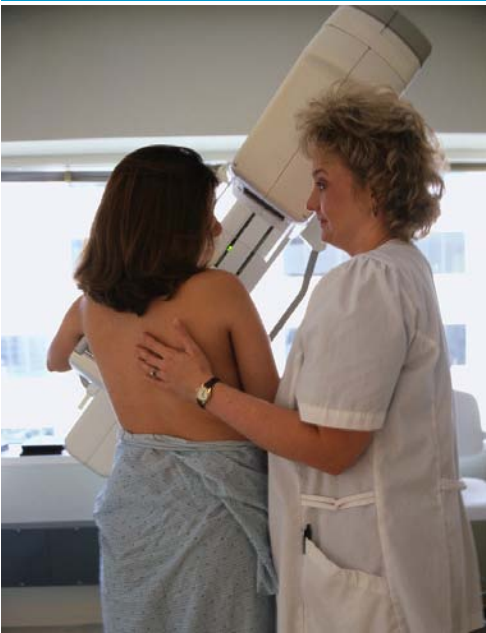




Smoke Signal

Z O N T A C L U B O F D E N V E R

Why Women Should Care About Medicaid



Odds are you know someone whose health care is paid for through Medicaid. But you may not realize that about them. Medicaid prioritizes health care coverage for the poor, the pregnant, older adults and those with disabilities. Nationally about 66% of adults on Medicaid are women.

Here in Colorado, 8% of non-elderly adult women get their health coverage through Medicaid versus 5% of non-elderly adult men. In Colorado, 54% of poor kids get Medicaid.

Why should you care about Medicaid?

- Over half of those with Medicaid are low income children and their moms (custodial parents). Recently Colorado extended coverage to the parents in families who earn below 100% of the Federal Poverty Level. For example, a single parent with two children who earns below \$18,530 per year would qualify. Or a two-parent family with two children who earns below \$22,350 per year can now get Medicaid coverage. Without Medicaid, these individuals would likely be uninsured. Those who are uninsured are less likely to seek or get medical care for health conditions. When they can't pay for care, costs may be shifted onto those with private insurance who are paying. Colorado pays on average \$1723 in health services for each child on Medicaid and \$2583 per year for each parent.
- About 38% of births in Colorado are paid for through Medicaid. Young adults are the most likely age group to be uninsured, so it is not surprising that many new moms do not have insurance. Providing prenatal and delivery care reduces health complications that can affect lives and cost society more down the road.
- Medicaid covers many individuals with significant disabilities. These individuals are often those with the highest medical needs.

Continued on page 6

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President, Kathy Hyzer

Smoke Signal Editor, Judy McNerny

PRESIDENT'S MESSAGE

Hi There,

I am writing this message from beautiful Portland, Maine. I am here for a week of training, so unfortunately have had limited time to enjoy what a beautiful area this is. They have a lot of what we lack – water. The islands are beautiful, and I've really enjoyed seeing this part of the country.

I hope you all are having a wonderful summer. We'll have an opportunity to get together on August 11 at Liz Cameron's beautiful home. It's a great opportunity to catch up with other members and enjoy a great evening in Liz's back yard and lovely home. We only have a couple of orders of business - namely to elect the two delegates to the District Conference, to be held in Rapid City, SD, the last week of September. This is the first time in many years that our club has had two delegates to send to Conference!!!

New members – please remember that our club will pay your registration this year for your first District Conference. We'll be contacting you later about that, but you should have already received your Call to Conference in the past couple of



days. Also, something new - the area is giving every club in our area \$100 to pay towards the cost of a FIRST TIMER to the District Meeting. You do not need to be a new member, just a first time attendee at the conference. Please let me know by August 24 if you are interested in taking

advantage of this offer. If there is more than one person interested, the board will draw a name at the August board meeting.

Our July meeting was great fun – the attendance wasn't what it could have been because of the storm and flooding that happened a couple of hours before we were to meet. We enjoyed seeing the Wall, then walked to Bubba Gump for dinner. Many thanks to Jacki Sammons who gave us a history of our participation in the Wall, and to Judy Allen and Barb Pellegren for their input. We learned a lot, and really enjoyed the evening! It made me proud to be a member of ZCD.

