
FROM THE DESKS OF
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To Our Patients,

After all the health advice you've read and heard the last 3 months, we wanted to lighten the mood with a creative spoof sent to us by a patient, I don't know where it came from... but this time, I'm not the playful author!

The American Medical Association(AMA) debated whether the country should be re-opened. Here are the results by medical specialty.

- *The Allergists were in favor of scratching it, but the Dermatologists advised not to make any rash moves.*
- *The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.*
- *Meanwhile, Obstetricians felt certain everyone was laboring under a misconception, while the Ophthalmologists considered the idea shortsighted.*
- *Many Pathologists yelled, "Over my dead body!"*
- *While the Pediatricians said, "Oh, grow up!"*
- *Psychiatrists thought the whole idea was madness, while the*
- *Radiologists could see right through it.*
- *Surgeons decided to wash their hands of the whole thing and the*
- *Internists claimed it would indeed be a bitter pill to swallow.*
- *The Plastic Surgeons opined that this proposal would "put a whole new face on the matter."*
- *The Podiatrists thought it was a step forward, but*
- *The Urologists were pissed off at the whole idea.*
- *Anesthesiologists thought the whole idea was a gas, and those lofty*
- *Cardiologists didn't have the heart to say no.*
- *In the end, the Proctologists won out, leaving the entire decision to the 😊holes in Washington.*

Marczyk Fine Foods / Colfax location 303-243-3355 / 17th Avenue location 303-894-9499
Marczyk's uses Instacart and offers its own curbside pick-up service, *Shop, Stop and Roll*.
Account set up is on the website, (when <https://marczykfinefoods.com/shopstopandroll>). If you want help setting up an account to order online, call after 6 p.m. and ask to speak to a manager.

Pros: Marczyk's will help you set up your account. The shop provides a great selection of high-quality (and often local) produce, meat and seafood as well as delicious specialty foods. The staff is personable and aims to please: I recently placed an order, and one of my items ended up being sold out, an employee called to apologize and discuss a possible replacement.

Cons: Limited selection. Higher-than-average pricing on many items.

In summary, technology is the name of the game for grocery pick-up and delivery.

If you haven't tried online ordering, you may want to give it a whirl – either through your favorite store's website, or through Instacart. If you need help with set up, ask a friend, family member or neighbor to walk you through it. And if you have a neighbor you trust who offers to pick up groceries for you, by all means take them up on it. So many people really want to help.

A Little Help / 720-242-9032

No one around you can ask for help? Contact *A Little Help*, a local non-profit with a roster of screened volunteers to assist older adults on everything from ordering (or picking up) groceries, to technology troubleshooting and yard work.

A Little Help is a free service to some, but the organization offers a "pay as you can" membership structure. Apply by mail or online, at alittlehelp.org. (And they always can use more volunteers!)



City Floral / 303-399-1177

Looking to grow your own herbs & veggies? City Floral nursery, on Kearney St and 14th Ave., has a fabulous selection and lots of good air flow. However, the aisles are narrow and when it's busy (often) you're bound to pass others at close range.

The nursery cancelled curbside pick-up for the general public, but older adults and immune-compromised individuals are welcome to call to phone in orders for curbside pick-up. If you call and don't reach someone, keep trying. The shop reports record-breaking traffic.

As always, please feel free to reply to this message with questions, future topic ideas, and feedback. Know that we are always here for you!

Be Well,

Jeannette and Kelly

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