

# Medema Messenger

Publication of the Nob Hill/Ridgeview Hills South Civic Association

## CenCON Works With Project C.U.R.E.

CenCON (Centennial Council of Neighborhoods) is planning a project with Project C.U.R.E., an international organization that distributes donated medical supplies throughout the world. CenCON is asking our friends and neighbors to look through their households for possible donations (see partial list below). Those supplies will be collected, donated, and delivered **in the month of July**.

Project C.U.R.E. was founded in a Colorado garage in 1987 and has grown to become a vital part of the Mile-High community and economy. It has also become the world's largest distributor of donated medical supplies, equipment, and international medical relief services to doctors and nurses in more than 135 countries.

This is accomplished with the help of volunteers and donated medical equipment and supplies. Each year, Project C.U.R.E. ships approximately 200 40-foot semi-truck sized cargo containers carrying between \$350,000 – \$400,000 worth of donated medical supplies and equipment to under-resourced hospitals, clinics, and community.

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June 2024

Vol. 15 No. 06 • Circulation: 1110

## Supporting The Next Generation

*"A righteous person is one who lives for the next generation"*

— **Dietrich Bonhoeffer**

Living for the next generation may sound like a lofty goal, but it's much easier than you think. Whether you are a parent, aunt, uncle, friend, or dedicated community member - the next generation needs you!

**The Optimist Club of Littleton (OCL)** offers an easy button for fueling the next generation right here in Littleton. For over six decades, OCL has focused on developing youth to their fullest potential. The OCL lives by the Optimist International motto "Friend of Youth". The OCL's mission is to *provide volunteers and financial assistance for service projects that directly aid kids in pursuing their full potential.*

"The Optimist Club of Littleton is a hands-on solution to creating a better future for our youth," shares George Ackerman – OCL President. George and his wife Connie enjoy contributing to OCL and encourage all community members to learn the many ways they can make an impact.

### WHO OCL BENEFITS:

OCL's dual strategy includes recognizing excellence within our community and offering support to our community, all while bestowing optimism on our youth. The club acknowledges students excelling in academics and good citizenship. OCL honors students at various events, including Youth Appreciation Day, Oratorical and Essay contests, Optimist Brain Bowl, the BEE Program (Best Effort Every Day), and more. The club supports the community by tutoring and mentoring through their Homework Club, delivering meals with Nourish Meals-on-Wheels, and providing hand-sewn mittens and hats to families during the winter months.

### HOW YOU CAN SERVE:

**Join one of OCL's Friday meetings:** Club members gather weekly to support the club's mission and provide fellowship and networking. The club hosts guest speakers who present a wide variety of timely, engaging, and pertinent information and topics. One meeting per month is dedicated to the business and social aspects of the club. You do not have to be a member to join a meeting. Meeting Information: Fridays from 7:00 am - 8:00 am, East Community Center. A free breakfast is included for first-time guests.

**Attend an OCL fundraising event:** August 9 - August 18, Western Welcome Week – Visit the OCL booth and purchase a hot dog while enjoying the parade. All proceeds raised help fund youth and community projects.

*continued on page 3*



## Civic Association Member Registration/Donation Form

Thank you to the families who paid dues last quarter.  
Your dues help us make our community more inviting.  
Donate \$25 and help our community thrive!

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

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

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Make check payable to NH/RHS Civic Association. Mail to  
Tom Cummins, 6841 S. Clermont Dr., Centennial, CO 80122

# Hardy Manzanita

Source: *Denver Water*

The Hardy manzanita will be slow to start, but can grow to 6 feet wide over time. Photo credit: Ross Shrigley/Plant Select.

**Formal name:** Hardy manzanita (*Arctostaphylos x coloradensis*)

**Plant profile:** This hardworking, hardy shrub hails from the Uncompaghre Plateau in western Colorado. Rich green leaves showcase winter’s frost and snow, while spring brings pink flowers that become fall’s red berries.

**Wildlife friends:** Small birds and animals often shelter in its year-round leaves and branches, while deer will leave it alone.

**Why we love it:** Drought-tolerant. Loves a sunny to partly sunny location. Needs little to no extra water once established.

**Find it:** Ask about the Plant Select section at your local garden center, and look for the Plant Select logo when choosing water-wise plants to create your own ColoradoScape that fits naturally into our climate.



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## Medema Messenger

The *Medema Messenger* is published and distributed by the Nob Hill/Ridgeview Hills South Civic Association.