Be sure to RSVP to Dottie for the August meeting. She will still need a count for Liz.

—YIZ, Kathy

CHECK THESE OUT ON THE WEB!



Compliments of Diane—

Here are two short inspiring clips. Be sure to watch both!

www.ted.com/talks/william_kamkwamba_on_building_a_windmill.html
and

www.ted.com/talks/william_kamkwamba_how_i_harnessed_the_wind.html.

Don't miss this extremely quick (and amazing!) glimpse of a very different farmers' market:

www.wimp.com/vegetablemarket/

This month's cover article is reproduced from the Denver Women's Commission page on the City and County of Denver website:

www.denvergov.org/women

For news about events of interest, click on the link "DWC Newscard" in the upper right hand corner under "most requested." You can sign up for email or text message updates and, if you want news more often, become a fan of the Denver Women's Commission on Facebook, or follow DWC on Twitter @DWC360.

AUGUST MEETING



POT LUCK GARDEN PARTY!

Where: 6235 E Montview Blvd—NW corner Montview and Leyden (see map below) Park on Leyden, come through side gate

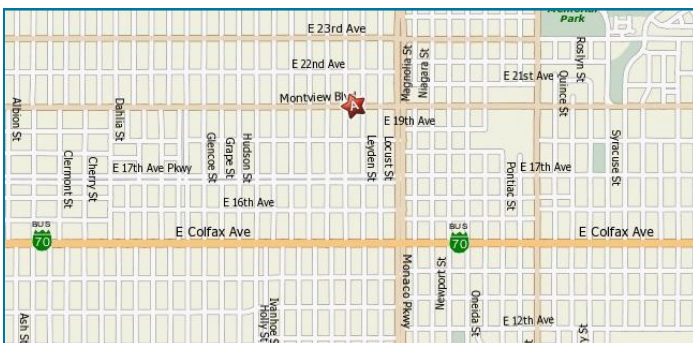
When: 5:30pm, Thursday, Aug 11, 2011

Cost: \$10.00

RESERVATIONS: Please RSVP no later than Monday, Aug 8th at noon, to Dottie at (303) 694-3658 or jenkinsdottie@comcast.net. Don't forget to RSVP if you are not on the Permanent Reservation List or to cancel if you are on this list and are unable to attend.

DETAILS: Hello Everyone. August is the month for our garden party at Liz Cameron's house. Liz has graciously offered her home and beautiful garden again this year for our meeting. The dinner is pot luck, so please bring a dish to pass. Use your imagination and bring something delicious!! The \$10.00 charge for dinner covers the wine and soda that Liz buys and we reimburse her. It really is a fun evening and we hope to see you all there.

PROGRAM: Socialize with your Zonta friends and make plans for the Rapid City District Conference!



Reservations

- For each general dinner meeting, please remember to call if you aren't on the permanent reservation list. Because we are charged for the number we guarantee, we have to bill anyone who makes a reservation but doesn't come to the meeting (or who forgets to cancel a permanent reservation).
- If you plan on coming to every meeting—why not add your name to the permanent reservations list?
- If you are on the permanent list but tend to forget to call and cancel—why not take your name off the list?
- Please call Dottie with your request to be added or deleted!

"Human beings only use ten percent of their brains. Can you imagine how much we could accomplish if we used the other sixty percent?" - Ellen DeGeneres

Permanent Reservations

- | | |
|------------------|----------------|
| Carroll Allen | Kathy Hyzer |
| Judy Allen | Dottie Jenkins |
| Evie Ashmore | Kate Linscott |
| Mary Benoit | Cheryl McHugh |
| Alice Borodkin | Judy McNerny |
| Julie Bradley | Wendy Moraskie |
| Sheila Davis | Linda Rhea |
| Mary Lou Edwards | Mary Sparacino |
| Nikki Headlee | Dorothy Swindt |
| Cynthia Herndon | ≈≈≈ |

Happy Birthdays to—

- Jerry Garcia—Aug 1
- Martha Stewart—Aug 3
- Marcia M**—Aug 7
- Esther Williams—Aug 8
- Mary B & Jacki S**—Aug 10
- Rosalynn Carter—Aug 18



COMMITTEE NEWS

S E R V I C E O P P O R T U N I T I E S



PROJECT C.U.R.E.

