is working on our program for 2016-2017.

Keeping informed and involved continues to be important. Our newsletter is jammed with information!!

Mark your calendars. We want to see you at our events.

Have a terrific summer!

Lorraine Bowen, JCEA-R President

JCEA-R Officers
Lorraine Bowen  
President  
303-456-0660  
bassbros@msn.com

Lou Ann Elliott  
Vice President & Membership  
303-423-5558  
pinkroses3@live.com

Marge Bozarth  
Treasurer  
303-985-0210

Charlotte Green  
Secretary & Connection Publisher  
720-320-1721  
green4char@gmail.com

Deadline for the SEPTEMBER JCEA-R Connection is August 15th.
If you have suggestions or information to be included in the September issue, please contact:
Charlotte Green  
720-320-1721  
green4char@gmail.com

President’s Message

JCEA-R Needs Volunteers!

I would be willing to give 2 hours of my time to:

___ Help with set up before the Fall Meeting.
___ Help with set up for the Legislative meeting.
___ Help with set up before the Annual Meeting in the spring.
___ Help with the Pre-Retirement Seminar.
___ Help with Read Across America.
___ Help with the JCEA Excellence Scholarship Award.
___ Help with the Social Committee.

I am interested in learning more about the following leadership role:

_____President  _____Vice President
_____Secretary  _____Treasurer

We need your help!
Contact Lorraine Bowen at bassbros@msn.com or 303-456-0660.
It has been a quiet quarter as far as membership goes. We have one new member. Welcome to Deborah Dash-Healy, who joined us at the Spring Pre-Retirement seminar as a pre-retired member. She is now all set for when she retires in 2021. Great planning!

JCEA-R now has 519 members. Several of our Annual members have taken my advice and joined as Life members. This will save them quite a lot of money in the future, and certainly saves JCEA-R and CEA-R money and time for sending statements and bookkeeping. Thank you so very much for making a smart decision!

So this is one last reminder to any of you who are partial Life or Annual members to convert your membership now to Life. If you do it now, before the end of our fiscal year, you can apply the amount you have paid in dues for this year to your Life membership; then once that amount is paid, you will never owe dues again! Please email me for your amount, as many of you will have different amounts in order to convert to a Life membership. My email is pinkroses3@live.com. We do know for sure that CEA-R dues go up September 1, 2016. We’ve heard NEA-R may also. We’ll find out at the June meeting.

Also, this time of year is a good time for each of us to talk up retired membership as we attend retirement parties and receptions for our friends who are joining us in this wonderful thing called retirement! If they are interested, either send me their address, or have them contact me and I will send them a membership form and brochure. Thank you for your help. It takes us all to grow our membership. Have a great summer, and I hope to see you out and about at some of our social functions!

Lou Ann Elliott
JCEA-R Vice-President and Membership Chair

Tour "On Track" For October

RTD is hosting JCEA-R members and friends for a tour of the University of Colorado A Line to DIA. The tour will begin at Union Station on Tuesday, October 4th at 10:30 AM. We meet our guide directly behind the Union Station historic building by the commuter rail tracks promptly at 10:30 to begin the tour.

Our guide will give us a brief presentation about Union Station on the plaza, then we will board the train to DIA. The ride to DIA takes 37 minutes. When we arrive at DIA, the RTD tour guide will give us a tour of the station, including baggage check and flight check-in machines. Following the tour, we will board a train back to Union Station where those interested will have lunch.

To reserve your spot for the tour, send a deposit of $10 per person, along with your name and that of all your guests to: Betty Flaten, 8110 W 90th Ave, Westminster CO 80021-4504. Deposits are due by September 27th and will be returned to you when you attend that day.

Space is limited and on a "first come first serve" basis. Email Betty with any questions you may have at bflaten@rimail.net or call her at 303-423-9435.

Should you ride light rail from your own location and meet us at Union Station to take the tour, your $4.50 senior fare covers all your trips or up to 24 hours.
Summer Fun with History and Brews

Join your fellow JCEA-R members for an excursion to tour Evergreen’s Hiwan Homestead followed by lunch at Revival Brews. The event is set for Friday, June 24th with a Noon tour of the historic Jefferson County facility and grounds followed by lunch at Revival Brews at 1:30 PM.

