



February 2026 News and Information

Hello Retirees!

February has come. It is the month of hearts and flowers when love abounds. For those of us who don't receive flowers or cards on Valentine's Day, I have a solution. I go to the grocery store the day after and buy flowers at discount prices. I enjoy them thoroughly and I haven't spent the inflated Valentine's Day markup.

We finally experienced winter in its totally bone-chilling guise. I'm hoping for an uneventful winter, with enough snow to keep us out of the danger zone. I'm looking forward to spring and summer.

Your Retiree Board has put together an exciting event scheduled for Monday, June 1, 2026. In case you haven't heard, we are taking a little trip to the mountains. You and a guest are invited to take a trip to The Kennedy Mountain Campus in the Red Feathers Lake area. This is a beautiful outdoor campus. We'll gather on the Denver campus and take a luxury bus trip to the mountain campus. Free parking on the main DU Campus will be provided for your cars if needed.

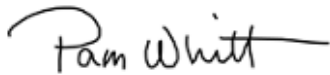
We are covering all expenses for transportation, lunch, nature walks and other exciting activities. More details follow later in this e-blast. I hope you can join me, several other DU Retirees Board members, retiree members, and guests for this enjoyable day trip.

More details to come. Registration will open on April 13, 2026. Please stay tuned.

Have a wonderful February! If the winter blues get you down, make sure to get out to your local house of worship, the nearby rec center, a park, museum, library, restaurant

or shopping center. Anywhere to break your daily routine, see people, and have a little fun.

Keep Warm!

A handwritten signature in black ink that reads "Pam Whitt". The signature is written in a cursive style with a long horizontal flourish extending to the right.

Pam Whitt, Chairperson
DU Retirees Board

Retiree Board Phone Number for Reservations

Due to changes in the DU telephone system, the DU retiree board phone number is no longer active. Carole Burgess, the Board Secretary, has agreed to take reservations for luncheons and retiree-sponsored events on her cell phone. Her phone number and email will be provided in the newsletter whenever the Board requests reservations.

Trip to Kennedy Mountain Campus



Save the date: Monday, June 1—DU Retirees Day Trip to the Kennedy Mountain Campus

Please plan to join us on a day field trip to DU's Kennedy Mountain Campus located in the Red Feather Lakes area on June 1.

- Free transportation will be provided via luxury coach.
- Free parking on the DU campus is available for your cars if needed, and BEST of all.....
- A delicious, free lunch will be provided for you and one guest.

More details to come. Registration will open on April 13, 2026; please stay tuned.

Kaiser Permanente

Every year, thousands of older adults fall and hurt themselves, and many experts agree that some falls can be prevented. All Kaiser Permanente Medicare Advantage members have access to BOLD, a digital program focused on fall prevention. BOLD offers both live and recorded educational and exercise sessions, and helps improve balance,

bladder health, physical strength, and reduces muscle and joint pain. Visit the [BOLD website](#) to get started today.

Pioneer Journeys

Explore the World with the DU Community!

Pioneer Journeys invite DU retirees to travel with fellow members of the University community—combining thoughtful pacing, expert guidance, and opportunities to learn and connect along the way. Alumni, family, and friends are welcome.

Cruise the Norwegian Fjords: In the Path of the Vikings

May 24 to June 3, 2026

Cruise through Norway’s fjords aboard the SH Diana with DU History professor [Daniel Melleno](#), whose expertise in viking and medieval history adds context to visits to historic ports, UNESCO sites, and dramatic coastal scenery. [See program details.](#)

Treasures of Madagascar

Aug. 2 to 17, 2026

Explore Madagascar’s remarkable wildlife and landscapes with DU Biological Sciences faculty member [Dr. Dhaval Vyas](#). From rainforests and nature reserves to UNESCO-listed sites, this journey offers a deeper look at the island’s ecosystems and cultural traditions. [See program details.](#)

"Dear Student" Note Writing Program

“Dear Student” note writing offers a thoughtful way to stay connected to DU and support first-year students during finals week.

Participants are invited to write five short, handwritten notes of encouragement that will be included in care packages distributed to students living on campus in June. These messages offer reassurance, perspective, and a reminder that a wider DU community is cheering students on during an important moment in their academic journey.

All materials are provided by mail—including DU branded notecards, example messages, and a prepaid return envelope—making it easy to participate from home and on your own schedule.

This year's goal is to collect 1,000 notes, enough for every first-year student living on campus to receive one. [Learn more and sign up](#) by April 30.

Knoebel Institute for Health Aging (KIHA)

Alzheimer's/Dementia 101 with Dementia Friendly Denver

Thursday, Feb. 19 | Online only, 10:30 to 11:45 a.m.

You're invited to our free zoom seminar hosted by Dementia Friendly Denver's JJ Jordan, titled Alzheimer's/Dementia 101—Facts, Treatments, Caregiving, Research, Risk Reduction. This seminar will explore the risk factors, warning signs, and lifestyle changes that could lower your risk for dementia. This seminar is offered monthly. If you're interested, [register for Feb. 19](#).

If you are having trouble registering, please email [Riley Coyne](#) directly for assistance.

Guiding Your Journey: We Listen. We Evaluate. We Provide a Roadmap for Successful Aging.

Thursday, Feb. 12 | Online only, 11 a.m. to 12 p.m.

Join Aging at 5280 founder and owner, Cindy Koch, and Elder Care Manager, Karen Summers, each month as they feature guest speakers covering essential topics such as health and wellness, home safety, financial resources, and more. They will provide a variety of tips and tools for successful aging, all tailored for older adults and their families. [Register for this event here](#).

