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Medical Center Foundation

by Maryjo Faith Morgan

**"Never doubt what a small group of thoughtful and committed people can do to change the world... indeed, that is the only thing that ever has." —Margaret Mead**

The McKee Medical Center Foundation clearly demonstrates this truth here in our own community. George Ligothke Chairman of the board says, "Seeing tangible results keeps me active. This board has had dramatic successes. I know more people are getting better medical care through the Foundation's efforts. It is an opportunity ripe for citizens to become involved, to participate in making their community a better place." He cites the Loveland Community Health Center downtown as one such achievement. It is an outpatient clinic providing access to dental care, health care, prescriptions, and mental health care for the under and uninsured. Both Ligothke and Executive Director, Julie Johnson Haffner are extremely pleased to be associated with the McKee Medical Center Foundation.

According to Haffner, 100 percent of the funds raised stay in Loveland to benefit McKee Medical Center and Loveland Community Health Center patients. She is justifiably proud of the Foundation's fundraising ability for capital campaigns and ongoing programs. "We have a great track record and stake our reputation on our accountability—100 percent donor stewardship. Banner Health invests in the Foundation by employing our superb staff and McKee has highly qualified professionals and an excellent facility that enable us to provide wonderful care for Northern Colorado. We hope people will come and get to know us." The Foundation, being committed to quality health care for the McKee Medical Center communities is involved in two huge undertakings this year, The Legacy Project and The Women's Breast Center. Both will expand capacity and increase an already high quality patient care available at McKee Medical Center.

Phase I of the ambitious Legacy Project is nearing completion. The three floors in the new wing are opening on a staggered basis starting with the first floor surgery center on February 14th. The expanded ICU on the

second floor will open in early March, and the third floor Obstetrics Wing will be inaugurated with a community "baby shower" on April 2nd. Opening festivities will include door prizes and tours enabling the community to visit the 13 marvelous suites. Last year 937 infants were born at McKee. In the new birthing center, laboring women will be admitted upon arrival to a suite that is fully equipped for labor, delivery, recovery, and postpartum care all in one spacious room. Families will be able to stay together to welcome their new little ones. Each suite will provide amenities for increased comfort, security, and topnotch care to the expectant mothers and their families.

The Women's Breast Center will open this spring with a state-of-the-art breast diagnostics imaging center. Using a multidisciplinary approach, they will largely meet patient needs in this one facility. Patients will experience an unprecedented 24-hour test-to-results turn around. From the first visit through diagnosis and treatment, patients will have the support of an oncology prepared registered nurse who is also certified as a breast health specialist. The Women's Breast Center is expected to exceed the 7,771 mammograms performed last year at McKee.

The Lutheran Hospital & Homes Society opened the original Loveland Memorial Hospital in 1951. In 1976, McKee Medical Center was built to meet the demands of a growing community. Initially renowned as the only hospital in the area with private rooms, the brand new facility stepped up to the huge demand for services during the Big Thompson flood and immediately earned a respected place in the Northern Colorado community. The Foundation was established in 1981 by a group of individuals (who later served on its board of directors) to create a charitable development trust fund. When the Lutheran Hospital & Home Society and

Samaritans merged in 1999 to become Banner Health, the Foundation continued in its commitment to provide funds for McKee Medical Center, the McKee Cancer Center, Loveland Community Health Center and its programs and projects. The Foundation supports such ongoing programs as Healthy Beginnings Prenatal Program, Prescription Assistance Program, P.A.R.T.Y. (Prevent Alcohol and Risk related Trauma in Youth), Stepping Stones Adult Day program, and the Sunshine Fund. Although the Foundation develops annual corporate and foundation grants, and major gifts and planned gifts funds, they also rely on community participation in their four major fundraising events each year.

In 2005 you can participate in the 18th annual Community Classic Bike Tour coming up on May 15th (see details on their website: [www.tccbt.com](http://www.tccbt.com)) and the McKee Masters Golf Tournament set for Sept. 9th. Be sure to mark your November calendar for the Evergreen Evening Black Tie Event on the 5th, and Thanksgiving morning for the 4th annual Turkey Trot.

There are many opportunities to help, ranging from serving on boards and committees to events. The Foundation is currently looking for community members to volunteer at special events. Call 970-635-4007 to sign up. Send contributions to: The McKee Medical Center Foundation, P.O. Box 830, Loveland, CO 80539 or contact them via e-mail: [mckee.foundation@bannerhealth.com](mailto:mckee.foundation@bannerhealth.com).

