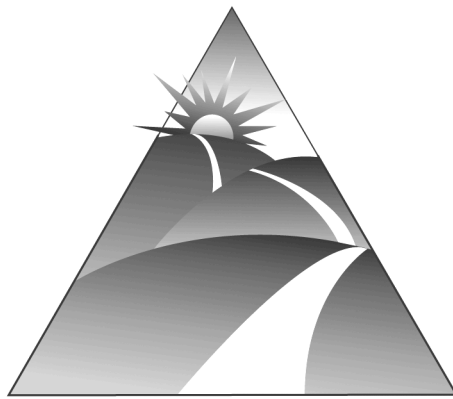


Arapahoe County Council on Aging

2011 Annual Report



Pathways to Wisdom
THE DYNAMICS OF AGING

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“Pathways to Wisdom, The Dynamics of Aging”

Annual Report 2011

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.

2011 Officers

PRESIDENT: Sharon Hill, Arapahoe Library District

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” on January 24th and provided a light lunch prior to the program. Featured speakers were Mayors and representatives from Arapahoe County cities speaking about their current and future needs for effectively serving the seniors in their areas. ACCOA Officers and Committee Chairs for 2011 were installed. Fifty-nine attendees enjoyed the presentation.

Sponsored our 11th Anniversary Annual Arapahoe County Senior Resource Day, at the Douglas H. Buck Community Recreation Center in Littleton on September 30th. Approximately five hundred seniors, family members and interested parties attended the event. *The “Pathways to Wisdom, The Dynamics of Aging”* mission is to educate, inform and empower people to take

charge of their lives. It is designed to give people of all ages access to information that helps them as they journey along their own individual path to health and wellness.

The morning began with entertainment from Larry O'Connor and Jay Leasure, Piper with the Michael Collins Band, followed by the Color Guard presentation - Gateway High School. Sharon Hill, President of ACCOA, welcomed the audience followed by brief remarks from Nancy Sharpe, Arapahoe County Commissioner. Cathy Noon, Mayor of the City of Centennial, was the Master of Ceremonies.

The keynote speaker was Cile Chavez, Educator and Author, past superintendent of the Littleton Public Schools. Ms. Chavez has a consulting business dedicated to human development. Her mission is to be an inspiration for others to realize their own potential. Her message guides people in clarifying their own beliefs and choosing meaningful life experiences. Her new book, "Spirit Movers: Attributes for Transforming Leadership", captures what she believes about life, learning and leadership.

After the morning program, attendees moved to the gymnasium for complimentary snacks from three community restaurants, and the resource fair with over 80 exhibitors. Attendees also took advantage of the opportunity to use XpresShred 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 27th at the Byers American Legion Hall. Following the luncheon, the speaker, Tracy MacDonald, Statewide Planning Manager, Colorado Department of Transportation, gave an overview of CDOT transportation plans in Colorado including those that affect the 70,000 elderly in Arapahoe County. She discussed transportation issues and answered questions and concerns of the fifty-three attendees.

Special Projects

Participated in Senior Health and Resource Days at the Goodson Recreation Center and Douglas H. Buck Community Recreation Center.

Participated in the Senior Resource Fair at the SouthGlenn Library.

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

Presented ACCOA information and literature to Rotary and Dry Creek Sertoma Club.

Maintained the ACCoA website providing information concerning our services and mission. The website, www.accoa.info, affords the public access to various sources of information about ACCoA as well as on-line resources that are available for seniors. New information added in 2011, under the "Special Projects" section, included the results of the CASOA 2010 – DRCOG

full report and the Financial Exploitation Form. 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.

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

Maintained an email data base of almost 400 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.

Made available resource counseling to callers and email contacts through the ACCoA Administrative Coordinator office. Contacts are made throughout the year requesting assistance with everything from locating help with snow removal, housing, transportation, 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.

The Community Awareness Committee continued support to senior needs in the following ways:

Added two new members to the committee in October. In November the Committee met with the ACCOA President to develop 2012 goals and objectives and to expand opportunities to reach out to the senior population in Arapahoe County.

Participated in the annual Senior Day event and provided advertising and speaker support.

Distributed ACCOA publications to various churches, libraries and to others interested in learning more about ACCOA.

