chfa**reach** resident education catalog



chfareach: r**esources, e**ducation, **and** a**ssistance for** c**olorado** h**ousing**

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

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

Chfa**reach** 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.

chfa**reach** resident education catalog



Welcome to the chfa**reach** resident education catalog. By request of our members, we have included a range of programs on our list to book for you. Look inside to spark ideas and see what is available to you as chfa**reach** members!

about chfa**reach** resident education

Resident education is a benefit that is extended to chfa**reach** member sites. With an evolving list of topics that range from Colorado history to wellness, chfa**reach** offers its members diverse programs.

chfa**reach** onsite

Traditionally, chfa**reach** Resident Education has offered programs onsite at member properties. Each site may book up to one program per quarter during the calendar year. While **availability is not guaranteed**, we will do our best to locate a presenter for your preferred topic and location.

chfa**reach** online

Chfa**reach** now also offers many programs remotely and has some prerecorded webinars on a range of topics relevant to residents' life in affordable housing. Customized programs are available to members by request and are scheduled similarly to traditional onsite programs.

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 chfareach@chfainfo.com.

feedback for chfa**reach**

The chfa**reach** 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 chfareach@chfainfo.com.

program and procedures

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

Chfa**reach** will contract a presenter and pay for programs scheduled. Event coordination and marketing will be the responsibility of the site and the presenter.

procedures for site staff

1. The most recent version of this catalog can always be found at www.chfainfo.com/rental-housing/chfareach/resident-program. Updates will be posted periodically on 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 may enter requests for multiple properties, with separate class requests for each. Please enter primary and secondary choices for each property. Your alternative will be used if your preference is not available for the times indicated.

4. Once your form is submitted, please stand by for up to five business days. You will receive an automated message to let you know that the request was received and entered in our system.

5. A program is not considered confirmed until you receive an email confirmation from chfa**reach** staff stating that the program is approved. Please note that additional correspondence may be needed to find appropriate resources for your geographic location, customize the program, or determine whether programs will be held in-person or virtually.

6. Follow-up communications will include an introduction to 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 technology, parking instructions, or last-minute changes.
- Decide who will be responsible for copying and/or bringing materials. Advise chfa**reach** staff if assistance is needed.
- Be sure to follow your organization's procedures for background checks or insurance requirements for outside programming.
- On program day, prepare space at the site as needed for the specific program.
    - Provide a large-screen television/projector and screen if required.
- Welcome and orient the presenter to any logistics of the site or audience.
- Chfa**reach** does track participation in its Resident Education offerings. Please email chfareach@chfainfo.com with a copy of your sign in sheet or the total number of participants in each session.
- 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 fewer than 10 participants after the second session, program vendor must seek chfa**reach** 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 chfa**reach** with updated information.

general information and policies

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

Catalog descriptions provide a sense of the range of programs available. **A selected program may not be available in all areas or at the time requested**. However, alternatives may exist, and many classes have now been adapted for presentation online. When a selected program is not available due to regional limitations or other limitations, chfa**reach** may use vendors who are local and who offer a similar program. Programs may also be available in Spanish or other languages.

If you are not seeing the type of program desired, or if wondering whether a program can be customized to your group's needs, please address your requests to chfareach@chfainfo.com.

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

have questions?

All resident education questions can be addressed to:

chfareach@chfainfo.com
303.297.7394
PO Box 60
Denver, Colorado 80201

resident education catalog contents

This catalog represents opportunities that have been available in the past and does not guarantee that the same or similar programming is currently available. Substitutions and changes may occur to make the closest match possible to your request.

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Class Descriptions

5280 Line Dance Crew (Metro Denver)

The 5280 Line Dance Crew is a community engaged soul line dance crew out of Denver, Colorado. 5280 welcomes all to dance. Line Dance... It's a Family, it's a Culture, it's a Lifestyle.

27.01 Sassy Silvers

With “Sassy Silvers” and wheelchair classes, 5280 Line Dance Crew offers classes for dancers of all levels, from beginners to intermediate, ensuring an inclusive and supportive environment for all.

A dynamic organization dedicated to providing soul line dance classes for all genders and ages, its mission is to get the community up and moving, fostering engagement and promoting physical and mental well-being through the joy of dance. By doing so, 5280 Line Dance Crew aims to strengthen community bonds and create a sense of belonging among participants.

Better Beings (Pre-recorded)

Michelle Zellner, founder of Better Beings, is a former competitive gymnast for whom exercise has been an integral part of life. After earning a Master of Science in Kinesiology from the University of Colorado, she started Better Beings to provide personal training services. She quickly discovered that wellness encompassed so much more than simply teaching people how to exercise. This profession provided an opportunity to not only help people physically, but mentally and emotionally as well.

