

2023 Annual Review



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Seniors' Council Douglas County

- **Mission:** The Seniors' Council promotes Living Well/Aging Well™ in Douglas County, Colorado
- **Vision:** Throughout all life stages, the Seniors' Council of Douglas County serves to enhance quality of life and assures accessibility to all through advocacy, education, and collaboration

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Historical Perspective

- Older Americans Act
 - Signed into law on July 14, 1965, established the Administration on Aging, and called for the creation of State Units on Aging.
 - The 1973 Older Americans Act Comprehensive Services Amendments established Area Agencies on Aging and encouraged the development of County Councils on Aging.
 - Section 306D of the Act mandates the establishment of a diverse advisory committee that includes older adults, service providers, caregivers, and many other interested categories.
 - While this primarily is required of the Area Agency on Aging housed at the Denver Regional Council of Governments (DRCOG), the requirement is passed along to each County in the region to ensure local input on issues and information sharing of resources.

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Seniors' Council 2023 Executive Committee



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Advocacy Accomplishments

- Continued to work with the County, providers, the DRCOG Area Agency on Aging and the State of Colorado to ensure older residents had access to:
 - Local Resources
 - Transportation
 - In-Home Services
 - Community Based Activities

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Advocacy Accomplishments

- Promoted and attended the Douglas County Older Adult Initiative's Listening Tours
- Attended an initial meeting of the Allies for Aging collaborative organization
- Submitted a letter to the Colorado Board of Equalization in support of the County Board of Equalization to reduce property values by 4% to lower property taxes

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Educational Accomplishments

The Council hosted monthly in-person meetings and provided presentations on:

- January:** Connecting with Cohousing
- February:** The Philosophy of OLLI
- March:** Housing Projects & Options for Older Adults
- April:** What is Osteopathic Medicine
- May:** Ageism is All Around Us
- June:** Priorities of the New Douglas County Health Department

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Educational Accomplishments

The Council hosted monthly in-person meetings and provided presentations on:

- July:** There's More Than Books at the Douglas County Libraries
- August:** Learn About the History & Gardens at Seven Stones
- September:** How Might DRCOG's Survey Results Impact You?
- October:** What To Know Before Choosing your Medicare 2024 Plan
- November:** Self-Empowerment in the Face of Ageism
- December:** Holiday Reception

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Educational Accomplishments

- Provided four (4) presentations on Ageism to various organizations
- Hosted Vintage & Vibrant 2023
 - Held on September 28th at the PACE Center
 - 180 + attendees
 - Three Keynotes
 - Nine speakers on a variety of topics
 - Three interactive opportunities
 - Thirty-four event partners
 - Presented three SCDC All Star Awards



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Vintage & Vibrant 2023



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Collaboration Accomplishments

- Reached out to new community partners
 - Newly formed Douglas County Department of Health
 - Highlands Ranch Senior Center
 - Bridgewater Castle Rock
 - Terra Bluffs

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Collaboration Accomplishments



- Participated in or attended:
 - Castle Rock's Senior Life Expo
 - The Parker Senior Center's Community Resource Fair
 - 5th Anniversary Celebration of Aging Resources in Douglas County
 - Douglas County Town Hall focusing on Aging Well in the County
 - Douglas County's Department of Health Mental Health Initiative

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Collaboration Accomplishments

- Served on:
 - DRCOG's Advisory Committee on Aging
 - Spark the Change's Senior Companion Program Advisory Council
 - Executive Committee of the Douglas County Older Adult Initiative

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Collaboration Accomplishments

- Promoted:
 - The Castle Rock Senior Activity Center's Fundraisers
 - The Parker Senior Center's Fundraisers
 - District Attorney's Fraud and Abuse Alerts
 - Senior Companion Program

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Outreach Accomplishments

- Continued “First Friday Update” via email to inform, educate and combat social isolation in older adults
- Submitted monthly articles to the Colorado Community Newspapers in Douglas County and to “Prime Time” News
- Submitted quarterly articles to the 50+ Marketplace News
- Placed complimentary monthly ad in the Castle Rock Area Newsletters

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2024 Seniors’ Council Goals

- Host in-person monthly meetings
- Continue First Friday Update
- Begin planning Vintage & Vibrant 2025
- Continue to build a working relationship with the new Highlands Ranch Senior Center
- Launch membership campaign
- Launch partnership campaign

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2023 Seniors' Council Goals

- Continue to provide articles to local newspapers
- Expand outreach efforts to community leaders
- Pursue opportunities to implement multi-generational experiences
- Continue to explore means to promote the message of anti-ageism

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2024: Q1 Education Calendar

- **January 4, 2024**
 - Topic: Your Body's Biological Switch Related to Food
 - Speaker: Dr. Richard Johnson
 - Location: Morningstar Senior Living at Ridgeway, 10100 Commons St., Lone Tree
- **February 1, 2024**
 - Topic: Meet Senior Resource Office Deputy Faulkner
 - Speaker: Deputy Faulkner, Douglas County Sheriff's Office
 - Location: Philip and Jerry Miller Library, 100 Wilcox St., Castle Rock
- **March 7, 2024**
 - Topic: Health of the Aging Eye
 - Speaker: Dr. Jessica Schulman
 - Location: Morningstar Senior Living in Parker, 18900 Mainstreet, Parker

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www.facebook.com/mydougcoseniorlife

dcseniorlife@douglas.co.us

303-663-7681

YouTube - search on seniors council of douglas county