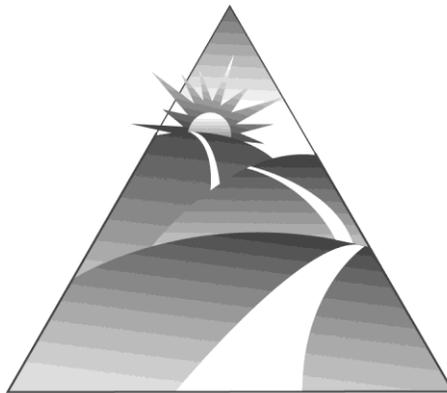


Arapahoe County Council on Aging

2015 Annual Report



Pathways to Wisdom
THE DYNAMICS OF AGING

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Arapahoe County Council on Aging

“Pathways to Wisdom, The Dynamics of Aging”

Annual Report 2015

MISSION STATEMENT

The mission of this council is to identify the needs, concerns, and issues of older adults (60 years of age and older) in Arapahoe County. To plan, advise and advocate for services which will best meet these needs by enlisting, encouraging, cooperating and coordinating within the community.

The Arapahoe County Council on Aging was organized in 1975 as the official spokesman for the county’s older population and to represent agencies and organizations serving older people. It was founded as a result of the Older Americans Act of 1965 as amended.

2015 OFFICERS

PRESIDENT: Andrea Olson, UnitedHealthcare Medicare & Retirement
VICE PRESIDENT: Linda Haley, Division Manager, Arapahoe County Housing, Community Development, and Senior Resources
TREASURER: Sheila Pizarro, ACCOA Administrative Coordinator
SECRETARY: Sarah Cornella, Ongoing Care Manager, Colorado Access

HIGHLIGHTS OF THE PAST YEAR

Held our Annual January “GET TOGETHER” on Monday, January 26th and provided a light lunch prior to the program. The program for the event was a discussion of services available to seniors in Arapahoe County. Featured speakers were the Mayors from Greenwood Village, Englewood and Centennial as well as representatives from city governments in Arapahoe County who focused on issues and solutions for meeting the needs of seniors within their communities. ACCOA Officers and Committee Chairs for 2015 were installed.

The meeting was held in the dining room of Caley Ridge Assisted Living facility, 9350 E Caley Avenue, Englewood.

Joined with Adams County Aging Network (ACAN) and Tri-Valley Seniors Association to hold a “Joint Meeting” on June 22nd at the Byers American Legion Hall. Following the luncheon, the

speaker, Sheila Gains from the CSU Cooperative Extension's Family and Consumer Education Program presented an informative and interactive session entitled "Eat Smart, Live Strong."

SPECIAL PROJECTS

Continued to expand the criteria to be developed by ACCOA representatives participating in the ACCOA Speakers' Bureau.

Increased the number of topics and speakers utilized in the ACCOA Speakers' Bureau.

Distributed ACCOA and Speaker's Bureau brochures to local organizations to be shared with their members and networking contacts.

Participated in Senior Health and Resource Days at various events throughout the County.

Represented Arapahoe County on the DRCOG Advisory Committee on Aging. The ACCOA representatives kept members updated on funding issues, discussed livable communities and stressed the need to keep people aging in place as it is much less expensive than placing them in assisted living or nursing homes. They continued to work with the Funding Committee for 2015 regarding the budget recommendations of funds for the State Fiscal Year and worked as part of the group that reviews and determines the actions, plans and support for adjusting the funding.

Maintained the ACCoA website providing information concerning our services and mission. The website, www.accoa.info, affords public access to various sources of information about ACCoA as well as on-line resources that are available for seniors. The website averaged 125 to 150 hits each month. Activity did not appear to be related to any specific function but is spread with visits throughout the website. The site also provides the ACCoA calendar of events, meeting dates, program topics, list of Officers and Committee Chairs, minutes of past meetings, By-Laws, the Annual Reports, and means of contact.

Distributed the Colorado Senior Lobby Newsletter to the ACCoA email data base.

Maintained an email data base of service providers, vendors and seniors. During the year, information has been distributed concerning consumer alerts on scams against seniors, the potential effects of budget deficits relative to senior programs, requests for action by agencies, monthly meeting information and minutes along with appropriate notices relative to senior issues.