Through public speaking, corporate wellness trainings, and various forms of lifestyle transformation programs, Michelle has helped transform the lives of thousands of people and continues to share the knowledge and energy to inspire people to take charge of their wellbeing. Michelle is author of *The YOU Revolution; the Journey of a Better Being,* and *The PFF is Your BFF Handbook; a Simple Guide to Fueling Your Busy Body*.

Through the YOU Revolution YOUniversity, a contact person from each member property may register for limited access to the requested modules’ video links and materials. These are not for broad distribution. Rather, the intention is for sites to gather residents to watch the related video and discuss the handouts together.

Topics include:

27.02 Chronic Disease Prevention and Management

Nearly 90 percent of U.S. healthcare costs are directly related to preventable chronic diseases. This not only takes a toll on the nation’s budget, but on the wallets and wellbeing of those affected. The four-module course begins with *Know Your Numbers*, which offers an overview of the tests you should be getting, and the results you need to know to take control of the trajectory of your health. The next three modules each detail specific aspects that are driving factors in chronic lifestyle disease, including *Blood*

Pressure, Cholesterol, and Blood Sugar. The information provided in this course is not intended to diagnose or treat disease, but will give you more information than perhaps your doctor has time to offer.

27.03 Jumpstart your Weight Loss

This four-module course will lay the foundation to help you achieve permanent weight loss. We start out with *The Truth About Weight Loss*, straight talk about exactly what it takes to achieve long lasting results. After a deep dive into *Nutrition for Weight Loss* and *Exercise for Weight Loss* in modules two and three, the course concludes with a conversation on hormones. Yes, *Holy Hormones!* They truly rule your world. By the end of the course, you will have all the information necessary to set yourself up to achieve long-lasting results.

27.04 New Year, New You

If you are looking to enhance any aspect of your well-being, this course is for you, and can really be taken any time of year. Beginning with *Get Well Stay Well*, you will establish your vision and start ironing out the plan to improve your wellbeing. Module two, *Change One Habit,* is a brain dump of ideas that will impact your overall well-being. We finish the course with *Creating Your Satisfied Life*, which continues the journey forward with tools to identify exactly where life has gotten out of balance, and strategies to come into alignment. These three modules will highlight areas for growth opportunities and behavior change that you are ready and willing to make and will prepare you with an outline for success.

27.05 Nutrition 101

Here is a must-take course for anyone who has struggled with how to make healthy eating a lifestyle habit. The first module, *Nutrition in a Nutshell*, highlights the key factors necessary to embrace and understand to fuel your busy body appropriately. Module two, *Are You Feeding Your Feelings?*, takes a closer look at emotional and habitual eating. Rounding out the course is *Eat These Foods*, a module spotlighting some of the most powerful nutrient-dense foods that you could be incorporating into your healthy habits. This basic nutrition course will provide enough information for you to truly start embracing healthy eating as a lifestyle.

27.06 Stress Less!

If you find that stress gets the best of you, this three-module course is just what you need! You will begin by learning to *Balance Your Act*, a module involving several worksheets and writing activities to create awareness and evaluate how you are spending your resources. To develop a full appreciation for just how disastrous chronic stress is to your wellbeing, module two, *Stress and Your Health*, details what the stress-response all entails and the possible short and long-term consequences. This course wraps up with *Create Your Calm: Practices for a More Peaceful Life*. You cannot always control what comes your way, but how you respond IS your choice. This module highlights tips and proven practices for calming the mind and redirecting thoughts. By the end of the course, you will have the tools necessary to truly *Stress Less*!

Butterfly Pavilion (Metro Denver)

No bus? No problem! Serving the Denver Metro Area, Butterfly Pavilion can bring a program directly to your site. Programs feature an interactive lesson and small group investigations facilitated by a Butterfly Pavilion educator, hands-on explorations with live animals and/or specimens, models and media, and curriculum-aligned content that explores science and conservation topics.

Past programs have included:

27.07 Bug Bites (3rd Grade-Adult)

Discover the world of bug-eating, where culinary traditions meet sustainable practices which can reshape the future—plus, get the chance to try a bug yourself!

27.08 Bug Safari (PreK-Adult)

Take a journey through the diverse world of invertebrates, showcasing unique species with amazing adaptations and their vital roles in ecosystems.

27.09 Creepy Crawly Storytime (PreK-3rd Grade)

By reading beloved stories and encountering live animals, children and families come to appreciate various invertebrates as they take on a whole new dimension as literary characters.

27.10 Flutterby (PreK-1st Grade)

Dive into an interactive roll-play experience of a butterfly's life cycle, where students will discover the wonders of nature's transformation firsthand.