You will be taken back to the late 1890’s when Hiwan was a summer retreat for notable families escaping city heat. From luxurious tents, to rustic cabins, to a Jefferson County landmark, Hiwan has been a significant part of the glorious pioneer history of the area. Revival Brews has that hometown atmosphere lost in many establishments and the brews and drinks are described as “unique” by customers. The menu is varied and priced reasonably.

The tour is free but donations are recommended to help preserve this bit of Colorado history for current and future generations. As per the JCEA-R policy of requesting a $10.00 reservation fee for all activities, the cost will be refunded at the Homestead to pay for your donation and to help with your lunch costs.

Please send your reservation check for $10.00/attendee to Betty Flaten, 8110 West 90th Avenue, Westminster, CO 80021-4504 by June 20, 2016. You may also contact Betty at 303-423-9435 or bflaten@rimail.net for questions and/or concerns.

Directions to Hiwan Homestead: Take I-70 west from Denver to Exit 252 ramp on the right and follow the signs for Evergreen Parkway, past Wendy’s for 7.1 miles. Turn left on Douglas Park Road, turn left onto Meadow Drive, turn left onto Timberlake Drive and arrive at #4208.

Directions to Revival Brews from Hiwan: Take Timbervale Drive southeast, turn left on Meadow Drive, turn right onto Bear Creek Road (CO-74). It is 0.2 miles to Revival Brews.

Directions to Revival Brews from I-70: Take Exit 252 ramp on the right and follow the signs for Evergreen Parkway, past Wendy’s. At the Bear Creek Road (CO-74) exit turn left and travel around the lake to Revival Brews.

READ ACROSS AMERICA

The Cat in the Hat visited 18 schools on February 26th and March 2nd. Snow Lopez and Lorraine Bowen enjoyed reading to students and donating books to the school libraries. Susan Niles arranged for readers at Lawrence Elementary. We had several other volunteers at various schools, including the JCEA staff who read at Pleasant View Elementary! Our thanks to all who participated and made this a very successful year.

Shirley Sternola has been our source for books for many years. Unfortunately, she will no longer be able to help us since she closed her business. Thank you, Shirley, for your devotion to READ ACROSS AMERICA and helping JCEA-R spread the word about the importance of reading. You are the best!

Since testing schedules will be different next year, we are hoping for more schools participating. We need Cats! Schools love having the Cat visit. If you like to dress up and act a little silly, you would be perfect for the job. Often the Cat is asked to read to a small group of students. It is great fun. Be sure to contact Lorraine Bowen at bass-bros@msn.com or Susan Niles at rgniles@q.com.
Did you know?

**Caregivers by the Numbers:**
- Females: 60%
- Average age: 49
- Responsibility for parent or parent-in-law: 49%
- Average time spent as a caregiver: 4 years
- Average hours/week spent caregiving: 24.4
- Say caregiving caused their health to decline: 22%

Jeffco Public Schools and JCEA Reach a Tentative Agreement

Association members voted to ratify a 5-year contract on May 27th.

**Congratulations** to the Negotiations/Bargaining Committee for their hard work.
Caregiver Calm

Most of us have cared for or will care for an adult friend or family member who is ill, frail or disabled. Perhaps the care of your grandchildren, parent or spouse has fallen to you or you have a special needs son or daughter. You may be dealing with a major illness or disability yourself. In any of these cases, it is likely you’ve had questions about where and how to find free or low cost resources in the Denver metro area or in our mountain communities. Where do you turn with your questions or for ANY kind of help, whether it’s assessments, care management, referral services, home visits, legal referrals, in home personal care and homemaking services, Meals-On-Wheels or emergency financial assistance?

Resources you aren’t aware of are available, but where can you find out about any or all of them in one single location?

