



## **FRIENDS FOR LIFE TEAM**

**Owner: Jared Kelso**

**Care Director: Julie Hood**

**Admin Coordinator: Trina  
Leewaye**

**Scheduling: Melissa Sly**

## **Tips & Tricks From FFL**

- Pace yourself during spring cleaning and gardening.
- Prevent falls by wearing supportive shoes and watching for wet or uneven ground.
- Test and check the batteries in your carbon monoxide/ smoke detectors. At our high altitude, UV rays are stronger—even on cool days. Wear at least SPF 30+

## **Meet the Owner**

For Jared Kelso, leading Friends for Life is both a professional calling and a personal commitment. Alongside his wife Mandy of more than 25 years and their four children, Jared understands firsthand the importance of ensuring older loved ones receive compassionate, dignified support, especially when families can't always be present.



**FRIENDS FOR LIFE OWNER: JARED  
KELSO**

## Top Upcoming Events

First Day of Spring: March 20, 2026

Easter: Sunday April 5, 2026

Passover: April 1 to April 9

Denver Zoo

Free day: April 19 (online lottery)

Denver Museum of Nature & Science:

Free Day: April 13 and 26

Denver Botanic Gardens - Chatfield  
April 22

## Keep In Touch With Us

**Main Number: (303)-321-2822**

**On Call: (303)-321-2822 Ext. 2**

**Scheduling: (303)-321-2822 Ext. 2**

**Julie Hood: (303)-321-2822 Ext. 3**

**Billing Department (303)-321-2822  
Ext. 6**

**Email: [info@friendsforlifeinc.com](mailto:info@friendsforlifeinc.com)**

## Come See Us

We will have a booth at several local tradeshow in April:

April 16 Colorado Senior Expo at the Jewish Community Center

April 20 Senior Connection at the Elks Event Center in Arvada