Board of McKee Medical Center Foundation includes Floyd Albers, Ken Amundson, Ross Armour, MD, Jerry Ashbach, Bobbie Beyersdorf, Dennis Breitbarth, Ray DeGood, Ursula Eckert Peterson, DVM, Shay Eikner, Kevin Foley, MD, Mel Green, Cindy Guldy, Mary Gullikson, Mo Heth, Shirley Hogan, Trish Joyner, Bill Kaufman, Linda Keener, Joy Korte, George Ligothke, Dick Lubinski, Nancy McCaig, MD, Dan Mills, Evan Patterson, Jan Pierce, Bruce Rippe, Bill Senneff, Bob Shearer, Jim Tilger, Jim White, Jim Willard, and John Winter.

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# SUPPORT YOUR LOCAL NONPROFITS



## BOYS & GIRLS CLUBS OF LARIMER COUNTY

by Maryjo Faith Morgan

† There is a happy commotion—laughter and movement are everywhere. In the computer lab, boys and girls sit absorbed with their tasks, jumping up now and then to ask questions of their counselor or offer suggestions to each other. Next door, a giggling group gathers for choir practice. Nearby, bouncing bas-

conviction: “We know that we are offering our youth vital choices to develop to their potential, and many chances for fulfilling experiences under the supervision of caring, adult professionals. We give them choices of life-enhancing programs and chances for character development. It’s all about choices and chances.”

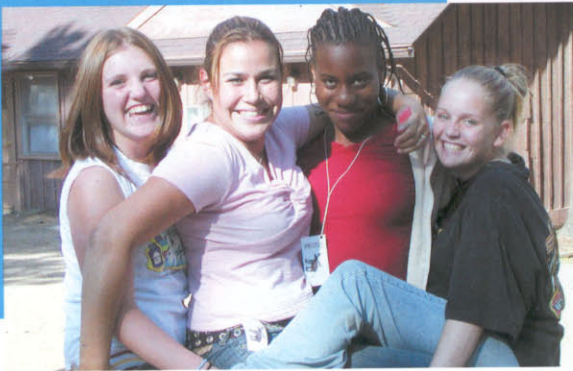
Wright, who has been described as a steamroller with a smile, comes by her enthusiasm naturally. “It seems as if everything throughout my 35-year career has prepared me for this, the love of my life.” When she heard retired Joint Chief of Staff, Colin Powell speak a few years ago, his words ignited a passion that drives her to seek the best for and expect the most from the children of Larimer County. “Powell said, ‘You are fighting the most important battle

America could fight—fighting for the hearts and souls of our kids.’ That day, his words motivated me to do this work for the rest of my life. We are unique from daycares and other youth programs. Our kids aren’t with us for just an hour once a week; many are with us 30 hours a week, open to close. They’re with us after every school day, through spring and winter breaks, and all day in summer. That is a significant

chunk of time for an average of 200 youth daily. We take that responsibility seriously, and seek to promote the character development of our boys and girls during these critical periods of their growth. Our mission is to provide an environment that helps young people reach their full potential, a simple equation:

**environment = people, place, & programs.”**

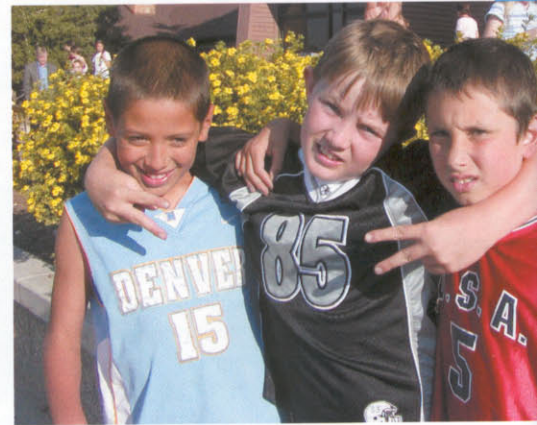
Boys & Girls Clubs of Larimer County provide young people with safe, positive places where they can participate in activity choices designed to teach them life skills in five core areas: character and leadership, education and career, health and life skills, the arts, and sports, fitness and recreation. In



ketballs resound amid shouts of encouragement. This is a typical afternoon at a Boys & Girls Club, one of three that serve over 2000 local youth a year. Clearly, the kids are having a good time.

