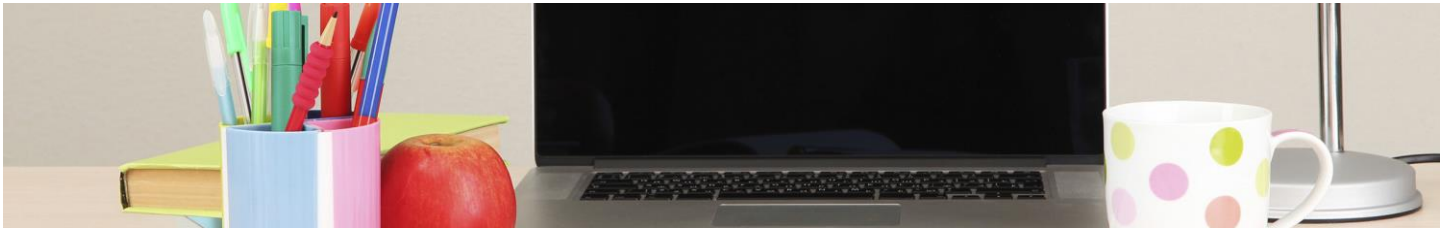


# chfareach resident education catalog



2020

**chfareach:** resources, education, and assistance for Colorado housing

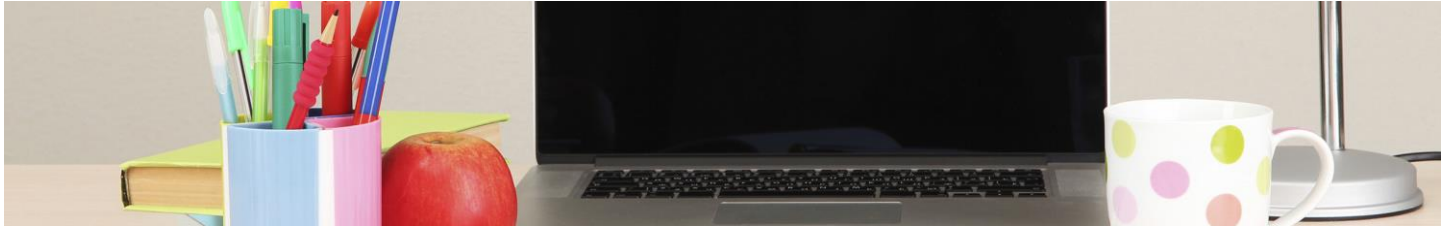
The **chfareach** membership and training program is a cost-effective educational tool that stabilizes and enriches your affordable housing community.

**Chfareach** works to improve quality of life for residents and helps to maintain healthy housing communities statewide.

**Chfareach** members can offer onsite resident education and tenant programs, further enriching their community.

Resident programs may be customized to your community's specific needs and interests, and may be easily adjusted to appeal to residents of all ages and backgrounds.

# chfareach resident education catalog



2020

Welcome to the chfareach resident education catalog. By request of our members, we have included the full range of programs on our list to book for you. Look inside to see what is available to you as chfareach members!

## about chfareach resident education

Resident education is a benefit that is extended to chfareach member sites. With an evolving list of topics that range from cultural enrichment to energy efficiency, chfareach offers its members diverse programs.

### chfareach onsite

Typically, chfareach Resident Education offers programs onsite at member properties. The number of allotted programs at no cost is based on the number of apartments at the site. (See a chart under “2020 program and procedures.”)

### chfareach online

In the future, chfareach intends to offer prerecorded webinars and videos on a range of topics relevant to residents’ life in affordable housing. Online resources will be available to members by request, and there will be no limit to the number of requests allowed.

Do you have suggestions for educational topics that would be effective with residents in short video form? Your ideas are welcome! Suggestions can be directed to Belinda Waldron at 303.297.7394 or [bwaldron@chfainfo.com](mailto:bwaldron@chfainfo.com).

### Feedback for chfareach

The chfareach resident education program continues to evolve each season. Your feedback, suggestions, and resources are helpful as we evaluate our processes and expand the program. Please read the following carefully and let us know if you have any questions or concerns. Questions can be directed to Belinda Waldron at 303.297.7394 or [bwaldron@chfainfo.com](mailto:bwaldron@chfainfo.com).

## 2020 program and procedures

The number of allotted programs at no cost is based on the number of units at the site:

units	programs per year
1-50	1 single onsite program/year
51-100	2 single onsite programs/year
101-150	3 single (or 1 series) onsite programs/year
150+	4 single (or 1 single and 1 series) onsite programs/year* (*note: the maximum number of programs yearly is four per property)

The **chfareach** program year is from January 15 to December 15. No programs are scheduled from December 16 to January 14.

**Chfareach** will schedule and pay for programs scheduled. Event coordination and marketing will be the responsibility of the site and the presenter.

### procedures for site staff – 2020

1. The most recent version of this catalog can always be found at [chfainfo.com/arh/chfareach/resident-program](http://chfainfo.com/arh/chfareach/resident-program). Updates will be posted periodically at this page.
2. To request a class from the catalog, please complete the [Resident Education Request Form](#) online. Requests will be accepted on a rolling basis.
3. You will have the option to enter requests for multiple properties, with separate class requests for each. Please enter primary and secondary choices for each property. Your alternate choice will be used if your preference is not available for the times indicated.
4. Once your form is submitted, you will receive an automated message to let you know that the request was received.
5. A program is not considered confirmed until you receive an email confirmation from **chfareach** staff, stating that the program is approved. Follow-up communications will include contact information for your presenter. You will be in touch with your presenter directly thereafter.

## site responsibilities

- Advertise and confirm resident participation. Unless otherwise indicated, all marketing of the program is the responsibility of the site.
- Unless otherwise indicated, incentives such as food, childcare, or transportation are the responsibility of the site.
- Be in touch with your presenter with any additional details required, such as parking instructions or last-minute changes.
- On program day, prepare space at the site as needed for the specific program.
  - Provide a large-screen television/projector and screen if such need is noted in the program description.
  - Presenters are responsible to bring any copies of their materials.
- Welcome and orient the presenter to any logistics of the site or audience.
- Attendee lists are not required; however, we do track participation. Please let us know how many residents attended your program by sending an email to Belinda at [bwaldron@chfainfo.com](mailto:bwaldron@chfainfo.com).
- Feedback on the program and presenter are always welcome.

## cancellation policies

- **Cancellation of a program by site staff** must be at least three business days in advance. Otherwise, the program vendor will be paid for one visit and the site will be recorded as having used a single program.
- **Cancellation of a program by vendor** must be at least three business days in advance. This will give ample time to the site staff to notify the residents about the cancellation.
- If a program series is cancelled due to poor attendance, the vendor will be paid for the visit and the site will be recorded as having used a series program.

**Note:** When programs held as series have less than 10 participants after the second session, program vendor must seek **chfareach** approval to continue the series.

- In the event of cancellation due to bad weather i.e. rain, snow, etc., site staff and vendor will agree on new date and provide Belinda Waldron at **chfareach** with updated information.

## general information and policies

All chfareach programs and activities must be accessible to individuals with disabilities, with reasonable accommodations being made when necessary.

When a selected program is not available due to regional limitations, member sites may request to use vendors who are local and who offer a similar program. Please address your request to Belinda Waldron at [bwaldron@chfainfo.com](mailto:bwaldron@chfainfo.com).

Do you have resources you love to use? Suggestions for the catalog are welcomed! We add programs periodically and will do our best to add your resource to an upcoming catalog.

## have questions?

All resident education questions can be addressed to:

Belinda Waldron  
[bwaldron@chfainfo.com](mailto:bwaldron@chfainfo.com)  
303.297.7394  
PO Box 60  
Denver, CO 80201

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## 2020 Resident Education Catalog Contents

chfareach: resources, education, and assistance for Colorado housing .....	1
20.1 Basics of the Americans with Disabilities Act (ADA) (Denver, Western Slope).....	11
20.2 Beyond Vision (Denver, Boulder, Clear Creek County, Jefferson County, Broomfield, Adams Co, Gilpin County, Arapahoe County) .....	11
20.3 Colorado Talking Book Library (statewide) .....	11
20.4 Service & Assistance Animals (Denver, Western Slope) .....	11
20.5 Improv Class (Metro Denver) .....	12
20.6 Poetry Series (6 part series) (Metro Denver) .....	12
20.7 Puppet Building 101: Jointed Rod Puppet (Live Online) .....	12
20.8 Story Makers (6 part series) (Metro Denver) .....	13
20.9 Anansi the Spider: A West African Folktale (Live Online) .....	13
20.10 Discovering Puppetry in Other Cultures (Live Online) .....	13
20.11 Discovering Puppetry in Other Cultures: China (Live Online) .....	13
20.12 Discovering Puppetry in Other Cultures: Mexico (Live Online) .....	14
20.13 Discovering Puppetry in Other Cultures: Native Americans (Live Online).....	14
20.14 Gingerbread Boy (Live Online) .....	14
20.15 The Credit System Explained (Metro Denver) .....	14
20.16 Credit Scores, Collections, and Identity Theft (Denver, Western Slope) .....	14
20.17 Crédito (Available in Spanish only) (Metro Denver) .....	15
20.18 Dumping Debt (Metro Denver) .....	15
20.19 Five Foundations of Personal Finance (Metro Denver) .....	15
20.20 Exploring Money Beliefs (Metro Denver) .....	15
20.21 Teaching Kids About Money (Metro Denver) .....	15
20.22 Addressing Student Loans (Metro Denver).....	16
20.23 Budgeting: A Planning Tool (Metro Denver) .....	16
20.24 Don't Get Scammed (Metro Denver) .....	16
20.25 Choices for New Employees (Metro Denver).....	16
20.26 Adult Falls Prevention (Western Slope) .....	16