Collected non-perishable food items and delivered to the CARES Food Bank in Strasburg and the Vineyard Food Bank in Centennial.

Collected clothing and miscellaneous items for the Colorado State Veteran's Nursing Home located at Fitzsimons.

Collected clothing and miscellaneous items for nursing homes in Arapahoe County.

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

Eastern Plains ACCoA/Tri-Valley Seniors Association hosted the annual ACCOA/ACAN/Tri Valley Seniors joint meeting in June at the Byers American Legion.

Provided Educational Programs

January - Speakers: Arapahoe County Mayors and city representatives

Topic: The current and future needs for effectively serving the seniors in their areas.

February - Speaker: Angela Scheffler, Executive Director, Denver Regional Mobility and Access Council (DRMAC)

Topic: DRMAC, an organization that addresses specialized transportation needs, has a mission of “Mobility and Access for all.” The presentation covered their transportation-provider data, the coordinated call center, and their “Getting There Guide” plus Q&A.

March - Speaker: Amir Stephens, Officer for Arapahoe County Sheriff Department

Topic: Crime tips for our elderly to reduce the threat and fear of crime and the chances of victimization, to improve the quality of life.

April - Speaker: Trish Leary , Visiting Nurses Association

Topic: Hospice services, palliative care, principles and resources

May - Speaker: Sharon Gimbel, Manager of DRCOG’s Ombudsman Program

Topic: The DRCOG Ombudsman Program services and responsibilities

June - Speaker: Tracy MacDonald, Statewide Planning Manager, Colorado Department of Transportation

Topic: An overview of CDOT transportation plans in Colorado including those that affect the 70,000 elderly in Arapahoe County. She discussed transportation issues and answered questions and concerns of the fifty-three attendees.

July - Speaker: Open forum for ACCOA attendees

Topic: Interactive discussion of issues of interest to the group, including announcements of equipment and programs available to seniors in Arapahoe County along with networking opportunities.

August - Speaker: Jill Lysengen, Arthritis Foundation Volunteer & Programs Manager

Topic: Discussion on Arthritis and Chronic Pain, alternative care methods of treatment.

September - Speakers: Sheila Anthony, Aurora Center for Active Adults
Cheryl Adamson, Malley Senior Recreation Center
Linda Aluise, South Suburban Parks & Recreation District's three centers

Topic: Senior Center "Roundup" of recreational services available to mature adults in Arapahoe County

October - Speakers: Robert Wold, Recovery Manager, Colorado Division of Emergency Management
Matt Chapman, Director, Aurora Office of Emergency
Cassandra A. Stelter, Arapahoe County Emergency Management

Topic: Disaster preparedness in Arapahoe County and the state of Colorado

November - Speaker: David Hoppe, Family Services Director, Colorado Chapter of Alzheimer's Association

Topic: The 10 signs of Alzheimer's and dementia and more

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, 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 - Hugh E. Johnson, Chair

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

Program Committee - Hugh Hilleary, Betty Mergl, 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 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 2011 - Sheila Woodcock/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 45 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. Two thousand dollars was received this year from DRCOG. Major expenses for the organization during the year included:

- * Sponsored various Resource Fairs
- * Senior Lobby membership
- * ACCoA Annual meeting
- * ACCoA/ACAN/Tri-Valley Seniors Association meeting
- * Sponsorship of 2011 Senior Day at the Capitol
- * Purchased brochures and calendars
- * Designed and purchased ACCOA stationery
- * Purchased new computer

Financial Statement is available upon request.

ACCOA 2011 - PRESIDENT SHARON HILL:

ACCoA continued to make our presence known in the community by attending Resource Fairs at the Goodson and Buck Centers, SouthGlenn Library and Sheridan Recreation Center. Our June meeting in Byers with the Adams County Aging Network provided information to the rural Eastern Plains about ACCoA and other senior services available. Our Pathways to Wisdom event in September brought record numbers in. We have seen an increase in our membership. We have added people to volunteer positions and on existing committees. We have established direction for our Speaker's Bureau to try and reach people in the 45-60 age group with information to assist them with aging family members. The role of the ACCoA Vice President will be to spearhead that project as well as be the new Program Chair.