“I come to the Club to hang out with my friends, to play on the computers, do my homework, to dance—basically, it is more fun here than going home,” says Alana. Sam adds, “There’s a bunch of stuff to do here. I’m not bored.” Chantelle nods her head, “Yeah, just come on by and see how it is. You don’t have to come back if you don’t want to.” It is obvious they think other teens would enjoy all this, too. Another member expresses that if she were not there at the Club, she’d probably be hanging around with her other friends who do drugs after school.

“They think they are just having fun,” says Kathi Wright, Executive Director of Boys & Girls Clubs of Larimer County (BGCLC). She speaks with a passionate



a recent example of service to their community, the youth hosted a “Cardboard Cram” in Loveland. They slept in cardboard boxes outside, in December, to raise awareness for homelessness. Through these efforts they were able to donate \$4,000 locally. After seeing the terrible devastation caused by the tsunami, the kids held a “Car Bash” and at a dollar a swing raised money to help victims.

There are leadership clubs, cooking classes, the Smart Girls program, pottery, talent shows, visual arts, flag football, hockey, tennis, golf, trips to professional

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sporting events—and the list of services continues to grow. To that end, Wright says BGCLC would like to build a facility in Loveland much like one in Fort Collins, extend the Wellington Club's hours from the current Monday/Wednesday/Friday schedule to full-time, and eventually evaluate the needs and resources in other areas of Larimer County to provide children there with these same opportunities.

Wright praises their engaged and educated board for setting an example and a standard, "Our board's rockin' and rollin' as a total unit and is at 100 percent charitable giving." Board President, John Sinnett, is extremely pleased with this over-the-top participation. "As an organization, there is a level you seek to attain where people want to be on your board. We have extremely good people involved, who do a lot personally and through their business affiliations; they are committed to action because they see the value." That's the buy-in: an investment in the future by investing in youth.

Sinnett issues an open invitation: "You just have to come see for yourself. If you really want to understand what we are all about, come to a Club and see us in action. Take a tour of a facility while the kids are there and see the incredible job our staff does. They are making a difference in the lives of these kids." He suggests that donations do not have to be a large amount. It costs \$350 a year to provide for each child; membership dues are \$5 a year. "That's where we need the help: sponsor one child for a year. It's a relatively small amount for the good it could do."

BGCLC'S main fundraising event of the year, A Bit Of A Bash, will be held June 25th at Lundeen's Riverwood Ranch. Other opportunities include Breakfast with Our Champions, sponsored by First National Bank; Black Tie Bingo, sponsored by Rotary After Work; The Human Race, sponsored by Miramont; dedicated United Way contributions; and participation through Albertson's Community Partners Program.

Do you wonder when and how this all got rolling? In October 1986, a Youth Alternative Center opened in Fort Collins to give youth a fun, supervised place to be after school and during the summer. A couple of years later, the center joined the National Boys & Girls Clubs of America. Meanwhile, Wellington was growing, and

in 1994, the town's officials offered space in the Wellington Town Park for the Boys & Girls Club. By early 1996, the Youth Empire Board in Loveland merged with the Boys & Girls Clubs in Fort Collins and Wellington, and the Boys & Girls Clubs of Larimer County was born. The Boys & Girls Clubs have successfully structured the clubs to offer programs that have been proven to positively impact at-risk youth, socially and emotionally. Since then, local youth have had a safe place to enjoy when they are not in school, a place dedicated to provide them with choices and chances.

To volunteer your skills and talents, contact Boys & Girls Clubs of Larimer County Program Center 970-223-1709 or visit the website: <http://www.bgca.org>.

The Board of Directors are Mark Agnew, Mike Demma, Roger Gunlikson, Stu Haskell, Matthew Hoeven, Dennis Hogerty, Leslie Jabaily, Robert Janda, Jennifer Jones, Ehi Lambert, Troy McWhinney, John Peden, Kevin Polansky, Lee Porter, Wes Sargent, Terry Schueler, Kevin Shaw, John Sinnett, Libby Stoddard, Bryan VanMeveren, and Kathi Wright, BGCLC (nonvoting).



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# SUPPORT YOUR LOCAL NONPROFITS



by Maryjo Faith Morgan

**† The crew has been hard at it since early morning.** “Break time! Hot coffee and cookies!” Sawing ceases. Hammering stops. They clamor down, glad for the hand-warming mugs. With cookies in hand, they cluster in easy camaraderie, a typical scene at a Greeley Area Habitat for Humanity (GAHFH) build site. Seven homes already stand completed, with two more to be finished by June. Next year this ambitious group is striving to build 10 homes in twelve months!

