

# 2024 Annual Review



# Seniors' Council Douglas County

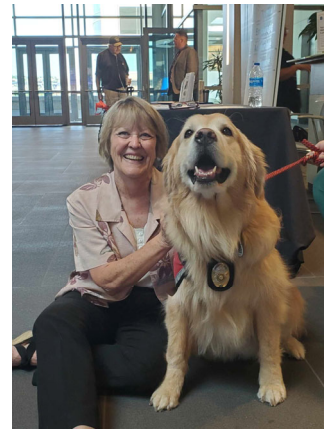
- **Mission:** The Seniors' Council promotes Living Well/Aging Well™ in Douglas County, Colorado
- **Vision:** Throughout all life stages, the Seniors' Council of Douglas County serves to enhance quality of life and assures accessibility to all through advocacy, education, and collaboration

# 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 encourage the creation of a community-based council and ensure local input on issues and information sharing of resources.

# Seniors' Council 2024 Leadership Team



# 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

# Advocacy Accomplishments

- Participated in the Douglas County Older Adult Initiative's monthly meetings
- Represented Douglas County on the DRCOG Regional Advisory Committee on Aging
- For the purpose of future planning, surveyed SCDC participants on medical care access

# Educational Accomplishments

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

**January:** The Biological Switch From Sugar in Our Diet

**February:** Meet Senior Resource Deputy Faulkner

**March:** Cycling Without Age and other Community Agencies

**April:** Explore the Colorado Agricultural Leadership Foundation

**May:** Local History at the Douglas County Libraries Archives

**June:** Elder Abuse Awareness

# Educational Accomplishments

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

**July:** No Meeting - Independence Day

**August:** Mental Health for All

**September:** Vaccines and Older Adults

**October:** 2025 Medicare Enrollment

**November:** Snow Cancel was to be Holiday Events in Douglas County

**December:** Year End and Looking Forward; Holiday Reception with live music



# Educational Accomplishments



- Hosted Aging Well and Finishing Strong; Creating a Legacy Binder
  - Held on September 24<sup>th</sup> at the Douglas County Event Center
  - 65 + attendees
  - Presented by Barb Lotze, Patient Navigator; and Renet Greer, Esq.

# Aging Well and Finishing Strong



# Collaboration Accomplishments

- Reached out to new community collaborators
  - Reyn Rock Plaza Senior Apartments
  - The Meadowmark Senior Apartments in Castle Rock
  - Seven Stones Botanical Garden Cemetery

# Collaboration Accomplishments

- Participated in or attended:
  - Castle Rock's Senior Life Expo
  - The Parker Senior Center's Community Resource Fair
  - 18<sup>th</sup> Judicial District's Senior Law and Safety Summit



# Collaboration Accomplishments

- Served on:
  - Spark the Change's Senior Companion Program Advisory Council
  - Executive Committee of the Douglas County Older Adult Initiative
  - Formalized partnership with Douglas County Libraries
  - Initiated the modernization of the SCDC Operating Procedures



# 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
  - DC Library Programs of interest to older adults
  - Tall Tails Ranch <https://talldalesranch.org/>

# 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 Online Newsletter
- Had a feature article in the Douglas County Living Magazine

# 2025 Seniors' Council Plans

- Host in-person monthly meetings and encourage increased participation with the Council
- Work to increase awareness of the Seniors' Council throughout the County
- Host 2025 Vintage and Vibrant
- Continue to build a working relationship with the new Highlands Ranch Senior Center
- Finalize and implement the new Seniors' Council Operating Procedures

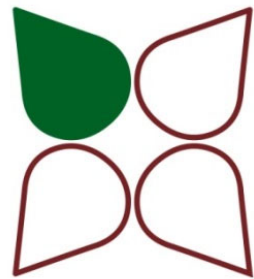


# 2025 Seniors' Council Plans

- Continue “The First Friday Update”
- Continue to provide articles to local newspapers
- Expand outreach efforts to community leaders
- Update the Seniors' Council Informational Brochure

# 2025: Initial Education Topics

- January 2, 2025
  - Topic: Generations at Work
- February 6, 2025
  - Topic: Modifiable Risk Factors of Dementia
- March 6, 2025
  - Topic: Caregiving for Elders
- April 3, 2025
  - Topic: Get to Know the NEW Highlands Ranch Senior Center!
- May 1, 2025
  - Topic: Watch Out For Scams and Protect Yourself From Fraud



**Seniors' Council  
Douglas County**

*Living Well / Aging Well™*

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