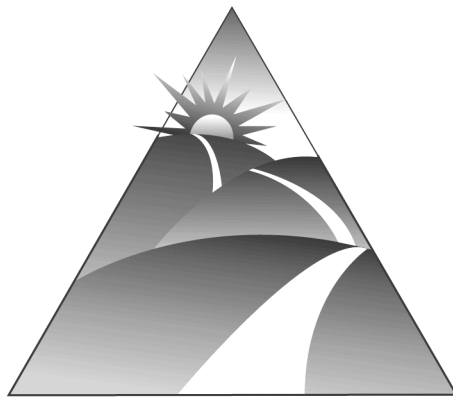


# **Arapahoe County Council on Aging**

## **2010 Annual Report**



*Pathways to Wisdom*  
THE DYNAMICS OF AGING

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# **Arapahoe County Council on Aging**

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*“Pathways to Wisdom, The Dynamics of Aging”*

## **Annual Report 2010**

### **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.

### **2010 Officers**

PRESIDENT: Linda Haley, Arapahoe County Senior Resources Division Manager

VICE PRESIDENT: Mason Finks, District Attorney’s Office, 18<sup>th</sup> 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 speaker, Jim Dyer, Arapahoe County Commissioner, who updated the ACCoA group on important happenings within the county. Fifteen vendors/providers gave short presentations related to the activities and services offered by their organizations. Officers and Committee Chairs for 2011 were installed. Fifty-eight attendees enjoyed the presentation.

**Sponsored our 10<sup>th</sup> Anniversary Annual Arapahoe County Senior Resource Day**, at the Douglas H. Buck Community Recreation Center in Littleton on October 8<sup>th</sup>. More than five hundred seniors attended the panel discussion and Resource Fair that included eighty exhibitors. The “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, addressing the theme “We all want to live longer and live better” included:

- \* Nicolle Davies, the Deputy Director for the Arapahoe Library District, overseeing daily operations. Prior to joining ALD nearly five years ago, Davies was vice-president of Galloway Group, a Public/Community Relations firm in Denver. Davies began her career in television as a production assistant on the Today Show. Davies holds a Masters in Public Administration and Bachelors in Journalism from the University of Colorado. She is currently enrolled in the Master’s of Library and Information Science program at the University of Wisconsin.
- \* Doug Smith is a certified personal trainer, running coach and fitness instructor working for the Englewood Parks & Recreation Department at the Malley Senior Center. He conducts classes for seniors dealing with arthritis, balance issues, flexibility, knee and hip replacements. His philosophy includes “use it or loose it” and “train the brain.” Our bodies are designed to move and to work and only by being active can seniors hope to have the best quality of life possible.
- \* Erin M. Denholm, M.S.N. CEO, Centura Health at Home, has channeled her passion for home care into a career that has spanned more than 20 years. Beginning as a public health nurse in the Virgin Islands, Erin has been a strong advocate for the role home health plays in the continuum of care. As CEO of Centura Health at Home, Erin is committed to accessible, integrated health care that cherishes individual dignity and choice.
- \* Ed Sardella, Master of Ceremonies, served for 30 years as a primary news anchor at KUSA-TV (9 News-NBC) in Denver. 9 News was the #1 rated newscast for nearly his entire career. Now retired from Channel 9, Ed is currently the spokesman for Total Long Term Care, Seniors Inc. and the Johnson Adult Day Program.

Attendees also 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 28th at the Byers American Legion Hall. Susan Adamczyk, Supervisor, Arapahoe County Adult Protection Service and Ruth Hudson, Supervisor, Adams County Adult Protection Service discussed Adult Protection Services available to the elderly in Arapahoe and Adams Counties. Sixty-four participants benefited from the information.

**Maintained the ACCoA website** that provides information concerning our services and mission. The website, [www.accoa.info](http://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. New information added in 2010, under the “Special Projects” section, included the results of the joint ACCoA and

Arapahoe County Seniors' Survey. The site also provides the ACCoA calendar of events, meeting dates, program topics, list of Officers and Committee Chairs, minutes of past meetings, By-Laws, the Annual Reports, and means of contact.