“The need is great,” says executive director Tom Chagolla. “It is hard to put into words how good we feel about doing this. It’s a calling, a blessing to become part of it. We feel euphoric, doing so much good not

landscaping and home maintenance.”

“Our mission is to work in partnership with God and people everywhere, from all walks of life, to develop communities with God’s people in need. We build houses so that there are decent homes in decent communities in which people can live and grow into all that God intended,” says Chagolla. “We have a great partnership with the city of Greeley; they have worked closely with us, and the New Frontier Bank funded our Family Resource Center. It’s all about partnerships.”

Board president Jim Vettig maintains that you have to experience volunteering for yourself. “Come out on a Saturday and help build a home. You go away feeling really good about what you’ve done. You are making a difference, making it happen. Habitat is a blessing.”

Chagolla says, “As the houses take shape, community members find themselves building partnerships, friendships, and better family relationships. One ecumenical build involved nine churches. Tasks were divvied up among the 130 people, who managed a ‘blitz build,’ finishing the entire house in only two weeks.”

cannot say enough good about their crews. “The passion and commitment (of our volunteers) is the reason we have been so successful. No one is in this for ego or recog-



ognition. Our boards, current and past, and our staff are dedicated. It’s a team thing.”

Chagolla states with obvious gratitude, “The Monfort Family Foundation’s long term generosity to Habitat is the real deal. We’ve been blessed with strong support from the generous Northern Colorado community to help us carry out our mission.” All Habitat homes are built solely by donations—from individuals, civic organizations, businesses, foundations, and the faith community. GAHFH’s major fundraiser is the annual breakfast “Ask Event,”



just for one person, but for whole families. We give them a hand up, not a hand out.”

Annually GAHFH hosts several orientations that 200-300 families attend. Of those, 75 might qualify, but only eight Habitat homes will be available. For families earning \$9 an hour, a Habitat house is a dream come true. Mortgage payments for the new homeowners, at zero percent interest, do not exceed 30% of their monthly gross income. Consumer budget management counseling is required, and each family performs 500 “sweat equity” hours on their own home.

Chagolla says when families sign the papers, they get a lot thrown at them all at once. “Many have never owned a home before. We mentor them and teach basics like fire safety and changing furnace filters,

Working mostly on Fridays and Saturdays, a small army of volunteers is continually needed. Annually an average of 3,200 volunteers work individually or in groups, from businesses, civic organizations, churches, UNC, and Aims. “Our volunteers just get hooked.” Volunteers are always needed to assist not only in building homes, but also preparing and serving meals for workers, tutoring students, helping at the Re-Store, or serving on a committee or board. Chagolla



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which will be held on May 12th this year.

Habitat for Humanity International was started in 1976 by Millard and Linda Fuller. Each affiliate operates independently, based on local support. In 1988, Dr. Richard Kemme incorporated the organization now known as the Greeley Area Habitat for Humanity. Since then 44 homes within the greater Greeley area have been completed. GAHFH is currently building the single largest Habitat development within the 13 Western States region: Habitat North. Scheduled for completion within seven years, it will consist of 60 homes and the New Frontier Bank Family Resource Center, which includes a computer learning center, family activity room, living quarters for work groups, and office space. Ongoing classes such as GED, English as a second language, and community resource workshops will be provided. Kiwanis is also establishing a neighborhood park and after-school tutoring.

GAHFH's goals include establishing a Greeley Habitat for Humanity Home Improvement Re-Store within the next year. A Re-Store gives the local community a place to recycle construction materials and at the same time raises funds by selling those materials. GAHFH is calling for volunteers to form a Re-Store committee to launch this industrious endeavor.

Habitat for Humanity is by nature a faith-based organization. Although faith and living by their good deeds is important, neither staff nor volunteers push their beliefs on others. In serving community populations from 50,000 to 250,000, GAHFH has been selected as the 2004 Regional Affiliate of the Year. Considering they were chosen from among over 241 affiliates within the Western States region, this is encouraging and certainly speaks to the caliber of their work.

The Greeley office is located at 104 North 16th Avenue. For additional information call (970) 351-6766 or e-mail [greeleyhfh@yahoo.com](mailto:greeleyhfh@yahoo.com). See more on the web at [www.habitat.org](http://www.habitat.org).

Locally, there is a critical need for affordable housing. Greeley Habitat for Humanity addresses more than just this need. Habitat gives families hope. It is hope that empowers families to follow their dreams and succeed in life.