20.27 Preventing Falls/Staying Safe in Your Home (Metro Denver).....	17
20.28 Keeping Your Memory Sharp (Metro Denver).....	17
20.29 Senior Community Living (Denver Metro).....	17
20.30 Taking Charge of Your Health and Choosing the Right Physician (Metro Denver).....	17
20.31 Setting Boundaries (Metro Denver).....	17
20.32 Making Healthy Choices (Live Online).....	17
20.33 Money Smart for Young Adults (Avon, Grand Junction, Telluride, Vail).....	17
20.34 Preventing Head Injuries in Youth (Western Slope).....	18
20.35 Safety Programs for Students (Western Slope).....	18
20.36 CPR/AED for children and adults (Metro Denver).....	19
20.37 CPR & First Aid for Animals (Metro Denver).....	19
20.38 First Aid (Metro Denver).....	19
20.39 The Intersection of Housing and Domestic Violence (Denver).....	19
20.40 Healthy Homes (Fort Collins).....	20
20.41 Hepatitis C Support (statewide).....	20
20.42 Home Safety Training (Metro Denver).....	21
20.43 Introduction to Matter of Balance, a Fall Prevention Program (Ft. Collins to Pueblo, Blackhawk to Keenesburg).....	21
20.44 Introduction to Meditation: 30-minute (Metro Denver).....	21
20.45 Introduction to Meditation: One-hour Deep Relaxation Class (Metro Denver).....	21
20.46 Mitigating the Effects of Parkinson's (statewide).....	22
20.47 Prescription Assistance (statewide).....	22
20.48 Putting Your Best Foot Forward: Foot Care for Everyone (Ft. Collins to Pueblo, Blackhawk to Keenesburg).....	22
20.49 Staying Safe, Secure, and Self-Reliant (Northern Colorado).....	22
20.50 Teen Dating Violence (Northern Colorado).....	22
20.51 Stress Interventions Workshop (Metro Denver, may be possible in other areas by request).....	23
20.53 How to Stay Positive in a Negative World (Metro Denver).....	23
20.54 Tai Chi (Metro Denver).....	23
20.55 Tobacco Use (Metro Denver, may be possible in other areas by request).....	23
20.56 Yoga for the People (Metro Denver).....	24

20.57 The 20 Greatest Moments in Flight (That You Never Heard Of) (Metro Denver) .....	24
20.58 Best. Race. Ever. (To the Moon and Back!) (Metro Denver).....	24
20.59 Colorful Coloradans in Aerospace History (Metro Denver) .....	25
20.60 Did Going to the Moon Save the Earth? (Metro Denver) .....	25
20.61 From Biplanes to Atom Bombs (Metro Denver) .....	26
20.62 Invisible Heroes in Aviation and Space (Metro Denver) .....	26
20.63 Pilots with Disabilities (Metro Denver) .....	26
20.64 So, What Has the Space Program Done for ME, Anyway? (Metro Denver) .....	27
20.65 Women in Aviation (Metro Denver) .....	27
20.66 What Makes a Hero? (Metro Denver) .....	28
20.67 Employment Law under the ADA (Denver, Western Slope) .....	28
20.68 Voting Rights (Metro Denver) .....	28
20.69 Who Dunit? (Metro Denver) .....	28
20.70 Balance & Confidence in Public Speaking (Metro Denver, Northern Colorado) .....	28
20.71 Career Path Exploration (Northern Colorado) .....	29
20.72 Cooking Matters (Fort Collins) .....	29
20.73 How to earn a living caring for a loved one (Metro Denver) .....	29
20.74 Amazing Feats of Science (Metro Denver).....	29
20.75 Aquatic Invertebrates (4 <sup>th</sup> - 8 <sup>th</sup> grade) Metro Denver) .....	30
20.76 Bug Bites (3 <sup>rd</sup> -8 <sup>th</sup> grade) (Metro Denver) .....	30
20.77 Bug Bonanza (k-1 <sup>st</sup> grade) (Metro Denver) .....	30
20.78 Buzzing with Energy (Metro Denver) .....	30
20.79 Critter Classification (1 <sup>st</sup> -6 <sup>th</sup> grade) (Metro Denver) .....	30
20.80 Dang Little Airplanes: Menace or Necessity? (Metro Denver) .....	30
20.81 Dinosaurs (PK-2 <sup>nd</sup> grade) (Live Online).....	30
20.82 Everyday Life in Space (or, So, how do astronauts go to the bathroom anyway?) (Metro Denver).....	31
20.83 Exploring Antarctica (Live Online).....	31
20.85 Folding Up: A STEM-based Puppet Show (Live Online) .....	32
20.86 Flutterby (Age 3-1 <sup>st</sup> grade) (Metro Denver).....	32



20.87 Forces and Motion (Metro Denver) .....	32
20.88 Habitat Connections (2 <sup>nd</sup> -5 <sup>th</sup> grade) (Metro Denver) .....	32
20.89 How Airplanes Fly (Metro Denver) .....	32
20.90 Incredible Invertebrate Adaptations (2 <sup>nd</sup> -5 <sup>th</sup> grade) (Metro Denver) .....	33
20.91 Itsy Bitsy Bugs (Ages 2-preK) (Metro Denver) .....	33
20.92 Matter Does Matter (Metro Denver) .....	33
20.93 Mini Robots (Metro Denver) .....	33
20.94 Plants (Live Online) .....	33
20.95 Pollination Pals (4 <sup>th</sup> -6 <sup>th</sup> grade) (Metro Denver) .....	33
20.96 Reaction Action (Metro Denver) .....	33
20.97 Ready, SET, STEM (Metro Denver) .....	34
20.98 Red, White, and Rainbows .....	34
20.99 Science Charmer (Metro Denver) .....	34
20.100 Senior Safari: Backyard Wildlife (Metro Denver) .....	34
20.101 Spiders (Live Online) .....	34
20.102 Squid Dissection – Squid Dissection and Marine Science Program (Metro Denver) .....	34
20.103 Summer Science Fair .....	34
20.104 Tropical Rainforest (Live Online) .....	35
20.105 Bullying (Community Connections) (Metro Denver) .....	35
20.106 Community Safety Curriculum (Metro Denver) .....	35
20.107 Fair Housing Law (Metro Denver) .....	36
20.108 Homelessness Prevention (Loveland) .....	36
20.109 Housekeeping to Inspection Standards (Metro Denver) .....	36
20.110 Tenant Rights & Responsibilities (Metro Denver) .....	36
K-12 Activity Plans .....	37
STEM Connections .....	38
STEM in 4-H Projects >> .....	38
Iowa 4-H Afterschool Lessons Plans .....	38
California 4-H SET Activity Guide .....	38
California 4-H SET Recommended Curricula .....	38

Utah Discover 4-H Clubs ..... 38  
Wisconsin 4-H Afterschool Lesson Plans ..... 38  
Available Kits: ..... 39

## Ability Resources

### 20.1 Basics of the Americans with Disabilities Act (ADA)

(Denver, Western Slope)

This training provides a general overview of the ADA. You will learn what is required in order to be covered as a person with a disability under the ADA. You will also learn about the rights of people with disabilities in employment, places of public accommodation, and state and local government.

### 20.2 Beyond Vision

(Denver, Boulder, Clear Creek County, Jefferson County, Broomfield, Adams Co, Gilpin County, Arapahoe County)

The Center for People with Disabilities works with seniors losing eyesight from macular degeneration, glaucoma, and other conditions. Support groups and one-on-one service are available to help participants maintain independence as they lose their sight.

Skilled educators are available at no charge in 50 centers across the state. Bilingual staff and volunteers (Spanish and/or American Sign Language) are available. Limited resources are also available for those who are under age 55.

### 20.3 Colorado Talking Book Library

(statewide)

For people who cannot read standard print, The Colorado Talking Book Library provides free service audio, Braille, and large-print books and magazines to keep them connected to reading, stories, and adventure.

Annually CTBL serves more than 7,000 people. This is a fully bilingual service.

CTBL serves the blind, vision-impaired, and print-disabled. Many people do not realize that people who suffer from a "print disability" include MS and Parkinson's patients; surgical patients; those who have had a stroke, have arthritis, or those being treated with chemo and/or dialysis.

### 20.4 Service & Assistance Animals (Denver, Western Slope)

This training provides an in-depth look at the rights of people who use service and assistance animals, including companion and emotional support animals.

Major topics include defining the types of assistance animals, understanding which types of animals are allowed in housing versus other settings, questions that may be asked, documentation that can be required, the process for filing a complaint, and Colorado's 2016 law that makes it a crime to misrepresent a pet as a service or assistance animal.

