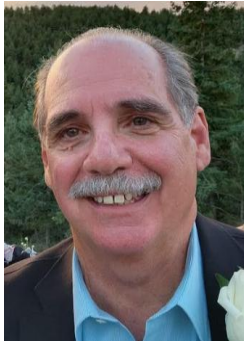




LA PAROLA

Bringing You Information About the Denver Lodge Since 1958

September/Settembre 2025 Issue



Brothers and Sisters,

While summer is winding down, the days are getting shorter but hot temperatures are still with us.

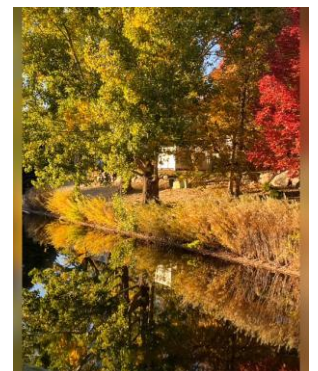
I'm sorry if you missed the General Membership meeting on Wednesday August 20th! It was a great time! First we enjoyed a delicious BBQ dinner prepared by Sister Lisa Loken, then after a brief business item or two, we got to enjoy trying to identify Council Members based on their baby/youth pictures. It was a lot of fun!

Please mark your calendar for the upcoming Car Show on Saturday September 6th. And don't forget our Annual Summer Picnic on the September meeting night, Wednesday September 17th. Details for this event will be coming in your email inbox!

See you all soon!

MANGIA BENE, RIDI SPESSO, AMA MOLTA

Fraternally Yours,
President Sal



La Parola

September/Settembre

Sal Siraguse, Dr. Rita DeFrangé, LeAnne DiTirro, Eleanor Gaccetta,, Kathy Holt, Beverly Mendicello,, and Susan Giamarvo,

Building Contacts

Desi Ramirez – Facility Manager

We are looking for a member who would like to chair our building committee. Please contact Sal if you are interested!

Health & Condolence

Joannie Flynn Joannie818@gmail.com
Hall Rental – Sal Siraguse (303) 238 - 8055

Address Changes

SOIDenver2075@gmail.com

By-Laws

According to Denver By-Laws, Article 1-Paragraph 4, “The by-law commission shall accept for consideration any by-law or change submitted in writing by a regular member in good standing by March 1 of each calendar year.

2025-2026 Lodge Officers

President

Sal Siraguse

siraguse56@msn.com

Vice President

Patrick Lubrano

Patricklubrano@yahoo.com

Orator

John Capone

caponeji@msn.com

Recording Secretary

Anna Vann

tmvenv@msn.com

Treasurer

John Callor

Callor95@gmail.com

Financial Secretary

Dr. Rita DeFrangé

ritadefrange@gmail.com

Guard

Joe Bonfiglio

jbconfig44@gmail.com

Chaplain

Barb Pietrafeso

babeepietrafeso@outlook.com bonfig44@gmail.com

Historian- Ramona (Mo) Toto-Travis

alnmo@comcast.net

Trustee

Susan Giamarvo

susangurule@msn.com

Trustee

Jack Loth

jproth@comcast.net

Trustee

Joe Calabrese

JAC5260@MSN.COM

Trustee

Joannie Flynn

Joannie818@gmail.com

Trustee

John Gargano

Immediate Past

President

Pam Wright

pcake@comcast.net

Mistress of Ceremonies

Linda Villano

l_villano@comcast.net

Mistress of Ceremonies

Kim Bonfiglio

Having an Event this Year? by Dr. Rita DeFrangé

If you are interested in renting the hall, please use the “[contact us](#)” from the website or call 303-238-8055. We are already booking up for 2025/26 and want to be able to accommodate all inquires! Grazie!



Membership Information

Our membership is strong! We have 350+ members with some being members over 30 years and others just a few years – a great group of people!! If you have not paid your 2025 dues, you will receive a call from the membership committee to confirm continued membership and pay your dues.



Come Polka on Sundays!