Do you have a need for some assistance for yourself? Care giving isn't easy and may be taking a toll on you or on your family members. Could you use a bit of relief in the form of adult day and respite services? If you are a permanent caregiver, do you need some psychological support? Have you lost a spouse or child or are you dealing with a major illness yourself? Do you feel you could benefit from a support group or from some counseling? You may not have the physical stamina or you may lack the emotional energy to travel to a counselor’s office but would you consider free counseling in the privacy of your own home? Do you have a need for transportation to medical facilities, grocery stores, meal sites, adult day centers and other personal needs?

If anything here sounds like help you could use or the kind of information you need, why not come find out about available resources? And if nothing here applies to you right now, this is an ideal time to become familiar with resources, while your AREN'T under the added stress of an immediate crisis.

We have arranged a time at one of the many Senior Resource Centers in our area though the information shared will apply to other centers and resources area wide. It is an opportunity for our members to meet and learn about many caregiving needs. Space is limited. Bring your questions. Invite your friends and family too. If you would like to bring the person for whom you care give, bring them. Here’s everything you need to know:

What/Where: Caregiver Resources Q&A, 3227 Chase Street, Denver Co 80212
Date/Time: Wednesday, August 24th, 1:00 PM

To reserve space, mail a $10 deposit to: Jeanne Duffy, 10160 W 33rd Ave, Wheat Ridge Co 80033. Your deposit will be returned to you upon arriving at the center that day.

Should you be interested but unable to attend on that day, please share your name and phone number. We’ll try to put you in touch with a staff member and set up an alternative for you. But whatever you do, don’t let this opportunity pass you by.

By the way, regardless of your age or needs, you can always come simply to learn about becoming a volunteer in service to seniors at any of the many locations around the area. You may even have an idea for a class you’d like to teach at a SRC location near you.

If you would like to join those receiving the color JCEA-R Connection via e-mail, please send your email address, or any changes, to green4char@gmail.com

It’s in color, and you can ENLARGE it for easier reading. We’ll continue to mail to those who prefer the printed version.
Cheese Importers Warehouse Tour & Lunch

Join us for a tour and lunch at **The Cheese Importers Warehouse** on Tuesday, August 2nd at 10:00 AM followed by lunch at 11:00 AM.

The tour includes a history of the family owned business, history of the historic building (original power plant for the city of Longmont built in 1931, later School District Admin offices) as well as cheese tasting and a walk through their huge refrigerated room where hundreds of cheeses are organized by country of origin. It’s an education! There will be time to browse at the “in house” retail shop called Market Europe where cookware, gift baskets and gourmet foods are sold.

Lunch will be at 11:00 A.M. at **Bistrot des Artistes** the “in house” French café that features quiches, soup, salads, sandwiches, cheese & fruit plates, espresso drinks, wine and scrumptious deserts.

To make your reservation, send $10 to Marilyn Mallander, 4012 Meade St Denver 80211 by **July 20th**. Your $10 will be returned to you the day of the activity. If you cannot make it, you need to find a replacement or forfeit the $10. For more information, contact Marilyn Mallander, 303-477-6327, mmalland@comcast.net

The **Cheese Importers Warehouse** is located in Longmont. The address is 103 Main St, Longmont 80501. Parking is located behind the building and in the lot to the North. Access to parking is off Coffman St between First and Second Avenue.

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**Mid-Life 2!**

JCEA-R members are joining C.A.R.E. (Central Adams Retired Educators) at the BDT Stage for the hilarious and fun new Musical Comedy **Mid-Life 2**.

**Sunday, Sept 11th**

**NOON dinner/show**  $40.00  **Deadline - Aug 19th**

Reserve early—this will sell out fast. Tickets include show, dinner, beverage, tax and tip.