# Arts

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## 20.5 Improv Class

(Metro Denver)

ImprovLEAP presents improv classes that are full of fun, laughter, and practical benefits! If you are looking for a non-pressured, fun way of learning things such as:

- Easy communication skills
- Reframing failure as awesome discovery
- Improving relationships – home, work, school, anywhere
- Having more fun in life
- Dealing with the unexpected with confidence
- Saying “YES, and...” to your opportunities

...then these classes are definitely for your community!

LEAP uses laidback improv games as experiential teaching tools making learning easy and enjoyable. No previous experience necessary; no one is put on the spot; presented in a safe environment.

Class size limited to 12 participants – 2.5 hours – dress comfortably.

Classes available for families, kids, teens, or adults – all will be taught at age-appropriate levels.

## 20.6 Poetry Series (6-part series)

(Metro Denver)

Learn about various types of poetry and develop your own style over six sessions. Your creativity will soar in this no-pressure

environment. The series concludes with a fun “poetry jam” featuring participants’ work!

Please note the following applicable policy:

- If a program series is cancelled due to poor attendance, the vendor will be paid for the visit and the site will be recorded as having used a series program.
- When programs held as series have less than 10 participants after the second session, program vendor must seek **chfareach** approval to continue the series.

## 20.7 Puppet Building 101:

### Jointed Rod Puppet

(Live Online)

Learn how to build a working, jointed Bunraku (Japanese rod) style puppet from recycled newspaper, masking tape, and craft sticks! In the extended workshop (90 minutes), you can bring your puppet to life through manipulation exercises and scripted scenes. Traditional Bunraku puppets, pictures, and video clips will enhance the content. This workshop is ideal for team building and for anyone 14 years+ who wants to learn how to build a real, working puppet.

Program length is 60-90 minutes (60 minutes for puppet building only; 90 minutes for puppet building, manipulation, and scene work).

**note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.8 Story Makers (6 part series)

(Metro Denver)

Join us and explore your imagination by creating and illustrating your own story. We will collaborate to perform and share our work with friends and family during our sixth session.

**Note:** Please note the following applicable policy:

- If a program series is cancelled due to poor attendance, the vendor will be paid for the visit and the site will be recorded as having used a series program.
- When programs held as series have less than 10 participants after the second session, program vendor must seek chfareach approval to continue the series.

## Diversity & Culture

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### 20.9 Anansi the Spider:

A West African Folktale

(Live Online)

Learn about the Anansi as trickster and hero through Gerald McDermott's book, *Anansi and Sister Mud Turtle*, as it comes to life with brilliantly colored shadow puppets, Nigerian drumming, and narration!

Next, you will compare "food cousins" from West Africa and the USA. The workshop culminates with a hands-on activity where you will make your very own Anansi Shadow Puppet.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.10 Discovering Puppetry in Other Cultures

(Live Online)

Learn about other countries and cultures through the puppetry traditions of China, Japan, and/or Mali with the aid of a Malian Water Spirit Rod Puppet, Japanese Bunraku Rod Puppet, and Chinese Hand and Shadow Puppets.\* You will also view excerpts by master puppeteers from each country. Q&A and hands-on puppet building will wrap up this interactive, virtual class.

\* You will choose two of the three countries for the program.

Program format and content are adapted based on age group. Puppet building is optional.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.11 Discovering Puppetry in Other Cultures: China

(Live Online)

Learn more about China through its rich puppetry history. You will be able to view puppets and replicas from the Center for Puppetry Arts' global museum collection, with open Q&A and discussion. Short video clips, visual aids, and a hands-on puppet-building activity make this an engaging learning.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

## 20.12 Discovering Puppetry in Other

### Cultures: Mexico

(Live Online)

Learn about the history and culture of Mexico and its people through the art of the mask. Learning activities center around the story of the flag of Mexico and ancient Aztec culture, ancient pictographs of indigenous animals of the New World, and the Spanish influence after the landing of Cortez. You will also be briefly introduced to a modern holiday that ties the two cultures together – Dia de los Muertos.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

## 20.13 Discovering Puppetry in Other

### Cultures: Native Americans

(Live Online)

Join us to learn about three Native American cultures (Eastern Woodlands, Plains, and Southwest) and create your own Hopi Kachina Hand Puppet. Activities focus on the use of natural resources from the different regions, and how these resources shaped the tribes' lives regarding clothing, shelter, and transportation.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

## 20.14 Gingerbread Boy

(Live Online)

This program opens with a look at how this story is told around the world. *The Musubi Man*, Jan Brett's *Gingerbread Baby*, *The Run Away Rice Cake*, and more versions of the story will be compared, and you will witness the classic

tale of *The Gingerbread Boy* come to life with brilliantly colored shadow puppets. Afterward, you will make your very own Gingerbread Boy Shadow Puppet and learn about gingerbread ingredients.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

# Financial

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## 20.15 The Credit System Explained (Metro Denver)

Credit can be complicated, so this class aims to provide an in-depth explanation of the credit system. Find out how to access your credit report from the three major credit bureaus while learning the benefits of having good credit. You will also see how interest rates impact monthly payment amounts on loans as well as how to build, maintain and improve your credit score.

**[Available in English or Spanish]**

## 20.16 Credit Scores, Collections, and Identity Theft

(Denver, Western Slope)

Are you taking a loan, buying a first car, or opening your first credit card?

Are collectors calling for medical bills?

Is identity theft a concern?

This customizable 90-minute presentation can help you understand:

- Credit score ranges, scoring models, and how they are calculated

- What is the best mix of credit to obtain the highest score
- What to do (and not to do) with credit when considering a new purchase
- How derogatory information (including divorce settlements, no-credit situations, etc.) may affect credit and buying potential
- How to increase potential buying power with better scores
- How to protect yourself from identity theft and fraud

The target audience ranges from young adults to seniors. Availability varies. Presentations must be open to the public.

### 20.17 Crédito (Available in Spanish only) (Metro Denver)

This class is an introductory version of the “Create Great Credit” class. It covers the credit system, the benefits of having good credit, how interest rates impact monthly payments on debts, and what is reported on a personal credit report. It also provides resources for accessing personal credit reports and scores, and an introduction to disputing credit report errors. Note that this class is tailored to participants coming from a culture that does not recognize credit. It is available in Spanish only.

### 20.18 Dumping Debt (Metro Denver)

This class offers expert help about how to deal with different types of debt and maximize financial choices. Participants will learn about various debt reduction strategies, and how to decide which strategy is appropriate for their goals and circumstances.

**[Also available in Spanish]**

### 20.19 Five Foundations of Personal Finance (Metro Denver)

This class is an overview of the Five Foundations of Personal Finance: Debt, Credit, Cash Flow, Savings, and Money-life Balance. This class aims to build on your existing knowledge and understanding of these foundations as they relate to financial decision making. Expect to receive actionable tips and to explore how to set and reach your personal finance goals.

**[Also available in Spanish]**

### 20.20 Exploring Money Beliefs (Metro Denver)

This class explores the personal and cultural beliefs that have shaped how you think about money. Understanding how each of these influence your financial decision-making can make reaching your goals easier. Learn how to reflect on your personal *beliefs* but set goals that are in line with your personal *values*. The class also introduces conversation starters to help you talk about money, and does not discuss specific financial content (budgeting, credit, debt, etc.).

**[Also available in Spanish]**

### 20.21 Teaching Kids About Money (Metro Denver)

With so many things to talk about while raising kids, it is challenging to take the time to focus on their financial education. This conversation-friendly class is intended for parents and guardians who want to help their kids cultivate healthy money habits and beliefs. You will be taken through up to three ranges: early childhood, school-age to preteens, and

teenagers to young adults. For each, you will be provided age-appropriate targets, ideas to develop, conversations starters, and recommended activities. We tackle the thorny topic of allowance, discuss financial products for kids and parents, and provide you with key resources on this topic.

### 20.22 Addressing Student Loans

(Metro Denver)

Student loan debt can be overwhelming but getting informed can make the repayment process easier. Find out more about the differences between private and federal loans, the repayment options available to you, and major loan forgiveness programs. This class encourages you to consider your current and future employment as you decide on how to address these longer-term loans.

**[Also available in Spanish]**

### 20.23 Budgeting: A Planning Tool

(Metro Denver)

Learn how to set goals that are in line with your values—and then fit those goals into your budget. Find out how to track your expenses, create a spending plan, and simplify your cash flow system so that you are in control of your money.

**[Also available in Spanish]**

### 20.24 Don't Get Scammed

(Metro Denver)

Everyone is at risk of being scammed. Expect to learn about a variety of types of scams that may be happening in your community, how to avoid and report them, and what to do if you've been scammed.

**[Also available in Spanish]**

### 20.25 Choices for New Employees

(Metro Denver)

Choices for New Employees provides a basic understanding of the benefits offered by many employers, the W-4 withholding allowance form, the differences between gross and net income, and how to read a paycheck. This results in the participant's improved ability to make more informed decisions about job offers, the appropriate withholding allowances to take as an employee, and what employer benefits will best support them and their families.

## Growing Well, Aging Well

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### 20.26 Adult Falls Prevention

(Western Slope)

Join us for an informational session on keeping independent and injury-free as you age, led by a staff member from St. Mary's hospital.