The Board of Directors includes President Jim Vetting, Vice President Jean Daviet, Secretary Pam Bricker, Treasurer Mary Sorensen, May Bunjes, Lou Cangilla, Harry Felderman, Gary Hendershot, Chuck Henderson, Brandon Houtchens, Herschel Phelps, Juanita Rocha, Joe Tennessen, Susie Velasquez and Larry Wakeman.

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# SUPPORT YOUR LOCAL NONPROFITS

by Maryjo Faith Morgan



**T**he Bas Bleu Theatre Company has cool new digs in the recently revived Giddings building, built in 1912. Incredibly, Bas Bleu has managed to gain considerable space without losing the ambiance that originally distinguished it. The stage is more spacious and seating capacity is expanded, yet when the lights go down you still feel as if the performers are playing to you and you alone. The handsomely outfitted structure has a happy energy all its own. It invites you to browse the current exhibits gracing the spacious lobby gallery, or to sit back and be entertained within intimate distance of the performers. You can even take a peek at the "by invitation" exhibits in the unique LOOvre. Whether you come to participate or to spectate, you cannot ignore the magnetism of this cultural enclave situated daringly on the "other side of the tracks." Once again the pioneer Bas Bleu boldly sits as an anchor ready to lead the charge to develop a vibrant, thriving historic and cultural district.

When Bas Bleu first opened its doors at 216 Pine Street, Fort Collins didn't even realize it needed an innovative and interactive theater. But its intelligent



well-educated public was ripe for it. Who knew? Founders Wendy Ishii and Eva Wright knew. They followed their impulses.



"We never thought we'd become such a big deal! We had this concept of a salon theater, of getting people in a room together, having an artist show them something provocative, and then having a discussion. It was an experiment."

One cannot mention Bas Bleu and not ask about that odd French name. Ishii laughs, "Eva and I were brainstorming. As soon as she said it, I loved the very sound of it!" People assume that Bas Bleu, French for blue stockings, perhaps refers to theater by women for women. Not so. In the 1770s, society women would hold gatherings where they were supposed to be crocheting. Instead, they defied custom and had lively intellectual discussions. Eventually men, even men of letters, attended. Instead of wearing evening clothes, which would have been black silk stockings, they wore their everyday blue worsted wool stockings.

Wendy Ishii, co-founder and artistic director, says she has always believed that if you do works that you respect, works that challenge you as an artist and challenge your audience, the audience will connect and they will come. She says, "People get excited seeing something that makes them reflect or bond together and think about the world around them and their community. I believe that, but I didn't know if anyone else did."

The numbers prove Fort Collins does. Since 1994, Bas Bleu has hosted over 460 events, with over 1,075 performances that involved over 2,600 artists, performers, writers, designers, costumers, scenic artists, technicians, volunteers and over 36,000 patrons. Indeed, after 13 years in Fort Collins, actors continue to play to full houses.

Robert Reid, managing director and an actor in his own right, is pleased that Bas Bleu attracts national talent like Gary Austin, regarded as one of the top 53 teachers in the country, the force who founded the legendary Groundlings theatre company in Los Angeles; and Cathy Reinking, manager of casting at NBC whose credits include "Arrested Development," "Frasier," "Hawaii," and "According to Jim." What brings them in the first place and



then keeps them coming back? Ishii says it is because of the sheer creative energy here. "Another example is Bob Mahoney, with credits like the Disney and Kodak Centers in L.A., and the Denver Auditorium. He is our acoustician at the new Bas Bleu. It tickles me when someone of this stature is excited about coming here."

Reid says, "Surround yourself with really good people, that's the trick." Board president Joe Malara wholeheartedly agrees, "One great thing Bas Bleu has going for it is everyone wants to see this succeed. There's a lot of really good feeling there. Everyone who comes here buys into this

dream. Bas Bleu is this extraordinary thing that's in evolution on its way to something bigger and better. We have this huge synergy going." He shares more of the dream: "Right now we're the new kids on the block, saying, 'We challenge you, Fort Collins, make this something new and special!' Bas Bleu will be one of the cornerstones of an artistic community capable of enhancing local economic vitality—a little village with music, clubs, artists, a place where people will be sipping zinfandel by the river." Reid says the idea is a reality because of the goodwill in the community.

