



COMMITMENT, SUPPORT AND ENCOURAGEMENT

Healthcare Day

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IN THIS ISSUE

TAVR

by Ted Snow

Recently, an elderly family member of mine underwent a technologically-advanced, life-saving medical procedure. Her diagnosis was "severe aortic valve stenosis," a fancy way of saying the valve in her heart's aorta, which should have opened to almost the diameter of a quarter, opened only to the size of the tip of a ballpoint pen, blocked by the same kind of calcified plaque that takes thousands of lives every year.

My 79-year-old cousin, whom I'll call "M," is one of those people who holds families together. When my wife was a little girl and her father died (because a valve in his heart failed), M and her husband filled the family gap for Kathy and her siblings. Later, when my wife and I were first married and I was working hard to launch a career and our finances were, shall we say, "limited," M stepped in again, taking care of our kids part-time so my wife could work. Because of M, we made it through.

Because of her recent surgery, M made it through, too. Now, she has color in her face, her voice is strong, she has her famous sense of humor again, and she can take a walk without becoming short of breath. M's life was saved by a "trans-catheter aortic valve replacement" or "TAVR," the same technique used at the Medical Center of Aurora, by people like Dr. Jonathan Sherman, an Interventional Cardiologist, and Dale

Remacle, and Interventional Radiology Technician. On February 16, Dr. Sherman and Mr. Remacle showed Leadership Aurora 2017 the medical center's heart catheterization lab and the instruments they use, and described the cutting-edge technique.

Dr. Sherman explained that patients like M are often too weak for open-heart surgery. TAVR allows a medical team to replace a patient's aortic valve by inserting a catheter-- a long tube about the diameter of a writing pen--through an artery leading to the heart. Through the catheter, a balloon is inserted into the aorta and expanded to push the patient's failing valve out of the way. The balloon is removed, and a replacement valve, made of metal mesh and animal tissue, is placed in the position of the old valve. The balloon inflates again to expand the valve to right size for the patient, and the procedure is complete. Typically, the process takes about 40 minutes.

Because of life-saving technology, and especially because of professionals like Dr. Sherman, Mr. Remacle, and the people at the Medical Center of Aurora, lives are changed for the better every day. Because of their work, families and people like M can enjoy years of life together they wouldn't have had otherwise. And for their work and care, I offer a heartfelt, "Thanks."



#ChelunaLove

Alexa has a wonderful review about our newest brewery in Aurora! Make sure to check out our next social!!!

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UC Health

Omar reflects on his experience touring UC Health

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Cheluna Review

by Alexa Pecorella

Although this wasn't my first stop at Cheluna, my stay during our Social Happy Hour on February 16th only further enforced the allure of the #ChelunaLove vibe. When you walk in, you are greeted by festive lights and mingling all about from tables, the bar, and friends standing and visiting. I say "hello" and am warmly greeted by owner/manager Jennifer who is working the bar with her delightful mother. I venture upstairs where more visitors are enjoying delicious brews. Our tables are reserved, there is a foldout prepared for our tasty treats, and a screen with microphone is ready for karaoke. I set up bowls with tortilla chips and an assortment of local Colorado salsas. We got to feast on mild 5280 Salsa from Littleton, Winking Girl tomatillo salsa from Boulder, and Blake's Ugly Dawg chunky, spicy salsa from Colorado Springs. David brought his famous chocolate chip cookies and Heather brought an assortment of board games. Natalie and Josie also stopped by Yellowbelly restaurant inside Stanley Marketplace, and shared some natural fried chicken tenders and specialty smashed potato fries with the group. We know from the *Stanifesto* that all businesses within Stanley Marketplace seek to make connections between neighbors and become a community hub, and this was definitely emphasized by how our classmates came together to share with one another and spread the love!

Now onto the main attraction. Cheluna is proud to be Stanley's only production brewery and tap room, so I had to get to get my hands on some of owner/brewer Javier's famed brews. I order the beer flight, which includes a sample of each of Cheluna's six current brews. While I enjoy all types of beer, there were three specialties that really stood out to me. The *Belga con Pasión* is Cheluna's Belgian style Saison that is infused with maracuyá (passion fruit). The fruity fermentation adds a sweet depth to this gentle brew, in the same way that makes Dry Dock's Apricot Blonde a cult classic. Next is the *Tamarindo Gose* (pronounced "GO-zah"). The menu describes this as a wheat beer with tamarind and plum that is subtly tart. *Subtle* is truly an understatement! One sip knocks you back with an enjoyable sour pout. To make another Dry Dock connection, Sour Apricot comes to mind with this savory smackdown. Last but not least is the *Coco-Xoco* (pronounced "Coco Choco") – a medium



bodied Porter infused with cacao, coconut, and vanilla. The espresso-like darkness combined with the nutty, toasted flavors evoke a resemblance to drinking coffee in beer form!