This 30-minute presentation covers:

- healthy aging
- fall prevention facts, including statistics on injuries and recovery
- staying independent
- tips for keeping the home safe and avoiding injuries

Participants will receive a fall prevention check list.

The target audience is adults 65 and over.



### 20.27 Preventing Falls/Staying Safe in Your Home

(Metro Denver)

One of the most common reasons for hospitalization for seniors is a fall. Discuss ways to be proactive, from diet and exercise to home safety and modifications, and accessing home health as a preventative measure.

### 20.28 Keeping Your Memory Sharp (Metro Denver)

Discussion of normal memory loss versus dementia, reasons for memory loss, slowing the process, and challenging your brain physically, mentally, and spiritually.

### 20.29 Senior Community Living (Denver Metro)

Learn how to choose the appropriate community when is it time to move as well as the differences/costs associated with independent living, assisted living, memory care, and a nursing home. Knowing what you need physically, emotionally, and spiritually is key to making this important decision.

### 20.30 Taking Charge of Your Health and Choosing the Right Physician

(Metro Denver)

Does your doctor understand not just your physical needs, but your emotional and spiritual needs as well? This class will cover how to take responsibility for your health—choosing the right physician, asking the right questions, making the most of your visit, and understanding your diagnosis and medications.

### 20.31 Setting Boundaries

(Metro Denver)

As a caregiver, do you know what your boundaries are? Can you respectfully say “No,” or are you an enabler? What does a healthy relationship look like? Discover who you are and learn to be honest about your emotions and your capabilities.

### 20.32 Making Healthy Choices

(Live Online)

Geared toward younger children (Pre-K to second grade), this presentation features Little Noodle, star of the Center for Puppetry Arts’ original stage production “Adventures of Little Noodle.” Little Noodle will get you movin’ and groovin’ through recorded segments that encourage movement, healthy decision-making practices, and hands-on puppet building. You will identify active versus non-active play and participate in physical activities as you learn about MyPlate, basic nutrition, and WHOA! foods. You will even make and operate your very own Dazzle Dragonfly rod puppet, just like Little Noodle!

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.33 Money Smart for Young Adults (Avon, Grand Junction, Telluride, Vail)

The "Money Smart for Young Adults" curriculum was created to help young adults learn the basics of handling their money and finances, including how to create positive relationships with financial institutions. The curriculum consists of materials, activities, and content geared towards the high school audience.

Whether you choose to offer just one module, or a weekly series to complete the curriculum, "Money Smart for Young Adults" helps younger individuals build financial knowledge, develop financial confidence, become more money savvy, and use banking services effectively.

### Program Objectives

Upon completion of the eight "Money Smart for Young Adults" modules, you will have the knowledge and resources you need to:

- Use the services and products of financial institutions (e.g., banks, thrifts, and credit unions) confidently
- Create and implement a spending plan
- Distinguish between "wants" and "needs"
- Use credit and borrow money responsibly
- Protect your financial rights and safeguard your money
- Recognize available options for purchasing a car and paying for college
- Determine their readiness to invest and prepare for their future property purchases

### Target Audience

Targeted students for the "Money Smart for Young Adults" modules include those in grades 7–12 and those in the first two years of college.

This presentation is available exclusively through **chfareach**.

### 20.34 Preventing Head Injuries in Youth

(Western Slope)

As the highest level trauma center between Denver and Salt Lake City, St. Mary's treats those seriously injured in vehicle or workplace

accidents, skiing or hunting mishaps, falls, and other similar events. "Part of being a trauma center is helping people learn to prevent injuries from happening in the first place," says Sarah Gahagan, Trauma Program Manager at St. Mary's.

For younger children, the star of St. Mary's injury prevention program is Sadie the Safety-Saurus, an interactive, education robot that makes learning fun. However, the presentation can also be tailored to older youth who are engaged in skateboarding and other sports.

### 20.35 Safety Programs for Students

(Western Slope)

St. Mary's EMS Outreach works with local fire and health departments and traffic safety councils to design and present a variety of school programs, including bicycle and skateboard safety, seatbelt use, and driving and alcohol use.

Sadie the Safety-Saurus is the perfect tool to help kids understand the importance of safety and promoting injury prevention. Sadie can be programmed to be interactive with kids about any injury subjects, including seat belt, bicycle, helmet, playground, stranger, and street safety.

As part of the five-county Northwest Regional EMS Council, St. Mary's EMS Outreach works with other western Colorado emergency services, local governments, and trauma advisory councils to prepare mass casualty plans, develop local instructor networks, and initiate community safety programs.

## Health & Safety

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### 20.36 CPR/AED for children and adults

(Metro Denver)

Earn your two-year certification from the American Heart Association and learn how to save a life!

Hands Over Hearts is a company dedicated to keeping people trained in the arts of CPR and First Aid. Our instructors are certified in Basic Life Support (BLS) and First Aid through the [American Heart Association](#). All training is in accordance with the current guidelines of the American Heart Association.

You will practice life-saving CPR compressions on both infants and adults, while maintaining personal safety. You will leave class with an understanding of the sequence of compressions and breaths, as well as how to use an Automated External Defibrillator (AED).

We have trained all types of people, including those with physical handicaps, those from a variety of cultures, and those who just need one-on-one attention. Our culturally diverse experience makes us the perfect choice for any setting.

Our equipment is cleaned after session and we bring all the equipment necessary to make your experience stress free and enjoyable.

### 20.37 CPR & First Aid for Animals

(Metro Denver)

Join us to learn the identification and evaluation of the signs and symptoms a pet may develop and the appropriate actions to be taken for proper emergency medical treatment.

### 20.38 First Aid

(Metro Denver)

In this First Aid class, we will discuss environmental emergencies, such as bites, stings, heat, cold, and poisonings. Additionally, you will learn how to respond to injuries in both children and adults. Topics will include:

- Applying a tourniquet
- Penetrating and puncturing objects
- Amputation
- Bleeding that you cannot see
- Concussion
- Spinal injuries
- Sprains, strains, and broken bones
- Burns

We have trained all types of people, including those with physical handicaps, those from a variety of cultures, and those who just need one-on-one attention. Our culturally diverse experience makes us the perfect choice for any setting.

### 20.39 The Intersection of Housing and Domestic Violence

(Denver)

The issues of domestic violence and homelessness are inextricably linked. Domestic violence is a primary cause of homelessness for women and children. A staggering 92% of women who are homeless report having experienced severe physical and/or sexual assault at some point in their lives. Survivors face not only immediate housing impacts due to domestic violence, but also ongoing economic impact and barriers.

This presentation will cover:

- What is domestic violence?
- Barriers for survivors
- Housing protections and options

- Safety planning and policies for your organization
- Case scenarios and best practices in a housing setting
- How you can learn to recognize, respond, and refer.

Participants will have opportunities for discussion throughout the presentation.

Target audience: Property managers, case managers, landlords, or anyone working in a housing program or setting.

### 20.40 Healthy Homes

(Fort Collins)

Did you know that one in four Fort Collins households have a member with a respiratory problem?

In fact, the majority of Americans spend 90% of their time indoors, where air quality is five times worse than outdoor air. Children and the elderly are particularly impacted by indoor air quality.

There is good news! Typically, it is the things we bring into our own homes that put us most at risk – items such as cleaning products, paints, and new furniture.

Book this training today to learn what master home educators can tell us about protecting ourselves and our loved ones.

The trainer will go over seven “Keep-its” that have been outlined by the Environmental Protection Agency:

1. Keep it dry.
2. Keep it clean.
3. Keep it safe.
4. Keep it well ventilated.
5. Keep it pest-free.
6. Keep it contaminant free.

7. Keep it well maintained.

Furthermore, educators will go over practical, low or no-cost suggestions—things anyone can do to improve indoor air quality. Participants will be connected with community resources and will receive recipes to make their own healthy cleaning products.

Free, in-home health assessments are available to any individuals who are interested. For more information or to sign up for individual, in-home assessments, visit [fcgov.com/healthyhomes](http://fcgov.com/healthyhomes).

**Note:** Participants must be utility customers of the City of Fort Collins; those not personally receiving a utility bill will not qualify for this program.

### 20.41 Hepatitis C Support

(statewide)

Of the 3.2 million people in the U.S. with the hepatitis C virus (HCV), 75% are Baby Boomers, born between 1945 and 1965. Hepatitis C is only spread through blood, which means that anyone who received a blood transfusion, Rhogam, plasma, tissue, or organ donation before 1992 is at risk of having contracted the virus. Untreated hepatitis C virus can lead to cirrhosis, liver cancer, liver transplantation, and death, albeit over a 30-year timeframe.

Our message to you today: If you are a Baby Boomer, ask your doctor for the simple hepatitis C test. It’s covered at no cost to you through your insurance and may save your life.

## 20.42 Home Safety Training

(Metro Denver)

The objective of this interactive, hour-long conversation is to review precautions that may help prevent injuries in the home environment. Participants will be empowered to evaluate and make changes that enhance safety in their homes.

Topics will include:

- age-related concerns for home safety, such as changes in mobility, vision, and habits;
- hazards in the kitchen, bathroom, bedroom and stairs; and
- participant solutions and helpful tips.

