

Arapahoe County Council on Aging
Meeting Minutes: September 26, 2022 via Zoom

Jo Glaviano, Acting ACCOA Co-President, called the meeting to order at 1:10 pm.

August & September Meeting Minutes to be approval at October meeting.

President's Report: Krista Keller, Johanna Glaviano: Speakers confirmed through rest of this year, please contact me with any speaker suggestions; many community events over last months, but will slow down after fall; ACCOA Administrator Coordinator position is no longer needed, ACCOA phone calls and mail will be routed to the Arapahoe County offices.

Treasurer's Report: Barbara Boyer. \$16,226.08 total for both accounts.

DRCOG Report: Andrea Suhaka, Barbara Boyer: Planning for this week's County Council Summit and eager to see what ideas come from this event. If you're unable to attend the summit, please let us know your ideas about how county councils can increase connections in the community.

Legislative Report: Johanna Glaviano: From Bob's email: "Nothing really to report on legislation, all legislators are either campaigning or planning for next session. The ballot for the November election is scheduled to contain numerous propositions or amendments, in some areas outnumbering the candidates. My advice is to read all before voting, especially the commentary in the Blue Book."

Safety Report: Scott Sickafoose, Jamie Sorrells: A lot of fraud and scam calls, many callers are people who recognize they've been scammed; new scams around cryptocurrency, which are difficult to trace; scams around contractor fraud and services in the home that ask for more money once service is complete; increase in in-person incidents (people washing car windshields and asking for money).

Eastern Plains: Krista Keller: Medicare presentation at Legion Hall in Byers.

Community Awareness: Krista Keller: Let us know where ACCOA representation is needed.

Presentation:

Speakers: Tom Clark, Community Engagement Manager, Alzheimer's Association

Topic: Understanding Alzheimer's and Dementia

- Dementia is an umbrella term for a person's change in brain, behavior, etc.; types of dementia are Alzheimer's Disease, Vascular Dementia, Dementia with Lewy Bodies, Frontotemporal Dementia
- Risk factors of Alzheimer's: Although not normal part of aging, age is the greatest risk factor; after age 65, the risk doubles every five years
- Hispanics about 1.5 times as likely to develop Alz and other dementias; African Americans are about twice as likely to develop Alz; almost two-thirds of Americans with Alz are women

- TrialMatch: Connects individuals living with Alzheimer's, caregivers, and healthy volunteers to clinical trials that help advance Alzheimer's research.
https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials/trialmatch
- Tom Clark: toclark@alz.org

Community Announcements:

Jamie Sorrells: Free Webcast: Preserving Homeownership Series, September 28th, challenges of home ownership when homeowner falls behind on HOA dues, liens, greater potential for something losing their home; Part 1: Property Tax Lien: Foreclosures:

<https://register.gotowebinar.com/register/5234373963852058126?source=salsa&eType=EmailBlas&tContent&eId=809d838d-8885-4a63-8c7a-a4684a1d5899>

Barbara Boyer: AgeWise: Complimentary Health Therapies, September 27th; Service for Older Coloradans Provided by Non- Profits, October 12th; visit: <https://agewisecolorado.org/events/>

Amanda Varga: Reverse Mortgage 101 October 10th and October 28th at various locations; please contact Amanda@OrionMortgage.net, 303-469-1254.

Meeting adjourned at 2:00pm, there were 15 people in attendance. Minutes prepared by Johanna Glaviano, Secretary.