Sunday afternoon Polka dancing is back in full force!! If you're interested, dancing is from 2-5:30 pm Sundays. Need information, contact Bev Meyer at 970-222-4331 or email coloradopolkaklub@gmail.com.



Book Club

by Pam Wright & Maggie Iozzo

Book Club meets the second Monday of the month. Meeting place Panera on 64th & Yank, 12:00 p.m. everyone is welcome!



August: Someone Like You-Karen Kingsbury September: The Children of Eve-J. Connolly Oct: The Woman in Suite 11 -Ruth Ware November: Typewriter Beach-M.W. Clayton December: When I Was 7-M.E. Brownswell

Becoming ADA Compliant In the State of Colorado, legislation has all Public Agencies pursuing ADA compliancy. That means we will begin to ensure 12 Point font, Calibri text, using links and making sure our colors can be read by those in our community with disabilities. More to come in future issues.

Dancing at the Lodge – Come and Enjoy

Sponsored by our own Maggie Francucci!

Ballroom dancing is back in full swing too!

They meet on the 2nd and 4th Fridays of most months,. To verify or check with Cathy and/or Maggie at [Http://danceconnectioncolorado.com](http://danceconnectioncolorado.com) There is a one-hour class for various types of dances followed by open dance the rest of the evening.



Cuban Old Fashioned

By LeeAnn Ditirro

An old-fashioned cocktail recipe with a caffeine kick! Made with Cuban coffee, bitters, bourbon and a citrus twist rind.



For this cocktail I use Old Forester 86 Proof Bourbon because of its bold yet smooth taste. Using this bourbon paired with espresso simple syrup made for a strong, nutty, slightly spicy and sweet cocktail. Any bourbon works, use your favorite. If you prefer not to use Cuban coffee, use a strong brewed espresso or cold brew coffee. **The Espresso Syrup:** Combine the brewed espresso and sugar in a saucepan. Bring it to a boil stirring constantly until the sugar is dissolved. Remove from the heat and transfer to a container. Let it cool completely. Use what you need and keep the rest in the fridge for another time. **Make the Cocktail:** Put a large ice ball or cube in a whiskey glass. Pour the espresso simple syrup and bitters and stir to combine, pour in the bourbon and garnish with an orange twist.

Slow Cooker Pasta e Fagioli

By Kathy Holt

Ingredients: 1 tablespoon olive oil, 1-ound crumbled Italian sausage, 1 medium sweet onion, *diced*, 4 cups low sodium chicken stock, 1 (16-ounce) can tomato sauce 1 (15-ounce) can diced tomatoes, 2 (15-ounce) can cannellini beans, *drained and rinsed*, 2 carrots, *peeled and diced*, 2 celery ribs, *diced*, 3 cloves garlic, *minced*, 1 ½ teaspoons dried basil, 1 teaspoon dried oregano, ¾ teaspoon dried thyme, Kosher salt and freshly ground black pepper, *to taste*, ¾ cup ditalini pasta, ½ -3/4 cup shaved Parmesan, 2 tablespoons chopped fresh parsley leaves (optional) Heat olive oil in a large cast iron skillet over medium high heat. Add sausage and onion, and cook, stirring frequently, until sausage is well browned, about 5-7 minutes, drain excess fat. **Instructions:** Place sausage mixture into a 6-qt slow cooker. Stir in chicken stock, tomato sauce, diced tomatoes, beans, carrots, celery, garlic, basil, oregano, and thyme; season with salt and pepper, to taste. Cover and cook on low heat for 7-8 hours or high heat for 5-6 hours. Uncover and stir in pasta; cover and cook on high heat for an additional 30 minutes, or until tender. **Tip:** *If not serving 8 servings all at once, you can also cook the pasta separately and add a serving of hot pasta to each bowl. If doing this, add 30 minutes to your cooking time.*



Bocce and Bellinis

On Sunday, August 3rd Filitalia and Sons and Daughters of Italy teamed up for an afternoon of Bocce and Bellinis. This first ever co-op event of the two Italian clubs brought out more than 100 people of all ages, many of whom had never attended an Italian club event. The young and old club members and their friends enjoyed sausage sandwiches, bellinis (and beer) and had friendly competitions on the bocce courts. The outdoor heat didn't deter people from having a great time. Hopefully, it can become a tradition!