27.11 Itsy Bitsy Bugs (Age 3-1st Grade)

Join us for a fun and interactive class where students can discover the amazing bugs in their own backyards, learn about their importance, and bring the adventure to life with music and dramatic play.

27.12 Metamorphosis Moves (K-5th Grade)

This outreach program class is hosted by both educators at Butterfly Pavilion as well as Colorado Ballet. Through movement explorations, students will explore shapes, size, speed, flow, energy, and levels. At the end of class students will get to perform dances that they created based on the information they learned that day.

27.13 Powerful Pollinators (1st-5th Grade)

Look beyond honeybees to investigate the diverse array of invertebrate pollinators and their importance.

27.14 Sensory Safari

Students learn about the survival needs of invertebrates and explore how they find those resources in different habitats. Through engagement with tactile materials, visual imagery, sound, and movement,

this class creates a learning environment that will be fun and effective for learners with multiple learning styles. This class will be preceded by an in-depth conversation with the group teacher or leader before the class day to determine how to best adapt the class for their students.

(This class is designed to be accessible for people with a variety of disabilities. It is also appropriate for groups who crave movement and sensory input. The class can be adapted to the unique needs of the group through selection of modules. Program length: 20-45 minutes and has a capacity of 15 students.)

Máire Callan, M.Div., RYT (Metro Denver)

In 1993, following the untimely and painful death of her father, Máire Callan began her ongoing meditation journey. Searching for a way to combat stress, anger, and depression, Máire was drawn to the venerable, ancient tradition of meditation. Over time, this practice transformed her life.

In 2003 Máire joined a group of fellow meditators to present a healthcare program teaching doctors, nurses, physical therapists, and other providers the benefits of regular meditation. As her work began to shift in unexpected directions, Máire made the important decision to enroll in graduate school where she focused on counseling, chaplaincy, facilitation, and spiritual direction.

In 2009 Máire graduated with honors and was about to embark on a new career in chaplaincy when her plans were derailed by a devastating, life-changing illness. Following two years of intensive physical therapy and rehabilitation, Máire began to volunteer for the Alternatives to Violence Project (AVP) and fell in love with the program. Working with other like-minded volunteers in prisons and communities across the state, Máire helped facilitate positive approaches for dealing with stress, anger, fear, and conflict in interpersonal relationships. Today, Máire serves as both Volunteer Coordinator for AVP Colorado and a lead facilitator in AVP conflict-resolution workshops in prisons, online, and in communities in Colorado.

Máire has offered classes for chfa**reach** since 2023. Wherever life takes her, in counseling, meditation workshops, yoga instruction, or facilitation, Máire continues to bring her enthusiasm and passion for the work of transformation to all her personal and professional undertakings.

27.15 Alternatives to Violence (AVP) Basic Community Workshop

The Basic AVP Workshop facilitates the development of interpersonal conflict resolution skills through a series of step-by-step exercises. While AVP is not psychotherapy, the Basic AVP Workshop can lead to personal growth and transformation. Participants and facilitators jointly explore our own relationships with violence and seek more creative ways to respond. These experiences aim to build a sense of community and trust through exercises focusing on community building, affirmation and self-esteem, communication, cooperation, and creative conflict resolution.

27.16 Introduction to Meditation: One-hour Deep Relaxation Class

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

Starting with some light chair yoga stretches, participants will then delve into trying meditation for themselves.

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.

Cheyenne Mountain Zoo (Colorado Springs)

27.17 ZOOMobile Adult and Senior Center Program

Brighten everyone's day with a visit from our animal ambassadors.

In this 45-minute presentation with zoo staff, participants will travel the world without leaving their seats. Four live animal ambassadors from around the world will transport you to locations near and far. The ZOOMobile presenter will share fun facts and stories about our furry, scaly, and feathered friends.

Animal artifacts (skulls, feathers, antlers, etc.) and touch opportunities may be included, depending on the species. A maximum of 30 participants is allowed per program.

27.18 ZOOMobile Live Animal Presentation (all ages)

Bring the joys of wildlife to your group of any age with the ZOOMobile.

Learning is a memorable experience when you bring the ZOOMobile Group Program to your location! In this 45-minute presentation, animals from around the world will teach you the important role they play on our planet. Get up-close and become a champion for wildlife and wild places.

Have a special topic or animal theme in mind? Let our Zoo staff know when you book, and we'll try our best to accommodate your requests.

27.19 ZOOMobile Assembly Programs

Bring the ZOOMobile to larger audiences and enlighten and engage your guests! These 30-60 minute programs are great for schools, groups, conferences, team building, and celebrations.

Touch opportunities with 5-6 live animal ambassadors may be included. Ideal for 30-200 participants per program.

