

livfun

Harvard Square

MAY 2012 • ENJOY THE JOURNEY

Babi Yar Park – The History and Evolution of a Sacred Landmark and the Memorial Project in Peril of Completion



Babi Yar bridge

Bordering Harvard Square on the southeast, the expansive 27 acres of Babi Yar Park are a place for walking, biking, remembrance and protest against all acts of inhumanity. Founded in 1971, Babi Yar Park is a living memorial to the thousands of victims murdered between 1941-1943 at the Babi Yar ravine on the outskirts of Kiev. Dedicated by Elie Wiesel, Babi Yar has become both a sacred ground and a landmark of national importance. Landscape architect Lawrence Halprin designed much of the current landscape in the park's 1983 transformation.



The grove at Babi Yar

Harvard Square's connection to Babi Yar Park goes beyond our neighborly boundaries. In 2011, resident Vivian Hoepfner petitioned Denver Parks and Recreation to reinstate our entrance to the park, which was blocked off during recent renovations.

In addition, she requested that our entrance, once reestablished, remain handicap accessible for the residents with walkers, wheelchairs and motorized scooters that frequently entered Babi Yar from the southeast corner of our property. Vivian gathered signatures for her petition, garnered support from local media, and made State and local representatives aware of her cause. Within several weeks, Denver Parks and Recreation agreed to restore access to Babi Yar and amend their plans to meet the requests of Vivian's petition.

(Continued on back)



The Ravine at night, courtesy of Mizel Museum



Inscription with fall leaves



Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep around the same time every night. Keeping a schedule will regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip – make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

