



## DU Retirees 2025



### October 2025 News and Information

Hello Retirees!

It's Fall! The leaves are falling, the mornings are cool and crisp and my tomato harvest is coming to an end. I'll miss the tomatoes, but I'm happy for the cooler weather.

I'm looking forward to seeing you at the University of Denver Retirees 30th Annual Fall Luncheon on Wednesday, October 15. It will be another delicious and enjoyable buffet lunch sponsored by Canvas Credit Union at the Wellshire Event Center. Make sure you RSVP soon to [carole.burgess@du.edu](mailto:carole.burgess@du.edu). Make your plans now to join us. Remember, there is free, convenient parking right next to the venue.

Our Spring luncheon will be hosted on March 18 and our Summer Barbecue on June 10. Please calendar these two additional events and enjoy reading our monthly e-blasts to stay well informed about a variety of benefits, programs, special events and activities available to members.

Have a wonderful Fall!

Regards,

A handwritten signature in black ink that reads 'Pam Whitt'.

Pam Whitt, Chairperson  
DU Retirees Board

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### DU Retirees Fall Luncheon

Enjoy seeing and visiting with DU friends and colleagues at this year's Fall Luncheon being hosted at the Wellshire Event Center on Wednesday, October

15, 11:30 am -1:30 pm. Space is limited, so it's not too early to make your reservation now by emailing Carole Burgess at [carole.burgess@du.edu](mailto:carole.burgess@du.edu) or by phone at 303-871-3268. If phoning, please be sure to leave your name, guest name(s) and phone number.

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## **Knoebel Institute for Healthy Aging Upcoming Events**

### **Lunch and Learn: The Aging Brain**

In-person, 11:30 a.m.-2 p.m., Sept. 30, 2025

Join us at the Knoebel Institute for Healthy Aging for an engaging Lunch and Learn session with Daniel Paredes, PhD. Dr. Paredes, a researcher at the Knoebel Institute for Healthy Aging, will share insights and discoveries about the aging brain. This event is proudly sponsored by Aging at 5280.

[Register here](#)

If you are having trouble registering, please email [riley.coyne@du.edu](mailto:riley.coyne@du.edu) directly for assistance

### **The Power of Volunteerism: Supporting Aging in Place**

Online only, 11 a.m.-12 p.m., Oct. 16, 2025

Join Aging at 5280 Founder and Owner, Cindy Koch and Elder Care Manager, Karen Summers for an insightful conversation with Executive Director, Hilary Simmons, about the organization, *A Little Help*. Hilary will be sharing with us the power of volunteerism. *A Little Help* is a Colorado-based 501(c)(3) nonprofit dedicated to empowering older adults to thrive in their homes and communities.

[Register here](#)

If you are having trouble registering, please email [riley.coyne@du.edu](mailto:riley.coyne@du.edu) directly for assistance.

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## **No Place to Grow Old**

Join us for a special [screening of No Place to Grow Old](#), a powerful documentary that shines a light on the growing crisis of senior homelessness in our communities. This event is hosted by the Delores Project (a homeless service organization in Denver) as part of their fundraising efforts. The event is on Oct. 17 in the evening.

Following the film, we'll host a panel discussion with local leaders and advocates to explore the challenges facing older adults without stable housing—and the solutions we can build together. Light snacks will be provided. [Click here for tickets or for more information](#).

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## **Alzheimer's/Dementia 101 With Dementia Friendly Denver**

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, online only, from 10:30-11:45 a.m.

[Register for Oct. 29](#)

If you are having trouble registering, please email [riley.coyne@du.edu](mailto:riley.coyne@du.edu) directly for assistance.

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## **Pioneer Journeys Travel Program**

### **Ready for Your Next Great Adventure?**

Explore the world with fellow University of Denver alumni, faculty and friends through the Pioneer Journeys travel program. These small-group trips blend culture, connection and learning—perfect for those who value meaningful experiences and lifelong discovery.

### **Cambodia, Vietnam and the Mekong River**

January 19-February 2, 2026

Cruise the Mekong River aboard a 27-cabin river ship while discovering the beauty and history of Southeast Asia. Explore ancient temples, vibrant floating markets and the cultural landmarks of Phnom Penh and Ho Chi Minh City. The journey also includes deluxe hotel stays in Siem Reap and Ho Chi Minh City.

[Learn more](#)

### **Sicily, Malta and the Amalfi Coast**

May 25-June 2, 2026

Sail aboard a 92-cabin small ship from Rome to Valletta, with stops in Sorrento, Palermo, Taormina and more. Discover six UNESCO World Heritage sites, sample Mediterranean cuisine and enjoy breathtaking coastal scenery.

[Learn more](#)

Questions? Reach out to [Mackenzie Hunter](#).

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## **Kaiser Permanente**

Kaiser Permanente is here to support our members in staying well during cold and flu season. Getting vaccinated is the best way to protect yourself and those around you, especially those who may be at higher risk for health complications. Members can get the flu and COVID-19 shot at no additional cost during any

doctor visit or at one of the flu shot locations, starting September 2. Visit [www.kp.org/flu](http://www.kp.org/flu) , and [www.kp.org/covid-19](http://www.kp.org/covid-19) for more details.