Made available resource counseling to callers and email contacts through the ACCoA Administrative Coordinator office and referrals to other agencies. Contacts are made throughout the year by people requesting assistance with everything from locating help with snow removal, housing, transportation, financial assistance for equipment, legal assistance referrals, "bait and switch" problems, and in-home care, to such things as needing "senior friendly" places to meet with other people. Grown children, family members and concerned friends who live out of state call the ACCOA phone number to determine what resources are available for their seniors living in

Arapahoe County. During the Holidays, there is generally an increase in the number of calls from some seniors who appear to need nothing more than someone to talk to for a few minutes. Calls and emails are received and returned daily. In past years the most prevalent request has been for transportation information. 2015 has been the year of housing problems with a substantial number of seniors losing their housing due to dramatically increased rents, many of which have resulted in evictions and a lack of affordable housing.

PROVIDED EDUCATIONAL PROGRAMS

- January - Mayors and their representatives spoke of projects, events and updates relative to the senior issues in their cities.
Linda Haley spoke about the county funds supporting senior services to help work toward keeping seniors independent.
- February - Speaker: Doug Stephens, Littleton Police Chief
Topic: Issues going on in the City of Littleton and safety concerns
- March Speaker: Chuck Franceschi
Topic: Best kept secret in the Veteran’s Administration: aid and attendance benefit
- April - Speaker: Beth Miller, Placement Specialist, Care Patrol
Topic: What does a Placement Specialist do to assist people and their families with long term care and assisted living placements
- May - Speakers: Laura Stewart, Center for People with Disabilities
Shirley Proppe, American Counsel of the Blind and Visually Impaired of Colorado
Topic: Low vision and the resources available
- June - Speaker: Sheila Gains, CSU Cooperative Extension Family and Consumer Education Program
Topic: Eat Smart, Live Strong
- July Speakers: Lily Hotaling, Patient Advocate with Answers for Senior Care
Marie Connolly, Patient Advocate with Guiding Light, LLC
Ellen Buchannan, Nurse Navigator with Centura Health
Marla Talmadge, Nurse Navigator with Centura Health

	Topic:	Overview of their role in patient/client advocacy
August	Speaker:	Kevin Kay, Emergency Management Specialist, Office of Emergency Management, Arapahoe County Sheriff's Office
	Topic:	Emergency Preparedness for Seniors
September	Speaker:	Linda Haley, Vice President, Arapahoe County Council on Aging
	Topic:	Strategic Planning for ACCOA's Future
October -	Speaker:	Linda Haley, Division Manager Arapahoe County Housing, Community Development, and Senior Resources
	Topic:	Senior Services available in Arapahoe County
November -	Speakers:	Andrea Olson Krisztal, UnitedHealthcare Medicare & Retirement Krista Keller, UnitedHealthcare Medicare Solutions
	Topic:	Medicare 101

The major project for the Arapahoe County Council on Aging in 2015 was the continued development and expansion of the Speakers' Bureau, *The Dynamics of Aging Informational Series*. The ACCOA Speakers' Bureau is one of our primary avenues for reaching out to the community and sharing resource information at this time. The Speakers' Bureau section of the Community Awareness Committee focused on increasing the topics provided by the program along with additional speakers who are well versed in each topic. The mission statement of the Speaker's Bureau program is:

The mission of the Arapahoe County Council on Aging (ACCoA) is to identify the needs, concerns, and issues of adults 60 and over in Arapahoe County and meet these needs through education, collaboration and coordination in the community. This Speakers' Bureau is designed to share information to groups about the many community services and resources available when older citizens are preparing for dynamic aging or if they are caring for someone in immediate need of information regarding aging.

