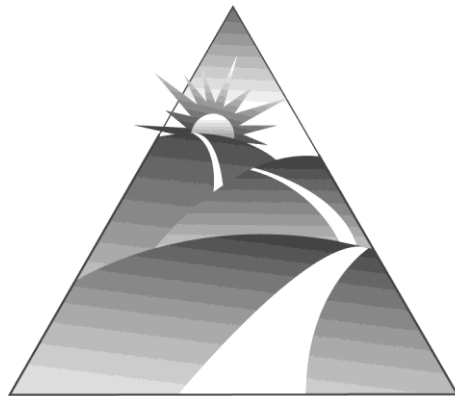


Arapahoe County Council on Aging

2013 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 2013

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.

2013 Officers

PRESIDENT: Sharon Hill, Arapahoe Library District

VICE PRESIDENT: Andrea Olson, UnitedHealthcare Medicare & Retirement

TREASURER: Karla Bullock/Randy Gornbein, Sarah Care at DTC

SECRETARY: Sheila Pizarro, ACCoA Administrative Coordinator

Highlights of the Past Year

Held our Annual January “GET TOGETHER” on Monday, January 28th 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 the Mayors from Greenwood Village, Englewood and Centennial as well as representatives from city governments in Arapahoe County who focused on issues and solutions for meeting the needs of seniors within their communities. Chandra Matthews, Denver Regional Council of Governments, discussed changes in DRCOG. ACCOA Officers and Committee Chairs for 2013 were installed.

This was the first meeting held at the Caley Ridge Assisted Living facility. Regular attendance at the monthly meetings had caused ACCOA to outgrow the capacity of the Greenwood Village City Hall Community Room and Caley Ridge offered the use of their dining-room for the meetings.

Sponsored our 13th Annual Arapahoe County Senior Resource Day, at the Douglas H. Buck Community Recreation Center in Littleton on Friday, October 11th. A committee of ten ACCOA members worked from March through October enlisting eighteen additional sponsors, ninety-two exhibitors, speakers, and entertainment for the event. Committee members and exhibitors took advantage of off-site parking with shuttle service to and from the facility in order to allow more available parking spaces for attendees at the Buck Center.

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 the Color Guard presentation by AFJROTC Cadets from Gateway High School and the National Anthem sung by SSgt Amanda J. Von Holtum, Air Reserve Personnel Center, Buckley AFB. Linda Haley, Past-President of ACCOA, welcomed the audience and Randy Penn, Mayor of the City of Englewood, was the Master of Ceremonies.

The keynote speaker, Joseph Brady MSTCM, L. Ac. Dipl. O.M., is a nationally board certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years. He teaches classes at local colleges, has written many articles on healthy aging and has presented at numerous scientific conferences. His humorous approach to extremely serious health subjects makes him a popular keynote speaker on Healthy Aging in Mind, Body and Spirit.

Following the morning program, attendees relocated to the gymnasium for the resource fair with the ninety-two exhibitors. Attendees also had the opportunity to use XpresShred to have their confidential documents shredded free on the spot.

Joined with Adams County Aging Network (ACAN) and Tri-Valley Seniors Association to hold a “Joint Meeting” on June 24th at the Byers American Legion Hall. Following the luncheon, the speaker, Mary Beth Leitzmann, Care Coordinator with Vincent, Romeo & Rodriguez, presented a program on “Do you know what the difference is between Medicare vs. Medicaid?” The inside tips of both benefits and the clearing up of some of the myths around Medicaid eligibility were discussed. The presentation was followed by a question and answer session. Attendees were encouraged to ask questions as they arose during the program.

Special Projects

Participated in the Amazing Aging EXPO in the Marriott Tech Center by sharing a table with the Arapahoe Library District.

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

Expanded the criteria to be utilized by ACCOA representatives participating in the newly established ACCOA Speakers' Bureau.

Distributed ACCOA and Speaker's Bureau brochures, as well as Senior Resource Day information to numerous churches to be shared with members of their congregations.

Represented ACCOA on the DRCOG Advisory Committee on Aging.

Cathy Noon kept the ACCOA members updated on funding issues, including Sequestration and how it has affected the services DRCOG advocates for, discussed livable communities for the Boomers and stressed the need to keep people aging in place as it is so much less expensive than placing them in assisted living or nursing homes.