Please join me for the Project C.U.R.E. sorting of medical supplies:

WHEN: Monday, August 8, 2011
WHERE: 5:30 p.m. Meet for a bite of dinner at Jason's Deli, 9525 E County Line Rd (across from Park Meadows Mall)

6:15 p.m. Leave to caravan to the Project C.U.R.E. warehouse

SORTING ONLY: 6:30 p.m. Drive yourself to the Project C.U.R.E. Warehouse 10377 E Geddes Ave, Centennial, CO
 We will meet you there!

WEBSITE: www.projectcure.org

If you have any questions, please contact me – email jeashmore@comcast.net; cell 303-746-4608.
 See you on August 8.

—Evie



Each woman who comes to The Delores Project is like a square of the quilt provided for her, symbolizing a collection of unique experiences and stories. As in the creation of a quilt, when these women and stories come together, they create something larger and stronger—they make up the community that is Delores.

HOW YOU CAN HELP

Your donation now, no matter the size, ensures that women find at The Delores Project a safe, cool

refuge from a long hot summer day on the streets.

CURRENT IN-KIND WISH LIST

- Aluminum foil
- Lunch-sized baggies, Ziploc® style
- Sugar, coffee, tea and hot cocoa mix
- Trash bags small, medium and large sizes
- Maxi pads
- Liquid dish soap
- Liquid hand soap
- Bleach and household cleaners (except PineSol®)
- Napkins and paper towels
- Toilet taper and Kleenex®

Call before you go, or the Service Committee will deliver donations you bring to club meetings.

If you have a question about donating items not listed above, contact Susan at (303) 534-5411 ext 101 or susan@thedeloresproject.org.

F R O M O U R J M K L A U S M A N W I N N E R

Hi Georgina,

Hope you are having a nice 4th of July holiday. I have attached our July newsletter 'Smoke Signal' for you to view the article I wrote about you.

Have a great day!

—Evie Ashmore

Mrs. Ashmore,

I had a fantastic 4th of July running the Peach Tree 10k in Atlanta.

Thank you very much for sharing the "Smoke Signal" newsletter.

—Georgina

Hi Georgina,

I will put the check in the mail for your JM Klausman Scholarship tomorrow. Take care and best wishes as you complete your education. Please stay in touch as we would love to hear of your future endeavors. We know you will go far!

—Evie Ashmore

Mrs. Ashmore,

I received your mail. I am honored to receive the JM Klausman Scholarship certificate.

I am really thankful of the faith the Zonta Club of Denver put in me. I will definitely try my best and keep the Club informed.

—Georgina

P R O M I T T E E

Several projects are being worked on at this time, including the ZCD business cards for all members. There's been a technical glitch so we have a slight delay in getting these made up for everyone.

Hope all of you had a chance to see some of the changes and additions to the July *Smoke Signal*. Please send Judy the names and email addresses of



any friends and associates you would like added to the distribution list. It's such a simple and non-intrusive way to let folks know about all the different things ZCD is involved with and other slices of news and information as well.

—Yours in Zonta, Diane

THIS AND THAT

****LOST****

Two unique DVDs of great sentimental value have been 'missing in action' for a couple of years.

The first is "THE CONTENDER", which is a great women's political thriller starring Jeff Bridges as president of the United States who nominates the first woman as Vice President. It was filmed in 1999-2000 around Washington DC and is must viewing for all women and their daughters. An Academy Award Nominee.

The second is "THE PHANTOM OF THE PARADISE" which is a cult film (think Rocky Horror Picture Show) as much fun now as when it

was originally released in 1974. The music, story and characters are great and are actually timeless.

During a regular ZCD meeting the DVDs were being returned to me by Judy McNerny and a member expressed interest in viewing the films. I loaned these two DVDs to them.

Zontians, could you please check your DVD shelves and see if you have these and bring them to the next ZCD meeting this month or email me to let me know that you have them?