**Combined the Membership, Marketing and Community Coordination – Information and Resources** efforts by merging the three committees into one, Community Awareness. This consolidation should eliminate redundancies in our efforts within the community. Articles were written for news media such as *50 Plus Marketplace*, *Prime Time for Seniors*, *the My Hubs*, *Heather 'n Yon*, and *The Villager*; the ACCoA brochure was redesigned; monthly food and clothing collections were organized.

### **Special Projects**

**Collected non-perishable food items** to be delivered to food banks. Recipients included the Salvation Army Food Bank in Englewood and the CARES Food Bank in Strasburg.

**Collected underwear, socks, T-shirts and blankets for the Coalition of the Homeless**

**Collected underwear, socks, and T-shirts for senior nursing home residents who are unable to afford them.**

**Donated a variety of items to the Colorado State Veterans Home.**

**Provided Holiday Gifts for seniors in the Adult Protective Services program.**

These projects will be continued throughout the coming year.

**Participated in Senior Safety Resources Fairs** with the Cunningham Fire Protection District, the Arapahoe County Senior Resources, Arapahoe County Veterans Services, the 18<sup>th</sup> Judicial District Consumer Protection Program, Rebuilding Together Metro Denver and Volunteers of America Handyman's Program as well as in Mini-Resource Fairs held at the Eloise May Library and the Smokey Hill Library.

**Participated in a Wellness Fair** with Visiting Angels.

**Participated in Senior Holiday Event and Resources Fair** at Sheridan Recreation Center.

**Made resource information available** at the Aurora's Annual Salute to Seniors

**Participated in the Aging Summit at DRCOG.**

**Participated in the DRCOG panel** discussing the different ways that input has been obtained for the Funding Committee

**Participated in a Caregivers Resource Fair** at the Aurora Center for Active Adults

**Sponsored a five-part seminar** at the Aurora Center for Active Adults, “The World of Family Caregiving” for Arapahoe County caregivers that included:

- “Arapahoe County’s Community Resources for Seniors,” presented by Linda Haley and Mason Finks
- “What you need to know before and after Medicare enrollment,” presented by William B. Kistler, MBA, Supervisor, Health Passport Links
- Medical Team information: “The importance of geriatric medicine,” presented by Kerry Hildreth, MD; “When seniors are hospitalized,” presented by Patricia Schulof, LCSW; “Maintaining health with exercise,” presented by Catherine Jankowski, PhD; “Interactions of medications,” presented by Jane Quick, ANP, MHS
- “Making Medical Decisions,” presented by Beth Mitchell, Elder Law Attorney
- Next Steps – Panel: “To stay at home or not to stay at home,” presented by Maureen Robinson, MA, CCC/SLP, Chair, Commission on Aging, Home Care; “Affordable Senior Housing,” presented by Marcia Helfant, MA, MSS; “Independent, Assisted Living and Memory Care,” presented by Laura Moore

**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.

**Eastern Plains ACCoA/Tri-Valley Seniors Association group** knitted 36 blankets and sent them overseas to our military.

**Distributed the Colorado Senior Lobby Newsletter** to the ACCoA data base monthly

**Updated the Arapahoe County Council on Aging By-Laws**

**Redesigned the ACCoA brochure and logo** to more favorably reflect an active aging environment

**Maintained an email data base** of approximately 300 service providers, vendors 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** - Speaker: Jim Dyer, Arapahoe County Commissioner

**Topic:** Update on important happenings within Arapahoe County

**Speakers:** Fifteen vendors/providers

**Topic:** Short presentations related to the activities and services offered by their organizations.

**February** - Speakers: Mark Smiley and Viji Sekhar, Seniors' Resource Center

**Topic:** Services provided by Seniors' Resource Center seniors.

**March** - Speaker: Rick Stewart, Arapahoe County Veterans Service Officer

**Topic:** Services available to veterans

**Speaker:** Pat Rodriguez, U.S. Census Bureau

**Topic:** Information concerning the 2010 Census

**April** - Speakers: Pat Stoehr, Program Manager, Volunteers of America  
Russell Reilly, Nutrition Director, Volunteers of America  
Dale Elliot, Market Basket/City Harvest Project Manager, Volunteers of America

