

Subject: Seniors' Council of Douglas County: First Friday Update - August 2022



First Friday Update August 2022

Survey – Provide Input

The Seniors' Council is currently conducting a short survey to help us understand how to more effectively reach out to you and make our meetings more convenient and meaningful. We'd really appreciate hearing your input and encourage you to take about 5 minutes to complete the survey. You can find the online version by clicking on this link:

<https://www.douglas.co.us/community-services/services/senior-services/seniors-council/?autosuggest-term=senior>

The survey information is at the top of the page and all you need to do is click on the green button to access the survey. Thank you in advance for helping us!

National Suicide Prevention Lifeline

It's sobering to note that suicide has ranked as the 10th leading cause of death in the U.S. since 2008, according to the Federal Communications Commission (FCC), and claimed the lives of more than 44,000 Americans in 2020. Getting folks to resources when they need them is vitally important and can help save numerous lives.

On July 16th a new national suicide hotline number, 988, was launched to help people in crisis reach critical resources more quickly. This new easy-to-remember number connects folks to a network of local crisis centers that provide free and confidential emotional support for people in a mental health crisis and for individuals who are worried about a loved one or friend in crisis. It operates 24 hours a day, 7 days a week and adding this number to your smart phone may enable you to help someone when they need it most.

Oshler Lifelong Learning Institute (OLLI)

History. Science. Literature. Performing Arts. Public Affairs. Philosophy. For the past 26 years, the Oshler Lifelong Learning Institute (OLLI) at the University of Denver has offered up fun and fascinating adult education courses specially designed for people 50 and older. OLLI has seven Metro Denver campuses, more than 100 live Zoom offerings, and a new recorded library of webinars. As a bonus – no tests and no grades!!

We encourage you to review their new fall catalog of courses to either expand your horizons or meet people who share your lifelong interest at <http://portfolio.du.edu/olli>

We invite you to share this update with others who might be interested!

Stay healthy, stay connected

Gretchen Lopez, Chair

A Community Conversation with our new School Superintendent

Last year Erin Kane came on board as the new Douglas County School Superintendent. She recently reached out to the Seniors' Council to learn what older adults are concerned about regarding our students and how we can participate as role models for our younger citizens. Join us for an enlightening presentation and lively discussion with Ms. Kane on **Thursday, September 1st at 10 a.m.** at the Philip S. Miller Library in Castle Rock, 100 S. Wilcox St. This is a wonderful opportunity to voice our concerns and offer suggestions in helping our youth thrive in the school environment.

Zero Fare for Better Air Launched this Month

Zero Fare for Better Air is a collaborative, statewide initiative designed to reduce ground-level ozone by increasing the use of public transit. Through a partnership with the Colorado Energy Office, RTD will offer free fares on all of its services from **August 1-31**, Colorado's high ozone season. Consistent use of public transportation, when possible, reaps huge benefits for the consumer including: saving money on vehicle expenses such as maintenance, parking, tolls and gas; reducing traffic which limits road congestion, air pollution and ground-level ozone; reducing the stress and anxiety of everyday driving; providing time for the customer to enjoy reading, catching up on emails and podcasts, or just relaxing; and improving air quality as using public transit creates 84 percent less carbon emissions than driving a car.

- To see schedules, visit <https://www.rtd-denver.com/zerofareor>
- For questions, call Customer Care at 303-299-6000

22nd Annual “Fall Swing” Golf Tournament

Keep your golf clubs handy and ready to go as the Castle Rock Senior Activity Center is sponsoring its annual golf tournament on **Monday, September 12th** at The Pinery Country Club. Registration is \$195.00 per player and a shotgun start is scheduled for 8:30 a.m. Sponsorships are available as well and all fundraising proceeds benefit their ongoing activities, transportation, and health and wellness programs for all older adults in Douglas County. For further details and to register, call 720-733-2291 or visit

<https://www.castlerockseniorcenter.org/wp-content/uploads/2022/04/Brochure-EARLY-BIRD-Golf-2022.pdf>

Douglas County Department of Community Development Community Services

Address | 100 Third St., Castle Rock, CO 80104

Phone | 303-663-7681

Email | DCSeniorLife@douglas.co.us