**Arapahoe County Council on Aging**

**[DRAFT] Meeting Minutes: May 23, 2022 *via Zoom***

Jo Glaviano, Acting ACCOA Co-President, called the meeting to order at 1:17 pm.

**Motion to Approve April Meeting Minutes:** Motion: Andrea; Second: Barbara. *Motion approved*.

**President’s Report**: In the process of setting up an interview with Andrea Suhaka for the DRCOG position. June meeting will be in Byers, details to come.

**Treasurer’s Report:** Barbara Boyer: Money Market: $10,009.60; Checking account: $7,114.77; we received the Arapahoe County grant; we will buy and create an ACCOA Zoom account.

**DRCOG Report:** Barbara Boyer. Subcommittee working on summit for Sept/Oct to gather reps from all county councils and commissions on aging, survey will go out soon, how can we be more effective in community, work with local commissions, how can DRCOG help us be more proactive.

**Legislative Report**: Bob Epstein. About 700 bills introduced in this legislative session, many bills passed including those on education (special ed, higher ed, retired teachers in rural areas, etc.), transportation, affordable housing; not all bills passed have been signed, governor has 30 days to sign all bills (June 11th); Colorado Center for Aging (CCA) followed about 60 bills, most of those bills passed; bill regarding homestead exemptions passed

Andrea: Bill passed includes change in that CCA can be more proactive legislatively, adds liaison to governor’s office to work with organizations, CCA can recommend and write legislation

**Safety Report**: Andrea Suhaka: The Senior Law Day was a fantastic event; lots of great information about wills, trusts, POAs, scam information.

**Community Awareness**: No report.

**Eastern Plains**: No report.

**Presentation:**

Speakers: Maggie Gannon, CEO & Co-Founder, My Living Obituary Legacy Network

Topic: My Living Obituary Legacy

* MyLivingObituary.com is a living legacy platform that integrates clinical research on end-of-life planning to help people accept and navigate the approach of end-of-life, enhance quality life, assist with closure and grieving for both the user and family
* Mission: To improve the quality of all lives by changing the way the world thinks about death
* When a diagnosis comes, people are not prepared to “die well”; acknowledge that death is part of life; not prepared for death’s acute possibility
* Legacy:
  + A way to leave a lasting footprint of who you are the life you lived; cements your life’s work to benefit future generations
  + Need and desire to be remembered for contributions to the world and family
* Digital End of Life Planning Technology
  + Foundational underpinning is based on end-of-life clinical research: Dignity/Legacy Therapy
  + Assist patients to accept & navigate approach of EOL
  + Grounded in remembering “who you are”
  + Proven to increase quality of life, decrease anxiety and depression, benefits person and family
* Cost: one time fee of $24.99, with legacy letters: $34.99

**Community Announcements**:

Jo: June 8th Senior Circle with Cindy DeGroen, Demographer; register: <https://us02web.zoom.us/meeting/register/tZIlf-2tqT0uEtK8Shb1MOicg-JJ00sPTtN5>

Barbara: AgeWise webinar June 1st 11:3a-1:00p re: downsizing

Veronica: Death Doula & Ecotherapy Facilitator, E-RYT & YACEP www.outsiderites.org info@outsiderites.org, 303-621-4864

Andrea: SAPGA Future of Aging Conference on Thurs, June 16th, 7:30a-4p; The Antler Wyndham, Colorado Springs. Tickets: <https://thefutureofagingincolorado.org/>

Meeting adjourned at 2:22 pm, there were 15 people in attendance. Minutes prepared by Johanna Glaviano, Secretary.