The beer, the friends, the atmosphere: Cheluna proved to be more than a social – it was a gathering of laughter, bonding, and good brews. Let's keep the magic going at our next social event, which will be held at a location to be announced near Buckley Air Force Base. We'll see you at the next Social Happy Hour!



HEADING 4



Incognito

By Mary Meeks

How would you feel if one day you discovered you were not the person you thought you were? And that you discovered an entire family, history, and ethnicity you never knew? How would this discovery impact your life and those around you?

These are some of the questions Michael Fosberg explores onstage in a play titled, "Incognito", his astonishing true-life journey to search for his biological father. The intriguing part of this story is that Fosberg believed for the first 34 years of his life that he was white until he learned from his mother that his biological father was a black man.

During the month of February, the City of Aurora's Community Relations Division continued a series of Race Forum discussions. The series began in 2016 and was created to examine community dynamics, promote open dialogue and equip attendees with strategies to move beyond race as a line of division in community.

Recently the series included, *Incognito*, the true story of Michael Fosberg's personal journey nearly 20 years ago when he discovered he was part African-American. Michael, in a one-man play, reenacts in great detail, the roles of more than 10 relatives and friends as he unfolds his revelation of his complete racial identity. The event was held at the Community College of Aurora on Feb. 15 as part of the college's series of events to celebrate Black History Month. After the performance, Fosberg engaged the audience in a discussion about race and ethnicity.

The one-man play, written and performed by Fosberg, has been hailed by critics and educators as "positively cathartic" in its ability to allow audiences to question their own perceptions about race, identity, and stereotypes. The play debuted on stage in Chicago in October 2001 and has since toured to numerous venues across the country. Fosberg also conducts diversity and inclusion training to many companies and organizations. For more information about the play, go to www.incognitotheplay.com.

Eric's Top 5

By Eric Franks

Let me paint the picture for you. My 24 hr shift ended the morning of last Thursday, March 3rd and I had what I consider a vacation - 4 days off with a lot of projects to get done...but whatever the current virus is called (I call it something not to be printed and maybe inappropriate for the next Deadpool movie) crept up on me and hammered me to the ground or more appropriately the bed. Just as I was feeling a teensy bit better I had a coughing attack and severely strained my lower back. Feel free to laugh - Picture me at 1:00 AM standing in my kitchen hacking/coughing up a lung and now holding my back in severe pain...it only took me 45 minutes to crawl up the stairs and find the leftover Percocet and Flexeril from the last time I demobilized my back (at least I was pretending to play rugby during the last back injury).

When you're sick and/or injured the minutes meander by like you're in a middle school math class and you actually wonder and worry that the annoyance will never end. You think of a lot of things when you're laying in bed wondering if the "fun" is going to keep on coming. So 72 hours of sick leave, one doctor's visit, a new prescription of Flexeril, and 1 pound of Motrin later I have the top 5.

Top five things you may think of when you're sick in bed....for many days!

5. "What was the name of that girl who told me 'NO' when I asked her to the dance in high school...If she was here right now I would kiss her right in the mouth...see how she likes this cold...bwahahahaha...OUCH that hurts to laugh."
4. "Oh my good heavens there is not one enjoyable thing left on Netflix to watch anymore...oh wait...a reality show about Australian Customs and Border Patrol...I stand corrected"
3. "Ah crap...I missed jury duty this week!"
2. "I wonder who 'spored' my wife and son and made them sick too? Surely, it's not me because I only coughed on every surface in the house...wait...spored? Is that a real, scientific term?...spored, spored, spored, bored, bored, bored...Surely I spored the house...wait...I think Shirley Spored was the name of that girl from High School.
1. "If this is the way it all ends...I have wasted my life...I wonder if Australian Customs and Border Patrol is hiring?"

Leadership Aurora class of 2017, **LETS MAKE OUR MARK ON SAND CREEK PARK**, located at the intersection of Peoria Street and Fitzsimons Parkway. The projects team has put together 2 opportunities in just one location. Each opportunity is described below and we need you. There are several opportunities to help between now and the big BUILD DAY on May 20th. Please read the descriptions below and let us know where you can contribute to helping beautify Aurora and make a difference in the lives of Aurora Children.

Cottonwood Forest:

The City of Aurora has received the Inspire Grant to create an open outdoor space, they have engaged North Middle School, located at 12095 Montview Blvd, asking student assistance to design the space. The space within the Sand Creek Park is called Cottonwood forest. Over the next month the group of students will learn about landscaping, landscape architecture, and plants along with creating beautiful outdoor spaces. They will design their space, present their ideas to the City and school. In partnership with Leadership Aurora, the City will build their space on May 20th. We need 2 – 4 volunteers for each afternoon (4pm – 6pm) described, during the month of March to work with the students on the following initiatives:

March 7th – help the students understand what a Landscaper and Landscape Architect does, why they are necessary and what role they play in designing an open space.