Participants will enjoy the opportunity to learn and contribute to one another.

## 20.43 Introduction to Matter of Balance, a Fall Prevention Program

(Ft. Collins to Pueblo, Blackhawk to Keenesburg)

Adults (50+), property managers, service coordinators, and activity directors will benefit from this two-hour introduction class, where you will learn ways to overcome the fear of falling. You will receive instruction on simple exercises to increase endurance and improve balance, as well as other helpful tips on fall-proofing your environment. You will get information on Matter of Balance classes in the Denver Metro area, and a brochure on fall prevention from the Center for Disease Control (CDC).

A minimum audience of 10 adults is requested (maximum 30). Sites must be ADA accessible, with two feet of space around each chair.

## 20.44 Introduction to Meditation: 30-minute

(Metro Denver)

Meditation is regarded by some as one of the most effective forms of stress reduction and meditation practices have been proven to encourage and develop concentration, clarity, and positivity. During this class, you will learn a simple breathing technique that may be used to help calm the mind and body at any time.

As an introduction, we will address the following questions: What is meditation? What are the benefits of meditation? How do you meditate?

Next, participants will practice meditation with verbal guidance.

## 20.45 Introduction to Meditation: One-hour Deep Relaxation Class

(Metro Denver)

As an introduction, we will address the following questions: What is meditation? What are the benefits of meditation? How do you meditate?

Next, participants will try two different styles of meditation: Concentrative and Kundalini.

Concentrative meditation uses breath as a tool to focus the mind. Using this technique, the mind follows the breath. When the breath slows, the racing mind slows, too. This helps to calm the body and the nervous system, allowing the body to activate its natural healing functions, reversing the negative effects of long-term stress. During this part of class, we will practice a few basic breathing techniques that can be used at any time in any situation.

The Kundalini tradition offers a vast range of meditations. Each meditation has a specific

purpose, such as self-healing, stress reduction, healing addictions, or reducing negative thoughts. To achieve the identified purpose, each meditation has a specified posture, breath, mantra, mudra, and/or eye focus. During this part of class, we will practice a meditation designed to reduce stress.

#### 20.46 Mitigating the Effects of Parkinson's (statewide)

In 2008, Gary Sobol, the founder and Executive Director of the Parkinson's Network, was diagnosed with Parkinson's disease. Gary developed exercises that focus on the effects of Parkinson's. These workouts are a series of physical and cognitive drills specifically designed to attack the symptoms of Parkinson's, MS, neurological deficits, stroke, and aging.

#### 20.47 Prescription Assistance (statewide)

Regardless of your insurance coverage, you may be able to save 33% or more on your prescriptions.

With insurance plans dropping prescriptions—and don't forget the Medicare "donut hole"—it pays to find out about prescription assistance through the Colorado Drug Card, which is 100-percent HIPPA compliant. In fact, no personal information is collected from the cardholder.

#### 20.48 Putting Your Best Foot Forward: Foot Care for Everyone

(Ft. Collins to Pueblo, Blackhawk to Keenesburg)

Remaining active and independent requires healthy feet and legs. In this one-hour long presentation for adults (50+), Certified Foot

Care Nurses from the Colorado Visiting Nurse Association will discuss common foot conditions and best practices for healthy feet and legs. You'll get information on foot care clinics in the Front Range and a free handout on foot care.

A minimum audience of 10 adults is requested. Sites must be ADA accessible and have audio/visual equipment available for the presentation.

#### 20.49 Staying Safe, Secure, and Self-Reliant (Northern Colorado)

What is domestic violence? Why is it so hard to leave? How can a survivor receive help to become safe, secure, and self-reliant?

A Woman's Place presentations are available in English and Spanish, and may focus on domestic violence, teen dating abuse, AWP mission and programs, and how the community can get involved and help. Open to any age or gender, presentations about healthy relationships can also be tailored to children and young adults.

#### 20.50 Teen Dating Violence (Northern Colorado)

What is domestic violence? Why is it so hard to leave? How can a survivor receive help to become safe, secure, and self-reliant?

A Woman's Place presentations are available in English and Spanish, and may focus on domestic violence, teen dating abuse, AWP mission and programs, and how the community can get involved and help. A Woman's Place can offer healthy relationships presentations to children and young adults.

### 20.51 Stress Interventions Workshop

(Metro Denver, may be possible in other areas by request)

Stress is something we all deal with, and it is not going away. This two-hour session will focus on your best strategies to filter and control your stress levels.

Come prepared to apply the concepts right away. Not only will you leave class feeling more relaxed, you'll see the benefits in your focus, productivity, and relationships.

In this class, you will:

- Learn the six best ways to prevent a stress reaction and create strategies for improvement.
- Explore and personalize three methods for taming stress in your current environment.
- Identify at least three tools to apply after class, specifying your assets and Opportunities.

### 20.52 Taking Care of Yourself:

#### Mind, Body, and Spirit

(Metro Denver)

Focus on the need to be healthy in all three areas, with emphasis on emotional issues such as depression and anxiety, and spiritual needs. The class will review treatment options, support groups, among other support options. (There is no need to suffer in silence!) We will also discuss the Geriatric Depression Scale.

### 20.53 How to Stay Positive in a Negative World (Metro Denver)

Where does one find “positive energy?” In this class, participants will focus on surrounding themselves with positive people and positive

energy. Recognizing when we are depleted, what depletes us, and how to get re-energized again—physically, emotionally, and spiritually—will also be covered.

### 20.54 Tai Chi

(Metro Denver)

Did you know that 55 hours of Tai Chi has been shown to decrease a senior's chance of falling by 55 percent?

It turns out, one of the best ways to prevent falls and keep your independence is through exercise that focuses on balance, strength, and confidence.

This class includes gentle movements that emphasize weight shifting, postural alignment, and balance. Each session offers instructions in new movements as well as a review of movements from previous sessions.

### 20.55 Tobacco Use

(Metro Denver; may be possible in other areas by request)

Join us to learn from the Denver Public Health Chronic Disease Tobacco Team (CDTT) about the harm of tobacco use in multiunit housing. These topics include secondhand smoke, thirdhand smoke, tobacco products information session (traditional tobacco products and up and coming products like e-cigarettes), and session resources available to your community.

A perfect way to engage residents in your smoke-free policies, this session typically lasts one hour, with time for questions built in. The CDTT works with the housing provider to customize the educational session to meet the needs of their community, whether that be senior-based, multifamily or a combination.



## 20.56 Yoga for the People

(Metro Denver)

Book a customized yoga session with Yoga for the People!

The class is tailored to the onsite population. Yoga for the People is equipped to serve specialized groups, including people with disabilities, stroke victims, the elderly, youth and adolescents, and survivors of domestic violence.

Teachers are closely matched to the community and have autonomy to design their classes accordingly. They can incorporate a trauma-informed focus.

Customized, one-time classes are available through [chfareach](#).

Organizations can apply for ongoing instruction through the Yoga for the People website, [www.yogaforthepople.org](http://www.yogaforthepople.org).

# History

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## 20.57 The 20 Greatest Moments in Flight (That You Never Heard Of)

(Metro Denver)

Who was the first person to fly? Who made the first flight across the Atlantic? Who broke the sound barrier? (Hint: it's probably not who you think!) Come join me to hear a few of the great stories that often get overlooked in the history books. This isn't the dry old "names, dates, and places" history that put you to sleep in school. You'll be fascinated by the colorful personalities

and amazing exploits that punctuate the romantic and adventurous history of human flight.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of the audience, from eight-year-olds to retirees, and from aviation professionals to audiences with no prior aviation knowledge.

**note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

## 20.58 Best. Race. Ever. (To the Moon and Back!) (Metro Denver)

After the end of World War II, two former allies became bitter enemies—and rivals for world domination. With a world-ending nuclear war a very real threat, and rampant distrust and paranoia on both sides, these two superpowers still managed to engage in a friendly, civilized race that advanced scientific knowledge and revolutionized technology. The Space Race proved that there can be light even the darkest of times, and that even the worst of enemies can accomplish astonishing things when they are driven by a quest for knowledge rather than by fear.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from eight-year-olds to retirees. No prior knowledge or interest in the topic is necessary.



**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.59 Colorful Coloradans in Aerospace History (Metro Denver)

Did you know that the very first American flying ace started out as a cowboy from Sterling, Colorado? Or that in the 1950s, our Colorado Air National Guard had a precision jet demonstration team that rivaled the Navy's Blue Angels and the Air Force Thunderbirds? Our state produced one of the original seven Mercury astronauts and the first female pilot for a major U.S. airline.

Colorado has been home to pioneers in every aspect of aviation and space exploration, from engineers and designers to executives and astronauts. These men and women have started airlines, set records, and created life-saving technologies like ejection seats and aerial ambulance service.

