



# WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

(a non-profit homeowners association)

PO Box 621172, Littleton, CO 80162-1172

<http://www.neighborhoodlink.com/Westridge/home>

Vol. 18 No. 10

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## More Westridge Students Complete Judy Susman's 30-Book Challenge!

Judy Susman says congratulations to Kylie Kissinger, Rosella Connectt and Dylan Connectt. Kylie, Rosella and Dylan all completed the required 30 books and received free gift cards for their effort. Judy believes that reading is vital, so she encourages kids to get involved in this program. To date, 156 rewards have been earned by Westridge students and Judy has donated \$3,600 to the school to benefit literacy and technology. If you need a reading card or more information, contact Judy directly by calling 303.570.5109 or emailing her at [Judy@JudySusman.com](mailto:Judy@JudySusman.com).

## Villages Help Older People To Stay in Their Home

by Arnie Snyder

Ready for some refreshing news on the challenges of an aging America? Look no further than the surging *Village Movement*. Across the US, Villages are sprouting up like well-watered tufts of grass, defying an otherwise arid landscape. Within the past two years, this innovative, community-style approach to keeping older adults in their own homes has grown by 80%. According to Village to Village Network, a national advocacy group, 90 Villages are now open and operating, with another 125 in development.

A Village may grow to serve 100 to 400 members or more, typically age 55 and up. Members live in their own homes, which may be located anywhere within the defined membership service area. Most Villages are local nonprofit organizations (IRS 501c3) with a board of directors who live in the community. The Village Movement was pioneered by Boston's Beacon Hill Village, founded in 2001.

Village membership offers convenient, one-call access to volunteer services or vendor referrals. Does the member need a ride to the doctor or to the beauty shop? A day out to go shopping with friends? How about a volunteer to fix a leaky faucet, or to climb a ladder and clean out roof gutters? When a member needs a reliable contractor – for example, a painter, plumber or lawn service – the Village can suggest vendors from a vetted list.

Social connection is a powerful advantage to Village membership. Informal get-togethers and educational activities stimulate and strengthen friendships. "Neighbors helping neighbors" is much more than a tagline; nationally about 60% of Village members serve as volunteers, too. Certainly, this high level of participation is influenced by the can-do, will-do spirit of younger members, who are still in their 50s, 60s or 70s. However, it also reflects the passion of members in their 80s and 90s to stay active – teaching, mentoring, leading, or whatever they may choose to do. Community is the heart and soul of a Village.

In brief, Villages can help older adults to deal successfully with three of biggest obstacles to living independently in their own homes:

*continued on page 2*

## Got Coats?

It's that time again! Judy Susman is ready to start her 17th annual COATS FOR COLORADO drive. Judy will do the legwork and make it easier for you to contribute by picking up your donations and delivering them to the Dependable Cleaners collection site. She will also bring you a donation receipt.

To date, more than 1,600 coats have been collected from Judy's coat drives. There continues to be a huge need for these coats, so Judy wants to make this drive an even bigger success than those of previous years.

If you have coats that you don't want or need,

and you wish to participate and help those less fortunate than you, please call Judy Susman at 303.932.3322 by Wednesday, November 7th with your name, address and phone number to schedule a pickup on Saturday, November 10th between 8:00 a.m. and 10:00 a.m.

Participants will be entered into a drawing for a free holiday turkey – one entry for each coat donated.

The turkey drawing will take place on Sunday, November 11th.

Thank you for your community spirit!



## Holiday Shopping Bazaar & Bake Sale

Visit Lilley Gulch Rec Center for some casual holiday gift shopping and fresh baked treats! Multiple vendors and crafters will be showcasing items for purchase including gifts, crafts, & holiday decorations. There will also be a bake sale with tasty treats and coffee. Lots doorprizes and giveaways. Treat yourself to a fun and stress free shopping experience. This event will be October 20th at 10 a.m. – 2 p.m. Info on vendors and crafters on Facebook: Holiday Shopping Bazaar & Bake Sale.

## New and Renewed Members

Mannes, Steven & Nelma

**Villages**, continued from front page

1. **The Need for Transportation** – Driving may eventually become a challenge, so it's harder to get to the doctor, pharmacy, grocery store, etc.
2. **The Risk of Falling** – Injuries due to falls make it necessary for some to leave their homes for assisted living or skilled nursing facilities.
3. **Social Isolation and Loneliness** – People need to be around other people, to live in community and maintain a sense of purpose.