27.20 ZOOMobile Informal Booth-style Meet and Greet

Looking for a unique addition to your festival, fair, or special event? Bring in the ZOOMobile to enlighten and engage your guests with animals, animal artifacts, and interactive activities!

Events must be a minimum of one hour long, with a maximum of four hours.

The Conflict Center (Metro Denver and Online)

Often in our society, "conflict" is viewed as negative—a negative word and a negative situation that should be avoided. At The Conflict Center, we flip the script and place an emphasis on learning how to use conflict as an opportunity for growth and understanding.

The techniques we teach help participants cool down, manage stress, and learn how conflict can be a force for positive change. The Conflict Center is the only anger and conflict management class in Denver to place an emphasis on building relationships even through the presence of conflict.

27.21 Healthy Conflict and De-escalation Strategies

Offered online or in-person in Denver, this class will focus on understanding healthy conflict and learning de-escalation techniques to support collaborative conflict resolution. By pairing an understanding of anger and emotions with conflict management skills, participants can work through defensiveness and build a shared understanding with others, ultimately finding mutually satisfactory solutions to sources of conflict.

CPR Professionals (Statewide)

CPR Professionals 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.

27.22 CPR/AED for Children and Adults

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

In this two-hour class 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).

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

27.23 First Aid

In this two-hour 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

Denver Health Mobile Health Centers (Metro Denver)

Denver Health's Mobile Health Centers provide access to high-quality healthcare by bringing the care right to your neighborhood.

27.24 Mobile Health Center 1: Cancer Screening Mobile Health Center

Providing patient education as well as cervical and breast cancer screening, including digital mammography. Designed to help reduce barriers to cancer screening that many patients experience in traditional healthcare settings.

Cancer Screening Mobile Health Center services include:

- Breast and cervical cancer screenings
- Heart healthy lifestyle education (WISEWOMAN)/Health coaching
- Financial support available for those who qualify
- Appointment Line: 303.602.6115

27.25 Mobile Health Center 2: Mobile Primary Care Services

Providing basic primary care to people of all ages, from babies to older adults. Patients do not have to have care established at Denver Health to be seen. Referrals to one of our Community Health Centers around the city for ongoing primary and specialty care are available. Mobile Primary Care services include:

- Blood pressure screenings
- Patient care navigation
- Heart healthy lifestyle education (WISEWOMAN)
- Diabetes prevention

- Vaccinations
- Health insurance enrollment
- Appointment Line: 303.602.6115
- Behavioral health therapy

Denver Metro Fair Housing Center (Statewide)

The Denver Metro Fair Housing Center (DMFHC) is a private nonprofit organization established in 2012 with the support of the National Fair Housing Alliance (NFHA) and grant funding provided by the U.S. Department of Housing and Urban Development (HUD).

DMFHC is active in seven counties: Adams, Arapahoe, Broomfield, Boulder, Denver, Douglas, and Jefferson.

Offerings include:

27.26 Fair Housing Law

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.

27.27 Service and Assistance Animals

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.

Denver Public Health Chronic Disease Tobacco Team (CDTT) (Metro Denver)

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

27.28 Tobacco, Vaping, Marijuana, and Smoke-free Policies

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 older adult, multifamily, or a combination.

Smoking cessation resources may be included in this customizable presentation.

Griggs Achievement (Fort Collins, Denver, or Online)

Build confidence and experience through this experiential class with Griggs Achievement.

27.29 Balance and Confidence in Public Speaking

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

This 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.

Guided by Humanity (Metro Denver)

Guided by Humanity takes inclusive yoga and wellness beyond the studio walls out into Denver. Its community programs support individuals of all abilities through outreach, leadership development, and healing-focused initiatives. From youth wellness and trauma-informed series to grief support and peer-to-peer mentoring, these programs nurture resilience, confidence, and connection.

27.30 Inclusive Yoga

Guided by Humanity serves a diverse community, including those that experience many dual diagnosis such as:

- Intellectual disabilities/variety of cognitive function/down syndrome
- Developmental disabilities/autism/cerebral palsy/spina bifida
- Physical disabilities/wheelchair users/limb differences/MS
- Deaf
- Blind
- Brain Injury

- Spinal Cord injuries

With the motto, “connection over perfection,” Guided By Humanity is here to welcome community members as they are and support the individual needs so they can find the right supports for their needs.

Hadley (Online)

Hadley provides practical, social, and emotional support for older adults adjusting to vision loss, empowering them to adapt and thrive. Text APP to 52545 to receive links for Hadley’s online apps.

27.31 Hadley’s Adjusting and Coping Together

This virtual support group is an opportunity to share and discuss these emotions and learn some ways to cope. This is a small group of about 10 participants with hour-long sessions held weekly for eight sessions. Participants may join online or on the phone.