**Topic:** Description and demonstration of VOA's Meals on Wheels, Blizzard Boxes and the NEW Market Basket.

**May** - Speaker: William Kistler, St. Anthony Hospital's Health Passport Links

**Topic:** Programs provided such as: RX Assist, Benefits Check Up Colorado, Medicare Part D Assistance, and Health Insurance Counseling for Seniors (SHIP)

**June** - Speakers: Susan Adamczyk, Supervisor, Arapahoe County Adult Protection Service  
Ruth Hudson, Supervisor, Adams County Adult Protection Service

**Topic:** Adult Protection Services available to the elderly in Adams and Arapahoe Counties.

**July** - Speaker: Barb Lotze, Visiting Angels

**Topic:** Interactive presentation on Living an Intentional and Inspirational life through looking at how we live our life to the fullest and inspire others.

**August** - Speaker: Chandra Matthews, Compliance Program Manager, Area Agency on Aging (AAA), DRCOG

**Topic:** The importance of the Network of Care, its content and how to access that content

**September** - Speaker: Lisa White, Marketing & Communication Specialist, Colorado Municipal League

**Topic:** The financial impact on Colorado's municipalities by the 2010 statewide ballot initiatives 60, 61 and 101, and how those impacts might affect Arapahoe County's elderly

**October** - Speaker: Kent Bagley, RTD Director, District H

**Topic:** RTD's FasTracks System status and plans.

**November** - Speaker: Jayla Sanchez-Warren, Director Area Agency on Aging (AAA), DRCOG

**Topic:** A Community Conversation to talk about Aging. The AAA is required to develop a Four Year Plan on Aging for the Region that will guide the work of the AAA and assist in funding decisions for the region.

### **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 Awareness – Barb Lotze, Sharon Hill, Sheila Woodcock, Co-Chairs**

The purpose of this committee is to solicit a diverse ethnic and economic representation of the 60 plus Community; help meet their needs; partner with other organizations within the County to promote greater cooperation and coordination of needed services; sharing of information; and developing interest in community participation to further increase awareness and advocate for seniors in Arapahoe County.

**Eastern Plains Committee - Archie Jaramillo, Chair**

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

**Program Committee - Betty Mergl, Hugh Hilleary, Co-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, Joe Halpern, Michelle Clopton, 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 2010 - Sheila Woodcock/Sharon Hill/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 4<sup>th</sup> 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 World of Family Caregiving seminar
- \* Purchased PA system for meetings and events
- \* Sponsored various Resource Fairs
- \* Senior Lobby membership
- \* ACCoA Annual meeting
- \* ACCoA/ACAN/Tri-Valley Seniors Association meeting
- \* Paid for sponsorship of 2011 Senior Day at the Capitol
- \* Paid for design update of logo for new brochures and calendars
- \* Purchased new brochures and calendars

Financial Statement is available upon request.

## **ACCOA 2010 - PRESIDENT LINDA HALEY:**

ACCoA continued to make our presence known in the community through mini resource fairs held at the Eloise May Library and the Smokey Hill Library. In addition, ACCoA sponsored a Caregivers seminar at the Aurora Center for Active Adults and had a presence at a Caregivers Resource Fair at the Aurora Center for Active Adults. We also had information available at the Aurora's annual Salute to Seniors and Sheridan's annual Holiday event and Resource Fair for seniors. Our June meeting in Byers with the Adams County Aging Network provided information for the rural Eastern Plains seniors about ACCoA and other senior services available.

ACCoA updated By-Laws and streamlined committees in order to strengthen existing committees and achieve more results from our activities in the community.

## **ACCOA MOVES INTO 2011 - INCOMING 2011 PRESIDENT SHARON HILL:**

The goal for ACCoA in 2011 is to direct our efforts to areas we have not focused on in the past. This would include churches that may have senior populations needing information as well as local civic groups. We would like to use these outreach opportunities to dialog with some of these groups to see what suggestions they may have for us to reach more people with information. This year we would also like to call upon the members of ACCoA to distribute more of our brochures, reach out to their contacts and make us aware of any groups that may need contact. We will continue with the road shows as opportunities present themselves and will sponsor the annual Senior Resource Pathways to Wisdom Day in October.