



AURORA COMMISSION FOR OLDER ADULTS (ACFOA)

Monday, November 07, 2022

1:00 p.m.

Hybrid- WebEx Virtual Meeting
and in-person at
Aurora Center for Active Adults
30 Del Mar Circle, Aurora, CO 80011

MINUTES

CALL TO ORDER: By Chair at 1:05 PM

ACFOA MEMBERS PRESENT: Jeannie Davis, Chair; Sandy Thomas, Vice-Chair; Juanita Audre, Frankiemae Perry, Barbara Schneller; Commissioners. *Delfina Ashley-Baisden and George Bain, Commissioners, attended via WebEx.*

ACFOA MEMBERS ABSENT: Frances Dollard, Commissioner.

OTHERS PRESENT: Ronald Roulhac, Facility Program Supervisor ACAA, ACFOA Liaison; Lori Sanchez, Recreation Program Supervisor; Rian French, Project Manager, Victoria Vaughns, guest; Elvia Tovar, Admin Specialist and Secretary for ACFOA attended in person.

ADOPTION OF MINUTES: Upon motion, second, and unanimous vote, 10/3 and 10/10 minutes were approved.

SPEAKER: Jenalise Long, Cofounder, Colorado Resilient Life Center Foundation (CORLC).

The Colorado Resilient-Life Center is a non-profit working to build a community-based peer-run respite center. To assist those in trauma recovery. Mission is to promote community wellness through advocacy, collaboration, and innovative accessible programming focused on individual, community, and system resilience.

- Mass trauma affected Aurora in 2012 with theater shooting. Today the need of a center that encompasses gateways of healing is greater. Hope to build a center to help overcome the emotional challenges of recovering from individual and mass trauma. Within the center, seeking to offer a community of various non-profits working together and offering free care to those who need it.
- Wellness – Active pursuit of activities, choices and lifestyles, mental health, and physical wellbeing. Programs include exercise and stretch classes,
- personal training, nature walks, spiritual and Christian meditation, mindfulness, journaling, and supportive care groups.



- Classes – Will have rotating classes that teach resilience and independence. Cooking will bring the community together and teach individuals to take care of themselves and their family and learn financial literacy. Also, there will be support groups and classes to gain resiliency.
- Activities – CORLC will be a gathering space for the community. Activities for all ages to include art, dance classes, choir and more.
- Supporters – Council member Medina, Aurora Mental Health, 7/20 Foundation, Pull Your Heart Out, Veterans Affairs Commission, Stars of Hope and Kadampa Meditation Center

- *Sandy* asked about staffing and qualifications. *Sandy* also commented CORLC would be an umbrella organization for the other non-profits, offering avocational therapies under one roof. *Jenalise* responded she would be full time, and other staffing would be volunteers. Other nonprofits would run their programs. Aurora Mental health is willing to provide staff, and peer group leaders do not have to be qualified.
- *Jeannie* asked if CORLC is applying for grants or is Aurora Mental Health providing funding. *Jenalise* responded they are looking for grants and have all needed to get grant writers to bring it to Council in 2023.
- *Barb* asked what location they are looking into. *Jenalise* responded, Paris Elementary. *Juanita* mentioned there are other locations not being utilized.
- *Jeannie* informed *Jenalise* the Commissioners will discuss and vote on whether ACFOA will give support to the CORLC project, and she will be notified.

BUDGET REPORT: Ron reported there is \$266 left in the 2022 budget. At the last meeting, a suggestion of refrigerator magnets was made, and Frankiemae will look into products and pricing. A request can be put in prior to the end of the year to have the magnets by next year.

LIAISON REPORTS:

Aurora Center for Active Adults – Ronald Roulhac, Supervisor

- Voting through Wednesday November 9, 2022, at the Aurora Center for Active Adults.
- Honoring Veterans Event on November 9th. This consists of two films with veterans followed by a Q & A at Aurora Center for Active Adults.
- Ticket sale for “Hotel Colorado” is a Seniors ‘88 Musical at Heather Gardens Clubhouse on November 18, 19 and 20. \$10 per person.
- There will be a free live “radio show” event on November 18th at Aurora Center for Active Adults. This is a simulation of an old-time radio show.
- The Aurora Center for Active Adults will be closed Friday November 11, 24 and 25.