The Community Awareness Committee consists of:

Co-Chairs:

Mona Gardner, Speakers' Bureau

Krista Keller, Special Events

Standing Committee:

Barbara Lotze, Contributions Chair
Natalie Valentino, ACCoA Activity Chair
Linda Haley, Eastern Plains Food Bank/Project Chair
Jim Brown
Greg Glischinski
Sarah Cornella
Andrea Olson Kriszal, ACCoA 2015 President and Member-at-large
Sheila Pizarro, ACCoA Administrative Coordinator and Member-at-large

SPEAKERS' BUREAU ACTIVITIES

Buck Recreation Center Programs

These seminars are held on the third Wednesday of each month, from 11:00 – 12:00 at Buck Recreation Center, 2004 W. Powers Avenue, Littleton, CO 80120. Time changed to 12:30-1:30 in July to accommodate Silver Sneakers South Suburban scheduling. Participants for the sessions ranged from 6 – 15 persons. Facilitator for each of the meetings was Mona Gardner. It was decided to add refreshments to the November and December meetings. The Littleton Chapter of Alpha Delta Kappa, Honorary Teachers organization provided refreshments for the November meeting. Jim Brown, of Memory Lane and Charter Financial Resources, provided a light lunch for the December meeting.

- January: *Angels Everywhere*: Presented by Sister George Anne Quinlan, BVM.
Note: This program was cancelled due to a large snow storm.
- February: *Common Frauds & Scams*: Presented by Barbara Martin-Worley, Director, Consumer Protection division of the 18th Judicial District Attorney's Office.
- March: *Laugh Together*: Presented as a Laughaceutical Workshop by the Kaiser Permanente group.
Note: This program was cancelled by Kaiser as there were not their required number of participants registered. Required number is 40.
- April: *Boomers! Who are they Really*: Presented by Barb Raynor of the organization, Boomers Leading Change in Health.
- May: *Veterans Services*: Presented by Tim Westphal, County Veterans' Services Officer
- June: *Aging: Legislative Issues*: Presented by Bob Epstein, ACCoA Legislative Chair
- July: *Identity Theft*: Presented by Barbara Martin-Worley, Director of Consumer Protection for the District Attorney's Office of the 18th Judicial District.
- August: *Alternative Therapies for Arthritis*: Presented by Pam Snow of the Rocky Mountain Arthritis Foundation.

- September: *Angels Everywhere*: a rescheduled program from January presented by Sister George Anne Quinlan, BVM.
- October: *Network of Care*: Presented by Kelly Blair Roberts from DRCOG
- November: *Elder Abuse and Exploitation*: Presented by Barbara Martin Worley, Director of Consumer Protection for the District Attorney's Office of the 18th Judicial District.
- December: *Three Levels of Care*: Presented by Linda Haley, Arapahoe County Housing, Community Development, and Senior Resources Division.

Individual Community Programs

- February: Buckley Air Force Base (Aurora): *Wills and Trusts*, Presented by Elizabeth Mitchell, of Ambler & Keenan, 60 participants.
- October: Buckley Air Force Base (Aurora): *The Basics: Memory Loss, Dementia, and Alzheimer's*, Presented by Karen Moravek from the Alzheimer's Association.

A Series was held at the Aging Well Resource Center of the Bemis Public Library in Littleton, on the Second Wednesday of the month from 2:00 – 3:00. The first of the series was presented and well attended. Scheduled for that series were:

- April: *Planning for Retirement: When to Begin*: Presented by Rick Bloeman, Colorado Senior Care Advisors.
- August: *Sorting through Information: What's Valid, What Isn't?*: Presented by Nicole Hartog of DRCOG.
- October: *Levels of Care and Community Resources*: Presented by Linda Haley, Arapahoe County Senior Resources Division.
- April: Aurora Center for Active Adults (Aurora): *Planning for Retirement: When to Begin*: Presented by Rick Bloeman, Colorado Senior Care Advisors. Sheila Anthony, facilitator.
- June: Aurora Center for Active Adults (Aurora): *5-Wishes*, Presented by Anne Legg of Visiting Angels. Sheila Anthony, facilitator.
- September: Smoky Hill United Methodist Church (Aurora): *Common Frauds*, Presented by Barbara Martin-Worley, Director of Consumer Protection of the 18th Judicial Court. Eugene Aist, facilitator.

Meetings and Community Contacts

Monthly: Regular ACCoA Meetings: 4th Monday of each month, 1:00-2:30, excluding June (Byers) and December (holidays).

Additional Meetings:

January: 1. Regularly scheduled meeting from 12:00-2:30.
2. Planning meeting at Regis from 10:00 – 11:30

June: 1. Board Meeting from 9:00-1:00
2. Individual meeting with Kim Larson-Cooney, of Arapahoe Community College about a possible partnership. (1 hour)

October: 1. Individual meeting with Dana Patten, Regional Director of ActiveRx about a partnership of possible speakers for ACCoA scheduling. (1 hour)

SPECIAL EVENTS ACTIVITIES:

Holiday Giving to Disadvantaged Seniors:

Chaired by Barbara Lotze of Visiting Angels.