A recent study highlights the effectiveness of a Village in helping older adults to live safely at home. According to One Call Club in Knoxville, Tenn., 80% of Village members will avoid moving to an assisted living residence or nursing home for at least one year. With nursing home costs running around \$200 per day, it doesn't take a math whiz to see that \$600 per year (the national average) for household membership in a Village is a bargain.

The success of Villages may be attributed to several factors: reduced risk of injury or accident; healthier eating; a brighter emotional outlook; and a renewed sense of purpose. For all these reasons and more, Villages are a promising, cost-effective option for older adults who want to stay in their own homes, in a community of neighbors helping neighbors.

Arnie Snyder is co-founder of the first two Colorado Villages: *A Little Help, Denver*; and *Columbine Community Village, Littleton*. *Columbine Community Village serves older adults (age 55+) who live in suburban South Jefferson County. To learn more, attend the public information meeting on Saturday, October 6, 2:00 pm, at Columbine Public Library, or call 303-730-6432. © 2012, All Rights Reserved by O. Arnold Snyder*

**BOO-rific Bash & Splash: October 26**

Bring the whole family to Foothills Park & Recreation District's BOO-rific Bash & Splash on Friday, October 26 from 6-8:30 p.m. at the Ridge Recreation Center. This safe, indoor trick-or-treating event allows children to dress in full costume, trick-or-treat among community business tables and enjoy fun activities. Swimming in the Ridge Pools is included in the festivities, swimsuit required to enter the pool. Fee: \$5 per child, adults FREE; no registration, pay at the door. Children 5 and under MUST be accompanied in the water by an adult (age 18 or older) and be within arm's reach at all times. For directions or more information, call 303-409-2333 or visit [www.ifoohills.org](http://www.ifoohills.org).

**Westridge Financial Report**

Beginning Balance 8/15/12 .....	\$2,040.37
<b>Income</b>	
Member fees.....	\$50.00
Court costs reimbursed.....	\$80.50
<b>Expenses</b>	
CoHope.....	\$40.00
P.O. Box (annual fee) .....	\$54.00
Attorney fees .....	\$30.00
State Farm Insurance (quarterly fee).....	\$572.25
Ending Balance 9/15/12 .....	\$1,474.62

**Westridge Homeowners Association**

PO Box 621172, Littleton, CO 80162-1172.

<http://www.neighborhoodlink.com/Westridge/home>

If you would like to volunteer, be a member of  
or form a committee, please contact a board member!

**Board of Directors**

VACANT, President

Cathy Pimm, Treasurer .....303-973-4624

VACANT, Secretary

Chuck Sellers, Board Member

Kathie Barrett, Board Member.....303-979-3913

**Committees**

NEWSLETTER EDITOR: Doyle James .....303-973-9458

NEIGHBORHOOD WATCH: Jeff Williams.....303-904-7315  
303-507-6549

**Websites**

Westridge Homeowners Association:

[www.neighborhoodlink.com/Westridge/home](http://www.neighborhoodlink.com/Westridge/home)

(includes: calendar of events & homeowner covenants)

COHOPE: [www.cohopejeffco.com](http://www.cohopejeffco.com)

Advertising: [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

The *Westridge News & Views* is published monthly by the Westridge Homeowners Association, a non-profit homeowners association. The HOA mailing address is PO Box 621172, Littleton, CO 80162-1172.

**News Articles**

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at [dwjames@centurylink.net](mailto:dwjames@centurylink.net). No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

**Advertising**

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call **Colorado Lasertype, 303-979-7499**.

Email: [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com)

To find ad rates and discounts, go to [www.](http://www.ColoradoLasertype.com)

**ColoradoLasertype.com**

and click on the "Advertising Rates" link.

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

**Italian American Heritage Month**

Celebrate the contributions of Italian-Americans to our culture – people like artist Frank Stella, poet Giannina Braschi, actor Robert De Niro, and others.

**2012 Westridge Homeowners Association Dues**

Due January 1st, 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (optional) (\_\_\_\_\_) \_\_\_\_\_ – \_\_\_\_\_

Make \$25 check payable to:

WHOA (Westridge Homeowners Association)

P.O. Box 621172 • Littleton CO 80162-1172

Join us today! Make your voice HEARD!