Little Light Learning Lab (Metro Denver)

Little Light Learning Lab is an elite youth enrichment program serving elementary aged children in Denver, Colorado. Their mission is to provide every child access to high-quality athletic training, multilingual education, and social emotional development regardless of their family's economic circumstances. Little Light Learning Lab operates in public park settings, apartment communities, and public school environments to reach children where they are.

27.32 Little Light Learning Lab (Single Session)

Little Light Learning Lab offers:

- elite athletic training
- speed, strength, agility, and full body physical development delivered through structured sessions
- trilingual language immersion, with English, Spanish, and French vocabulary introduced and reinforced in every session
- Social-Emotional Learning (SEL) curriculum
- bullying prevention, confidence building, emotional resilience, leadership development, and character formation
- community and teamwork
- age-appropriate nutrition awareness and healthy lifestyle education

Sessions are structured to ensure every child receives individual attention and builds meaningful peer relationships.

While Little Light Learning Lab is intended to provide a regular, immersive experience, single sessions are available through chfa**reach** on a quarterly basis. For information on monthly packages, please email info@littlelightlearninglab.com.

Carey Mason (Boulder, Metro Denver, or Online)

Effective with older adults and professionals alike, storytelling characterizes Carey Mason's interactive sessions, in which participants are invited to listen and understand the true impact of diversity, equity, and inclusion. Participants are encouraged to share their own stories as a means of allowing others to better understand, value, and appreciate their community's diversity.

A calm and welcoming facilitator, Carey gently asks us to consider, "What does inclusion look like in real life?"

Carey facilitates a variety of programs, including:

27.33 Belonging Bingo

This icebreaker is a recommended activity for teams that work remote or hybrid. Leveraging traditional "bingo cards," this activity encourages participants to exchange information with others with the sole purpose of identifying common datapoints and information that is not readily observed or known. This activity is a great precursor to other DEAI training.

27.34 Exploring Diversity, Equity, Inclusion, and Access (DEIA) Terminology

This training overviews various DEIA concepts including diversity, equity, equality, access, justice, inclusion, privilege, bias, and related terms followed by a general discussion. This training provides a great introduction for those interested in increasing their general awareness of the terminology, their meaning, and inter-relationship.

27.35 Multiple Generations in the Workplace

This training explores the four generations currently in the workplace as well as their strengths, challenges, and values. Participants will learn communication strategies to improve their interactions with mentors and mentees from different generations. Additionally, participants will learn to appreciate the benefits of a multigenerational workplace.

27.36 Pronouns Usage in the Workplace

This training explores the importance of using pronouns that reflect the expression of the individual irrespective of what one's own perception of them may be. Participants will learn the subtle nuance of using he, she, and they, as well as how the use of the appropriate pronouns contributes to an inclusive workplace. Participants will also learn how to share their personal pronouns in their email signatures and social media.

27.37 Uncovering and Offsetting Unconscious and Implicit Bias

This training defines unconscious bias and explores its origin. This training offers an assessment allowing participants to learn of their own personal, unconscious bias and its impact on their personal and professional interactions. Includes a general discussion allowing participants to share and explore examples of how they have been impacted by personal bias. Additionally, participants will learn how to offset their identified bias.

My Optimal Aging (Metro Denver or Online)

Connie Ward, Medicare Insurance Broker at My Optimal Aging has worked in the Medicare insurance arena since 2012 and currently serves over 1,000 clients in 18 states. She is intimately familiar with all aspects of Medicare, including eligibility rules, enrollment periods, coverage, penalties, and additional coverage options. It's her priority to ensure that her clients are well educated and confident in their Medicare insurance coverage. She is appointed with most of the insurance carriers in Colorado.

Connie partners with several older adult living communities to support their new residents with Medicare plans appropriate for their new living environment. It's her objective to add value to her community partners by taking great care of their patients, clients, residents, and employees.

Advocating for aging Coloradans is a passion for Connie. She serves on the executive board of the Jefferson County Council on Aging and is one of three Jefferson County delegates to the Area Agency on Aging under DRCOG (Denver Regional Council of Governments). She is a founding executive board member of AgeWise Colorado, a nonprofit organization that helps aging Coloradans and their adult children navigate the services they need for support and healthy aging. Connie is also a founding executive board member of a state-wide diaper bank, The Bottom Line, and represents the incontinent adult population in Colorado. As a financial supporter/sponsor of the Apex recreation district's active adult program, her advocacy takes on a spirit of fun and social integration.

27.38 Understanding Medicare Waivers and Open Enrollment

Medicare benefits can be complicated. Attend this session to prepare for Open Enrollment and the misleading advertising that comes with it.