(Continued on back)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																											
<p>Locations 2nd Floor Seating Area by Front Elevator, 2FS 4th Floor Lounge, 4FL Bus, Bus Deck, DEC Health and Wellness Office, HW Library, LIB Life Enhancement, LE</p> <p>Lobby, LOB Lobby Fireplace, LB Lower Level Dining Room, LDR Multi-Purpose Room, MPR Pool Table, PTBL Posit Science Classroom, PSC PrimeFit, PF Private Dining Room, PDR The Bistro, TB</p>	<p>Birthdays Kathleen Roberts, 1st Claudette Rue, 4th Pat Donelan, 9th Norma Connors, 11th Russell White, 13th Mary Alice White, 22nd Robert Preator, 24th Bob Jeavons, 25th Terry Riordan, 28th Mary Murphy, 29th</p>	<p>8:30 Life Enhancement, LE ¹ 9:15 PrimeFit, MPR 1:15 Bridge, LIB 1:30 Mega Bucks Bingo, MPR 3:00 Trivia, LB 6:30 Pinochle/Rummikub, LB PF</p>	<p>8:30 Life Enhancement, LE ² 9:15 PrimeFit, MPR 9:45 Traveling Post Office 10:00 Magnetic Darts, LDR 10:15 Wellness Clinic, HW 1:00 Discussion Group, MPR 3:15 Bean Bag Baseball, MPR 6:00 Sports Talk, LB PF</p>	<p>8:30 Life Enhancement, LE ³ 9:15 PrimeFit, MPR 10:00 Bean Bag Toss, MPR 2:00 ALL RESIDENTS MEETING, MPR 2:30 Happy Hour With Live Entertainment, MPR 6:30 Bingo, MPR PF</p>	<p>8:30 Life Enhancement, LE ⁴ 8:30 Aqua Aerobics, Bus 9:15 PrimeFit, MPR 10:00 Balloon Volleyball, MPR 10:00 Balloon Volleyball, MPR 10:30 Trivia, LB 1:00 Discussion Group, MPR 1:00 Open Office Hours, HW 2:30 Watercolors, LDR 6:00 History & Mystery, MPR 6:30 Blackjack, LB PF</p>	<p>CINCO DE MAYO ⁵ 9:15 PrimeFit, MPR 10:00 BIBLE STUDY, LDR 10:30 CATHOLIC SERVICE, MPR 12:30 Wii Bowling, MPR 1:00 "Wheel of Fortune" & Ice Cream Social, TB 2:00 Kentucky Derby Party, MPR 2:30 Bean Bag Baseball, MPR 6:30 Rummikub, LB 6:30 Movie Night, MPR PF</p>																											
<p>10:30 LIVING HOPE CHURCH, MPR 1:30 Bingo, MPR 6:30 Movie Night, MPR</p> <p>6</p>	<p>8:30 Life Enhancement, LE ⁷ 9:00 Canasta, LIB 9:15 PrimeFit, MPR 10:00 Silverado Chorale Performance, MPR 10:15 Wii Bowling Practice, MPR 10:30 Facebook Review, MPR 10:30 Trivia, LB 1:30 Joy Ride With Mel, Bus 1:30 Whimsy of Wine, MPR 3:00 Sing-Along, MPR 5:30 Wii Bowling, MPR 6:30 Marta & Nick: Songs From "Les Mis," MPR PF</p>	<p>8:30 Life Enhancement, LE ⁸ 9:00 Foot Clinic, HW 9:15 PrimeFit, MPR 1:15 Bridge, LIB 1:30 Mega Bucks Bingo, MPR 3:00 Trivia, LB 6:30 Pinochle/Rummikub, LB PF</p>	<p>8:30 Life Enhancement, LE ⁹ 9:15 PrimeFit, MPR 10:00 Magnetic Darts, LDR 10:15 Wellness Clinic, HW 1:00 Discussion Group, MPR 3:15 Bean Bag Baseball, MPR 3:30 "Who Done It?" at Heather Gardens, Bus 6:00 Sports Talk, LB 6:00 Arts & Crafts, TB PF</p>	<p>8:30 Life Enhancement, LE ¹⁰ 9:15 PrimeFit, MPR 10:00 Bean Bag Toss, MPR 11:00 Resident Council Meeting, LIB 2:30 Happy Hour With Live Entertainment, MPR 6:30 Bingo, MPR PF</p>	<p>8:30 Life Enhancement, LE ¹¹ 8:30 Aqua Aerobics, Bus 9:15 PrimeFit, MPR 9:30 Free Blood Pressure Check, MPR 10:00 Balloon Volleyball, MPR 10:00 Balloon Volleyball, MPR 10:30 Trivia, LB 1:00 Discussion Group, MPR 1:00 Open Office Hours, HW 2:30 Watercolors, LDR 3:00 JEWISH SHABBAT SERVICE, LIB 6:00 History & Mystery, MPR 6:30 Blackjack, LB PF</p>	<p>7:45 Prayer Breakfast, LIB ¹² 9:15 PrimeFit, MPR 10:30 CATHOLIC SERVICE, MPR 12:30 Wii Bowling, MPR 1:00 "Wheel of Fortune" & Ice Cream Social, TB 2:30 Bean Bag Baseball, MPR 6:30 Rummikub, LB 6:30 Movie Night, MPR PF</p>																											
<p>MOTHER'S DAY ¹³ 10:30 LIVING HOPE CHURCH, MPR 1:30 Bingo, MPR 6:30 Movie Night, MPR</p>	<p>8:30 Life Enhancement, LE ¹⁴ 9:00 Canasta, LIB 9:15 PrimeFit, MPR 10:15 Wii Bowling Practice, MPR 10:30 Trivia, LB 1:30 Joy Ride With Mel, Bus 3:00 Sing-Along, MPR 5:30 Wii Bowling, MPR 6:00 Billiards, PTBL PF</p>	<p>8:30 Life Enhancement, LE ¹⁵ 9:15 PrimeFit, MPR 1:15 Bridge, LIB 1:30 Mega Bucks Bingo, MPR 3:00 Trivia, LB 6:30 Pinochle/Rummikub, LB PF</p>	<p>8:30 Life Enhancement, LE ¹⁶ 9:15 PrimeFit, MPR 10:00 Magnetic Darts, LDR 10:15 Wellness Clinic, HW 1:00 Discussion Group, MPR 2:15 Arts and Crafts, LDR 3:15 Bean Bag Baseball, MPR 5:15 Dance at Aurora Center for Active Adults, Bus 6:00 Sports Talk, LB PF</p>	<p>8:30 Life Enhancement, LE ¹⁷ 9:15 PrimeFit, MPR 10:00 Bean