If you are having trouble registering, please email [Riley Coyne](#) directly for assistance.

Lunch and Learn: Family Communication: Mastering Difficult Conversations

Tuesday, Feb. 24 | In-person, 11:30 a.m. to 2 p.m.,

Join us at the Knoebel Institute for Healthy Aging for an engaging Lunch and Learn

session with Shelly Smith-Acuña, PhD. Dr. Smith-Acuña is a professor of clinical psychology at the University of Denver and Dean Emerita of the Graduate School of Professional Psychology. Her research and teaching explore the process and outcomes of psychotherapy, emphasizing what actually helps people improve; the quality of therapeutic relationships, meaningful engagement of partners and family members, and culturally attuned interventions that fit clients lived contexts. This event is proudly sponsored by Aging at 5280. [Register for this lunch and learn here.](#)

If you are having trouble registering, please email [Riley Coyne](#) directly for assistance.

Lunch and Learn: Estate Planning and Cognitive Decline

Tuesday, April 28 | In-person, 11:30 a.m. to 2 p.m.

Join us at the Knoebel Institute for Healthy Aging for an informative Lunch and Learn session with Jon Kraus, Jenna Merlin, and Peter Merlin. They will be discussing money and assets as we age. More information to come! This event is proudly sponsored by Aging at 5280. [Register for this lunch and learn here.](#)

If you are having trouble registering, please email [Riley Coyne](#) directly for assistance

Retiree Medical Benefit Information

If you are currently receiving DU Retiree Medical benefits and have questions, please contact RetireeFirst at (720) 770-0677 (TTY 711) or toll free at (855) 423-3275 (TTY 711). To access additional retiree benefit information, please visit the [DU HRIC Retiree website.](#)

2026 RTD Booklets

To request RTD booklets, contact benefits@du.edu. Be sure to include your name and mailing address. You may request up to two booklets each quarter. Booklets are subject to availability.

Lamont School of Music Performances

Lamont Symphony Orchestra—Haydn's Symphony No. 64—Die Fleidermaus

Wednesday, Feb. 4 | Gates Hall, 7:30 to 9:30 p.m.

2 free parterre tickets for Retirees with DU ID at the Box Office, with free parking included.

Faculty Recital Series: Linda Wang, Violin and Piano

Friday, Feb. 6 | Hamilton Hall, 7:30 to 9:30 p.m.

2 free parterre tickets for Retirees with DU ID at the Box Office

Faculty Recital Series: Tatiana Mayfield Brown, Storytelling through Music

Sunday, Feb. 8 | Hamilton Hall, 4:30 to 6:30 p.m.

2 free parterre tickets for Retirees with DU ID at the Box Office

Lamont Wind Ensemble: "The Dream & The Dreamer," Black History Month

Wednesday, Feb. 11 | Gates Hall, 7:30 to 9:30 p.m.

2 free parterre tickets for Retirees with DU ID at the Box Office

Faculty Recital Series: Heidi Melton, soprano & piano

Friday, Feb. 13 | Hamilton Hall, 7:30 to 9:30 p.m.

2 FREE parterre tickets for Retirees with DU ID at the Box Office

Lamont Jazz Orchestra

Monday, Feb. 23 | Gates Hall, 7:30 to 9:30 p.m.

2 free parterre tickets for Retirees with DU ID at the Box Office

The Spirituals Project Choir

Thursday, Feb. 26 | Gates Hall, 7:30 to 9:30 p.m.

2 free parterre tickets for Retirees with DU ID at the Box Office

Please check with the Newman Center Box Office regarding parking restrictions, as they differ for each performance. There is an option to buy a parking permit from [DU Parking Services](#) which allows parking in the Newman Center parking garage. See information below.

Box Office—303-871-7720 or email LamontMusic@du.edu.

DU Theater Productions will be published when they are available.

Purchase Retiree Parking Permits

DU Retirees can purchase parking permits for select locations on DU's campus. The DU Parking Office will take payment over the phone at a rate of \$32 a year, or \$8 per quarter, and mail the permit to your address. Call customer service at (303) 871-3210.

Office hours are Monday through Friday, 8:30 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m., and their office is located at 2130 S. High Street.

Useful Links

- [DU Campus Information](#)
- [DU Master Calendar of Events Information](#)
- [Newman Center Presents](#)
- [Lamont School of Music](#)
- [DU Athletics](#)
- [Denver Public Library Programs for Older Adults](#)
- [Osher Lifelong Learning Institute Programs \(OLLI\)](#)
Retirees are exempt from the \$20 up charge for on campus classes.
- [Knoebel Institute for Healthy Aging](#)

- [Senior Resources on Aging \(Aging at 5280\)](#)
- [RTD Access-a-Ride for persons with disabilities](#)
- [A Little Help](#)

Board Members

- Pam Whitt, Chairperson
- Diane Wendt, Vice Chair
- Carole Burgess, Secretary
- Bill Lobb, Treasurer
- Jeff Bowen
- Greg Grauberger
- Cathy Grieve
- Roscoe Hill
- Anne Hoskinson
- Maril Hughes
- Pat Kavanagh
- Barb Kreisman
- Chris MacMillan
- Jennifer Thompson
- Joan Winn

[View email online](#)



2199 S. University Blvd.
Denver, CO 80208



You are receiving this email
because
you are a member of the DU
community.