The Wheat Ridge Carnation Festival Parade

On Saturday August 8th, the Sons and Daughters of Italy participated in the Wheat Ridge Carnation Festival Parade for the 35th Year. The weather was picture perfect and the crowds were happy and loud. Russ Caruso sang along the route.



Susan G. Komen 3-Day Walk Participants Rest at the Denver Lodge

By: Dr. Rita DeFrange

We hosted a stop on this year's Susan G. Komen [3-Day Walk in Denver!](#)

The Sons & Daughters opened the downstairs and garden area, as well as the parking lot for the over 600 walkers that participated. All of this happened the morning of August 3rd. This was a huge honor for us and the ability to support an event like this is wonderful! Thanks to our Worthy President Sal who coordinated with the managers of the walk!





Lemonade



By Beverly Mendicello

Lemonade, a timeless and refreshing beverage, has traveled cultures and history. It is scientifically thirst-quenching, and the sour taste of lemons stimulates saliva production, helping to keep you hydrated. **Ancient Origins:** Lemonade's roots trace back to ancient Egypt around 1000 AD, where ingenious individuals mixed lemon juice with [sugar](#) to create a refreshing beverage. The early concoction likely served both practical and pleasurable purposes. Lemons were not native to Egypt but were imported and prized for their unique flavor and purported [health](#) benefits. **Lemonade in Europe:** Lemonade debuted in Paris in 1676, captivating palates and establishing itself as a fashionable drink. **Introduction to America:** Lemonade crossed the Atlantic with European immigrants in the 19th century. As it integrated into American culinary culture, lemonade became a symbol of warm-weather refreshment, celebrated in literature, art, and introduced the lemonade stand tradition. **Oldest Lemonade Brand:** In 1835 Schweppes (renowned for its carbonated beverages,) entered the market with this citrus-infused drink. **Lemonade as a Cure:** In the 18th century, lemonade was also considered a medicinal elixir. Its high vitamin C content made it a sought-after remedy for vitamin C deficiency. Thus, lemonade transcended its culinary role to become a healthful and healing beverage. **Largest Glass of Lemonade:** The Guinness World Records for the largest glass of lemonade was recorded in 2008 in Texas, measuring over 3,011 gallons. This underscored the communal and celebratory nature showing lemonade's capacity to bring people together in pursuit of shared goals. **Lemonade Day Worldwide:** Lemonade Day is a global program teaching entrepreneurship to children reaching over one million kids in 84 cities and nine [countries](#). This initiative exemplifies the universal appeal of fostering business skills in young minds and imparting valuable lessons in financial literacy and creativity on an international scale. **Most Expensive Lemonade:** In 2012, a charity event in Sydney, Australia, sold a glass of lemonade for \$48 bringing the humble drink to a luxury experience. **Lemonade in Cocktails:** Lemonade plays a vital role in mixology, contributing to popular cocktails such as the Tom Collins and the Lynchburg Lemonade. These libations showcase the versatility of lemonade as a key ingredient in adult beverages. **Homemade Lemonade recipe:** 1 cup freshly squeezed lemon juice (about 3-4 lemons), 1/2 cup to 3/4 cup sugar, (to taste) 6 cups water, Combine lemon juice and sugar in a pitcher. Stir until sugar dissolves. Add water and stir well. Chill and serve over ice. You can adjust the sugar content based on your preference and add other ingredients like mint leaves, berries, or even cucumber for a twist.





October is Italian Heritage Month



Italian American Heritage Month is celebrated in the US during October to recognize the historical and cultural contributions of Italian immigrants and Italian Americans. Proclaimed in 1989 it provides an opportunity to celebrate Italian culture, history and heritage often marked by events focusing on Italian cuisine and achievements.

The Sons and Daughters of Italy are kicking off Italian Heritage Month by hosting the ***Italian Heritage Festival on Saturday, October 4th*** from 4:00 – 8:00 p.m. at Sons & Daughters of Italy, Denver Lodge 5925 W. 32nd Avenue, Denver, CO.

