

ATL Foundation News

Giving a lift to women in need since 1994

2021

A heartfelt story of love and gratitude

Beth and Amy first reached out to the ATL Foundation in November 2014 for a grant request. They had been together for 10 years, and Beth was treating kidney disease. At age 39, Beth lost her left kidney to cancer, and later developed renal failure in the right kidney. After 25 years of working as a nurse, she found herself unable to continue working and on long-term disability.

Beth and Amy first met in December 2005 at The Detour, while the Broncos and Chiefs were playing on the TV and Beth was displaying her billiard skills. In many ways, it was love at first sight for them! Prior to being on long-term disability, Beth was working as a nurse, and her last job was at Anthem in Denver training other nurses.

While they had health insurance and disability, sometimes the medication costs created an extra burden for them financially. ATL was able to provide some grants during those difficult “donut hole” times.

When they first reached out to ATL, they had been renting a 2-story home. They had rented the same home for about 10 years; however, as Beth’s disease progressed and she transitioned to a wheelchair, a move was necessary. The last grant given by ATL was in February 2018 when they asked for \$900 to assist them with moving expenses, so they could move into an ADA-modified apartment. Amy said this move was so awesome for them and improved their quality of life tremendously. They loved “their bubble” with their Pug (Monet), as well as their neighbors, the amenities, and the ability to move around more easily.

While Beth managed her disease for so long and with so much courage, she passed away in July 2021 with Amy at her side, as she had been for nearly 16 years. As part of her final wishes, Beth asked that a donation be made to the ATL Foundation from her life insurance proceeds so that other women would be given support when they needed it most. Amy plans to stay in Colorado for awhile and support ATL and the other non-profits that have helped them along, so you might see her at a future event.



Amy and Beth



www.ATLFoundation.org

ATL – Continues our mission of Giving

By Sue Boynton

In some ways, it seems like the world around us came to a halt in 2020 due to the pandemic. While ATL suspended all fundraising events in 2020 and the beginning of 2021 for safety reasons, we were still giving grants to women in our community.

Some things we might take for granted became challenges for grant recipients during the pandemic. It was harder to get transportation to medical appointments when friends and family didn't want to be around people during the pandemic, when Uber and shuttle drivers were not as plentiful, and when doctors' appointments were not as easy to come by.

ATL has so many generous donors through the Friends of the Flock sustained giving program, the annual Colorado Gives Day, fundraising events, and more! Your donations go to the hands of lesbians in our community in need of a lift! Here is a recap of the grant giving over the past year:

-woman requiring regular dialysis for kidney disease needed money for transportation to medical appointments and basic living expenses

-woman treating multiple diagnoses including neuropathy diabetes type 2, Berger's disease, history of heart attack and hypertension, etc. needed money for car repairs to get to and from doctor appointments

-woman on disability was forced to move after owner of home died and family sold the home. ATL assisted with moving expenses and rent deposit

-woman who was unable to work after sustaining multiple physical and psychological injuries from brutal hate-crime attack needed money for transportation and living expenses

-54 y.o. woman working in medical field diagnosed with breast cancer requiring lumpectomy, chemotherapy and radiation needed money for moving expenses and rent after landlord was selling home

-36 y.o. woman diagnosed with liver disease. While being evaluated for a liver transplant, a renal mass was found and it was cancerous. She was unable to

work while treating Stage 1 kidney cancer and needed assistance for basic living expenses.

-woman treating Lupus, Sjogren's syndrome, Raynaud's disease, and other illnesses was unable to keep working with the fatigue and needed assistance for food, rent, and daily expenses.

-56 y.o. woman had multiple neck and back surgeries and needed reliable transportation to get to medical appointments

-45 y.o. self-employed woman sustained injuries and chronic pain from car accident and needed assistance for rent money

-woman on disability for treating RSD needed money to get her cell phone turned back on and dental expenses.