25 elderly people in need received a Christmas gift from members of ACCoA. Clients of Adult Protective Services know that they are being thought of this holiday season thanks to the generosity of the ACCoA members. Gift trees for children are always in plenty, but rarely do we see a focus on the elderly community-in-need. The staff of Visiting Angels, under the direction of Barb Lotze, made Angels with the elder's name and 'wish list' attached. At the October meeting, members of ACCoA secured one (or more) of these Angels from a clip board, purchased and wrapped the gifts and returned the wrapped gifts to Barb at the November meeting ready for distribution in early December. This is a wonderful and fun project.

Additional Special Events:

January: Krista and Natalie attended the Centennial Senior Commission monthly meeting. The goal of attending the meeting was to partner with the group to see how ACCoA could be involved with events and community programs.

The committee provided the luncheon for the January ACCoA meeting at Caley Ridge.

February: Representatives attended the Expo at the Buck Recreation Center and distributed ACCoA and Speakers' Bureau brochures to various community partners and organizations.

April: Bob, Krista and Andrea attended Senior Day at the Capitol. ACCoA had a booth where brochures on ACCoA and Speakers' Bureau were distributed to attendees.

Krista and Natalie manned a booth at the Active Aging Expo at the Malley Recreation Center in Englewood. Information on ACCoA resources was distributed to various attendees of the Expo, and a 10-minute speech about ACCoA was presented on the main stage.

ACCoA participated in the Littleton Community Retreat on April 17, 2015. The topic was “Successfully Surfing the Silver Tsunami” and included a resource fair for participants in addition to several presentations and break out groups on topics such as Housing and Senior Services. The event was attended by approximately 100 people and the resource fair had additional participants who were attending the Buck Center for other activities.

May: Linda hosted a booth at the Older Active Adult Health and Resource Fair at the Goodson Center with brochures and ACCoA information. Natalie also attended the event to network with community partners.

Linda hosted a booth at the Older Active Adult Health and Resource Fair at the Buck Center with brochures and ACCoA information. Krista also attended the event to network with community partners.

June: Krista and Natalie hosted a booth at the Aurora Health Access “Community Forum”. This was a full-day event with a keynote speaker, and included a 5-minute speech on ACCoA presented to attendees of the event.

August: Representatives attended the Amazing Aging Expo held at the Marriott Denver Tech Center. ACCoA members attended the event for networking with community partners.

October: Committee members assisted with the collection of Christmas gifts for disadvantaged seniors.

November: Krista hosted a booth at the Caley Ridge Open House Event. ACCoA and Speakers’ Bureau brochures were distributed to attendees of the event.

Report on Community Awareness Goals for 2015 and continued Goals for 2016:

1. Expand the ‘expert’ speakers list and perhaps topics. Additions this year are:

Anne Legg, Visiting Angels
Dana Patten, Active Rx
Jim Brown, Memory Lane
Kim Larson-Cooney, ACC
Pam Snow, RMT. Arthritis Foundation
Karen Moravek, Alzheimer’s Association

