

Arapahoe County Council on Aging

P.O. Box 882
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“Balancing the Scales for Arapahoe County’s Older Citizens”

Annual Report 2009

Mission Statement

The mission of this council is to identify the needs, concerns, and issues of older adults (60 years of age and older) in Arapahoe County. To plan, advise and advocate for services which will best meet these needs by enlisting, encouraging, cooperating and coordinating within the community.

The Arapahoe County Council on Aging was organized in 1975 as the official spokesman for the county’s older population and to represent agencies and organizations serving older people. It was founded as a result of the Older Americans Act of 1965 as amended.

2009 Officers

PRESIDENT: Linda Haley, Arapahoe County Senior Resources Division Manager

VICE PRESIDENT: Mason Finks, District Attorney’s Office, 18th Judicial District, Director,
Consumer Protection

TREASURER: Linda Aluise, South Suburban Park & Recreation

SECRETARY: Sheila Pizarro, ACCoA Administrative Coordinator

Highlights of the Past Year

Held our Annual January “GET TOGETHER” with featured speakers: Susan Beckman, Chairman of the Board of Arapahoe County Commissioners and Don Klemme, Director of the Arapahoe County Community Resources Department updated the group on important happenings within the county as related to seniors. Chandra Matthews, DRCOG Compliance Officer, discussed current issues affecting seniors from DRCOG’s perspective. Fifty-six attendees enjoyed the presentations.

Sponsored our 2009 Arapahoe County Senior Resource Day, at the Douglas H. Buck Community Recreation Center in Littleton on October 9th. In its ninth year, more than four hundred seniors attended the panel discussion and Resource Fair of sixty-two exhibitors.

“Pathways to Wisdom, The Dynamics of Aging” mission is to educate, inform and empower people to take charge of their lives. The Dynamics of Aging Panel included:

- * Gay Woods, President of Colorado Fitness and Wellness, discussing her philosophy to inspire and assist individuals in leveraging health as a strategic tool to truly live and age well.
- * Jeremy Bloom, Olympian, World Champion and World Cup Gold Medalist snow skier, NFL football player and founder of Jeremy Bloom's Wish of a Lifetime Foundation shared his personal journey of hope through adversity. According to Jeremy, it wasn't about the "award" at the end. It was all about the journey - the process of getting there.
- * Vickie Wickhorst, business leader, teacher of classes on intuitive communication, and author, talked about being conscious, being present, and being human, exploring the power of presence, thought, and how the human spirit affects the world.

Many attendees took advantage of the opportunity to use Xpres Shred to have their confidential documents shredded on the spot.

Joined with Adams County Aging Network (ACAN) and Tri-Valley Seniors Association to hold a “Joint Meeting” on June 22nd at the Byers American Legion Hall. Barbara Stoner, Arthritis Foundation, discussed Chronic Pain. Eastern Plains seniors live in both Adams and Arapahoe Counties. Sixty-three participants benefited from the information.

Expanded the ACCoA website that provides information concerning our services and mission. The website, www.accoa.info, provides the public with access to various sources of information about ACCoA as well as on-line resources that are available for seniors. The expansion includes a “Special Projects” section where the joint ACCoA and Arapahoe County Seniors’ Survey forms were available. Results of the survey will be posted in that section in January 2010.

Continued a series of “Meet and Greet” ice cream socials to encourage enthusiastic seniors to get involved in the community and advocate for seniors in Arapahoe County. Events were held at: the Littleton Douglas H. Buck Community Recreation Center AARP meeting in February, Heather Gardens in April, and the Aurora Center for Active Adults in June. A total of one hundred sixty (160) seniors throughout the county attended these events. This “traveling road show” will continue to be utilized in the coming year as a means of sharing information and developing interest in community participation.

Extended Membership and Marketing efforts with periodic articles in news media such as *50 Plus Marketplace*, *Prime Time for Seniors*, *the My Hubs*, *Heather ‘n Yon*, and *The Villager*. News articles and flyers advertising the ice cream socials and Senior Resource Day were widely distributed. President, Linda Haley, was interviewed by *My Hub* for an article published June 25, 2009, titled “Arapahoe County senior group aims to increase awareness,” further increasing the

ACCoA public exposure. Members were encouraged to bring new members to the monthly meetings.