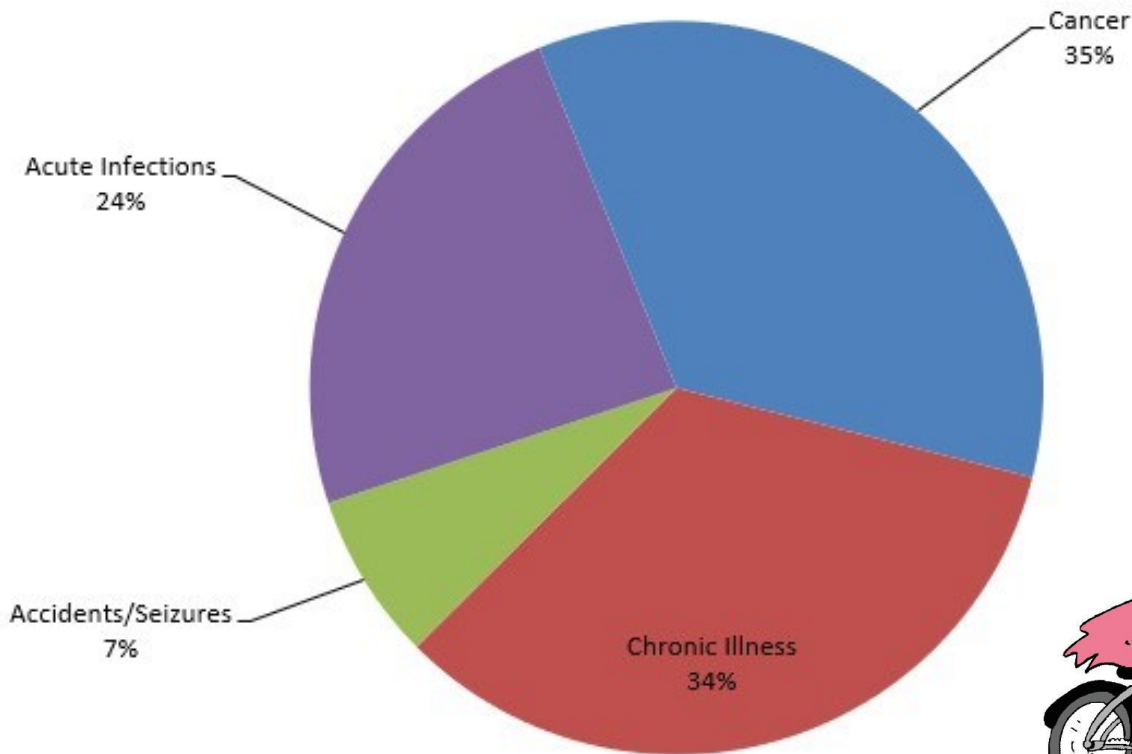
The need in our community is real! If you are interested in learning how you can help or how you can make a donation, please visit our website at

www.atlfoundation.org.



Sadly, due to the continued spread of the virus. ATL will not be holding our Fall Bowling Event. Keep checking our website for 2022 events. We wish you health and happiness for the coming holidays. Thank you!

Grant Recipient Condition by Category 2020



How You Can Help!

You can help the ATL Foundation by doing any or all of the following:
Attend and support any of the ATL fundraising activities.
Check our website on the [Upcoming Events](#) link for upcoming activities.
Or

- Host your own event in ATL's name and donate the proceeds to the ATL Foundation.
- Use one of many planned giving options to donate to ATL (become a [Friend of the Flock](#), donate gifts of stock, name ATL as a beneficiary in your will, etc.)
- Volunteer to help out during fundraising events
- Apply to be on the ATL Board of Directors.
- Sponsor an event for ATL.
- Be creative!

And, of course, all [donations](#) are always appreciated!

2021 CHIPPIN' IN GOLF TOURNAMENT

Thank you for participating in ATL's 2021 Chippin' In Golf Tournament at Hiwan Golf Club. This year's tournament was a great success with a full field of golfers, and it raised a record amount to support ATL's mission. Your support enables ATL to respond quickly to applicants – Colorado lesbians in need -- facing challenges from illness and to provide them with immediate financial assistance.

Thank you to our SPONSORS! Support them by using or recommending their businesses:

- Do you need **insurance** or a review of your current policies? Contact Sue Boynton, State Farm Insurance, at myagentsue.com
- Are you looking for a knowledgeable **estate planner**? Contact Erica Johnson, Ambler Keenan Mitchell Johnson LLC, Estate Planning Attorneys, at ambler-keenan.com
- Are you in need of **excellent medical care**? Contact Jeannette Guerrasio MD, Concierge Medicine, at jeannette@coloradome.com or www.jeannetteguerrasiomd.com
- Do you need an experienced **financial planner**? Contact Karen Jessey, Strategic Wealth Partners, at MyStrategicWealth.com
- In need of a competent and honest **roofing company**? Contact Pam Lousberg, Lousberg Roofing & Exteriors, lousbergcontracting.com
- Ready to buy or lease a **new car**? Contact Lynn Castelo, Centennial Leasing & Sales, clscars.com
- What about sharpening your **golfing skills**? Contact Kathleen Heiney, LINC Golf & Wellness, www.lincgolfandwellness.com
- Looking for a new **real estate** property or to sell one? Contact Wendy Levy, Ideal Properties of Denver, idealpropertiesofdenver.com
- Do you have a cracked or pitted **windshield**? Contact Dennis Gallegos, Safelite Auto Glass, safelite.com
- Planning a move? Contact Tim Beckman, Movemasters, movemastersdenver.com
- A big thank you to our **individual sponsors**: Susan Moore and Leslie Moore, Nancy Kearney, b. Frank and Ronni McCaffrey (the cookie baker), and ATL Founders Becky Brinkman and Margaret Burd,

We could not have held this event without our VOLUNTEERS:

- Kay Johnson and Deb Viles: Putting Contest
- Lynn Johnson, Selene Neuburg, and Kathi McCarty: Hole-in-One Contest on Hole #8
- Herb Roselle: Photographer.