2. Gather contacts and mailings for fraternal and service organizations in the area. (Continue to work on this)
3. Locate additional places for Speakers' to share information such as HOA groups, recreational facilities, and groups representing various cities within Arapahoe County. (Continue to work on this)
4. Implement the Series of already chosen programs at Buck Recreation Center, Malley Senior Center, Aurora Senior Center, and Buckley Air Base. (Completed)
5. Confirm an interest in partnering with and continuing to partner with the following entities within the community:
 - a. Aging Well Resource Center at Bemis Library, Littleton (yes)
 - b. Alpha Delta Kappa, honorary teacher organization, in providing provisions to the CARE Food Bank in Byers, CO. (yes)
 - c. Heritage Eagle Bend, Aurora (Continue to work on this)
 - d. Regis University, Greenwood Village (Completed)
 - e. Arapahoe Community College, Littleton (Continue to work on this)
 - f. Specialized clubs such as AAUW, League of Women Voters, etc. (Continue to work on this)
 - g. Aurora Center for Active Adults, Aurora (Continue)
 - h. South Metro Health Alliance (No)
 - i. Malley Senior Recreation Center, Englewood (Continue)
 - j. Buck Recreation Center, Littleton (Continue)
 - k. Buckley Air Base, Health & Human Services, Aurora (Continue)
 - l. *50 Plus Market Place* (Continue)
 - m. *My Prime Time News* (Continue to work on this)
 - n. Centennial Senior Commission, Centennial (Continue)
 - o. Service Clubs and Churches of Arapahoe County (Continue to work on this)
6. Christmas Giving provided for seniors in need (Continue)
7. Speculated Special Events
 - a. Strasberg Food Bank, September (Linda Haley, Chair)
 - b. Christmas Gift Event October/November (Barb Lotze, Chair)
 - c. Marketing Design: 'Single Event' flyers for each Speakers' Series
 - d. "Eating Event" at the last meeting of each speakers' series (Continue these events)
8. Marketing ACCoA: Send e-mails to ACCoA, AARP, REGIS etc. members telling of all events for each three-month period. Members of ACCoA will be invited to send a listing of their events to be included within this e-mail. Natalie Valentino will chair this activity.
 - Jan. Feb. March (e-mail sent in December)
 - April, May, June (e-mail sent in March)
 - July, August, September (e-mail sent in June)
 - Oct., Nov., Dec., (e-mail sent in September)
9. Combine the Speakers' Bureau and the Special Events Committees for a stronger base-support. Members of this newly formed committee are:

Jim Brown
Mona Gardner, Speakers Bureau Chair
Greg Glischinski
Sharon Hill
Krista Keller, Special Events Chair
Vicki Martinez
Alandra Morthorpe
Natalie Valentino, Special Activity for ACCoA Chair
Members-at-Large: Andrea Olson Kriszal, ACCoA 2015 President
Sheila Pizarro, ACCoA Administrative Coordinator
Linda Haley: Eastern Plains and Strasberg/Byers Projects Chair
(Continue this format)

10. Provide a “Good-Will” Story for the regular monthly meeting of ACCoA
(Continue this attempt)

Additional Goals for 2016:

1. Update the ACCoA website
2. Continue trying to form a partnership with the Arapahoe Library System by:
 - a. Quarterly staffing Arapahoe Library events. These events need not be focused solely on seniors, however, seniors are the priority target. Because of the reopening, Sheridan Library should be a major focus.
 - b. Review current library events of which ACCoA may be a part.
 - c. E-mail Community Awareness Committee listing events and ACCoA staffing assignments for each event.
3. Encourage the ACCoA membership to distribute ACCoA brochures, when appropriate, to sites where they may be visiting, speaking, or attending meetings.
4. Special Events Committee to continue to attend Events/Expos within the Arapahoe County Community as well as host booths at Fairs and Community Events.

ACCOA STANDING COMMITTEES

Advocacy/Legislative Committee - Bob Epstein, Chair

The purpose of this committee is to advocate on issues and legislation affecting seniors in Arapahoe County and to promote educational endeavors.

Community Awareness - Mona Gardner, Krista Keller Co-Chairs

The purpose of this committee is to solicit a diverse ethnic and economic representation of the 60 plus Community; help meet their needs; partner with other organizations within the County to promote greater cooperation and coordination of needed services; sharing of information; and developing interest in community participation to further increase awareness and advocate for seniors in Arapahoe County. This committee, with the assistance of Linda Haley, organizes the collection and distribution of non-perishable food items for the Strasburg CARES Food Bank in Strasburg.

Speaker's Bureau – Mona Gardner, Chair

The Speakers' Bureau is one of our primary avenues for reaching out to the community and sharing resource information. It is designed to enable us to share information with seniors and those involved with the care of seniors about the many community services and resources available in Arapahoe County.

Special Events Committee - Krista Keller, Chair

The purpose of this committee is to work as a part of Community Awareness in an effort to extend the presentation of resource materials to those groups most in need, specifically those who have been difficult to reach or unidentified in the past. One section of the committee, headed by Barb Lotze, organizes the collections of holiday gifts for clients of Adult Protective Services. Members of ACCOA secure one or more names, including the client's wish list, purchase and wrap the gifts and return them at the November meeting for distribution in early December.

