**Arapahoe County Council on Aging**

**Meeting Minutes: March 28, 2022 *via Zoom***

Johanna “Jo” Glaviano, Acting ACCOA Co-President, called the meeting to order at 1:02 pm.

**Approval of February Meeting Minutes:** Motion: Barbara Boyer; Second: Bob Epstein. *Motion approved*.

**Treasurer’s Report:** $10,009.44 in Money Market, $4,561.53 in checking account; the Arapahoe County check is in process

**President’s Report**: No President’s report.

**DRCOG Report:** Cathy Noon, Barbara Boyer:Funding subcommittee focusing on anticipated shortfalls in the coming years, how the Older Coloradans funding will change, staff shortages and decreased funding; concerned about the increased aging population and challenges that a lack of funds will bring; meeting on April 15th to plan a AAA summit focusing on how we can work together to be more effective

**Legislative Report**: Bob Epstein: Colorado Center for Aging following many bills; the Modernization of the Older Americans Act (HB22-1035) will be signed by the Governor very soon; other bills include PERA retirement benefits to help those in rural areas, addressing fentanyl overdose accountability and prevention, affordable housing, and home owners’ rights; CCA is strongly supporting the Consumer Right To Repair Powered Wheelchairs (HB-1031)

**Safety Report**: Scott Sickafoose, Jamie Sorrells: Continue to see an uptick in crime, including the typical scams targeting seniors; seeing more intensity over the phone, especially through text messages; from a recent report about romance scams, between Oct, 2021 and January, 2022, in CO and WY, $32 million lost to romance scams, 60% percent of the victims were over 65 years old; be careful of scams during tax season

**Community Awareness**: Many events this Spring: see Community Announcements below.

**Eastern Plains**: No Eastern Plains report.

**Presentation:**

Speakers:  Sasha Story, Community Outreach / Enrollment Manager

Topic: Nymbl Science

Presenter takeaways:

* Balance training program to prevent falls
* Nymbl’s balance programs combines fun cognitive challenges with simple body movements to impact the cognitive part of balance, AKA your reflexive balance
* 75% of Nymbl users report improved confidence in balance
* Scientifically proven to improve balance by 30%
* Proven to reduce fall-related 911 calls by 35% after only 12 trainings
* Through partnership with DRCOG and the State of Colorado, it’s FREE to Coloradans ages 60+

**Community Announcements**:

**Jamie Sorrells**: DA18 Senior Law & Safety Summit, Sat, May 21st, Charles Schwab Conference Center, 8:30a to 2:00p. Must register in advance: <https://www.da18.org/slss2022/>

**Krista Keller:** Active Aging EXPO, Malley Senior Recreation Center, April 28th, 3-6pm, Malley Recreation Center, 3380 S. Lincoln St. call 303-762-2660 or email cadamson@englewoodco.gov

**Rowen Velasquez**: Active Adult Healthy Living Expo at the Buck Recreation Center on May 6th, 11am-2pm. We are currently looking for exhibitors to participate with sponsoring/running a table. Contact: RVelasquez@ssprd.org

**Barbara Boyer**: AgeWise April events: April 6th, 11:30 am - 1:00 pm: The Other AAA (Not the ones who start your Car): Learn what the Area Agencies on Aging are doing for Older Coloradans; April 21st, 11:30 am - 1:00 pm: It’s Spring … Time to Start Cleaning Out? Decluttering, Hoarding and resources. Visit www.agewisecolorado.org to register, no charge but we like to know how many are attending.

**Barb Schneller**: Aurora Commission for Older Adults hosting a meet & greet at the Mission Viejo Library on Saturday, April 2 at 10:00. Everyone is welcome to attend.

**Larry Clarke**: Mature Living Truth Seminars is hosting a panel presentation, "Leaving a Legacy," Tuesday Mar 29th, 10-11am via Zoom: https://us02web.zoom.us/j/87132408497; Phone only 719-941-8022 ID 871 3240 8497
**Jamie Sorrells**: Community Conversations with District Attorney John Kellner: "Fentanyl - Peddling Poison." March 30th, 6:00p, Free virtual Zoom event: Register Here: <https://bit.ly/3wKnaBx>
**Sheila Anthony**: Cherry Creek Retirement Village’s April Legacy Series focusing on creating a memory board; contact

**Audrey Krebs**: Aging Services Consultants, holding Cert Senior Advisor meetings on April 27th Care Penguin’s Marlo will be speaking about and electronic caregiver; always 4th Wednesday of the month at 9am; agingsevicesconsultants@gmail.com

**Amanda Varga**: Will be at Malley Center April 12th at 10:00a reverse mortgage basics; May 10th what your heirs should know if you have a reverse mortgage

Meeting adjourned at 2:02pm, there were 24 people in attendance. Minutes prepared by Johanna Glaviano, Secretary.