Special Projects

Partnered with Arapahoe County Senior Resources to survey seniors living in Arapahoe County in September 2009. Part of the mission of ACCoA is to identify the needs, concerns, and issues of older adults, age 60 and over in Arapahoe County. By participating in the survey to identify the needs of seniors, ACCoA can fulfill the portion of our mission that calls for advising and advocating for services to meet those needs.

Between October 1 and November 30 of 2009, 1500 surveys were distributed throughout Arapahoe County. Surveys were distributed with the assistance of ACCoA members. They were also distributed at the Aurora Center for Active Adults, Malley Senior Center, Tri Valley monthly meeting, and at the ACCoA Pathways to Wisdom Senior Resource Day. 363 surveys were completed for a return rate of 24%.

Results of the survey include the fact that 12% of respondents are living on income below the Federal Poverty Level and an equal percent indicated that they do not have sufficient income to purchase food to prepare 2 healthy meals per day. 21% of responding seniors indicated that they need some assistance with basic housework and 6% cannot do any housework. A whopping 57% need assistance with heavy duty chores, yard work and repairs. 5% of respondents indicated a need for personal care assistance.

The full results of the survey will be available in print in January 2010 and also on the ACCoA website. With the results of this survey ACCoA will be able to continue advocating for services to meet the needs of Arapahoe County seniors.

Collected non-perishable food items to be delivered monthly to food banks. Donations included:

Salvation Army Food Bank in Englewood	688 items
CARES Food Bank in Strasburg	100 items

This project will be continued throughout the coming year.

Made available resource counseling to callers and email contacts through the ACCoA Administrative Coordinator office. Since the launching of the website, email and phone contacts have increased substantially. Frequently, out-of-state adult children of Arapahoe County seniors use on-line research to locate help for themselves as caregivers and to find information concerning resources offered for seniors with various needs. Numerous contacts are made throughout the year asking for help with everything from locating assistance with snow removal,

housing, transportation, needed financial assistance for equipment, legal assistance referrals, “bait and switch” problems, and in-home care, to such things as needing “senior friendly” places to meet with other people. During the Holidays, there is an increase in the number of calls from some seniors who appear to need nothing more than someone to talk to for a few minutes. Calls and emails are received and returned daily.

Maintained an email data base of approximately 300 service providers and seniors. During the year, information has been distributed concerning consumer alerts on scams against seniors, the potential effects of budget deficits relative to senior programs, requests for action by agencies, surveys, and monthly meeting information.

Provided Educational Programs

January - Speakers: Chandra Matthews, Compliance Officer, DRCOG; Susan Beckman, Chairman of the Board of Arapahoe County Commissioners; and Don Klemme, Arapahoe County Community Resources Department Director. Presentations were made with each speaker updating the group on current issues affecting seniors.

February - Speaker: Megan Bilotta, Program Director, Rebuilding Together discussed Rebuilding Together services in the current year and services provided for the elderly in Arapahoe County

March - Speaker: Corinne Hogg, Arapahoe County Veterans Service Office Representative explained assistance and referrals provided to veterans in Arapahoe County by the Veterans Service office

April - Speaker: Mason Finks, Director of Fraud Prevention, District Attorney’s Office, 18th Judicial District described why the elderly in Arapahoe County are so susceptible to fraud.

May - Speakers: Cindy McFadden and staff from the Arapahoe Library District gave details of the services available in the community to people who cannot get to their local library in addition to some of the services available at the library facilities.

June - Speaker: Barbara Stoner with the Arthritis Foundation discussed chronic pain at the 2009 Annual Joint Meeting of ACCoA, ACAN and Tri-Valley Seniors Association in Byers.

July - Speakers: Sheila Anthony and Eileen Prosser, Aurora Center for Active Adults; Linda Aluise, South Suburban Recreation District; and Cheryl Adamson, Malley Center provided a “Round Up” of Recreational Services Available to Older Adults.

August - Speaker: Stephanie Roberts, Total LongTerm Care, discussed TLC services available to seniors in Arapahoe County.

September - Speaker: Linda Haley, Arapahoe County Community Resources Department, Senior Resources Division Manager and President of ACCoA explained the joint ACCoA/Arapahoe County Senior Survey.