When we look beyond their accomplishments, these men and women turn out to be real people, much like you and me. Their stories are our stories. Come join us to explore a few of the more interesting tales from our state's rich aerospace legacy.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. If you would prefer a more detailed look at this topic, it can be split into two 45-minute presentations, with time for questions after each. The material can be tailored to fit the age and background of your audience, from eight-year-olds to retirees, and from aviation professionals to audiences with

no prior aviation knowledge. It is popular with elementary and middle school students, libraries, and civic groups. It has even been the featured entertainment at some national conferences.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.60 Did Going to the Moon Save the Earth? (Metro Denver)

In 1968, war was raging in Vietnam, our country was locked in a monumental Cold War that threatened to destroy civilization, protests and riots disrupted normal domestic life, popular progressive leaders were being murdered, and a tentative blossoming of freedom was crushed by a Soviet invasion of Czechoslovakia.

Then people started going to the moon! Were the Apollo Moon missions a bright beacon of hope in a world roiling with strife and violence, or a colossal publicity stunt that squandered valuable national resources? What difference did it make? This talk explores the impact of Apollo in the context of the times as well as its effect on our own lives today. Questions and discussion are encouraged!

This live PowerPoint presentation typically runs 30-45 minutes, and audience questions and discussion are encouraged. It was created in conjunction with the very popular "1968" exhibit for the History Colorado Museum. The content can be tailored to fit the age and background of your audience, from Baby-Boomers to "kids" who have never put film in a camera or dialed a phone.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.61 From Biplanes to Atom Bombs (Metro Denver)

When World War II started, most of the world's fighter airplanes were open cockpit biplanes. In just six years, the speed of airplanes nearly tripled, and by the end of the war, there were operational jets and rocket-powered airplanes, guided missiles, helicopters, and nuclear weapons. Who were the people who pushed the pace of innovation? Why were so many new technologies created in such a short time span? Come explore the stories behind some of the fascinating changes that transformed our world.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from high-school students to retirees, and from aviation history buffs to audiences with no prior aviation knowledge.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.62 Invisible Heroes in Aviation and Space (Metro Denver)

Some heroes attain fame and glory, are studied in history books, and have movies made about them. Others might be just as heroic, but the spotlight doesn't shine on them. Sometimes their stories are even more interesting! Come join me to explore the lives of some of the

lesser-known heroes from the world of flight, including those who have made flying safer, less expensive, and more convenient for all of us.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from eight-year-olds to retirees, and from aviation professionals to audiences with no prior aviation knowledge.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.63 Pilots with Disabilities (Metro Denver)

The popular image of pilots as superior physical specimens has been reinforced through countless recruiting posters and media portrayals. While it is true that all pilots need to be in pretty good physical condition for the sake of safety, throughout the history of flight there have been many expert pilots who have succeeded and excelled despite lacking the usual number of limbs or eyeballs. You might wonder what you have in common with a legless fighter pilot or a one-eyed explorer, but the stories of their determination and ingenuity provide inspiration and lessons we can all apply in our own lives.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from middle school students to retirees. No prior

knowledge of aviation or disabilities is necessary.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.64 So, What Has the Space Program Done for Me, Anyway? (Metro Denver)

This presentation reveals a few of the many ways that America's space program has resulted in common household and consumer products that you use every day, from your running shoes and sunglasses to your cordless drill and mobile phone.

You probably don't think much about NASA or astronauts on the moon when you shop for groceries, tuck your kids into bed at night, or turn on a water tap. You might recognize that orbiting satellites make your GPS work and track hurricanes across the oceans, but every day you depend on hundreds of products that wouldn't exist if not for the technology and research that results from exploring space. This presentation points out a few of the ways that space technology has made your life better and found its way into your clothes, your toys, and your lifestyle.

This live presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It is appropriate for any audience and can be tailored to fit the age and background of your audience, from eight-year-olds to retirees.

This particular talk has been presented dozens of times, to groups as diverse as elementary

and middle school students, libraries, museum visitors, and community celebrations.

Although this presentation typically uses a digital projector and screen, it is also offered in a lower-tech format that requires no projector, no computer, and no electricity. If you can provide a projector and screen, the presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.65 Women in Aviation (Metro Denver)

In aviation and space exploration, courageous and determined women have contributed important work and completed extraordinary accomplishments. Their achievements are all the more impressive in light of the difficulty of struggling for acceptance in a male-dominated field. They have performed as well (or better!) than men in all aspects of aviation and space exploration, and their ranks include racing pilots, record-setters, test pilots, astronauts, fighter pilots, engineers, airline pilots, and corporate executives. Come and enjoy some of the interesting stories and exciting adventures that illustrate their long journey from attractive novelties to recognized professionals.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. There's also a shorter version that can fit a 15-30 minute time slot. The presentation can be tailored to fit the age and background of your audience, from young girl scouts to retirees. While it has high appeal among girls and women of all ages, men and boys enjoy it, too!

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.66 What Makes a Hero?

(Metro Denver)

What is it that makes people heroic in our eyes? Is it courage? Sacrifice? Going the extra mile? Persevering when others would give up or quit? Are fame and recognition reliable indicators of heroism? With a focus on aviation, we will see how heroes of the past have had an impact on our own lives. Along the way, we'll meet people who "did what needed to be done" with courage, skill, and often humor.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from eight-year-olds to retirees, and from aviation professionals to audiences with no interest in aviation whatsoever.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

## Legal

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### 20.67 Employment Law under the ADA

(Denver, Western Slope)

Learn your rights under both the Americans with Disabilities Act (ADA) and the Colorado Anti-Discrimination Act (CADA). Major topics generally include the definition of disability, reasonable accommodations, health and safety issues related to the direct threat analysis, and

the process for filing a complaint alleging disability discrimination.

### 20.68 Voting Rights

(Metro Denver)

This training provides a general overview of the rights of people with disabilities regarding voting in elections. Major topics include who is eligible to vote, identification documents that can be required, accessibility of polling stations, and the process for filing a complaint if you believe your voting rights have been infringed.

### 20.69 Who Dunit?

(Metro Denver)

This class connects forensic science with critical thinking through fingerprinting. Fingerprint yourself and classify your fingerprint. Play a game to use your forensic skills and match fingerprints to your friends.

## Life & Work

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### 20.70 Balance & Confidence in Public

Speaking (Metro Denver, Northern Colorado)

Public speaking is tough! Even in a web-based and virtual world, we still need face time for persuading, calming, and motivating others.

This Griggs Achievement program is light on lecture and heavy on repeated practice. Most people need "mileage" to perfect their speaking skills under physiological stress.

People love this engaging class. Results emerge through self-critique, group feedback, and instructor coaching.

### 20.71 Career Path Exploration

(Northern Colorado)

Matthews House Career Path Facilitators are available to help residents complete their skills assessments, personality inventory, and workplace competencies to suggest various occupations. Reviewing the results together, they can decide what goals and barriers the participant would like to address.

Participants will receive information on the full range of services offered by Matthews House, which provides job training that is based on data from workforce needs. For example, the field of healthcare is growing—there can be career development opportunities from resident aide on.

Recently, Matthews House has started a skilled trade apprenticeship program, and is working to pair students with employers for electrical training. Mentoring and case management are available over the internet.

### 20.72 Cooking Matters

(Fort Collins)

If you have 10 residents and a kitchen space, invite Cooking Matters in to teach about cooking and nutrition. You'll learn cooking techniques and nutrition with affordable recipes. Participants get food at each class and a cutting board and knife. This is a six-week class for adults, families, or kids.

### 20.73 How to earn a living caring for a loved one

(Metro Denver)

When Personal Assistance Services of Colorado (PASCO) first began providing home health services, in 1992, a traditional model was in place—a CNA or nurse would go to a consumer's house intermittently throughout the day and assist with daily living.

The year 1999 witnessed a pretty significant change, when a mother of a child with a disability asked if she could become a CNA for her kid, and work with them exclusively.

The answer was that a family member could provide the care if they become a CNA and would be treated exactly as any other Certified Nurse Aide.

Since that time many family members have taken classes, become CNAs, and have benefitted from the schooling.

Book a presentation today to learn how residents can earn a living caring for a loved one, starting in as little as six weeks.

## Science

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### 20.74 Amazing Feats of Science

(Metro Denver)

Science is amazing! Learning many amazing science tricks that you can do again and again at home. This 45-minute assembly includes Egg Inertia, Spinning Water, the classic tablecloth trick, a Bed of Nails, and more.

### 20.75 Aquatic Invertebrates

(4<sup>th</sup>- 8<sup>th</sup> grade) Metro Denver)

Student scientists explore adaptations and critical ecological relationships of key aquatic invertebrates. In small groups, students analyze real data to understand how environmental changes can impact aquatic invertebrates and ecosystems.

### 20.76 Bug Bites (3<sup>rd</sup>-8<sup>th</sup> grade)

(Metro Denver)

Bugs for dinner?! This program reveals how common bug-eating is in our lives and in other cultures around the world. Journey with us as we travel across the globe, meet live animals, and—if you dare—even taste-test a bug! Bone(less) appetit!

### 20.77 Bug Bonanza (k-1<sup>st</sup> grade)

(Metro Denver)

Meet live bugs, including holding Rosie the tarantula, to discover how different types of amazing animals live in habitats near and far. Through role playing, movement, and music, students experience the joy and the wonder of the amazingly diverse world of invertebrates.

### 20.78 Buzzing with Energy

(Metro Denver)

This class is charged with fun! Use electrons to make paper jump and create a crazy hairdo. Use Lemon Power to light up a light bulb. Create your own Simple Circuit with a light bulb or buzzer.

