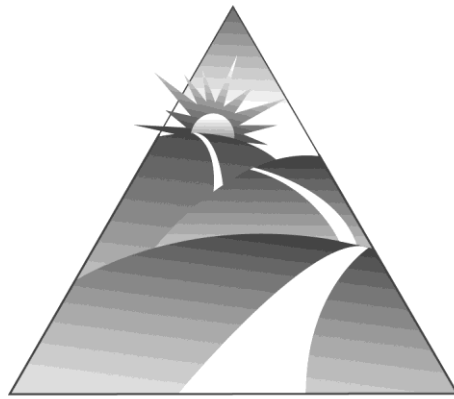


Arapahoe County Council on Aging

2012 Annual Report



Pathways to Wisdom
THE DYNAMICS OF AGING

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Arapahoe County Council on Aging

“Pathways to Wisdom, The Dynamics of Aging”

Annual Report 2012

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.

2012 Officers

PRESIDENT: Sharon Hill, Arapahoe Library District
VICE PRESIDENT: Mason Finks
TREASURER: Karla Bullock
SECRETARY: Sheila Pizarro, ACCoA Administrative Coordinator

Highlights of the Past Year

Held our Annual January “GET TOGETHER” on Monday, January 23rd and provided a light lunch prior to the program. The program for the event was a discussion of services available to seniors in Arapahoe County. Featured speakers were: Amelia Groves – Long Term Care, Susan Adamczyk – Adult Protective Services, Jennifer Jones – Adult Financial Programs, Donna Garrett – Weatherization, Lou To – 50 Plus and Fabulous, and Linda Haley - Homemaker, Chore, Transportation, Veterans Services, etc. ACCOA Officers and Committee Chairs for 2012 were installed. Sixty-seven attendees enjoyed the presentation.

Sponsored our 12th Annual Arapahoe County Senior Resource Day, at the Douglas H. Buck Community Recreation Center in Littleton on October 12th. Approximately six 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 and their own well-being. 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 day began with entertainment from Larry O'Connor and Jay Leasure, Piper with the Michael Collins Band, followed by the Color Guard presentation by Gateway High School. Sharon Hill, President of ACCOA, welcomed the audience , Debbie Brinkman, Mayor of the City of Littleton, was the Master of Ceremonies and Nancy Sharpe, Arapahoe County Commissioner, appeared briefly following the program.

The keynote speaker was Dottie Lamm, a modern day renaissance woman who wears many hats. She is a trained psychiatric social worker who has spent most of her life as a political advocate for children, women and now increasingly for the elderly as she herself “approaches” this demographic group. She was Colorado’s first lady from 1975 to 1987. Dottie writes for the Denver Post, volunteers, spends time grand parenting, hiking, skiing, biking and traveling.

Following the morning program, attendees relocated to the gymnasium for complimentary snacks from two local restaurants and the resource fair with 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 July 23rd at the Byers American Legion Hall. Following the luncheon, the speakers, Rick Stewart, Arapahoe County Veterans Service Officer and Kevin Eherenman, Veteran Services Representative, Department of Veterans Affairs, presented an update on Veterans Affairs.

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 Holiday Event and Resources Fair at Sheridan Recreation Center.

Developed the criteria to be utilized by ACCOA representatives participating in the newly established ACCOA Speakers’ Bureau.

Distributed ACCOA information to numerous churches to be shared with members of their congregations.

Represented ACCOA on the DRCOG Advisory Committee on Aging. Cathy Noon participated in the Boomer Bond Champions Committee. Boomer Bond evolved from the Livable

Communities Committee she had taken part in for years. That committee transformed into a full blown DRCOG initiative instead of just an ACA subcommittee. Joe Halpern was a member of the DRCOG Funding Committee and Michelle Clopton served on the Nominating Committee.

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. The website is averaging 75 to 100 hits each month. 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 in excess of 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 to support senior needs by collecting items for the Veteran's Administration nursing home, food for the various food banks in Arapahoe County, and soliciting from the membership holiday gifts for seniors in need who had been identified through the Adult Protective Service. They distributed ACCOA publications to various churches, libraries and to others interested in learning more about the Arapahoe County Council on Aging.