Michelle Clopton continued to work with the Funding Committee for 2013 regarding the Budget recommendations of funds for State Fiscal Year 12-13. As part of that committee, she worked with DRCOG to review and then establish allocation of available funds. She will continue to work as part of the group that will review and determine the actions, plans and support for adjusting the funding.

Jim Fleenor's appointment to replace Joe Halpern on the Committee on Aging was in February 2013. He participated in the DRCOG Boomer Bond Workshop in November 2013. The purpose of this workshop was to provide a background on the Boomer Bond Initiatives and review the Assessment Tool and related Toolkit.

Maintained the ACCoA website providing information concerning our services and mission. The website, www.accoa.info, affords public access to various sources of information about ACCoA as well as on-line resources that are available for seniors. The website is averaging 125 to 150 hits each month. Activity does not appear to be related to any specific function, such as Senior Resource Day, but is spread with visits throughout the website. 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 email 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, and monthly meeting information and minutes.

Made available resource counseling to callers and email contacts through the ACCoA Administrative Coordinator office and referrals to other agencies. 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. Grown children, family members and concerned friends who live out of state call the ACCoA phone number to determine what resources are available for their seniors who live in Arapahoe County. During the Holidays, there is generally 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 remained active with such projects as: Donations made to Aurora Interchurch Task Force and the Gateway Battered Women's Shelter; Donations by ACCoA members of approximately fifty-five holiday gifts to Adult Protective Service (APS) clients in December; Donations to the CARES Food Bank in Strasburg; Volunteered on the Senior Resource Day committee and spent numerous hours from March through October preparing for the event.

A primary focus of the Community Awareness Committee for the year 2013 was involved in further developing the ACCoA Speaker’s Bureau by: Designing the process by which it would be formed, activated and implemented as a viable resource for the community; Creating and assembling Speaker’s Notebooks, PowerPoint Presentations and Brochures for the project; Creating a mailing list and distributing information and brochures to Arapahoe County churches; Composing and distributing articles to local newspapers advertising the existence of the Speaker’s Bureau; As a result of several requests from organizations, determining appropriate topics, such as Social Security, Medicare, Medicaid, Hospice, etc. information, that will be presented in addition to the ACCoA presentation; Selecting and training qualified speakers to deliver interesting, informative talks and discussions; Providing speakers for nine different requesting venues as well as a regularly scheduled ACCoA meeting in order to share the resource information. At his request, Sharon Hill and Mona Gardner met with Jerry Hulsizer from Douglas County Council on Aging whose organization is intrigued with the success of the program and hopes to establish a Speakers’ Bureau specific to Douglas County needs.

Presentation Dates and Presenters

March 1:	St. Thomas Moore	Speaker:	Kathy Turley, ACCoA
March 28:	Christian Living Community	Speaker:	J. Mel Harris, ACCoA
April 29:	St. Thomas More	Speaker:	J. Mel Harris, ACCoA
May 21:	St. Thomas More	Speaker:	J. Mel Harris, ACCoA
July 10:	Littleton Sunrise Rotary	Speaker:	Barb Lotze, ACCoA
July 25:	Village of Johnson Center	Speakers:	Sharon Hill, J. Mel Harris, ACCoA
August 1:	Vitas Senior population team	Speaker:	Christina Evans, ACCoA & Hospice
October 8:	Heather Gardens	Speaker:	J. Mel Harris, ACCoA
November 5:	Heather Gardens	Speaker:	Randy Anderson, Soc. Security

The Speaker's Bureau will continue to expand the 'expert' speakers list and perhaps topics offered during the coming year. In addition to ACCOA speakers, the current suggested listing of topics and speakers is:

Medicare/Secondary Insurance: Fred A. Jacobus, Jason Hubbard

Medicaid: Tamara Vermeen

Social Security: Randy Anderson

Hospice/5-wishes: Nicole Hartog,

Wills/Trusts: Brad Carson

Home Health/Private Duty Care: Tamara Vermeen

Alzheimer's/related afflictions: Tamara Vermeen

Fitness & Aging: Tamara Vermeen (brain fitness), Jason Hubbard, and Cynthia Winslow (Naturopathic Practitioner, state certified)

Senior Fraud: Fred A. Jacobus, Barb Martin-Worley with the District Attorney's office

Aging in Place/Mobility: Nicole Hartog, Carolyn Gensler, Jason Hubbard

NOTE: Additional, detailed, organizational information is available upon request.