Bag Toss, MPR 11:00 Activity Committee Meeting, LIB 2:30 Happy Hour With Live Entertainment, MPR 6:30 Bingo, MPR PF</p>	<p>8:30 Life Enhancement, LE ¹⁸ 8:30 Aqua Aerobics, Bus 9:15 PrimeFit, MPR 10:00 Balloon Volleyball, MPR 10:00 Balloon Volleyball, MPR 10:30 Trivia, LB 1:00 Discussion Group, MPR 1:00 Open Office Hours, HW 2:30 Watercolors, LDR 6:00 History & Mystery, MPR 6:30 Blackjack, LB PF</p>	<p>ARMED FORCES DAY ¹⁹ 9:00 WALK FOR THE MEMORIAL AT BABI YAR PARK 9:15 PrimeFit, MPR 10:00 BIBLE STUDY, LDR 10:30 CATHOLIC SERVICE, MPR 12:30 Wii Bowling, MPR 1:00 "Wheel of Fortune" & Ice Cream Social, TB 2:30 Bean Bag Baseball, MPR 6:30 Rummikub, LB 6:30 Movie Night, MPR</p>																											
<p>10:30 LIVING HOPE CHURCH, MPR 1:30 Bingo, MPR 2:50 Chair Yoga and Qi Gong, MPR 6:30 Movie Night, MPR</p> <p>20</p>	<p>8:30 Life Enhancement, LE ²¹ 9:00 Canasta, LIB 9:15 PrimeFit, MPR 10:15 Wii Bowling Practice, MPR 10:30 Trivia, LB 1:00 Cameo Club Performance, MPR 1:30 Joy Ride With Mel, Bus 2:00 Ladies' Tea Party, LDR 3:00 Sing-Along, MPR 5:30 Wii Bowling, MPR PF</p>	<p>8:30 Life Enhancement, LE ²² 9:15 PrimeFit, MPR 10:00 Garden Club, LIB 11:00 Book Club Meeting and Lunch, LIB 1:15 Bridge, LIB 1:30 Mega Bucks Bingo, MPR 3:00 Trivia, LB 6:30 Pinochle/Rummikub, LB PF</p>	<p>8:30 Life Enhancement, LE ²³ 9:15 PrimeFit, MPR 10:00 Magnetic Darts, LDR 10:15 Wellness Clinic, HW 1:00 Discussion Group, MPR 2:15 Chef Demo and Talk Back, MPR 3:15 Bean Bag Baseball, MPR 5:00 ROMEO Club, MPR 6:00 Sports Talk, LB 6:00 Arts & Crafts, TB PF</p>	<p>8:30 Life Enhancement, LE ²⁴ 9:15 PrimeFit, MPR 10:00 Bean Bag Toss, MPR 2:30 Happy Hour With Live Entertainment, MPR 6:30 Bingo, MPR PF</p>	<p>8:30 Life Enhancement, LE ²⁵ 8:30 Aqua Aerobics, Bus 9:15 PrimeFit, MPR 10:00 Balloon Volleyball, MPR 10:00 Balloon Volleyball, MPR 10:30 Trivia, LB 1:00 Discussion Group, MPR 1:00 Open Office Hours, HW 2:30 Watercolors, LDR 6:00 History & Mystery, MPR 6:30 Blackjack, LB PF</p>	<p>9:15 PrimeFit, MPR ²⁶ 10:30 CATHOLIC SERVICE, MPR 12:30 Wii Bowling, MPR 1:00 "Wheel of Fortune" & Ice Cream Social, TB 2:30 Bean Bag Baseball, MPR 6:30 Rummikub, LB 6:30 Movie Night, MPR PF</p>																											
<p>10:30 LIVING HOPE CHURCH, MPR 1:30 Bingo, MPR 6:30 Movie Night, MPR</p> <p>27</p>	<p>MEMORIAL DAY ²⁸ 8:30 Life Enhancement, LE 9:00 Canasta, LIB 9:15 PrimeFit, MPR 10:15 Wii Bowling Practice, MPR 10:30 Trivia, LB 1:00 Crazy 4 Beads Class, MPR 1:30 Joy Ride With Mel, Bus 3:00 Sing-Along, MPR 5:30 Wii Bowling, MPR 6:00 Billiards, PTBL PF</p>	<p>8:30 Life Enhancement, LE ²⁹ 9:15 PrimeFit, MPR 10:30 Ear Care Clinic, LB 1:15 Bridge, LIB 1:30 Mega Bucks Bingo, MPR 3:00 Trivia, LB 6:30 Pinochle/Rummikub, LB PF</p>	<p>8:30 Life Enhancement, LE ³⁰ 9:00 NATIONAL SENIOR FITNESS DAY 9:15 PrimeFit, MPR 10:00 Magnetic Darts, LDR 10:15 Wellness Clinic, HW 1:00 Discussion Group, MPR 3:15 Bean Bag Baseball, MPR 6:00 Sports Talk, LB PF</p>	<p>8:30 Life Enhancement, LE ³¹ 9:15 PrimeFit, MPR 10:00 Bean Bag Toss, MPR 2:30 Happy Hour With Live Entertainment, MPR 6:30 Bingo, MPR PF</p>	<p>Transportation</p> <table border="0"> <tr> <td>Monday</td> <td>8:45 a.m.</td> <td>Banks</td> </tr> <tr> <td>Monday</td> <td>10:30 a.m.</td> <td>King Soopers/Walgreens</td> </tr> <tr> <td>Tuesday</td> <td>8:30 a.m.-2 p.m.</td> <td>Doctor Appointments</td> </tr> <tr> <td>Wednesday</td> <td>10 a.m.</td> <td>Outings</td> </tr> <tr> <td>Wednesday</td> <td>2 p.m.</td> <td>Select Shopping</td> </tr> <tr> <td>Thursday</td> <td>8:30 a.m.-2 p.m.</td> <td>Doctor Appointments</td> </tr> <tr> <td>Friday</td> <td>9:45 a.m.</td> <td>Walmart</td> </tr> <tr> <td>Friday</td> <td>10:45 a.m.</td> <td>Walmart</td> </tr> <tr> <td>Friday</td> <td>1 p.m.</td> <td>Sprouts Farmers Market/Safeway</td> </tr> </table>		Monday	8:45 a.m.	Banks	Monday	10:30 a.m.	King Soopers/Walgreens	Tuesday	8:30 a.m.-2 p.m.	Doctor Appointments	Wednesday	10 a.m.	Outings	Wednesday	2 p.m.	Select Shopping	Thursday	8:30 a.m.-2 p.m.	Doctor Appointments	Friday	9:45 a.m.	Walmart	Friday	10:45 a.m.	Walmart	Friday	1 p.m.	Sprouts Farmers Market/Safeway
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Sleep Tight! (Continued)