Thank you all so much for checking! —Diane

Dear Customers,
Yes, we ARE making fun of you in Vietnamese.
Sincerely, Nail Salon Ladies

Dear White People,
Don't you just hate immigrants?
Sincerely, Native Americans



Continued from page 1

About 43% of Medicaid dollars are for services to those with disabilities. In Colorado, 64% of people receiving Home and Community Based Health Services are women. Any of us can develop a significant disability. We would hope that this safety net is there when we need it.

- A majority of the Medicaid dollars are paying for care, including long term care, for older adults and people with disabilities. On average, Colorado Medicaid pays about \$15,000 for services per older adults and persons with disabilities. Visiting a family member or friend in a nursing home or getting medical services at home? Odds are Medicaid is helping to pay the bill. Medicaid pays 45% of Colorado's nursing home bills. About 27% of Medicaid dollars go to elder care. 69% of those helped with long term care are women. Many in nursing homes had financially comfortable middle class lives until hit with long term care expenses. Medicaid is the final safety net for many.

- In 2014, when the Patient Protection and Affordable Care Act finally extends coverage to those currently uninsured, Medicaid expansion will cover one half of the individuals who will get health

care coverage. Individuals without children will be newly eligible for Medicaid if they earn below (in 2011 dollars) \$14,484 per year. But future funding of Medicaid could be in jeopardy. Some Congressional proposals- like blockgranting Medicaid to states- would likely shrink Medicaid over time and allow states to reduce coverage and funding. Other proposals could reduce Medicaid funding between 15 and 40% without Congress having to take a public vote on cutting Medicaid. Global spending caps, a balanced budget amendment, or even just not raising the debt ceiling, could trigger large automatic cuts in Medicaid when certain limits are reached. Women take their caregiving role seriously. But it can quickly get overwhelming without support from Medicaid.

—Chae Roberts,
Denver Women's Commission

Statistics are from Kaiser Family Foundation *State Health Facts* www.statehealthfacts.org, or National Women's Law Center's *Battles Over Medicaid Funding and Eligibility: What's at Stake for Colorado Women*, www.nwlc.org.

ZONTA IS INTERNATIONAL

Evie shares this email (edited for space) from an Aussie Zontian she met at the ZI Convention in Melbourne:

Dear Evie,

I am fine. We are all a little wary of any more happening though and go through our life just waiting for the next big 'bump'. The quake we had on 13 June was equally as bad as the one on 22 February, [but] most of the central city buildings were already damaged and the June quake only caused more mortar to fall to the ground. But as the city centre was completely closed off to everyone, and still is, except for the demolishers, no one was in danger of getting injured - or worse. Only one death in June and that was an elderly man in a rest

home who lost his balance at the time, hit his head and never recovered. Quite a number of our Zonta members have either lost homes or living elsewhere and have suffered huge disruption to their lives. My original office was right in the city centre. I managed to get out of the building alright but no one has been allowed back in since - not even the structural engineers for inspection. My car was parked in my permanent car park that went with my job and I finally got my car back one month later - undamaged. I was lucky, I was supplied with a rental car meantime. I moved to another office away from the city centre and had to hold on once again in June. This time my car was parked on the roadside outside thank goodness. So life has been

rather busy setting up an office 'from scratch' as all files, records, absolutely everything is inaccessible. We will eventually get a brand new city out of all this but it will take many years. As well as the city buildings, there are around 10,000 homes to be replaced and land is getting surveyed right now re the viability of rebuilding in the same place.

