

**Arapahoe County Council on Aging
Meeting Minutes: July 25, 2022 via Zoom**

Jo Glaviano, Acting ACCOA Co-President, called the meeting to order at 1:05 pm.

Motion to Approve May Meeting Minutes: Motion: Linda; Second: Krista. *Motion approved.*

President's Report: No report.

Treasurer's Report: Linda Haley: New expense since May is the cost of food for the June Byers meeting.

DRCOG Report: Andrea Suhaka. No DRCOG meeting in July. Andrea approved to be DRCOG delegate.

Legislative Report: Jo Glaviano: This morning's Colorado Center for Aging advocacy meeting focused on Initiative 108: Dedicate Revenue for Affordable Housing Programs, draft: https://leg.colorado.gov/sites/default/files/initiative%2520referendum_2021-2022%20108v1.pdf

Safety Report: No report.

Eastern Plains: Linda Haley. Approximately 30 people attended the June Byers meeting, people really enjoyed the program, a presentation about estate planning. Food boxes still delivered to 84 seniors through Byers General Store using ARPA funds, program will extend through next May and has expanded to serve both Adams and Arapahoe counties; Bustang will run between Peoria Station and Limon, will update when new details confirmed.

Community Awareness: Krista Keller. Aurora Center for Active Adults Annual Forum 8/26 8a-12p. Heather Gardens Resource Fair 9/16 10a-2p.

Presentation:

Speakers: Mary Slouka, CTRI, Equine Elders Program, www.equinetherapyco.org, 720-331-8058, mary@equinetherapyco.org

Topic: What can Equine Therapy do for seniors and their caregivers?

- The mission of Equine Elders: Engage, Enable, Empower
- Individual clients, many with dementia, received grant from Next50 Initiative allowing to bring in communities, currently 9 communities in program
- Activities: brush horses, paint horses with education on how/why Indians painted their horses, identifying horse parts with stickers, pre- and post- test around depression and anxiety, essential oils
- Seniors living in independent or assisted living facilities that accept Medicaid enjoy hands-on activities with horses and ponies.
- Interactions stimulate memory and provide a sense of calm and well-being for participants familiar with horses and for those who are new to them

- Individuals can sign up for 30 or 45 minute sessions; care partner retreats for caregivers also available

Community Announcements:

Cathy Noon: DRCOG Aging will host the County Council Summit on September 30 at the Fossil Trace Golf Course in Golden from 8:30a to 2:30p. Hoping to have lots of ACCOA folks attend

Audrey Krebs: Certified Senior Advisors: Your Exit Planning, July 27, 9:00a;

Agingservicesconsultants@gmail.com

Krista Keller: Aurora Center for Active Adults' Annual Form, 8/26, 8am-12p; Heather Gardens Resource Fair, 9/16, 10a-2p

Sheila Anthony: Cherry Creek Retirement Village Money Matters panel, 8/25

Jo Glaviano: Senior Circle, 9/14, 1:00p, virtual, topics: Older Adult Services at Arapahoe Public Libraries, and Kara Brown, Aurora Parole Office Re: transitions of care for justice involved seniors

Amanda Varga: Before the Mourning: Sacred Conversation on End-of-Life Concerns, Hilltop Reserve, 8/31, 9/7, 9/14, 9/21, [Before the Mourning 2022.pdf](#), RSVP to

<https://tinyurl.com/4pk3dhac> or 720-404-6772

Linda Haley: Consider holding January's Annual Meeting at Malley Senior Center as hybrid

Meeting adjourned at 2:00 pm, there were 12 people in attendance. Minutes prepared by Johanna Glaviano, Secretary.