Other local Italian American organizations who will be joining the festivities include Dante Alighieri Society of Denver (Event Sponsor), Denver Sister Cities, Filitalia Denver, Italian American Business Association, Potenza, The Italians of America, and Trentini. There will be representatives from these organizations available to discussion their missions and visions. It is a wonderful opportunity for members of the individual Italian clubs of metro Denver to meet each other.

The festivities will include food, entertainment, vendors a caricature artist and local authors promoting their books. Learn the meaning or your last name, your heritage and its origin. There will be activities for children. And Dr. Rita DeFrangé has arranged a children's contest with prizes to be awarded at the festival

Let's kick off the month and celebrate our Italian Heritage with other groups with similar ideologies. Please use the QR code for information about children's activities and the event.

Mark your Calendar.



New "LOGO"! The Sons & Daughters name is official!
You can see our logo on our website:

<https://osiadenver2075.org>



Order Sons and Daughters
of Italy in America



So You Think You Know Everything?

Trivia Night for All Ages

Saturday,
September 27, 2025
5:30 PM - 9:00 PM
 Mt. Carmel Parish Hall
 36th & Navajo


EAGLES

\$25.00 per person
 (Includes light supper)
PAYMENT MUST BE MADE IN ADVANCE TO GUARANTEE RESERVATION.
 Your payment is your reservation.
All are invited!

Contact
 Joannie Flynn at 303-910-3973 or the
 Parish Office at 303-455-0447 for
 reservations or questions.
TICKET PURCHASE NON-REFUNDABLE


 ourladymountcarmel.com



Kick off Italian Heritage Month!
Free Admission

The Sons & Daughters of Italy
 PRESENTS AN

ITALIAN FESTIVAL

OCTOBER 4th, 2025 between 4 and 8 PM
 5925 W 32nd Ave, Wheat Ridge, CO 80212

- Stage performances, juggling and music
- Community Authors
- Caricature Artists
- Marketplace with Italian Food and specialty desserts



Enjoy the Camaraderie between Italian Organizations and the Public!

See the Website link: <https://osiadenver2025.org/>
 Contact susangurule@msn.com with inquires




Enjoy a Spaghetti Dinner at the
Sons & Daughters of Italy
Saturday, October 11, 2025
12 to 5 PM
 5925 W 32nd Ave, Wheat Ridge, CO 80212

Benefitting...

 Sons and Daughters of Italy in America

Grand Lodge Scholarships!



Dinner includes...
 Pasta, meatball, sausage, salad, bread, dessert and wine for
 dine-in or beverage of your choice!
 Come dine in or pick up a "to go!"
\$12 for Adults and
\$8 for Children (4 to 12)

Stop by the Bake Sale



Grand Lodge of Colorado

ORDER
 Sons and Daughters of Italy
 IN AMERICA

Our Grand Lodge of Colorado also publishes dates with events across the State held in the other lodges.

See the "events" Calendar at the link:

<https://www.osdiacolorado.com/events-page>

And

<https://www.osdiacolorado.com/filiallodg eevents>

Check these links out – great stuff!





Welcome New Members Greg Ball and Ralph Constantini. Our membership continues to grow as more of our Italian neighbors join to participate in activities of our vibrant club.

Car Show

The Car Show went off without a hitch! Many thanks to all the members that came out and helped to raise money for Caruso Family Charities!



St. Rocco's Feast

The Sons and Daughters of Italy supported the Potenza Lodge by hosting the pizza frita booth at the St. Rocco's Feast, August 22-24.



Caring Advice

By Ellie Gaccetta

Let me ask a candid question. Who will take care of you when you can no longer care for yourself? Covid caused many families to change abruptly when elderly parents who were residing in assisted living or senior living facilities suddenly found themselves living with their children. In 2020, the family unit for many changed from parents and children to adult children caring for their children while simultaneously learning to care for elderly parents. Those were stressful times, and today many of those multi-generational families still live together primarily due to the inflated cost of senior care. This has become the new normal.