The Bas Bleu Theatre Company is fulfilling its mission to present outstanding theater that challenges audience and artist alike in an intimate setting. We all benefit from their lofty goals: to enrich the cultural life of the region, and in doing so, add to the common cultural experience that bonds us, and to provide a venue in which writers, directors, actors, designers, poets, and visual artists can practice and improve their craft. The teaching component is essential, enabling Bas Bleu to give back to the community. Anyone can participate in their classes—there is no criteria.

Thanks to the incredible trust and enthusiasm of Tom Sutherland, who guaranteed the loan to purchase and renovate the Giddings building, the whole place will be interactive and educational. The upstairs will eventually house the Carl & Augusta Levine Memorial Library and classrooms.

In the planning are more classes, summer camps, and seminars for kids, writers, artists, and even a venue for businesses that might want to offer something during the day. Partnerships and collaborations with CSU and Poudre School District will also expand. "If people experience theater for the first time as children, they will be more likely to go to the theater as adults," says Ishii.

Bas Bleu operates with the help of their Board of Directors. They include President Joe Malara, Vice President Wendy Ishii, Treasurer Lorna Reeves, Secretary John R. Hill, Rick L. Arneson, Gretchen Gaede, Ed Hoover, Ryan Keiffer, Sandi Klug, Bob Komives, Michael Liggett, Bill Rister, Mary Robertson, Christiano Sosa, and Gary Thomas.

Fundraisers also help keep the theater going. A major fundraiser is the gala Mardi Gras Party held on Fat Tuesday every year. Ongoing fundraising includes an annual mailing to appeal for sponsors.

Bas Bleu has recently teamed up with Gretchen Gaede and Ryan Keiffer, owners of The Write Words, and ardent supporters of Bas Bleu. They will help develop

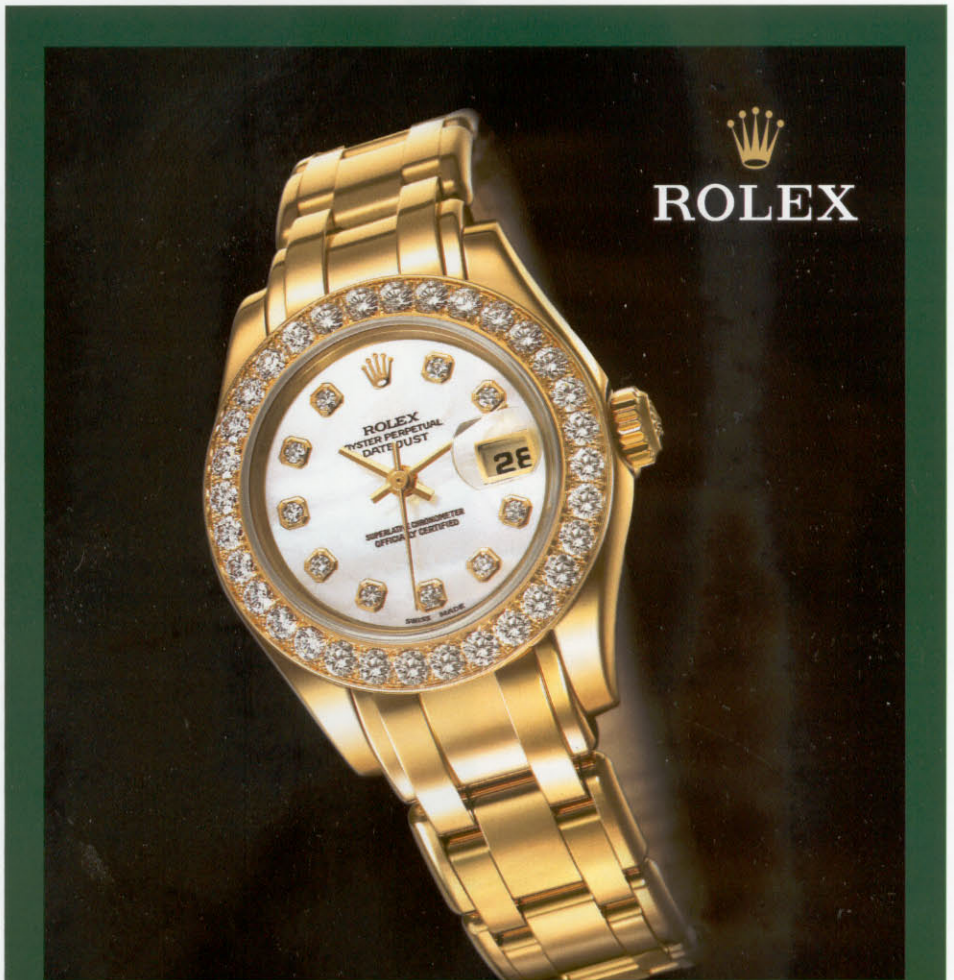
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creative fundraising and marketing strategies. One such exciting opportunity for this season is that prior to performances, a phenomenal dinner/theater package will be available. Antonio & Mary Race of Pulcinella's will prepare a surprise menu unique to each production and served at a special 5:00 p.m. dinner seating. Included are the ticket, appetizer, entrée, dessert, tax and gratuity for only \$55 per person.