Committee members served on the annual Senior Day Committee providing advertising and speaker support, worked on the Speaker's Bureau committee, and joined forces with the Program Committee to incorporate the Older American's Month theme of "Never too Old to Play" into the May program. One member chaired the Nominating Committee and one member serves on the Aurora Commission for Seniors

Provided Educational Programs

January - Speakers: Amelia Groves – Long Term Care

Susan Adamczuk – Adult Protective Services

Jennifer Jones – Adult Financial Programs

Donna Garrett – Weatherization

Lou To – 50 Plus and Fabulous

Linda Haley – Homemaker, Chore, Transportation, Veterans Services, etc.

Topic: Programs available to seniors in Arapahoe County

February - Speaker: Todd Coffee, Manager, State Unit on Aging, Division of Aging and Adult Services, Colorado Department of Human Services

Topic: Information concerning the programs and responsibilities of the State Unit on Aging, Division of Aging and Adult Services

March - Speakers: Representatives from: District Attorney's Office, Arapahoe County Sheriff, Aurora, Englewood and Littleton Police Departments

Topic: A panel discussion of tips for keeping seniors safe, as well as explanation of programs that each agency offers to educate and protect seniors from scams, home burglaries, etc.

April - Speaker: Amy Nofziger, Director of AARP Elderwatch

Topic: Discussion of Elderwatch, a joint program of AARP, The Attorney General's Office and the Better Business Bureau. Colorado is only one of two states that offer the Elderwatch Program.

May - Speakers: Representatives from Highlands Ranch Senior Hikers, Road Scholars, and University of Denver's Life Long Learning Program

Topic: "Never too Old to Play" was the theme for this year's Older Americans' Month observance. Opportunities for seniors to remain active, both in mind and body were discussed.

June - **Topic:** A brainstorming session for the ACCOA Speakers' Bureau asking for everyone's input on what message ACCOA should be conveying to the community about the Arapahoe County Council on Aging and the rapidly upcoming needs of seniors within the county. A listing of the topics to be considered for Arapahoe County communities was distributed to each person. These are areas that have been identified by DRCOG as areas of need; however, we would focus on Arapahoe County needs. Four groups were created to discuss priorities to be

used for the Speakers' Bureau talks. The scripts for the twenty minute and one hour presentations will be formulated from these issues. The consensus of opinion of all four groups was that education and information sharing were the primary needs.

July - Speakers: Rick Stewart, Arapahoe County Veterans Service Officer and Kevin Eherenman, Veteran Services Representative, Department of Veterans Affairs

Topic: Update on Veterans Affairs in Colorado

August - Speaker: Andres Lopez, Colorado Division of Insurance

Topic: Social Security and Medicare fraud and how seniors can identify and protect against it

September - Speaker: Nicole Hartog, Denver Regional Council of Governments

Topic: Updates on the changes to the DRCOG Network of Care website

October - Speaker: Greg Glishinski, AARP Volunteer

Topic: Key issues that may impact seniors in both Colorado and the nation and AARP's stance on those key issues

November - Speaker: Mason Finks, ACCOA Speaker's Bureau Chair

Topic: A preview of the ACCOA Speakers Bureau programs with an opportunity for attendees to critique the material before it is put in final form

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 - Mason Finks

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 Resource Day' event 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. Cathy Noon participated in the Boomer Bond Champions Committee. Boomer Bond evolved from the Livable Communities Committee she had taken part in for years. That committee transformed into a full blown DRCOG initiative instead of just an ACA subcommittee. Joe Halpern was a member of the DRCOG Funding Committee and Michelle Clopton served on the Nominating Committee.

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 met 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 47 organizations, 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. Fifteen hundred 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

Financial Statement is available upon request.

ACCOA 2012 - PRESIDENT SHARON HILL:

ACCoA meetings have grown so much in the past year that we decided to move to a facility that will accommodate more people with more comfort. Beginning in January 2013 our monthly meetings will be held at Caley Ridge Assisted Living. Our Speaker's Bureau is ready to begin visits in the community with our message of providing information for resources. Our 12th annual Senior Resource Day brought even higher numbers to the event from last year and vendors commented about the value of this in their outreach to the community. The Arapahoe Library District added the Network of Care link to their website. Our goals for next year are to reach out to the Spanish speaking community to provide information and resources and to concentrate on getting residents age 60 and over to our meetings.