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with back-lit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near. Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.

Here's wishing you more restful, rejuvenating sleep throughout Better Sleep Month and beyond. Sleep tight!

And They're Off!

May 5 marks the 138th Annual Kentucky Derby. This one-and-a-quarter-mile race for 3-year-old thoroughbreds is held the first Saturday in May at historic Churchill Downs in Louisville, Ky.

Horse racing has been a part of Kentucky's heritage since as far back as the 1700s. It wasn't until 1872, though, that Colonel Meriwether Lewis Clark Jr. went to Europe and visited several jockey clubs and horse tracks. He came back to America and organized the Louisville Jockey Club to raise funds for a track just outside town. That was the start of Churchill Downs, named after John and Henry Churchill, Clark's relatives who donated the land.

The Derby became known as "The Run for the Roses" because the winner receives a garland of roses. This tradition supposedly started when New York socialite E. Berry Wall gave women roses at a post-Derby party in 1883. Clark saw this and got the idea to make the rose the official flower of the Derby. However, it was not until 1896 that the first garland was given to the winner.

The first official Kentucky Derby was held May 17, 1875. A colt named Aristides won under jockey Oliver Lewis. In 1973, the horse Secretariat was the first Derby winner to break the two-minute barrier, with a time of 1:59. Secretariat went on to win the Triple Crown, meaning he won the Kentucky Derby, the Preakness Stakes and the Belmont Stakes. Only 11 horses have won the Triple Crown; the first was Sir Barton in 1919 and the latest was Affirmed in 1978.

Fun traditions like donning large spring hats, and sipping mint juleps are a big part of the Derby's appeal. This year, gather with friends in your spring finest to cheer on your favorite picks. Armed with a little history of "The Greatest Two Minutes in Sports," you're now ready to celebrate this year's Derby in style. Let the races begin!

Babi Yar Park – The History and Evolution of a Sacred Landmark and the Memorial Project in Peril of Completion (Continued)

The most recent enhancements in Babi Yar Park began in 2011 when Mizel Museum, Denver Parks and Recreation, and many community leaders came together to plan the next phase of development. Currently a memorial in transition, Babi Yar will link the memory of the September 11, 2001 attacks in New York and Washington to the memory of the mass killings of Jews, gypsies, Ukrainians and others. Sixteen pieces of steel from the site of the World Trade Center, along with other artifacts, have made their way across the country to Denver.

In preparation for Babi Yar's evolution to a park honoring victims of world terrorism, architects have been selected and the remnants of the World Trade Center are being stored in a warehouse in the Denver area. Unfortunately, financing for the project, which is privately funded, has dried up. It has been said that the project needs several hundreds of thousands of dollars to reach completion and, as a result, the work on the memorial has halted until more funding can be procured.

When the team at Harvard Square discovered that the future of the memorial project at Babi Yar Park was in peril due to lack of funding, we knew we had to give back and create awareness for this cause. And so, Walk for the Memorial was born – a walk through the Babi Yar Park, promoting awareness and raising funding to assist with the completion of the memorial which will house remnants of the World Trade Center. Walk for the Memorial will take place Saturday, May 19, and will feature education about Babi Yar and the transition of the park, as well as remnants of the eventual memorial.

Walk for the Memorial – Babi Yar Park

Saturday, May 19, 2012 – 10 a.m.

For more information or to donate, please go to:
www.mizelmuseum.org/walkformemorial

Contacts at Harvard Square: Janet Beaver or
Therese Meyers

303-696-0622



Etching at Babi Yar

HARVARD SQUARE
LIVING BETTER THAN EVER

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