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**Newsletter Help:** Open

### News Articles

The deadline for news articles is the 10th of the month before the next month’s issue. Send articles to Editor, Medema Messenger, 4193 E. Geddes Ave, Centennial, CO 80122-2257. The newsletters are distributed in March, June, September and December. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

## Advertise in this Newsletter!

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.

**Newsletter Connections: 303-979-7499 or [info@newsletterconnections.com](mailto:info@newsletterconnections.com)**

To find ad rates and discounts, go to **NewsletterConnections.com** or scan QR code.



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## National Flag Day

On June 14th, National Flag Day honors Old Glory and commemorates the adoption of the United States flag on June 14, 1777. The holiday is a day that Americans show respect for the U.S. Flag and what it represents. Representing independence and unity, the Star-Spangled Banner has become a powerful symbol of Americanism and the flag is flown proudly.



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## Project C.U.R.E., *continued from front page*

### Donating Large Items (examples):

- Home Healthcare Beds
- Hoyer Lifts
- Wheelchairs
- Bedside Commodes
- Bedside Tables
- Walkers (including rollators), Crutches, and Canes

### Donating Consumable Supplies (examples):

- Medical and wound care supplies
- Diapers, underpads (chux)
- Bed linens and towels
- Ear and eye supplies
- Dental supplies
- Feminine products
- Splints, wraps, Ace-type bandages and braces
- Urinary Catheters
- Respiratory Supplies
- Scrubs and lab coats
- Needles, syringes, and infusion supplies
- Many more items

### Guidelines for unused medical supplies:

- Items must not have an expiration date prior to 2022. Project C.U.R.E. is unable to accept expired items.
- Please do not donate fluids of any kind, dialysis items, or medications. They are unable to be accepted by Project C.U.R.E.

### UNACCEPTABLE ITEMS

- Bone stimulation devices
- Bariatric equipment
- CPAPS which are over five years old
- Medications of any kind
- Empty pill bottles
- Fluids and nutritional liquids
- Custom-fitted braces and appliances
- Stairlifts
- Shower Chairs or Benches

### More specific information on donated items can be found at:

<https://projectcure.org/take-action/donate/donate-medical-equipment-supplies/>

## Next Generation, *continued from front page*

**Volunteer:** Share your time and talent to benefit our youth. Volunteer at an academic event, including the Optimist Brain Bowl or the Oratorical/Essay contests. Become a mentor or a tutor for an LPS student. Attend one of our monthly meetings and provide fresh ideas for our community.

Give back to your community by supporting one of our non-profit partners, including Shilo House, Sweet Dream in a Bag, Littleton Rotary, the Arapahoe Santa Claus Shop, and other East Community Center participants.

Visit [optimistcluboflittleton.com](http://optimistcluboflittleton.com) for more information or contact George Ackerman (OCL President) for details – 303-688-4496.

### WHO CAN SERVE:

Anyone and everyone – community-minded individuals, local business professionals, and educators who are dedicated to supporting the needs of our youth and committed to making our community vibrant and strong.

*“We are always in search of fresh ideas for community projects and encourage community members to attend our meetings and offer ideas to help support the next generation,” Ackerman shares.*

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<p><b>Sundays</b> <b>HIGHLANDS RANCH</b> MAY 5 - OCT 27 HR Town Center 9288 Dorchester St. 10am-2pm or Sellout</p>	<p><b>Wednesdays</b> <b>LITTLETON</b> JUN 19 - SEP 25 Aspen Grove 7301 S. Santa Fe Dr. 10am-2pm or Sellout</p>

**Sign up for our Newsletter!**  
FOR MORE INFORMATION  
[www.denverfarmersmarket.com](http://www.denverfarmersmarket.com)

## Summer Events

### South Suburban Parks & Rec. District

- The summer catalog went live online on 4/9.
- We are hiring seasonal employees for the summer.
- Chipping & mulching event on June 1 at Willow Spring Open Space on Holly.

### Summer Reading:

The Summer Reading program begins on June 1 for those from ages 0-18-years. The program runs from June 1-Aug. 3 with the theme of "Reading: Your Passport to Adventure." Also, starting June 1, patrons age 0-18 can visit any Arapahoe library to choose a free book, while supplies last.