Our District conference was to be here in Christchurch but has been moved to Auckland. We did have 33 hotels here in Christchurch, but are left with 10 that are operating. A lot of motels have been lost as well. So accommodation has taken a hit and we are losing out on the tourists. Thank you for your thoughts Evie. Kind regards, Eris

DOMESTIC DIVA

KEY LIME BARS

CRUST

6-8 oz. animal crackers/vanilla wafers/graham
crackers, your choice
3 T packed brown sugar

Pinch table salt
5-6 T unsalted butter, melted and cooled slightly

FILLING

2 oz. cream cheese, room temperature
1 T grated lime zest, minced
Pinch table salt

1 14 oz. can sweetened condensed milk
1 large egg yolk
½ c fresh, not bottled, regular or Key lime juice

GARNISH (optional)

¾ cup shredded sweetened coconut, toasted until
golden and crisp

Preliminaries: Adjust oven rack to middle position & heat oven to 325 degrees. Cut 12 inch length of extra-wide heavy-duty foil; fold cut edges back to form 7 ½ inch width. With folded sides facing down, fit foil securely into bottom & up sides of 8 inch square baking pan, allowing excess to overhang pan side (this makes a sling that eases lifting the finished bars from the pan). Spray foil with nonstick cooking spray.

For crust: In work bowl of food processor, pulse crackers until broken down (approx. ten 1-second pulses); process crumbs until evenly fine. You should have 1 ½ to 2 cups of crumbs. Add brown sugar, salt, and process to combine. Drizzle butter over crumbs and process. Press crumb mixture evenly and firmly into bottom of the prepared pan. Bake until deep golden brown, 18 to 20 minutes. Cool pan on wire rack while making the filling. Do NOT turn off the oven.

For filling: In medium bowl stir cream cheese, zest and salt with rubber spatula until softened, creamy and thoroughly combined. Add sweetened condensed milk and whisk vigorously until incorporated without lumps; whisk in egg yolk. Add lime juice and whisk gently until incorporated (mixture will thicken slightly).

Assemble and bake: Pour filling into the crust; spread evenly and smooth surface with the spatula. Bake until set and edges begin to pull away slightly from sides, 15 to 20 minutes. Cool on wire rack to room temperature, 1 to 1 ½ hours. Cover with foil and refrigerate until thoroughly chilled, at least 2 hours.

To serve: Loosen edges with a paring knife and lift bars from the baking pan using the foil extensions; cut bars into 16 squares. (Using a wet knife helps a 'clean' cut.) Sprinkle with toasted coconut if using. Let bars stand at room temperature about 15 minutes before serving. Leftovers can be refrigerated up to 2 days and can also be frozen.

Not enough? Recipe can easily be doubled using a 13 x 9 inch baking pan.

Compliments of Diane

ZCD VISITS HERSTORY WALL

The “her” story half of the mosaic wall (“Colorado Panorama—A People’s History”) on the Welton Street side of the Colorado Convention Center was funded by a \$100,000 gift made by the Zonta Club of Denver, using funds bequeathed to the club by member Dorothy McRae. The wall was dedicated to her memory (see plaque) and she was one of the Colorado women chosen to be depicted on the wall. Below, club members who attended the July meeting pose on either side of Dorothy’s image (bottom row).



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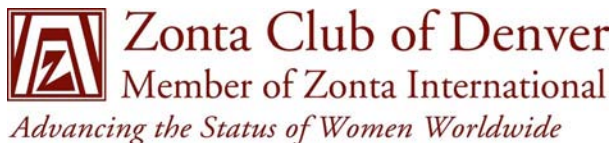
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405 16th Street
606 West Colfax
530 South Holly



The Institute for Women's Studies & Services
METROPOLITAN STATE COLLEGE of DENVER



P.O. Box 2665
Denver, Colorado 80201

If you can't feed a hundred people, then feed just one. ~Mother Teresa

We're on the Web!
 Visit us at www.zonta-denver.org

U p c o m i n g C a l e n d a r E v e n t s – S a v e t h e D a t e !

August 7	Marcia M's birthday
August 8	Project C.U.R.E.—service opportunity
August 10	Jacki S's birthday
August 10	Mary B's birthday
August 11	ZCD club meeting—Liz's lovely garden
August 21	The Delores Project—service opportunity
August 26	Women's Equality Day

September 6	The Delores Project fundraiser at Carmine's On Penn—service opportunity
September 8	ZCD club meeting—Embassy Suites
September 21	International Day of Peace
September 23-25	District 12 Conference Rapid City, South Dakota
October 24	United Nations Day
November 10	Colorado Lawmaker Awards, Denver Women's Commission
July 7-12 , 2011	Zonta International Convention Torino, Italy