Learn the difference between static and current electricity with critical thinking and team experiments.

### 20.79 Critter Classification

(1<sup>st</sup>-6<sup>th</sup> grade) (Metro Denver)

In group activities, students work together to examine models and specimens, and observe live animals to identify arthropod characteristics and practice sorting critters into major groups: insects, spiders, and others.

### 20.80 Dang Little Airplanes:

Menace or Necessity?

(Metro Denver)

Most people have no idea how many ways small aircraft and their pilots contribute to their everyday lives. From helping to put food on your table, to fighting wildfires, to delivering packages overnight, to finding lost hikers and skiers, those dang little airplanes and their pilots provide dozens of benefits for all of us—even for people who never go near the airport.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from eight-year-olds to retirees, and from pilots and aviation professionals to audiences with no interest in aviation.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.81 Dinosaurs (PK-2<sup>nd</sup> grade)

(Live Online)

Learn interesting facts about dinosaurs while building a Dinosaur Cup Puppet. Learning activities focus on the following: meat eaters versus plant eaters, ways that dinosaurs moved, and ways that dinosaurs protected themselves. This is a great arts and science lesson!

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.82 Everyday Life in Space (or, So, how do astronauts go to the bathroom anyway?)

(Metro Denver)

If you have ever wondered what it would be like to eat, sleep, or brush your teeth while floating weightless hundreds of miles above the Earth, this presentation is for you. From the challenges of the very first space flights to the possibility of long journeys to other worlds in the future, human beings have had to figure out how to take care of the most basic activities in a new and very unusual environment. Come find out how astronauts and cosmonauts manage everyday tasks that are so familiar that you probably do them almost without thinking.

This live PowerPoint presentation typically runs 45 minutes to an hour, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from eight-year-olds to retirees, and from aerospace professionals to audiences with no prior interest in space exploration.

Although the first  $\frac{3}{4}$  or so of this talk is about how astronauts eat, sleep, shave, bathe, and handle other everyday tasks, the last part deals with the challenges and solutions of going to the bathroom in space. Pee and poop is mentioned, and there are a few “eeew” moments that never fail to get giggles and groans. Kids love it!

This particular talk has been presented dozens of times, to groups as diverse as elementary and middle school students, scout groups,

museum visitors, and civic groups such as Optimists and Sertoma clubs.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.83 Exploring Antarctica

(Live Online)

Build a Penguin Hand Puppet while learning about Antarctica! The discovery and exploration of the continent, plant and animal life (seals, penguins, whales, and more), and fascinating facts about ice and glaciers (frozen rivers, calving, and ice shelves) will be discussed. Striking images of this unique continent are a highlight of this program.

Content is adapted according to participants.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.84 Exploring Africa

(Live Online)

Build a Giraffe Rod Puppet while learning about Africa! Learn about the different types of homes, people, environments, and animals of the Savanna. Animal habitats and protection from predators will be discussed.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.



### 20.85 Folding Up: A STEM-based Puppet Show (Live Online)

Come along with Aggie to discover what she wants to be when she "folds up." Aggie, a piece of animated origami paper, explores STEM careers with the help of her teacher, family, and scientists from Texas A&M University. Brightly colored origami characters come to life and highlight principles of the basic scientific method. This interactive puppet show will give 3<sup>rd</sup> to 5<sup>th</sup> grade students the chance to participate in Aggie's exploration, as well as interact with a real-life puppeteer! This show was written by Dr. Gregg Van Laningham—a puppeteer and scientist (PhD in Materials Science, Georgia Institute of Technology).

*Check out the trailers for the Texas A & M/ Center for Puppetry Arts collaborative project!*

<https://vimeo.com/58119219>

<https://vimeo.com/63823151>

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.86 Flutterby (Age 3-1<sup>st</sup> grade) (Metro Denver)

As a whole group, students reveal how butterflies and moths differ by dressing up as a student or teacher and studying preserved butterflies and moths. In an active metamorphosis game, students experience the amazing butterfly life cycle.

### 20.87 Forces and Motion

(Metro Denver)

Newton's Laws of Motion, only fun! What is a force? You will participate in a team challenge using Newton's Third Law of Motion. Never have you had much fun with bowling pins, balloons, and ping pong balls.

### 20.88 Habitat Connections (2<sup>nd</sup>-5<sup>th</sup> grade) (Metro Denver)

Invertebrates live where they find habitat—food, water, shelter, and space—and then keep those environments healthy through habitat connections. Using live animals, media, and critical thinking, students uncover connections like predator, prey, decomposer, symbiosis, and more.

### 20.89 How Airplanes Fly

(Metro Denver)

Airplanes are heavy. Many weigh hundreds of tons. But air is insubstantial—there's just not very much to it! How does something so light and invisible hold up something as big and heavy as an airplane? This engaging and fun presentation uses simple analogies and your own experiences to make the answers easy to understand. Composed of equal parts science and history, you'll come along on the path of discovery that allows humans to fly. No prior knowledge of science or aviation is necessary, and the talk can be tailored to fit the age and background of the audience.

This live PowerPoint presentation typically runs about 30 minutes, and audience questions are welcomed afterward. It can be tailored to fit the age and background of your audience, from eight-year-olds to retirees, and from pilots and



aviation professionals to audiences with no interest in aviation.

**Note:** Requires a digital projector and screen. The presenter can bring it on a Windows laptop, or on a USB flash drive and use your computer.

### 20.90 Incredible Invertebrate Adaptations

(2<sup>nd</sup>-5<sup>th</sup> grade) (Metro Denver)

Invertebrates display incredible and almost unbelievable adaptations! At stations, using science process skills, live animals, specimens, and media, students investigate invertebrates and their incredible—and sometimes unbelievable—physical and behavioral adaptations!

### 20.91 Itsy Bitsy Bugs (Ages 2-preK)

(Metro Denver)

Youngsters meet lie bugs, including Rosie the tarantula (to see, not hold), through dramatic play and music, and use their curiosity to learn about bugs they may find outside at home or school.

### 20.92 Matter Does Matter

(Metro Denver)

Enter this lab with goggles. Explore the properties of solids, liquids, and gases. Then we'll mix them together to make new solids, liquids, and gases. Take a shower where you don't get wet. Feel a Mentos fountain in your mouth.

Participants will practice collaborative learning skills as they make claims and collect scientific evidence.

### 20.93 Mini Robots

(Metro Denver)

Meet the Cubelets! Your Cubelets will help you to accomplish an engineering challenge. Then you'll put your leadership skills to a test when you design and build a pasta bridge capable of carrying a load.

### 20.94 Plants

(Live Online)

Construct a Plant Rod Puppet while learning about plant habitats, the various parts of plants and their functions. You will also discuss photosynthesis and plants as food. Strange but fascinating plants such as the Rafflesia, the Walking Palm, and the Venus Fly Trap will be discussed. This is also a great arts and science lesson all in one!

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.95 Pollination Pals (4<sup>th</sup>-6<sup>th</sup> grade)

(Metro Denver)

Invertebrates and flowers are intricately linked and the outcome is much of the food we eat! Using media, specimens, and science process skills, students decipher the relationships and adaptations of flowers and their diverse pollinators.

### 20.96 Reaction Action

(Metro Denver)

Chemical reactions abound in this 45-minute assembly, and your reaction to these reactions will be awe and wonder! This assembly includes some of our favorites and some new demos—a Phoenix rising from the ashes, the MicroGrain

Silo, and Cabbage Milkshakes. It's colorful and cool science that kids and adults alike will love.

### 20.97 Ready, SET, STEM

(Metro Denver)

It's a race to science. This demonstration is jam-packed. Test your reflexes with our Reflex Ruler. Test your hearing as you meet the Sing Wand. See sound with a Standing Wave Generator. Literally take a spin with our Gyroscopic Tire. It's a Race to the Finish with Ready, Set, STEM.

### 20.98 Red, White, and Rainbows

This class continues the exploration another aspect of forensic science - chromatography. Separate the different inks that make up black ink. Students will investigate scientific concepts such as the color spectrum (ROY G BIV); and will create a color spectrum using chromatography. They will practice communicating with others to make claims and collective scientific evidence.

### 20.99 Science Charmer

(Metro Denver)

Come to our science demo and be charmed by science. In this 45-minute assembly, audience members will be treated to a Glowing Pickle, the Rainbow Connection, and Glowing Elephant's Toothpaste. These spectacular science experiments will make your day.

### 20.100 Senior Safari: Backyard Wildlife

(Metro Denver)

See, touch, and learn about animals that live right in your backyard. You will come up close

and personal with animals you've seen, but have never had a chance to touch.

### 20.101 Spiders

(Live Online)

Build a Spider Marionette while participating in learning activities about insects versus spiders, web builders versus hunters, the lifecycle, and general spider facts. Great science and arts lesson!

The puppet and learning activities for this program can be modified to suit the participating age group.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

### 20.102 Squid Dissection – Squid Dissection and Marine Science Program

(Metro Denver)

This program includes exploration of oceanic regions, analysis of marine samples, marine life classification, and squid dissection. Our squids are fresh and smell like the ocean!

Participants will practice collaborative learning skills as they make claims, try out dissection, and collect scientific evidence.