March 9th – Join the kids to visit their designated space in Sand Creek Park, explore the area and help create ideas for their landscape project.

March 14th – Its design day, students will design Cottonwood Forest, their section of Sand Creek Park and, and would like our help.

March 16th – the students will present their ideas to the school and City to obtain approval of their design and the May 20th build day. This is our Leadership Aurora Military Day, so North knows we will not have volunteers on this day.

Finally, we will join the students and the City to construct their outdoor space on May 20th.

Please consider volunteering your time for 2 hours on one or more of the March dates to help generate excitement with the students to create their park space. Reply to Danielle Lammon with your interest or questions at dshannon@allstate.com or 303-956-6058

Sensory Garden:

A Sensory garden provides an intimate space where young children can be immersed in the scents, textures, colors and sounds of a tranquil, explorative out door space. Leadership Aurora Class of 2017 has been granted a space in the Sand Creek regional Greenway, in the Sand Creek Park to develop a Sensory Garden. Once complete the garden will be available to kids with special needs where sensory stimulation is a vital part of their growth and development. Our class can create a permanent space to make a difference in the lives of young children.

We can create a space that has color and texture through flowers, plants and trees, it can have a safe pathway for children to walk, crawl or use a wheelchair, it can have hardscape like a bench or permanent table and chairs, or a whole host of other ideas.

The city has granted our LA class about 225 square feet of space to create this garden. To make the most of everyones time, we will leverage the same "Build Day" as the Cottonwood Forest build, but we have a lot of steps between now and then to make this a reality. Please see the list of tasks we need your help to execute.

- We need to create the design
- Obtain City approval of the design
- Fundraise for the materials
- Build the space.

Here are a couple of links to learn more: NLI <https://naturalearning.org/sensory-gardens> and Master Gardener <https://www.gardeningknowhow.com/special/accessible/sensory-garden-ideas.htm>

Please let Danielle Lammon know if you are available to help out with the activities above. Once we have our list of volunteers we will schedule a time to meet and brainstorm. Danielle's contact information is dshannon@allstate.com or 303-956-6058.

SENSORY GARDEN EXAMPLES



Healthcare Day

by Omar Lyle

Impressed isn't the word I would use to describe UC Health and the medical facilities at Fitzsimons medical campus. It seems to be too small a word to use for this jaunting leviathan of the city. From the technology the building employs to its trained medical staff that ensures that the ship is ran tight under any and all conditions; this economic engine is every bit the power house that one would expect it to be.

There were two groups that would head to two different locations. Group one would head to Aurora South and group two would head to UC Health. My two sons were both born at The Medical Center of Aurora which pushed me to making the decision to go with group two to UC Health. Not that I didn't think that Aurora South was a great location, but I had spent a lot of time there because of my children. I had never been to UC Health up until that point, and I was curious to see the inside of one of the tallest buildings in Aurora.

Pulling up to UC health is a little intimidating because of the size and sheer hustle and bustle of the place. However, things calmed down a bit after we dropped the vehicle off with the valet. Group two assembled in a classroom on the first floor and began our familiarization tour with the facility. The classroom reminded me that this was still a university, and yet, strangely, a hospital too. The day would take on the theme of going from laboratory to hospital bed and back to a classroom. It's a side we often don't get a chance to see from major university hospitals. More often than not we are there to receive treatment or to attend classes if we are a medical student. However, when you're given a grand tour like this you begin to realize the true worth that UC health brings to the community.

I did my fair share of disaster training when I was in the military, so getting a chance to see the way UC Health handles HAZMAT situations was very self-affirming for me. The yellow rubber suits they wore reminded of the Mission Oriented Protective Posture (MOPP) gear that we wore for training in the army. Even the procedures they had for decontaminating equipment and people were very similar or the same to what I remember. The professionalism of the staff was also very reassuring. Knowing that the staff is trained and the equipment is ready is like knowing that an axe in a glass case is sharp and ready to go in case of a fire.

Also seeing the efficiency of the labs was another reassuring sign that if I ever had to get treated there I would have very little to worry about. It was much like watching a mini car factory produce car after car on an assembly line. This is where our group encountered a young woman that was the embodiment of the youth and vibrancy at UC Health. As she took us around her lab, you could hear the passion for her work at each station. It was refreshing to see and hear someone that was so passionate about their work which reminded me of the passion I have for mine.

All in all, the tour of UC Health gave me some perspective on how one of the city's major industries operates within the community. To say I was not impressed with the tour would be inaccurate, however, it would more accurate to say I was inspired by the tour. From the emergency ambulance units that cruise the city like great caped crusaders to the lab workers that operate with the efficiency of a German auto factory; UC Health is a world class facility with world class people!