We will discuss:

- How Medicare A and B work together, as well as supplements and Medicare Advantage plans that can be added.
- Upcoming redeterminations and what to expect, including what to do when you receive a redetermination letter.

- What happens when you call the number on your screen: what to watch for when you see advertising on TV, and how these advertisements may be misleading.

Our message is to go slow, talk to someone else who can advocate for you, and have another set of ears available for this major decision in your healthcare. Time will be provided for questions and answers.

Personal Assistance Services of Colorado (PASCO) (Metro Denver or Online)

Personal Assistance Services of Colorado (PASCO) has been a leader in Colorado's Medicaid home health since 1992, pioneering the paid family caregiver program to help families navigate the complexities of long-term care.

27.39 How to Earn a Living Caring for a Loved One

Book a presentation today to learn how residents can earn a living caring for a loved one, starting in as little as six weeks. Serving the Front Range from Greeley to Pueblo, PASCO offers compassionate, practical support and services —explore our program to see if it's the right fit for your family.

Pinhead Institute (Telluride)

Pinhead Institute is a Smithsonian Affiliate promoting science education in rural Southwest Colorado. A highly motivated network of the world's leading scientists supports educational programs providing unparalleled access to high-level scientific thinking and discovery. Pinhead Institute educates and inspires children in the greater Telluride region about the wonders of science and technology.

27.40 We Bring Science to Kids

Pinhead provides a wide variety of preK-12 after-school, summer, and in-school opportunities for kids to engage in STEM activities. With programs like Punk Science, Scholars in the Schools, Lego Robotics, Maker Mayhem, and Mad Labs, there is no shortage of cool science fun when Pinhead is involved!

Science Matters in America (Statewide or Online)

Science Matters in America is a private organization dedicated to increasing science literacy among children ages five through fourteen. Striving to give every student a meaningful hands-on science experience throughout their academic careers, Science Matters in America offers exciting and educational programs for families and children.

With science fun for families, after-school, and day camp settings, programming is currently available in northern Colorado, Denver, and Colorado Springs.

Combining science demonstrations with experiments such as Color Changing Chemicals, Exploding Power or Elephant's Toothpaste, families and students work together to make a fossil, an electromagnet, or soda pop.

Popular programs include:

27.41 Buzzing with Energy

Electricity and more!

27.42 Forces and Motion

All About Newton's Laws of Motion.

27.43 Matter Does Matter

Exploring properties of solids, liquids, and gases.

27.44 Mini Robots

Meet the Cubelets during this engineering-focused program.

Meg Shaver (Colorado Springs)

Based in Colorado Springs, Meg Shaver offers a wide variety of therapeutic art workshops using a variety of mediums. She is available primarily on weekends. Recent workshops include:

27.45 Acrylic of Sea Turtle

The sea turtle represents resiliency, as its first introduction to life is filled with peril during its journey from the shell to the ocean. Painting on 11"x14" canvases, participants will be guided on creating the sea turtle itself, the blend of background colors, and the enhancements of objects around the turtle.

27.46 Charcoal and Pencil Self-Portrait

Using all the principles of proportion, participants are guided through exploring and seeing the beauty of their own faces; embracing the characteristics that make them unique and learning to appreciate the areas that they may have considered flaws in the past.

27.47 Mandala Treasure Boxes

This is a meditative time of reflection with soft music, little visiting, and a lot of peace. Participants are guided through how to use series of dots in patterns on their treasure boxes in a methodical and symmetric way to create balance and harmony in their work.

27.48 Nature Needlefelt

Using the inspiration of mother nature, participants lay wool out to create either a full landscape or up-close glimpse of something found in nature. This is also a class with reflection time and soft music as artists use special tools to sculpt their two-dimensional pieces while focusing on their goals and how they, like Mother Nature, have the ability to create beauty within their own lives.

27.49 Sculpted Gardens

Using either a coffee mug, flowerpot or teacup and self-hardening clay, participants design their own gardens empowering them with full control of what goes in it. What colors, what objects or living things are allowed within?

27.50 Tree of Life Watercolor and Ink

Rooted in strength, yet able to bend and sway depending on the wind and what comes, the tree of life allows participants to explore wet-on-wet watercolor techniques while finishing the details in ink.

Julia Spigarelli (Metro Denver or Online)

Consultant Julia Spigarelli has worked in older adult services for nearly 30 years. She worked for Centura Health for 16 years, serving in many roles from marketing, leasing, resident services, and Director of Assisted and Independent Living. She led an Alzheimer's support group for many years and was a public speaker through the Centura Health Community Education Program.