### Meet Legendary Musicians

#### Steve Gadd & Lou Marini:

Musicians Steve Gadd & Lou Marini, currently on tour with James Taylor, will stop by Koelbel Library before their show at Red Rocks. They will share stories and career highlights, which include playing with Aerosmith, Paul Simon, The Rolling Stones, & Aretha Franklin. Marini is also known for his role as "Blue" Lou Marini in the movie *The Blues Brothers* and was an original *Saturday Night Live* band member. Join us for a rare opportunity to meet these musical legends. *Sunday, June 2nd, 12-1 pm, Koelbel Library, Adults*

To save your spot, visit [arapahoelibraries.org](http://arapahoelibraries.org) or call 303-LIBRARY (303-542-7279).

### Used Book Sale at Southglenn Library:

Friday, June 7 to Sunday, June 9.

### Community Concert: That '80s Band at Centennial Center Park

*Fri., June 14, 6-8 pm, Centennial Center Park, 13050 E. Peakview Ave.* Get ready for a blast from the past! Arapahoe Libraries and the City of Centennial will host a free community concert with That Eighties Band. The band will play all your favorite hits from pop to hard rock and everything in between. There will be on-site food trucks. '80s attire is encouraged, and all ages are welcome. No pets, please. Bring blankets or lawn chairs and enjoy the music.

## Serving Centennial

You don't have to go far to serve your community in significant ways. Whether it's through donations, contributions, or volunteering, we've compiled suggestions for the whole family to get involved and serve locally.

**Nourish Meals on Wheels:** For over 50 years, Nourish Meals on Wheels has fulfilled its mission to enrich the lives of seniors and homebound adults in the South-Metro Denver area by providing nutritious meals and services that promote dignity, well-being, and independence. Check out the different family-friendly volunteer opportunities. 92 E Arapahoe Road, Littleton, CO 80122

<https://nourishmealsonwheels.org>

**East Community Center:** Previously known as East Elementary School, the East Community Center (ECC) offers robust programs benefitting our community. The ECC focuses on nine areas to help strengthen our community including:

- Afterschool & Youth Groups
- Childcare
- Community Market (food bank)
- Community Space & Garden
- Educational Classes
- Resource Navigation
- Small Business Support
- Sports & Recreation
- Wellness (mental & physical health)

Contact Jose Cardenas (Director of ECC) to learn about current volunteer opportunities 303-347-4452. Visit <https://littletonpublicschools.net/ecc> to learn more about ECC.



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**In-home therapy sessions.** Physical therapy, dry needling and deep tissue massage 303-900-2813 [www.serioustherapy.org](http://www.serioustherapy.org)

**Beef for Sale.** Colorado Family Ranch. Price includes delivery & processing. 719-649-0679. [KSayles@plainstel.com](mailto:KSayles@plainstel.com)

**Haul It 4 Less.** All junk removal and hot tubs. Furniture, yard debris, garage, rental & estate clean outs. Peter 303-249-1980. [www.haulit4less.com](http://www.haulit4less.com)

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Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at 303-979-7499 or [info@newsletterconnections.com](mailto:info@newsletterconnections.com) to place an ad. To view our display ad prices, visit our website at [NewsletterConnections.com](http://NewsletterConnections.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. Residents placing ads to sell household items are not charged a fee.

## Notes From CenCON

### Arapahoe County:

#### Commissioner Jeff Baker spoke on the following items:

- The County will have a budget shortfall in 2025.
- Many programs may be cut or limited, possibly to include:
  - Transportation shareback dollars to the cities from the County
  - The homelessness program would be eliminated
  - Public Health would be backlogged for inspections of restaurants & daycares
  - Impacts to the Sheriff's office would be in the detention center, investigations, cut personnel in task forces.
- Commissioner Baker was asked 'Aren't tax revenues up? Baker responded, "Yes, but, all expenses are up."
- The County does TABOR refunds by lowering the mill levy the next year after a surplus. We've done that several years in a row and now we're stuck with a too low mill levy."
- A County survey to solicit solutions resulted in citizen support for a county sales tax increase of .25% sales tax or de-Brucing.
  - Look for a ballot measure on this issue in November.

### Sheriff's Office: Capt. Adam Burson, Special Operations

- Summer is when theft from motor vehicles and stolen vehicles are more active.
- Homelessness is on the rise.
- K. Seymour asked about catalytic converter theft. Burson said it was way down.
- When asked about car thefts, Captain Burson replied that they are very strong in the north metro area but it is much lower in the south metro area.
- Centennial funded 2 more traffic cops to target high-accident areas.
- When asked about the number of vehicles without rear license plates/registrations, Captain Burson responded that people were given long extensions during COVID so now they feel they don't have to register their vehicles.
- He was also asked about drag racing in the summer and it was noted that the Sheriff's Department participates in a Metro Area task force to deal with drag racing.



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