**CLASSIFIEDS**

Classified ads are \$2.95/line for 2012. Contact **Colorado Lasertype** at 303-979-7499 or [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com) to place an ad. To view our display ad prices, visit our website at [www.coloradolasertype.com](http://www.coloradolasertype.com). The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

**Gentle Yoga for pain.** Private or Group. Annette 303-932-1944 or [findyouredge.net](http://findyouredge.net)

**OB PAINTING.** Interior/Exterior. Get it done now! Free Est. Rob: 303-986-8198

**Piano Lessons.** 20yrs+ exper. in your home. All ages. Refs Avail. Levina 303-889-9704

**Fall air duct cleaning and chimney cleaning** for your home. 720-299-7782.

**Full Service Contractor.** 15+ years experience in South Jeffco. No job too big or too small. Ken 303-718-6115.

**Driveway Caulking - Concrete Repairs.** Avoid costly replacement. Call Sean 720-422-4236. [www.ideal-restoration.com](http://www.ideal-restoration.com)

**QUEEN PILLOWTOP MATT/BOX SET.** Brand new in plastic. Retail \$529, asking \$265. Also, NEW KING SIZE pillowtop set. Retail \$699, asking \$385. 303-742-4860.

**Expert Furnace Repair and Install.** Free est. Mention ad for discount 720-299-7782.

**TrúRoots Arborscape.** Professional Tree care. Lic./Ins. Superior quality in your neighborhood since 1997. 303-984-4199.

**DeLuca Landscaping:** Specializing in hardscapes, pavers, patios, retaining walls. Free estimates. 10+ yrs exp. Ins. Call Mike at 303-257-7815. [www.delucals.com](http://www.delucals.com)

**PARTYLITE CANDLES & Accessories.** Contact Jan at 303-979-3880 or [www.partylite.biz/janderby](http://www.partylite.biz/janderby)

**Highlands Pride Painting- 303-738-9203**

**Mike the Plumber -** Your reliable neighborhood plumber for 14 yrs. Competitive rates. Free estimate. 720-422-8139

**WINTERIZE SPRINKLERS.** 720-312-3616. [Asprinkler.com](http://Asprinkler.com)

**Small Paint Jobs Only 720-331-7032**

Drywall - Basement - Reconstruction, etc. Years of exp. w/ refs. Gary 303-829-6363

**Aminals Petsitting Service:** Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at 303-335-6237

**Lone Wolf Sprinklers.** 30+ yrs exp. Repairs & installs. Start ups & winterizing. Free est. Office: 720-362-2563, Cell: 720-934-6701.

**The Plush Poodle.** All breeds dog and cat grooming. 16 years exper. Near Kipling and Belleview. Call Lydia 720-422-2971.

**A+ Home Improvement Services.** Snow removal. Pro-painting (ext. & int.), gutter & trim replacement & stucco. No job too small - we do it all! Basement & bath remodels, drywall repairs/texturing, decks, fencing, carpentry, doors, plumbing, electrical, tiles, carpeting & hrdwd flooring. BBB Member. Call A+ for fast, professional service every time. Steve, 303-979-7858. Major credit cards accepted. Refs., fully ins. & bonded. [www.A-Plus-Home-Improvement.com](http://www.A-Plus-Home-Improvement.com)

## **Waiting For A Promotion? Take Action To Move Ahead**

You're frustrated. All your friends have been promoted, but you've been stuck in the same job for years. Are the cards stacked against you - or are you sabotaging your own prospects for advancement? Take a good look at your own behavior and eliminate these common roadblocks to promotion:

- **You're doing the bare minimum.** Even if you're not a complete slacker (another obvious obstacle to promotion), just doing your job isn't enough to get noticed and considered for advancement. Go beyond your job description to show that you're committed to the organization, not just your paycheck.

- **Your image needs work.** Are you always complaining? Do you think the dress code doesn't apply to you? Do you constantly clash with other employees, or with your own boss? No matter how good you are at your job, or how qualified you are for the one you want, managers want to promote people they can work with easily. Brush up your professional image so it fits the role to which you aspire.

- **Your manager doesn't know what you want.** Don't pester your boss for a promotion, but do let him or her know what you're interested in. A good relationship with your current supervisor can smooth the path. If you're hiding your ambitions or your accomplishments, managers will overlook your potential.

- **There's no room for growth.** Maybe you work for a small company, and no slots above your present position are open. Or maybe you do your job so well that your boss doesn't want to lose you. Don't despair or start job hunting. Look for opportunities to grow your business - new products or markets, for example - and show how you can help your organization expand. Be willing to train people in your job so you don't become indispensable; this demonstrates management potential and a commitment to your organization's long-term success.

## **Shorter Showers = More Savings For You**

You can save money and help the environment by being just a little quicker with your daily shower. According to an article in the Christian Science Monitor, a typical shower head can produce two gallons of water per minute. In a 12-minute shower, you're using 24 gallons, which adds up to over 8,700 gallons yearly.