Eastern Plains Committee - Linda Haley, Chair

The Eastern Plains co-sponsors the June joint meeting with ACCOA and ACAN. Tri Valley Seniors continue to be active participants in ACCOA. During 2015 their focus has been on completing fundraising for a new van to replace the 23 year old van currently in use. With support from several community members and organizations, fundraisers held, and the support of Arapahoe County, Tri Valley was able to purchase a van in November. This purchase will enable Tri Valley to continue providing opportunities for their seniors to attend meetings, exercise classes, holiday events, and other activities in their geographically isolated area.

Program Committee - Andrea Olson Krisztal, Linda Haley, Co-Chairs

The purpose of this committee is to schedule presentations at the regular monthly meetings that inform and educate the Council on issues pertinent to older adults in Arapahoe County.

Public Safety Committee - Scott Sickafoose, Chair

The purpose of this committee is to keep the older citizens of Arapahoe County informed about issues and resources relating to their safety and well-being.

DRCOG Advisory Committee on Aging - Cathy Noon, Douglas Bowen, ACCoA Representatives

The purpose of this committee is to ensure effective representation on the DRCOG Committee on Aging from Arapahoe County.

Ad Hoc Committee

Ad Hoc Committees are appointed as necessary by the President and report to the President on a regular basis. Among these committees are the Review Committee, Nominating Committee and a possible Retreat Committee.

Review Committee

The purpose of this committee is to review how grant money is being used in Arapahoe County,

to assess the needs of our service providers and how we might be able to assist them.

Nominating Committee

The purpose of this committee is to identify members who would be an asset to ACCoA and would be interested in an Executive Board position.

Meetings

The Arapahoe County Council on Aging met monthly, January through November, on the 4th Monday of the month at Caley Ridge Assisted Living, 9350 E. Caley Avenue, Englewood, CO 80111. Attendance at meetings during the year has consisted of representatives of organizations, service providers and seniors. Meeting announcements and minutes are emailed to the membership monthly and meeting dates, times and program information are updated on the website each month. Meeting minutes are posted on-line as well as telephone and email contact information for the ACCoA office, Officers and Committee Chairs.

Funding/ Expenses

Funding for ACCOA in 2015 was a \$50.00 donation in payment for a speaker gratuity.

Major expenses for the organization during the year included:

- * Senior Lobby membership
- * ACCoA Annual meeting
- * ACCoA/ACAN/Tri-Valley Seniors Association joint meeting
- * Sponsorship of 2015 Senior Day at the Capitol
- * Administrative expenses
- * Golden Voice phone services
- * Internet Expenses
- * Donation to Caley Ridge Assisted Living for facility use

Financial Statement is available upon request.

Comments from ACCOA 2015 President Andrea Olson Krisztal:

This year ACCOA continued to focus on bringing resources to the community and educating the aging population across Arapahoe County in communities where they reside. Arapahoe County has a uniquely diverse population, stretching 72 miles east to west. It can be difficult for many seniors to attend regular meetings at a central location due to distance and limited access to transportation. 83,682 seniors over the age of 65 currently reside in Arapahoe County, of this aging population 31% live on or below the federal poverty level and have an annual income of less than \$15,000. With healthcare and housing costs continuing to rise, our focus this year was largely on

resources for lower income seniors in Arapahoe County. Much like the rest of metro Denver, the housing crisis is largely affecting seniors in Arapahoe County and was a regular topic of discussion. The Speaker's Bureau and Special Events committees chaired by Mona Gardner and Krista Keller did a wonderful job of educating Arapahoe County seniors on a variety of topics to help them maintain a safe and healthy lifestyle. Events spread from Byers, CO on the eastern plains to Littleton, CO on the west side of the county. We continue to focus on partnerships across the metro area to connect aging members of the community with needed resources. As the 2015 President of ACCOA and board member of several years, I am very proud of the impact that ACCOA has on our community. Our monthly meetings continue to grow, with new community partners attending every time. We will continue our outreach to the community and advocate for seniors across Arapahoe County for years to come. Due to a new position which requires regular travel, I will be stepping down from the role of ACCOA president and Linda Haley will do an amazing job serving as ACCOA president in 2016.