Upcoming productions include *The*

*Scarlet Letter*, *Death of a Salesman*, and *The Elephant Man*. Ongoing events include Poetry and Prose, Late Night at Bas Bleu, a Comedy Improv presented in collaboration with the CSU Theatre Program, First Friday Gallery Walk, and the Make Art with an Artist workshop series.

To see details of their current season visit [www.basbleu.org](http://www.basbleu.org). To volunteer, check performance details, or just get acquainted, call the box office at 970-498-8949.



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ROLEX OYSTER PERPETUAL LADY-DATEJUST AND PEARLMASTER ARE TRADEMARKS

by Maryjo Faith Morgan

**m** • MS is a chronic, unpredictable neurological disease that affects the central nervous system.

- MS is not contagious and is not directly inherited.
- MS is not considered a fatal disease.
- The majority of people with MS do not become severely disabled.
- There is no cure for MS yet, but drugs can help slow the course and/or symptoms in most patients.

These five points clarify Multiple Sclerosis somewhat, but it is in the statistics that we begin to understand the human toll: nationwide, approximately 400,000 people have multiple sclerosis, and every week, 200 new people are diagnosed. Locally, 7,200 Coloradans live with MS. That means one in 400 people in Larimer County are affected directly by MS. More than likely, you know someone in your circle of relatives, friends, or colleagues who lives with MS. It is the mission of the National Multiple Sclerosis Society, Colorado Chapter, which has four offices across our state, to end the devastating effects of MS.

Melissa Davis, Development Manager for the Fort Collins office, says that their office serves 1500 clients in the northern area every year. "For every person who comes through our door or calls, or asks for help, we find a way to help them. We find a way to help people."

They do that through educational and financial assistance programs, programs to help people remain independent in their homes as long as possible, and by providing comprehensive information and referral services. They have a telephone peer support program in which someone with MS is matched with another person who also has MS. The volunteers are trained in active listening skills so they can help another person with MS. This is yet another example of empowerment spawned from this active and productive office to help people deal with the strain of MS.

The MS Society invests in research as well as solid programs designed to educate, empower, support, and inform people with MS and their families. "Knowledge is power," says Dolores Kueffler, who is

Program Manager in Fort Collins. She sees her role to provide information as key. "Our organization is all about helping people feel like they have control, that they can make informed decisions, and talk knowledgeably to doctors and insurance companies. We offer wellness programs that support people to take charge of their disease and live as high a quality life as they can."

The fact that there presently is no cure for MS underscores the call for research. When Sylvia Lawry's brother was diagnosed with MS in the late 1930s, there was little information available. She convinced 20 researchers to begin the search for a cure, and formally formed the National Multiple Sclerosis Society in 1945. By the 1960s Jan Banks was working out of her home here in Fort Collins with a group that would grow and eventually incorporate into the Colorado Chapter. Twenty years ago the only help available was how to deal with MS emotionally. Strides have been made toward controlling the symptoms and today FDA-approved "disease-modifying" drugs can facilitate daily life for those coping with MS.

Advisory council chair Deborah Lockwood says there are now many things that can be done to cope with the affects of MS. "Primarily, changes in prescription drugs which slow down exacerbations or can actually prevent plaques from forming in the brain, which decreases symptoms," says Lockwood. She adds that there are several local neurologists who are doing some cutting edge research with the new drugs, and performing clinical trials right here in Fort Collins.

With such a huge need for services and research, the Fort Collins office participates wholeheartedly in National MS Society events. All are great opportunities for community members to make a difference. Coming up in May are four MS Walks: in Fort Collins and Longmont on May 7th, in Loveland on May 14th, and in Estes Park on May 21st. All walks have an accessible

route so people of all abilities can take part. Funds raised support MS research and chapter programs for people with MS and their families. Walkers will cover three to six miles.