Arapahoe County Council on Aging (ACCoA) – Barbara Schneller, Commissioner

- No report.

Aurora Senior Circle – Jeannie Davis, Commissioner



- Meeting will be held on November 9th. Melissa Smith will provide an overview for the TRI-County Health Department's Healthy Aging-Data-Boards for Adams and Arapahoe County. Easy access to available data and resources focused on the opportunities and challenges of an aging population.

Ward Meetings – All Commissioners

- Jeannie encouraged Commissioners to attend their assigned Ward meetings, utilize previously distributed “tip sheet” and pick up rack and emergency cards at the Center. She strongly encouraged them to attend their assigned Ward meetings.
- Jeannie will attend Ward II meeting on November 17.
- Juanita reported the Ward IV Meeting was successful. She shared information, handed out emergency cards and was invited to speak at a future meeting for Federal Retired Employees.
- Delfina informed the Ward VI meeting is November 16, 6-8pm at Tallyn's Reach library.

COMMITTEE REPORTS:

Legislative – Sandy Thomas, Commissioner

- No Report.
- Advocacy rack cards are in queue in the graphics department.

Transportation Solutions – Jeannie Davis, Commissioner

- A meeting was held on October 17th. RTD is doing a system wide fare study and equity analysis.

Public Relations – Juanita Audre, Commissioner

- Sneak Peek event at the ACAA did not get to hand out many surveys.
- Veterans Salute event was well attended, and surveys were distributed.
- Federal Retired Employees associations date to be decided sometime in January 2023.

Intergenerational Support – Juanita Audre, Commissioner

- Commissioner listed phone number voicemail will be updated.
- The Commission will host an intergenerational game event February 25th with the Aurora Youth Commission (AYC) at the Mission Viejo Library.
- Barb Schneller reported the AYC survey for the Pen Pal project with Older Adults is still in development.



Fraud and Abuse Prevention Committee – Sandy Thomas, Commissioner

- The Fraud Prevention rack card has not been submitted to graphics yet.

OLD BUSINESS:

Eppley – Rian French, Project Manager for Planning Design, and Construction -- Parks, Recreation and Open Space.

- Next meeting with Eppley will be on November 30th, in-person at Aurora Center for Active Adults.
- Sandy suggested to start the Needs Assessment Survey at age 60+. Her research shows the United Nations, AARP and FEMA often define Older Adults at 60+. City programs also consider 60+ as Older Adults. Upon motion and second, the motion passed unanimously.
- Stakeholder interviews update: four are scheduled; two have asked for questions by email. Will continue to reach out and hope to get six or eight as discussed.

Collaborative Partnerships – Sandy Thomas, Commissioner

- No report.

LeadingAge Annual Meeting and Expo – Lori Sanchez, Program Supervisor.

- Issues according to USAging: Post-Pandemic recovery, social isolation, care worker shortages, long term care system that relies on Medicaid, overburdened family caregivers, increasing health care costs and lack of coordination, transportation, and housing.

NEW BUSINESS:

ACFOA Vacancy – Jeannie Davis, Commissioner

- Jeannie encouraged Commissioners to spread the word in regard to the Commission vacancy.

2023 Officer Election – Sandy Thomas, Commissioner

- Juanita, Barbara, and Sandy make up the Nominating Committee. They had a discussion where Juanita and Barbara asked Sandy if she and Jeannie were willing to serve another term. Jeannie and Sandy had previously discussed the possibility and are willing to run for another term to see the Needs Assessment completed. However, Sandy made it clear that anyone interested in running for Chair or Vice-Chair should add their names to the officer slate.

- Passed 6/7 Votes in favor. Jeannie Davis and Sandy Thomas will serve another term.



ACFOA Active Participation – Jeannie Davis, Commissioner

- Jeannie encouraged Commissioners to review their application and orientation packet to reaffirm the amount of volunteer time willing to serve, reasons for joining the Commission, Bylaws and attendance guidelines.

NEXT MEETING

Date: December 5, 2022

Time: 1:00 p.m.

Location: Aurora Center for Active Adults and virtually through WebEx.

ADJOURNMENT

Upon motion, a second, and consensus of the Commission, the meeting was adjourned at 3:03 PM.

Jeannie Davis, Chair

Aurora Commission for Older Adults

Date _____

Elvia Tovar,

Administrative Specialist and Secretary

Date _____

ADOPTED _____