Provided Educational Programs

January - Speakers: Mayors and representatives from cities in Arapahoe County

Topic: Issues and solutions for meeting the needs of seniors within their communities

Speaker - Chandra Matthews, Denver Regional Council of Governments

Topic: Changes at DRCOG

February - Speaker: Donita Rafferty

Topic: Hunger Free Colorado

March - Speakers: Kimberly Kingston, Housing Rehab Manager, South Metro Housing Options
Janet Grimmett, Housing Rehab Manager, City of Englewood
Tim Gough, Housing Rehab Specialist III, City of Aurora

Topic: A panel discussing Housing Rehab programs in Arapahoe County

April - Speaker: Eileen Doherty, Executive Director, Colorado Gerontological Society, Senior Answers and Services

Topic: Navigation of the Medicare Savings Program and other services and programs available to seniors in Colorado as well as the Colorado Senior Resource Guidebook

May - Speakers: Anahit LaBarre, Colorado Center for the Blind and
Kim Ann Wardlow, The Audio Information Network of Colorado

Topic: Vision loss in seniors and the availability of assistance and support

June - Mary Beth Leitzmann, Care Coordinator with Vincent, Romeo & Rodriguez

Topic: “Do you know what the difference is between Medicare vs. Medicaid?” The inside tips of both benefits and clearing up some of the myths around Medicaid eligibility

July - Speaker - Katie Creedon

Topic: Boomers Leading Change

August - Speaker - Randy Anderson

Topic: Social Security, what everyone should know to protect themselves

September - Speaker – Cecille Partee, MSW, Family Services Coordinator

Topic: Know the 10 signs of Alzheimer’s; Early detection matters

October - Speakers - Moderator: Linda Haley, Arapahoe County Housing, Community Development, and Senior Resources Division Manager
Nicole Hartog, for AAA
Cathy Noon, for ACoA
Mel Harris, Sharon Hill, for ACCOA

Topic: Who are we? Who is involved in what?

November - Speaker - William B. Kistler, MBA, Outreach & Project Director, Centura Health

Topic: Health Insurance Information

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 - Linda Haley, Mary Kay Jones, Co-Chairs

The Eastern Plains co-sponsors the Joint meeting with ACCOA and ACAN.

Program Committee - Andrea Olson, Chair

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 - John Skoglund III, 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 - Linda Aluise, 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, Jim Fleenor, 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 2013 - Michelle Clopton

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, January through November, on the 4th Monday of the month at Caley Ridge Assisted Living, 9350 E. Caley Avenue, Englewood, CO

80111. Attendance at meetings during the year has fluctuated between 48 and 87 representatives of organizations, service providers and seniors. Meeting announcements and minutes are emailed to the membership monthly and meeting dates, times and program information are updated on the website each month. 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 and periodic donations from DRCOG, as well as receipts from the annual Senior Resources Day event. Major expenses for the organization during the year included:

- * Senior Lobby membership
- * ACCoA Annual meeting
- * ACCoA/ACAN/Tri-Valley Seniors Association meeting
- * Sponsorship of 2013 Senior Day at the Capitol
- * Purchased ACCOA brochures and magnetic calendars
- * Developed and purchased Speaker's Bureau brochures

Financial Statement is available upon request.

ACCOA 2013 - PRESIDENT SHARON HILL:

The past year has been one of stellar growth for ACCoA. After moving our monthly meetings to Caley Ridge we experienced an increase in numbers at each monthly meeting. The new space allowed for much more seating and a place to network both before and after meetings. We held our 13th annual Pathways to Wisdom Senior Resource Day at the Buck Center and reached hundreds of people in the community. Our Speaker's Bureau has taken off with a brochure that we are handing out at every opportunity, including many of the resource fairs we attended. We promoted our Speaker's Bureau at every event and meeting that we could and had the opportunity to speak to many groups. Our goal is to educate people about resources in the community and be prepared for aging in place with grace and knowledge. We looked at partnering with the City of Centennial Senior Commission and the Arapahoe Library District to further our outreach. Each of our monthly meetings had an educational program for the members, which gives all of us more knowledge that we can pass along to others. We also provided much needed items to the food bank on the eastern plains and provided holiday gifts to adults in need. We were also contacted by another AoA group to discuss our Speaker's Bureau. As the President for the past 3 years, I can say that this organization has great potential to be advocating for senior issues and make state and county officials aware of the needs and challenges we have facing us as the demographics change.