The Great West MS 150 Bike Tour will see cyclists pedaling 150 miles through Colorado's spectacular scenery over July 9th and 10th. The Dinner of Champions is held every spring to recognize corporate and community leaders and raise funds. This year Richard "Dick" Dellenbach and the Dellenbach Family will receive the Hope Award. For creating optimism and providing encouragement for those living with MS, Angie Council has been chosen 2005 MS Champion. The Women Against MS Luncheon will be held in late September this year, and will feature not-to-be-missed author, marathoner, and person living with MS, Zoe Koplowitz.

For more detailed information about MS and the National MS Society, go to [www.nationalmssociety.org](http://www.nationalmssociety.org). You can sign up for events online at [www.fightmscolorado.org](http://www.fightmscolorado.org), or treat yourself to some inspirational reading: *Winning Spirit - Life Lessons Learned in Last Place* by Zoe Koplowitz and *Courage* by Sylvia Lawry. To support the local MS Northern Office through donations or volunteering, call 970-482-4807 or 1-800-356-9619. Send checks to 424 Pine Street, Suite 104, Fort Collins, CO 80524 or send an e-mail to [Melissa.davis@coc.nmss.org](mailto:Melissa.davis@coc.nmss.org).

One thing is certain: you will meet amazing and determined individuals who put an astonishing effort into not just raising funds, but raising awareness and support for our many neighbors whose daily lives are affected by multiple sclerosis.

Advisory Council members include Sherry Bartmann, Pam Brock, Susie Cannon, Rick Coate, Angie Council, Brenda Cummings, Jim Dunlap, Sarah Hogan, Bob Moline, Kelly Walker-Haley, Sue Wright, Christy Dittmar, M.S., OTR; Tamara Miller, M.D.; and Deborah Lockwood, PT, and Council Chair.

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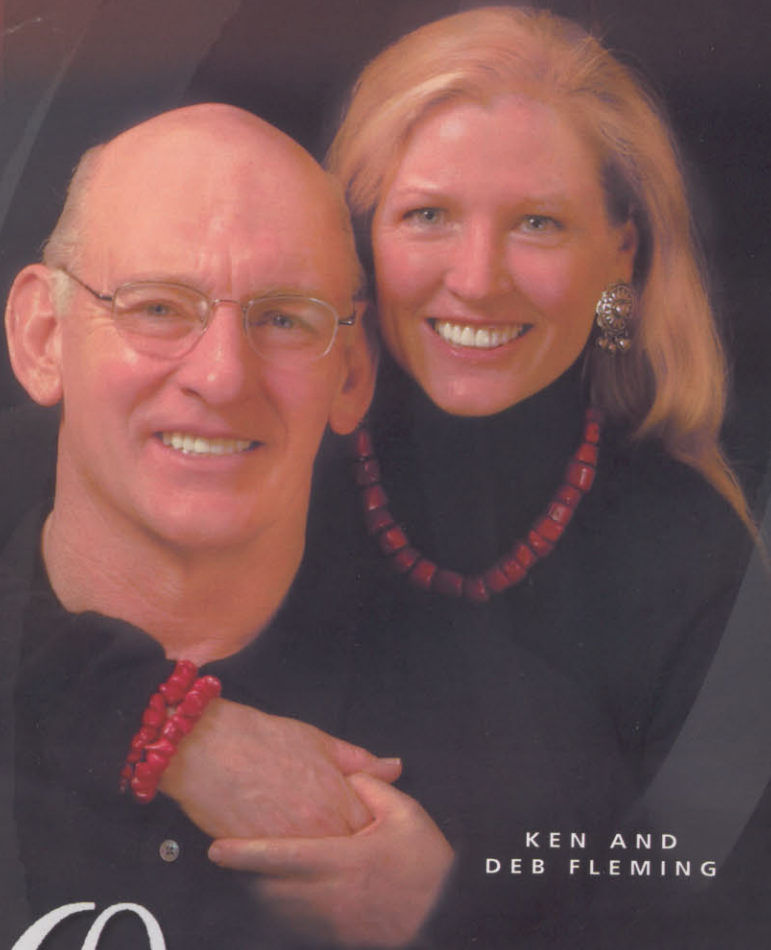
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- April** Business
- May** Home & Garden
- June** Men & Business
- July** Fort Collins Medical & Wellness
- August** Women & Business
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- October** LifeStyle, Health & Beauty
- November** Holiday
- December/January** Winter/Wedding

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