Many thanks from all of us at ATL.



The ATL Board Members: **Becky Moore** - President, **Lynn Johnson** - Vice President, **Nancy Fritsch** - Treasurer, **Barbara "B" Frank** - Secretary, **Sue Boynton** and **Jeannette Guerrasio** - Co-Grant Coordinators, **Selene Neuburg** - IT Manager.

Who Needs Blue Skies to Have a Great Game of Golf?

By b. Frank

A few hours into ATL's 2021 Chippin' In Golf Tournament, rain could be seen over the mountains to the north. Throughout the morning heavy clouds swirled over Hiwan Golf Course with the sun occasionally breaking through to brighten a mostly grey day. Would we be able to finish the tournament without getting soaked? A full field of golfers – a record number for ATL's golf tournament – were scheduled to arrive early Monday morning at this beautiful mountain course. The previous week had been filled with showers and thunderstorms with little relief in sight. In a nervous moment, the ATL Board had even spoken with Hiwan about the club's rain cancelation policy. Fortunately, the rain held off until most players were putting out on their 18th hole. The luncheon following the tournament was a celebration of a great day of golf with a great group of generous ATL supporters.



More photos from from the 2021 Chippin' in Golf Tournament



We have pictures of all teams—Sadly we could not show them all due to space. If you would like a copy for your team please contact : Becky Moore at— moore.becky.e@gmail.com for a copy of your team photo.

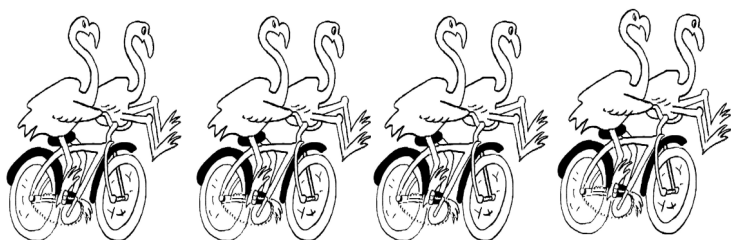
Protect Your Bones!

One of my many goals is to help you understand osteoporosis and to help reduce your number of lifetime fractures. Mild bone thinning is called osteopenia and severe thinning is called osteoporosis. Osteopenia occurs first and if untreated can progress to osteoporosis. 1 in 3 women and 1 in 5 men will have an osteoporosis related broken bone (fracture) in their lifetime.

Many women know that they should take calcium and vitamin D and do weight bearing exercises, but don't know exactly how to do these things. Most of my patients, who have a normal vitamin D level, are able to maintain a vitamin D level in the recommended range by taking 2000 IU of Vitamin D3 per day. For patients that are deficient, higher doses are needed to get them caught up before they can be maintained on a lower dose. Don't be surprised if you are vitamin D deficient. Most people need additional vitamin D as we spend so much time indoors and when we are outdoors in the sun, which is where we get most of our vitamin D, we are wearing sunscreen to prevent skin cancer. Sunscreen also blocks vitamin D absorption.

Vitamin D works best to prevent fractures if it is taken with calcium (as least in women, as we know less about osteoporosis in men). This is likely because most people do not get enough calcium in their diets. The dietary recommendation is 1200-1500mg/day. If you take medication for heartburn then you should take calcium citrate, otherwise calcium carbonate is appropriate. Take your calcium with food to prevent constipation and bloating and 500 mg at a time to maximize absorption. If you need to take 1000mg, then split it into 2 doses that you can take throughout the day.

Many people have heard that they should do weight bearing exercises to help prevent or slow down the progression of bone loss, but don't know what those include.



The following are weight bearing exercises that you would want to do for 30 minutes 4 to 5 days of the week

- Brisk walking
- Climbing stairs
- Dancing
- Hiking
- Jogging
- Jumping rope
- Step aerobics
- Tennis or other racquet sports
- Yard work, like pushing a lawnmower or heavy gardening

Then 2-3 days out of the week, the above weight bearing exercises can be alternated with these weight bearing exercises.

- Elastic bands
- Free weights
- Weight Machines
- Push-ups
- Squats

Adapted from the upcoming book, *Embrace Aging: Conquer your fear and enjoy added years* by Jeannette Guerrasio, MD

Penny's Corner



Jim Applegate, long time supporter of the ATL Foundation, used to volunteer at the underprivileged Foster Elementary School. When the kids brought in coins for their fundraiser, Jim would collect the money and write a check to the school for that amount, then turn around and donate the coins to ATL. What a great idea to leverage the effort of fundraising. Knowing Jim, he probably threw in a bit more to boot! The final amount collected in four big jars was over \$300 in mostly pennies! If you haven't adopted a pig, let us know. Save your coins to support ATL. Thank you, Jim!



ATL Foundation
P.O. Box 17852
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A Colorado 501(c)3 Non-profit corporation

**Please remember the ATL Foundation when you give -
Thank you for your support!**

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December 7, 2021