Before becoming an independent consultant, Julia most recently served as the Resident Services Coordinator at Highland West Community, an independent older adult living community with 237 apartments.

With three decades of work with older adults and older adult communities, Julia Spigarelli brings a wealth of insight and experience to her custom programming. Classes offered include:

27.51 Home Safety Training

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.

27.52 How to Stay Positive in a Negative World

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.

27.53 Keeping Your Memory Sharp

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

27.54 Options in Older Adult Community Living

Learn how to choose the appropriate community, when it is 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.

27.55 Preventing Falls/Staying Safe in Your Home

One of the most common reasons for hospitalization for older adults 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.

27.56 Taking Care of Yourself: Mind, Body, and Spirit

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.

27.57 Taking Charge of Your Health and Choosing the Right Physician

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.

Chuck Stout (Metro Denver or Online)

Chuck Stout is a historian and museum curator who helps us to take a fresh look at history, science, how things work, and life itself.

His live PowerPoint presentations typically run 45 minutes to an hour, and audience questions are welcomed afterward. Presentations can be tailored to fit the age and background of your audience, from eight-year-olds to retirees.

27.58 A Really Grand Tour

Starting from our home planet, we will take an imaginary journey outward into the cosmos. Along the way, we will think about the possibility of life on other planets, the majesty and beauty of the phenomena we encounter, and our place in the universe. We're certainly not the first to consider such things, and we'll discuss the ideas of some of the great minds of history. No need to pack for this trip—we will be back in about an hour!

27.59 Aerobatics—Gymnastics in the Sky

Aerobatic performances thrill us at airshows. Teams like the Navy's Blue Angels and the Thunderbirds of the Air Force combine power and grace to show us the beauty of flight. Solo performers like Patty Wagstaff and Sean Tucker perform seemingly impossible maneuvers and paint complex figures with smoke in the sky. But like Olympic gymnastics or diving, aerobatic flying is also a competitive sport. This presentation explains the basics of aerobatic flight in simple terms and helps you to know what to watch for at the next airshow.

27.60 Can We Trust Scientists?

Science has traditionally been trusted as a rigorous method of determining objective truth. But scientists at universities are pressured to publish, and scientists in industry are often pressured to deliver results that support the needs of their employers. Many drugs are supposedly tested in scientific studies, only to be recalled later because of faulty research results. Scientists told us for years that smoking was safe. Scientists have been wrong. This presentation explores both sides of the issue and offers some tips on sifting through the sensational stories we see in the news.

27.61 Cars that Changed American Culture

America's culture was shaped by cars in the 20th century, from drive-ins and motels to Interstate Highways and National Parks. In this presentation, we'll take a look at a few of the cars that helped define our national culture. Which ones did you, your parents, or grandparents drive?

27.62 How Stuff Works

Scientists, engineers, and designers have filled our lives with amazing gadgets. They can make our lives easier, safer, and more fun, and some actually keep us alive. We usually take this staggering array of mechanical and electronic devices for granted. Most of us have no idea how they work, but knowing even a little bit can help you to troubleshoot and fix minor problems, saving you time, money, and frustration. Join me to explore the workings of some simple devices you use every day. No engineering or technical skills required!

27.63 How to Have a Great Career

What student doesn't want to have a great career? How about several great careers? Studies indicate that people change jobs, and often careers, several times over a lifetime. Is it possible to guarantee that every job you have in the future will be satisfying, fulfilling, and use your best skills?

This presentation touches on preparation, plotting a career path, finding and applying your talents, job satisfaction, pay, and lifelong learning. (Although most appropriate for high school students, this presentation has also helped college students and adults.)

27.64 Kitchen Science

Why is it that the foods that taste the best are so often bad for you? Why do onions make us cry? What happens to food when we cook it? What foods aren't even foods until they spoil? You might be amazed at how much biology, chemistry, and physics you use every day without even thinking about it. Knowing the science behind everyday activities can help you to enjoy life even more!

27.65 Looking at Math

Math is hard—everybody knows that! Just thinking about it can give many of us a headache. We're trained to appreciate math as a purely practical and intellectual subject—a necessary evil. But math can also be very beautiful. The simple beauty of math surrounds us if we know how to see it. Artistic masters like Bach and DaVinci understood this. Join me to discover a few surprising ways that math in art and nature bring beauty to our lives.

27.66 Science Fiction Coming True

We're still waiting for flying cars and vacations on the Moon, but so many ideas that were once fantasy are either here or just around the corner. Wearable computers, virtual reality, non-invasive surgery, self-driving cars, space tourism—and soon, 3D-printed food, bionic prosthetics, and package delivery drones! Have a look at some of the predictions that came true, as well as a few that fizzled.

