**Arapahoe County Council on Aging**

**Final Meeting Minutes: January 24, 2022 *via Zoom***

Linda Haley, ACCOA President, called the meeting to order at 1:02 pm.

**Approval of November Meeting Minutes:** Motion: Barbara Boyer; Second: Sharon Wiest. *Motion approved*.

**Treasurer’s Report:** There is $3,627.37 in checking; $10,009.29 in savings account.

**President’s Report**: Motion to approve Jo Glaviano and Krista Keller to act as Co-Presidents in anticipation of Linda’s retirement and until a new President is elected: Motion: Barbara Boyer; Second: Bob Epstein. *Motion approved*.

Motion for Barbara Boyer and Cathy Noon to continue as DRCOG delegates: Motion: Bob Epstein; Second: Sharon Wiest. *Motion approved*.

**DRCOG Report:** Barbara Boyer: Most recent DRCOG meeting discussion focused on the proposed amendments to the Older Americans Act; creating a summit discuss the roles and functions of the county, ACAs and AAAs, with specific focus around housing for seniors.

**Legislative Report**: Bob Epstein: Colorado Center for Aging discussed 44 bills at this morning’s meeting, with most focus on HB-1035: the modification of the Older Americans Act.

**Safety Report**: No report.

**Community Awareness**: No report.

**Eastern Plains**: No report.

**Presentation:**

Speakers:  Alan Pershing, Practice Director and Health Coach, Renova Infusion and Comprehensive Health

Topic: Incorporate good nutrition at any age

Presenter takeaways:

* Notice a recent trend that folks entering urgent or emergency care are often nutritionally deficient and dehydrated
* As we age, we need mor B12, calcium, Vitamin D, fiber, potassium, hydration; recommend information found on <https://nutritionfacts.org/>
* Supplements are no replacement for the food we’re meant to eat; supplement only if a strict vegetarian or vegan or taking certain medications
* 75% of Americans are chronically dehydrated, proper hydration is vital for bodily functions
* Contact Alan: (720) 770-0089, alan@renovaiv.com, renovaiv.com

**Community Announcements**:

Barbara Boyer: Re: The Family Choice Care Act: Changing regulations so when care.com or aplaceformom.com websites are used, members are not locked in to services

Linda Haley: We are working on the Annual Report and will send it out when it’s complete; going forward, ACCOA will send out a calendar invite to hopefully increase attendance

Jo Glaviano: Senior Circle, Wed, March 9th, 1:00pm. Please join us to discuss, and provide feedback about, the Healthy Brain Initiative Roadmap.

There were 12 people in attendance. Minutes prepared by Johanna Glaviano, Secretary.