### 20.103 Summer Science Fair

Make a Mini Science Fair part of your summer plans. Learn about how Real Scientists do Real Science. "Science and Fun are One" as you do demos like Kissing Balloons, Oobleck, and Layering Liquids. Tons of educational fun for the summer.

### 20.104 Tropical Rainforest

(Live Online)

Learn about the location of tropical rainforests, their relationship to the equator and tropic lines, various animals found in the rainforest, and the different layers/strata. The roles of birds in the South American rainforest will be discussed as well. Students will construct a flying Tropical Bird Rod Puppet.

**Note:** This class provides live instruction via the internet. It requires internet access, projector, and screen.

## Tenancy

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### 20.105 Bullying (Community Connections)

(Metro Denver)

This is an indirect, non-threatening answer to community bullies and cliques.

In this gentle community event, you will be encouraged to reflect on and discuss such questions as:

- “Why does community matter?”
- “How is creating community different than it was in the past?”
- “What do you think are the qualities of a strong community?”

Finally, you will brainstorm about actions that members of the community could practice to create a stronger community.

Past participants have learned that they have more in common than previously thought and have left the session with resolve to create a friendlier atmosphere.

### 20.106 Community Safety Curriculum

(Metro Denver)

*Module I: Keeping Adults and Children Safe in the Neighborhood*

This module addresses safety dos and don'ts related to various common situations that may occur in the neighborhood. You will work in small groups to discuss how to respond to events such as being approached by a suspicious stranger, what to do in the event of a purse snatching, how to safeguard children through adequate supervision, how to educate children about “stranger danger.” Participants will draw upon their own wisdom to resolve hypothetical situations and use the resource of the Denver Police's Citizen's Handbook.

*Module II: Safety and Awareness*

In this module, you will be challenged to be aware of your surroundings. In a role play, a “special guest” disguised as a thief sneaks into the role while participants are distracted by a review of the previous session. After the “thief” slips in and takes something, then slips out, participants are asked to describe the perpetrator. The follow-up conversation enables the group to be aware of what is necessary to provide an adequate description of a perpetrator in the event of a crime. Part 2 of this module includes a building and grounds walk-through to identify potential safety hazards, such as overgrown shrubbery, poorly illuminated areas, places that are very isolated.

*Module III: Relating to the Police*

The purpose of this module is to learn how the police can be helpful and how to relate to police officers. A community police officer should be present to respond to a list questions that the participants create prior to the officer's arrival. Additional items to be addressed are:

- What constitutes a “911” emergency, versus a non-emergency police report?
- What are citizen rights when approached by an officer of the law?
- What is the best way to de-escalate confrontations, whether between citizens and police or in a domestic situation?

### 20.107 Fair Housing Law

(Metro Denver)

This training provides an in-depth look at the rights of people with disabilities in housing under the Fair Housing Act and the Colorado Anti-Discrimination Act (CADA). Major topics include reasonable accommodations and modifications, assistance animals, and the process for filing a complaint alleging disability discrimination.

### 20.108 Homelessness Prevention

(Loveland)

Learn about the Salvation Army in Loveland’s emergency rent assistance, a homelessness prevention program for residents in the Thompson School District area. Families or individuals who have an eviction notice or past due notice can receive an average assistance of \$300 annually per household, paid directly to the landlord.

### 20.109 Housekeeping to Inspection Standards

(Metro Denver)

Join us to learn what management is looking for in an inspection, and how to be prepared.

### 20.110 Tenant Rights & Responsibilities

(Metro Denver)

In this 60-minute workshop, a representative from Colorado Affordable Legal Services (CALs) will help residents understand their rights and responsibilities as tenants.

Topics may include:

- Housing laws and agencies
- Common landlord/tenant issues
- Notice requirements
- Frequently asked questions about the eviction process and eviction defense
- Legal and housing resource information
- Fair Housing law, including requests for accommodation and the compliant process

This presentation is educational in nature and is not intended to provide legal counsel.

Attorneys from Colorado Affordable Legal Services counsel represent tenants and advise both landlord and tenant clients. As a flat-fee based law firm, Colorado Affordable Legal Services, LLC provides meaningful access to justice in civil, employment, and other general matters for as many low- to moderate-income individuals throughout the Denver metro area as possible.

## additional resources

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## K-12 Activity Plans

- [Cake Decorating – Learning the Basics – Math Standard – Measuring](#)
- [Ceramics – Fast ‘n’ Fun – Visual Arts Standard – Tools, Techniques, Materials & Processes](#)
- [Eggstravaganza – Learning about Eggs – Grades K-2 – Science and Math](#)
- [Electricity – Getting the Spark – Science Standard – Physical Science](#)
- [Food Fun – How Much Fat? How Much Sugar? – Grades 4-5 – Math and Health](#)
- [Fun Nutrition – 4-H Judging – Standard – Scientific Process](#)
- [Fun Nutrition – Bread in a Bag](#)
- [Fun Nutrition – Cookies in a Jar – Math Standard – Measuring](#)
- [Fun Nutrition – Grains – Science Standard – Investigating](#)
- [Fun Nutrition – How Much Fat in that Snack? – Science Standard – Investigation](#)
- [Fun Nutrition – Ice Cream in a Bag – Science Standard – Physical Science](#)
- [Fun Nutrition – Making Quick Breads – Math Standard – Measuring](#)
- [Fun Nutrition – Peanut Butter Cookies – Math Standard – Measuring](#)
- [Fun Nutrition – Pie Making – Math Standard – Measuring](#)
- [Fun Nutrition – Prepare to Cook – Standard – Life Science](#)
- [Fun Nutrition – Quick Fruit and Veggie Snacks – Math Standard – Measuring](#)
- [Fun Nutrition – Snack Attack – Math Standard – Measuring](#)
- [Learning About Plants – Flowers for a Special Occasion – Science Standard – Life Science](#)
- [Learning About Plants – Leaves and Flowers – Science Standard – Life Science](#)
- [Leathercraft – Techniques – Visual Arts Standards – Elements & Materials](#)
- [Ragtime Quilt – Fast ‘n’ Fun – Math Standard – Measuring](#)
- [Science – Chemical Changes – Science Standard – Physical Science \(Chemistry\)](#)
- [Science – Craters & Climates, Science Standard Earth & Space, Geology](#)
- [Science – Detective Science \(fingerprints\) – Science Standard – Investigation](#)
- [Science – Detective Science \(identification\) – Science Standard – Life Science](#)
- [Science – Experiment with Chromatography – Science Standard – Investigation](#)
- [Science – Freezing Points – Science Standard – Scientific Process](#)
- [Science – Frog Fun – Science Standard – Life Science](#)
- [Science – Genetics – Science Standard – Genetics](#)
- [Science – Static Electricity – Science Standard – Investigation/Physical Science](#)
- [Science – It’s All Fun – Science Standard – Physical Science](#)
- [Science – Liquid Densities – Science Standard – Investigation/Physical Science](#)
- [Science – Paper Towel Investigation – Science Standard – Investigation](#)
- [Science – Starchy Foods – Science Standard – Investigation](#)
- [Science – Vanishing Statue – Science Standard – Investigation](#)
- [Science – Vortexes – Science Standard – Investigation, Weather](#)

## **STEM Connections**

*Use these STEM Connections lessons in your classroom or afterschool programs to enhance the youth learning environment.*

- [Kitchen Chemistry](#)
- [Genetics](#)
- [GIS](#)
- [GPS General](#)
- [Microbiology](#)
- Mini Kite Design
- [Recycling Paper](#)
- [Super Structures](#)

## **STEM in 4-H Projects >>**

- [Agriculture and Youth Gardening Resources](#)
- [Animal Science Resources](#)
- [Electricity Resources](#)
- [Energy Resources](#)
- [Engineering Resources](#)
- [Environmental Science](#)
- [Footprint Calculator Resources](#)
- [Math Resources for Educators](#)
- [Robotics](#)
- Science – General Resources
- [Shooting Sports](#)
- [Technology and Innovation](#)
- [Water Resources](#)

[\*\*Iowa 4-H Afterschool Lessons Plans\*\*](#)

[\*\*California 4-H SET Activity Guide\*\*](#)

[\*\*California 4-H SET Recommended Curricula\*\*](#)

[\*\*Utah Discover 4-H Clubs\*\*](#)

[\*\*Wisconsin 4-H Afterschool Lesson Plans\*\*](#)

**Available Kits:**

[STEM Kits Brochure](#)

[STEM Kits Order Form](#)

**Kindergarten**

- [Physical Science 1: Moving Makers](#)
- Physical Science 2: Many Ways of Belonging – Objects
- Life Science 1: Many Ways of Belonging – Organisms
- [Earth Systems Science 1: Here Comes the Sun](#)

**First Grade**

- [Physical Science 1: Solids and Liquids and Gases, Oh My!](#)
- Life Science 1: Generations
- [Life Science 2: Staying Alive](#)
- Earth Systems Science 1: Mining for Minerals

**Second Grade**

- [Physical Science 1: Motion Commotion](#)
- Life Science 1: Habitat Sweet Habitat
- Life Science 2: Form and Function
- [Earth Systems Science 1: Weather Bear](#)

**Middle/High School**

- [Soil: It's Alive](#)