Cutting your shower time down to four minutes can save you anywhere from \$10 to \$100 per year, depending on your local water rates. It'll also save on utility costs associated with heating the water for your shower.

So try to get in and out quicker, and you'll do yourself and the world a favor in the long run.

## **Teen Services**

To add your teen's name, please email **Colorado Lasertype** at [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com) and leave the following information: the **neighborhood you live in**, your age, phone number and the categories you would like included. Categories: (B) Baby-sitting; (\*) Red Cross Cert for CPR; (L) Lawn care; (S) Snow removal; (P) Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

Palmer P. (female)	16	B*/P	303-990-4765
Devin C.	15	P/L/S	303-972-4478
Justine C.	17	B/P/L/S	303-904-2576
Aaron C.	14	B/P/L/S	303-904-2576
Corinne D.	17	B*/P/L	720-981-5021
Alyssa D.	16	P/S	720-981-5021
Tessa F.	18	B*/P	303-842-5453
Colton P.	16	B/P/L/S	303-972-4478
Nick R.	16	B/P/L/S	303-888-0827



## Jefferson County Libraries

Do you have a library card? Visit one of Jefferson County's 10 libraries today. Book a meeting room for your club or organization, check out an ebook, receive assistance with a resume, learn how to use a computer or come to storytime. The library offers all this and more.

## Free Adult Senior Open House, Oct. 5

Mark your calendars and prepare to join Foothills Park & Recreation District for a day filled with fun and useful health and wellness information for adult seniors on Friday, October 5, 9 a.m. – 1 p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). Entry and participation is free. Activities include booths representing senior resources and community organizations, give-aways, chair massage, free lunch, entertainment and a performance by Reville 3 – a tribute to the Andrews Sisters. Sponsored by: Foothills Park & Recreation District, MorningStar Senior Living, Hearing Rehab Center, New England Financial – Colorado and Ultimate Health Chiropractic. RSVP required for free lunch by calling 303-409-2264. For information visit [www.ifoohills.org](http://www.ifoohills.org) or call 303-409-2264.

## Handwriting: Is Email Our Downfall?

Email, texting, and tweeting all make communication quicker and easier. But some worry that electronic communication tools are eroding our ability to write the old-fashioned way: by hand.

A study conducted by Docmail, an online stationer, found that the average adult (out of 2,000 participants) goes about 40 days without writing anything by hand, and one in three haven't written a note on paper for more than six months. In addition, 50 percent feel that their handwriting has significantly declined, with one in seven being "ashamed" of their writing. Spelling may be another casualty, with four in 10 of the participants reporting that they depend on autocorrect for the right words. Many writers may find themselves helpless without a keyboard in the near future.

## MARKET ON YOUR CALENDAR

ALL MARKETS OPEN NOW THROUGH OCTOBER

### Saturdays

#### SOUTHWEST PLAZA

Southwest Plaza SE Prk. Lot  
Wadsworth & Bowles  
8am until 2pm or Sellout

### Sundays

#### HIGHLANDS RANCH

Highlands Ranch Town Ctr. Sq.  
9288 Dorchester St.  
10am until 2pm or Sellout

### Mondays

#### HAVANA EXCHANGE

2712-2892 S Havana St.  
Havana & Yale  
10am until 3pm or Sellout

### Tuesdays

#### DENVER

Calvary Temple  
(S. University & E. Alameda)  
10am until 3pm or Sellout

### Wednesdays

#### LITTLETON

Aspen Grove Lifestyle Ctr.  
7301 S. Santa Fe Dr.  
10am until 3pm or Sellout

### Thursdays

#### WHEAT RIDGE

4252 Wadsworth Blvd.  
10am until 3pm or Sellout

For more information call the  
Metro Denver Farmers' Market Hotline

**303-887-FARM**

[www.denverfarmersmarket.com](http://www.denverfarmersmarket.com)

**Foothills**  
Park & Recreation District

# Boo-rific Bash & Splash!

**Friday, October 26**  
**6 – 8:30 p.m.**  
Ridge Recreation Center  
6613 S. Ward St. • Littleton  
**\$5 per child**  
**Adults FREE!**  
**303-409-2525**

**KIDS Wear Costumes**  
**for safe indoor Trick-or-Treating**  
**& Inflatable Bounce Houses!**  
Swimsuits required to enter pool area.

**NOTICE:**  
Children 5 & under **MUST BE ACCOMPANIED IN THE WATER**  
BY AN ADULT (age 18 or older) within arm's reach at all times.