Here are some caregiver statistics. **1.** In the United States, caregiving is widespread with 1 in 5 (21.3%) adults providing unpaid care to elderly adults or children with special needs. **2.** Approximately 53 million adults in the US are caregivers, women represent 59% of family caregivers, while 41% are men. **3.** Approximately 3 million children in the U.S. between the ages of 8 and 18 are responsible for assisting in providing care for elderly relatives. They are not participating in after school activities or playing with friends. **4.** A majority (53%) of caregivers work full-time jobs, highlighting the challenges of balancing caregiving and employment. After Covid, employers developed business plans to accommodate this new family dynamic to ensure productivity continues. **5.** Caregiving responsibilities often impact caregivers' health and well-being, leading to potential health issues. **6.** 37% of those caring for elderly adults, report burnout symptoms. **7.** Caregiver health is further impacted with 43% reporting sleeping difficulties and 36% reporting feelings of stress and depression. **8.** Despite the challenges, 47% of caregivers receive no formal (outside) support, 88% say they need more help. **9.** Many employed caregivers spend a significant amount of time during the work week providing care. 43% are sole caregivers dedicating a minimum of 20 hours a week providing care when their patients do not live with them. **10.** Caregivers often report increased challenges balancing their personal responsibilities. **11.** As the population ages the need for family caregivers is expected to increase, putting further strain on the existing system.

Today the average cost for skilled nursing home care is \$12,000 a month and the cost of hiring in-home assistance averages \$40 an hour. Most senior care facilities accept Medicare, Medicaid, or health insurance. Read ALL the fine print before signing any intake form as facilities may have time limits for accepting government reimbursement and then families must assume the burden for payment. Options become limited as the financial realities set in. Here are six steps to help you navigate legal matters. **1. Get legally authorized.** Have a family meeting to get everyone on the same page. Prepare a Durable Power of Attorney to manage bills. **2. Unlock benefits.** Is there a long-term care insurance policy, or insurance to cover in-home assistance, assisted living, or nursing home care. **3 Focus on tax credits.** You may be able to claim your loved one as a dependent or qualify for a tax credit. Find out more at [IRS.gov/faqs/irs-procedures/for-caregivers](https://www.irs.gov/faqs/irs-procedures/for-caregivers). **4. Trim home aide costs.** 40 hours a week of homemaker services costs an average of \$5,200 a month or \$40 an hour. Research available options at Community Resource Finder. **5. Protect their assets.** Take the necessary steps to keep their home and other assets out of probate. Complete beneficiary forms for cash recipients of bank and investment accounts, and life insurance policies. Set up revocable living trust documents for their home. Caregivers are responsible to assure the mortgage, property taxes, and other home expenses continue to be paid. **6. Tap more options.** There are hundreds of organizations that offer free or low-cost assistance for seniors. Visit the National Council on Aging website for options. Be prepared before it is too late.



Community Events

September

September 1 - Labor Day

September 6th - Sons and Daughters Annual Car Show (*Benefitting Caruso Family Charities*)

Sept 7th - Prima Domenica, Sons & Daughters Sponsoring

September 13th - Potenza Picnic (open to the public)

September 17th - Sons & Daughters Picnic, General Meeting

September 27th - Trivia Night, Mt. Carmel Hall, sponsored by the Alumni

October - Italian Heritage Month

October 4th - Italian Heritage Celebration *held at Sons & Daughters of Italy*

October 4th - Flag Raising at the Capital, FillItalia ~ 3PM

October 5th - Prima Domenica, All Clubs

October 11th - Wine Tasting Event, Benefiting charity Laradon Hall, *Sponsored by the IOA*

October 11th - Altar & Rosary sponsors "It's in the Bag" purse party



Contact Us

Order Sons & Daughters of Italy in America,
Denver Lodge #2075
5925 West 32nd Avenue, WheatRidge, Colorado 80212

303-238-8055
soidenver2075@gmail.com
osiadenver2075.org



Order Sons & Daughters of Italy
in America Denver Lodge #2075
5925 West 32nd Avenue
Denver, Colorado 80212