

Local retrospective on 2019

By Marrton Dormish

Although I'm writing this column at the end of December, it won't be published until Jan. 2, and that makes me feel a little like the friend/coworker/next door neighbor who says to you with a wink on New Year's Eve, "Hey, see you next year!"

The thing about straddling time, though, is it doesn't wait to be saddled. In the words of the Steve Miller Band, it just "keeps on slipping, slipping, slipping into the future." We, none of us, can hop into a retrofitted DeLorean and go back in time, and so we cherish our individual and collective memories — in the form of stories, traditions, landscapes, rhythms, letters and other boxed-up "keepsakes"



Marrton Dormish

three-part (local) retrospective of 2019:

The first has to do with my 83-year-old mother, who last summer was diagnosed with Lewy body dementia. The woman who labored to bring me into this world, spelled my name with two "Rs" and an "O," and still lives in the Southeast Denver house I grew up in, the long steward of our family (hi-)story, is slowly, steadily losing her memory.

She's not driving anymore

— that remind us of what's past.

As I look forward to 2020 when these words will be published, I'd like to offer a

and has a caregiver with her most days. I get to see her every week or two, and we talk almost every day now, but she doesn't always remember my calls or my siblings' calls. Sometimes I feel lost talking to her, like our conversations blur the boundaries of time, because she forgets what I just said and I have to repeat myself. It's like she's living in a hyper-present that requires me to go back in time to re-enter her reality. I suck at it, because I'm so impatient, but there are possibilities there.

Number two, I'd like to give a shout-out to those who approached me this holiday season with some variation of, "Hey, we want to sponsor a family this Christmas. Can you help us con-

nect to one that needs help?"

The result: two local families got \$500 King Soopers gift certificates, half a dozen got grocery shopping sprees, and dozens of others received Christmas gifts for their loved ones. (Not to mention the many hundreds and thousands of other holiday gifts distributed by A Precious Child, the Salvation Army and other local groups!)

I won't contradict Jesus who said, "It is better to give than to receive," but receiving an unexpected gift from a generous donor ain't half bad either.

Third and last, I want us to remember 59-year-old Broomfielder James Wasielewski, a graduate of Broomfield High School, a

U.S. Army veteran, and a father, who was accidentally hit and killed while crossing a street late on June 5, 2019.

A handful of his friends held a local memorial service for him, but his death received no media attention. One possible reason why — Jim had been unhoused in Broomfield for about six months before his death. He was one of at least 240 people who died on the streets in Denver (180), Boulder (48), Longmont (11) and Broomfield (1) in 2019. In my opinion, one in Broomfield is one too many.

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Classes for cancer survivors

By Becka Nordstrom

City and County of Broomfield

There are few things more life-changing than a cancer diagnosis. The Paul Derda Recreation Center has classes dedicated to serving those with new demands on their life and the changes in their body as they journey through any stage of cancer, whether recently diagnosed, in treatment, or post recovery.

These courses are led by Lisa Walther, a certified cancer exercise trainer. Walther is certified through the American College of Sports Medicine and a two-time cancer survivor herself.

Her personal motivation



for becoming a cancer exercise trainer began when she was originally diagnosed with breast cancer at the tender age of 30. During her journey, she found that there was no real guidance available to her for how to recover and re-train her body for healthy activity. A fitness enthusiast with a full life ahead of her, she made it her

goal to learn how to effectively train herself as well as how to lead and train other survivors.

As a part of the PDRC Cancer Exercise program, Walther offers personalized and group coaching. She teaches several classes, the most comprehensive of which is the cancer exercise 10-week class. This class includes the creation of a personalized fitness program promoting healing, wellness and survivorship in a healthy and positive environment.

Designed for any cancer survivor (and their caregivers, if desired) both during treatment and post recovery, participants gain information on how to take the next step to a life of fitness and health.

Participants in the 10-week course receive an initial assessment to establish baseline information, followed by a one-on-one personal training session with instructions for their personalized workout, and bi-weekly group sessions that include exercise and group discussion.

It may seem like a lot, but participants say, "Lisa keeps us accountable and modifies our workouts to fit our fatigue and pain levels. Keeping active is so important when going through treatments or wanting to get your life back to 'normal.' No matter how bad I feel going to my workouts, I always feel better afterwards."

The group discussions are a way for the class to discuss

their fitness training, but also to discuss their lives and support one another as a community. Weekly guest speakers join the class to provide health and fitness information related to survivorship. The class concludes with a re-assessment with the personal trainer to assess what has changed and plan the future steps to health.

Those who are ready to stay committed to health and fitness training but have completed the 10-week course can join the Cancer Survivors Continuation Class.

This class is a 12-week program that keeps the community built in the Cancer Survivors Class going and

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