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## Enrichment Program

This fall, the Enrichment Program offers a dynamic lineup of courses designed to spark curiosity and connection. Explore the mysteries of the [Aging Brain](#) (in partnership with KIHA) or celebrate the music and legacy of [Jimmy Buffet](#) (co-taught by DU retiree Barb Kreisman). Reconsider history with DU retiree Buie Seawell's class on [Christopher Columbus](#) or gain timely insights into today's shifting world order in a course on [Global Power Politics](#) taught by DU retiree Paul Viotti. We're also thrilled to present [Dance and Diplomacy](#) , featuring the acclaimed Hung Dance troupe from Taiwan in collaboration with the Newman Center and the Korbel School of Global and Public Affairs (this class will explore Hung Dance's work on international diplomacy before attending their performance at the Newman Center).

DU retirees may apply Longbrake Family Retiree Education Funds towards one class—don't miss this opportunity to learn, engage, and be inspired! See the [full course catalog here](#).

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## Longbrake Family Foundation Retiree Education Fund

The Longbrake Fund was created for the purpose of providing University of Denver retirees with a limited number of small stipends to assist with the financial portion of continuing education at DU. Review the steps to learn more about how to apply for and use the stipend, or make a contribution to the fund, by visiting the [HRIC Retiree Benefits page](#).

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## Osher Lifelong Learning Institute

Your passion for knowledge didn't retire when you did! The Osher Lifelong Learning Institute (OLLI) at DU invites you to dive into an exciting semester of courses designed for curious minds like yours, led by knowledgeable and passionate facilitators. From art history and current events to hands-on workshops and field trips, OLLI offers all the intellectual stimulation without tests or grades - learning simply for the love of it! Join other DU retirees and fellow learners at five convenient Denver locations plus online options, exploring new interests and building lasting friendships. Fall registration is open now, and classes begin the week of September 15. Don't miss your chance to be part of this vibrant learning community where every day brings new discoveries. Contact us today at [olli@du.edu](mailto:olli@du.edu) to register and learn more!

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## 2025 RTD Booklets

To request RTD booklets contact the DU Retirees HRIC liaison, Stephanie at [Stephanie.Trujillo@du.edu](mailto:Stephanie.Trujillo@du.edu). Be sure to include your name and mailing address.

You may request up to 2 booklets each quarter. Booklets are subject to availability.

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## Transportation to Retiree Events

For those who cannot drive (or be driven) to Retiree events: All RTD vehicles are accessible to people with disabilities, e.g. walkers, wheelchairs. For retirees who are not able to get to and from a bus stop, or who have a disability that prohibits them from riding a fixed-route bus independently, RTD has an ADA program called Access-a-Ride. Trips on Access-a-Ride may be used for any purpose, by reservation one to seven days in advance. There is no same-day Access-a-Ride service. To use this service, you must fill out an application, which is on the RTD website: [How to Apply for Access-a-Ride | RTD-Denver](#).

There are 4 components to the Access-a-Ride application:

1. A written application
2. A medical verification form to be completed by the licensed professional most knowledgeable about your condition.
3. An in-person interview\*
4. A Transportation Assessment\*
  - \*RTD can provide transportation to this appointment

The completed application may be faxed to 303-299-2169 or mailed to RTD:  
RTD  
c/o Access-a-Ride  
1660 Blake Street  
Denver, CO 80202  
For more information, call 303-299-2960

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## Lamont School of Music Events

### **Lamont Symphony Orchestra**

October 8, Gates Hall | 7:30-9:30 p.m.

Rossini Overture

2 Free tickets for Retirees at Box Office with DU ID

### **Faculty Recital**

October 10, Hamilton Hall | 7:30-9 p.m.

Chamber Music for Winds & Piano

Carolyn Kunicki & Krzyzek

2 Free tickets for Retirees at Box Office with DU ID

### **Indigenous Peoples Day 2025**

October 14, Gates Hall | 7:30-9:30 p.m.

Cheyenne & Arapahoe Musicians

FREE Admission

### **Guest Artist Recital**

October 22, Hamilton Hall | 7:30-9 p.m.

Jean-Louis Haguenauer

Chamber Music  
Free—No Ticket required

For Info about any of these events, email [jeaking@du.edu](mailto:jeaking@du.edu)

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## Useful Links

- [DU Retiree Benefits](#)
- [DU Campus Information](#)
- [DU Master Calendar of Events Information](#)
- [Newman Center Presents](#)
- [Lamont School of Music](#)
- [DU Athletics](#)
- [DU Enrichment Program](#)  
Use Code DURW18 for a 20% discount; some restrictions apply.
- [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 Discount Ticket Booklets](#)
  - Request booklets by contacting the DU Retirees HRIC liaison, Stephanie at [Stephanie.Trujillo@du.edu](mailto:Stephanie.Trujillo@du.edu), including name and mailing address. RTD booklets expire on December 31 of each year. Retirees may receive up to two booklets each quarter.
- [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
- Cathy Grieve
- Roscoe Hill
- Anne Hoskinson
- Maril Hughes