October - Speakers: Joe Hanke and Chandra Matthews with DRCOG conducted a presentation On senior friendly and affordable housing options for the elderly in Arapahoe County, followed by discussion of the annual DRCOG survey

November - Speaker: Peter S. Komlos-Hrobsky, Attorney with Colorado Legal Services explained the legal services available from Colorado Legal Services for Arapahoe County seniors.

ACCoA Standing Committees

Advocacy/Legislative Committee - Bob Epstein, Chair

The purpose of this committee is to advocate on issues and legislation affecting seniors in Arapahoe County and to promote educational endeavors.

Community Coordination Committee – (Information & Resources) - Roe Romano, Chair

The purpose of this committee is to promote greater cooperation and coordination among agencies and groups serving older adults in Arapahoe County in order to provide better use of available resources.

Eastern Plains Committee - Kathy Reed/Archie Jaramillo, Chairs

The purpose of this committee is to ensure coordination with ACCoA and promote Advocacy for Eastern Plains residents.

Membership Committee - Sheila Woodcock, Chair

The purpose of this committee is to ensure effective and diverse representation of the older adult population in Arapahoe County.

Marketing Committee - Lindsey McGraw, Chair

The purpose of this committee is to promote the Council and its events and to inform the public in Arapahoe County on positions the Council takes on issues affecting older adults in the County.

Program Committee - Betty Mergl, Hugh Hilleary Chairs

The purpose of this committee is to schedule presentations at the regular monthly meetings that Inform and educate the Council on issues pertinent to older adults in Arapahoe County.

Public Safety Committee - JD Wykstra, Chair

The purpose of this committee is to keep the older citizens of Arapahoe County informed about Issues and resources relating to their safety and well-being.

Special Events Committee - Kathy Turley, Chair

The purpose of this committee is to plan, advertise and implement a ‘Senior Day’ designed to inform the citizens of Arapahoe County about issues affecting older adults and to bring

information about resources to our community.

DRCOG Advisory Committee on Aging - Cathy Noon, Kathy Turley, JD Wykstra, ACCoA Representatives

The purpose of this committee is to ensure effective representation on the DRCOG Committee on Aging from Arapahoe County.

Ad Hoc Committee

Ad Hoc Committees are appointed as necessary by the President and shall report to the President on a regular basis. Among these committees are the Review Committee, Nominating Committee and a possible Retreat Committee.

Review Committee

The purpose of this committee is to review how grant money is being used in Arapahoe County, to assess the needs of our service providers and how we might be able to assist them.

Nominating Committee - Sheila Woodcock/Sheila Pizarro/Hugh Hilleary

The purpose of this committee is to identify people who would be an asset to ACCoA and who would be interested in an Executive Board position.

Meetings

The Arapahoe County Council on Aging meets monthly (except December) on the 4th Monday of the month at Greenwood Village City Hall's Community Room, 6060 S. Quebec, Greenwood Village. Average attendance at meetings during the year has been 42 service providers and seniors. Meeting dates, times and program information are updated on the website monthly. Meeting minutes are posted on-line as well as telephone and email contact information for the ACCoA office, Officers and Committee Chairs.

Funding

ACCoA is funded with a \$3,000 grant from Arapahoe County as well as receipts from the annual Senior Resources Day event. Major expenses for the organization during the year included:

- * Sponsored the Senior Safety Summit
- * Sponsored the Arapahoe County Senior Services Survey with postage costs
- * Sponsored an ACCoA participant to attend the National Association of Regional Councils Aging Track
- * Senior Lobby membership
- * ACCoA Annual meeting
- * ACCoA/ACAN/Tri-Valley Seniors Association meeting
- * "Show on the Road" Ice Cream Social

Financial Statement is available upon request.

ACCoA Moves into 2010

The goal for ACCoA in 2010 is to continue building our presence in the community. One plan toward that end is to sponsor from one to three Caregiver Support Groups at different locations in the County. We also plan to continue holding information “meet and greets” throughout Arapahoe County. ACCoA is partnering with the Cunningham Fire Protection District to hold two resource days at libraries in the Cunningham District area in an effort to reach out to seniors in unincorporated Arapahoe County. ACCoA will sponsor their annual Senior Resource Pathways to Wisdom Day in October.

From an internal perspective, ACCoA is continuing to build strong committees that can assist with building our presence in the community.