Send checks payable to **C.A.R.E.** to: **Pat Baker**, 1040 Kearney, Denver, CO 80220. You can reach Pat at 303-322-2176 or triciabake@gmail.com

**MID-LIFE 2!** Is the follow up to the hilarious **MID-LIFE! The Crisis Musical.** It takes us back into the middle ages once again with a hilariously tuneful look at the aches, pains, and joys of getting older. From ever-increasing trips to the doctor’s office, to the horrifying moment when one qualifies for a senior discount, the ever-growing legion of aging Baby Boomers and beyond are sure to see their lives reflected in this brand new, witty musical revue. Featuring all-new, original songs: **Forty is the New Thirty, Nana, Wii-kend Warriors, Golf Widow Blues, I’d Like to Forget, and more!**

#WhatDidIComeInHereFor
Summer 2016

Connection

The JCEA-R

Dates to add to your JCEA-R Calendar!!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>June 24</td>
<td>Hiwan Homestead and Revival Brews</td>
<td>(deadline June 20)</td>
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<tr>
<td>June 28-July 8</td>
<td>NEA-R Annual Meeting and NEA Representative Assembly in DC</td>
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<tr>
<td>July 27</td>
<td>‘Over the Top’ luncheon — Mt Vernon</td>
<td>(deadline July 20)</td>
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<tr>
<td>Aug 2</td>
<td>Cheese Importers Tour/Lunch — Longmont</td>
<td>(deadline July 20)</td>
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<tr>
<td>Aug 24</td>
<td>Caregiver Resources</td>
<td>(by Aug 17)</td>
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<td>Sept 11</td>
<td>Midlife 2 — BDT Stage with C.A.R.E.</td>
<td>(deadline Aug 19)</td>
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<tr>
<td>Sept 17 or Oct 19</td>
<td>West Coast Cruises</td>
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<tr>
<td>Sept 27</td>
<td>JCEA-R Fall Meeting</td>
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<tr>
<td>Oct 4</td>
<td>Tour ‘On Track’</td>
<td>(deadline Sept 27)</td>
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<tr>
<td>Nov 20</td>
<td>Thoroughly Modern Millie — BDT Stage (CARE)</td>
<td>(deadline Oct 28)</td>
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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Feb 7, ’17</td>
<td>JCEA-R Legislative Meeting</td>
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<tr>
<td>Mar 5, ’17</td>
<td>Disenchanted — BDT Stage with CARE</td>
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<tr>
<td>April 13, ’17</td>
<td>JCEA-R Annual Meeting</td>
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<td>May 14, ’17</td>
<td>Joseph &amp; Amazing Tech Dreamcoat — BDT Stage with CARE</td>
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<td>Sept 30, 17</td>
<td>Shades of Ireland — 10-day trip</td>
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Travel to earn for the Excellence Scholarship Fund

Like to travel? Want to contribute to our Excellence Scholarship Fund? Looking for a new place to go? Would you like to go Irish in fall 2017? Plans are being made for a Shades of Ireland trip departing Denver on September 30, 2017 for a 10-day trip, including 13 meals and airfare. The cost is $3599. More information coming soon.

West Coast cruises

There is still room on the West Coast cruise, eight days from Vancouver to Los Angeles. The best part: You get your choice of two departure dates. The first cruise leaves Sept. 17, 2016, followed a month later by the second departure date Oct. 19, 2016. These two cruises have a twice-as-nice promotion. Inside and ocean view cabins include a $75/person shipboard credit; balconies and higher have a $150/person shipboard credit. There is plenty of space on both, and the deposit has been reduced to $200.

For details, contact: Carma Hilliard (970-593-8754) or Davina Plate (970-381-3413), Certified Travel Agents, Group Travel Specialists.

Colorado Priorities

A petition drive started May 14th to collect signatures for a ballot measure that would allow the state legislature to keep excess taxes to be invested in our schools and roads for the next ten years. To learn more about the ballot initiative, go to www.sos.state.co.us/pubs/elections/Initiatives/titleBoard/results/2015-2016/117Results.html.

JCEA-R and its affiliates do not assume responsibility for any liability to anyone participating in NEA-R, CEA-R, or JCEA-R activities.
JCEA-R Officers:
Lorraine Bowen, President
Lou Ann Elliott, Vice-President
Charlotte Green, Secretary
Marge Bozarth, Treasurer

JCEA-R Connection:
Charlotte Green, Publisher

We’ve been updated! Check it out — Jcea.coloradoea.org

November is National Family Caregivers Month

JCEA-R Membership Meeting
September 27th, 2016 JCEA Office
9:00 am social - 9:20 am meeting
Plan now to be there!!!