27.67 Things We Thought We Knew

Antibiotics, sunscreen, and a beautiful, green lawn are all good, right? And germs, pain, and infection are bad, aren't they? Scientists can't explain why a bumblebee can fly, can they? Stress leads to ulcers and, of course, Apple devices are inherently immune to computer viruses and malware. Let's look into some of the things we thought were true and see if they really are, shall we?

27.68 Toys We Still Play With

The holidays are behind us, and already many of the new toys are cast aside, broken, or their batteries are dead. But there are many toys that are perennial favorites generation after generation. Some have changed very little for hundreds or even thousands of years! This talk will bring smiles and happy cries of "I had one of those!"

27.69 Why Explore Space

Are there any good reasons to spend money or to risk human lives by traveling into space? Space exploration can be expensive and there are certainly risks. But what are the benefits? This presentation investigates some of the ways that space exploration has already changed our lives, as well as how it might solve problems and improve our future.

We Don't Waste (Metro Denver or Online)

Based in Denver, We Don't Waste is a food recovery nonprofit with the vision that food goes to people, not landfills. We Don't Waste increases food access and protects the planet by rescuing and repurposing food, while educating and advocating to increase food security and decrease food waste.

Our educational presentations focus on how wasting food impacts our planet and our people, what we can do to reduce food waste in our own kitchens, and nutrition education.

27.70 What We All Can Do About Food Waste, Hunger, and Nutrition

With virtual and in-person learning opportunities for students of all ages (you're never too young or too old to learn about food waste), We Don't Waste educates students about the environmental impacts of food waste, food insecurity, nutrition, composting, and discusses what we can all do to help reduce food waste.

We Don't Waste also offers hands-on learning through zero waste cooking classes where participants will learn how to make a low-cost low waste recipe, get creative in the kitchen, and learn about the importance of planning and proper storage to prevent waste!

Content may be tailored to any age group for an exciting, hands-on experience. Take-home materials can be provided, as well!

Weld County Public Health Mobile Unit (Weld County)

The Weld County Public Health Mobile Unit offers free and low-cost services such as immunizations, health screenings, education, and referrals to support healthier communities in Weld County. We're bringing quality preventative healthcare to you. Join us to take the first step toward better health.

27.71 Weld County Public Health Mobile Unit

Services available for request include:

- Immunizations
- For children ages 4 years old and older (required for school entry) DTaP/Tdap, Hepatitis B, MMR, Polio, Varicella, Meningitis
- For adults – Tdap, Hepatitis A/B, MMR, Meningitis (based on availability)
- Seasonal vaccines – Influenza (flu), COVID-19 and RSV
- STI testing
- Chlamydia
- Gonorrhea
- HIV
- Syphilis
- Health screenings

- Blood Pressure
- Body Mass Index (BMI)
- Blood Oxygen Levels
- Heart Rate
- Prediabetes and diabetes screening (A1c test)
- An A1c test is a blood test that provides information about your average levels of blood glucose, also called blood sugar, over the past three months.
- Blood lead testing for children
    - A simple blood lead test is the only way to know if your child has been exposed to lead. Lead is an invisible threat that is found throughout our environment and in homes built before 1978. Blood lead testing is particularly important for young children because exposure to lead early in life has been shown to cause problems with learning, behavior, hearing, and growth. Early diagnosis and intervention can help prevent serious health effects and improve developmental outcomes.
- Narcan / Naloxone education and distribution
    - Narcan is a medication that treats an opioid overdose. Education on how to recognize the signs of an opioid overdose and how to give Narcan will be provided.

Zing Credit Union (Metro Denver or Online)

Zing Credit Union has a passion for education. With classes available in English or Spanish both online and in the Denver Metro Area, several topics can be customized for your audience. These include:

27.72 Addressing Student Loans

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.

27.73 Budgeting to Achieve Financial Goals

The holidays are coming! And with them often comes a financial crunch.

This year, be prepared. In this class you will examine your unique money personality to create an efficient budgeting system that makes sense for you and helps you achieve your goals.

27.74 Budgeting: A Planning Tool

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.

27.75 Credit Scores, Collections, and Identity Theft

Are you taking a loan, buying your 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 older adults. Availability varies. Presentations must be open to the public.

27.76 The Credit System Explained

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.

27.77 Don’t Get Scammed

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.

27.78 Dumping Debt

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.

27.79 Exploring Money Beliefs

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.).

27.80 Five Foundations of Personal Finance

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.

27.81 Teaching Kids About Money

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 with appropriate 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.

not seeing what you were looking for?

This catalog is a sampling of what is available in our communities. To find out if a program can be added or customized to your group's needs, please reach out to us at chfareach@chfainfo.com.

Suggestions for the catalog are welcome!