



AURORA COMMISSION FOR OLDER ADULTS (ACFOA)

Monday, March 6, 2023

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 1:04 PM

ACFOA MEMBERS PRESENT: Jeannie Davis, Chair; Sandy Thomas, Vice-Chair; Juanita Audre, Frances Dollard, Frankiemae Perry, and Barbara Schneller; Commissioner George Bain attended virtually.

ACFOA MEMBERS ABSENT: Delfina Ashley-Baisden, Commissioner.

OTHERS PRESENT: Joe Sack, Manager of Recreation; Ronald Roulhac, Facility Program Supervisor ACAA, ACFOA Liaison; Lori Sanchez, Recreation Program Supervisor; Adriana Valles Morales, Admin Specialist and Secretary for ACFOA.

ADOPTION OF MINUTES: Upon motion, second, and unanimous vote, the February 6th minutes were approved. Upon motion, second, and unanimous vote, the minutes for the Special Meeting held on February 20th were approved.

SPEAKER: Jeannie presented speaker Annalee Kruger, President, Care Right, Inc. and Co-founder of Plan4LifeNow, LLC. Annalee is an internationally known author of "The Invisible Patient: The Emotional, Financial and Physical Toll on Family Caregivers." Care Right is a virtual nationwide consultancy serving families across the United States to develop customized aging plans. Care Right was founded after Annalee, for 18 years, saw the same predicament recurring when working as a social worker and executive director in Continuing Care Retirement Communities. A caregiver is any person that tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury, or disability,



including bathing/hygiene assistance, medication and meal preparation and feeding. Oftentimes, small responsibilities like picking up the mail can slowly turn into more frequent and bigger responsibilities, thus the caregiver snowball effect. The caregiver snowball effect becomes overwhelming and impacts their own family, relationships, finances and emotional and physical well-being. Adult children spend around \$15,000 out of pocket when taking care of parents that live in a different state. Important questions to consider: If you are the caregiver and something happens to you, is your family prepared? If your aging parents live in a different state, how will you manage a medical crisis? What if your parents need two different levels of care? What conversations have you had with your family regarding an aging plan? A Grab and Go binder helps adult children identify gaps in their long term planning, become more prepared, and keep documents in order. Caregiving can be a positive experience if families have an aging strategy in place. Care Right offers direct involvement as a white glove approach or paid group coaching. In two months, Annalee will be launching her first Aging Strategy Coach Academy to train other coaches and consultants to use her techniques, processes, and systems. Anyone can sign up for the academy. To schedule your consultation and order your Grab and Go Binder, visit www.CareRightInc.com. Questions and answers were shared at the end of Annalee's presentation.

2023 SPEAKER CALENDAR:

- April 3rd – Theresa Bloom
- May 8th – Audrey Krebs
- June 5th – Men's Health Month (TBA)
- July 10th – Fraud Prosecution (TBA)
- August 7th – Shirley Proppe
- September 11th – Jean Bogar
- October 2nd – TBA
- November 6th – Clinical Trials (TBA)

BUDGET REPORT: No changes to the current budget. Ron is still waiting on a response about the magnetic clip and pen promotional giveaways.

LIAISON REPORTS:

Aurora Center for Active Adults – Ronald Roulhac, Facility Program Supervisor ACAA

- More outreach needs to be done from the Commission. Ron has had presentations at different locations. There are older adult groups within the churches that meet on a weekly or monthly basis. Each group has about 15-40 people and only about 10% have visited ACAA. The groups were informed of the activities the ACAA and the Aurora Commission for Older Adults are involved in.
- Spring Fling Dance, March 25th from 2-4 p.m. It is a free activity.



- Lunch and Learn, April 7th 11:30 a.m. to 1 p.m. This is a free activity, but you need to register. Different organizations sponsor and present during these Lunch and Learn activities.

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

- The March meeting was held at ACAA. The presenter was from AgeWise Colorado. Colorado is the 2nd fastest aging state.
- DRCOG gave a report on transportation. RTD used to go to Heather Gardens, Cherry Creek Retirement Center and the patrons would be shown how to use the bus and light rail system. DRCOG will now be doing travel training for older adults on how to utilize them.
- Housing, regulating HOAs and pain management legislative bills were mentioned by the commissioners. These bills were not brought up previously to the Commission. Sandy will research these bills and send them to the commissioners for discussion.
- Salute to Seniors will be on May 21st and 22nd at the Denver Marriott South at Park Meadows.

Aurora Health Alliance – Jeannie Davis, Commissioner

- Jeannie and Sandy registered to attend a topical webinar on February 15th. Jarrett Hughes from the Governor's office presented some of the Bills that the Commission submitted to the City of Aurora for support.
- Next quarterly meeting is April 19th.

Ward Meetings – All Commissioners

- Barbara attended the Ward V meeting at Central Recreation Center. Aurora Police Officers gave a report on what's going on in Ward V. Leslie Summey, Arapahoe County Commissioner, spoke about open spaces, housing, homelessness, transportation, opioid task force and veteran services.

COMMITTEE REPORTS:

Legislative – Sandy Thomas, Commissioner

- Sandy sent a memo to Angela Lawson and the director of the Intergovernmental Relations Department. As of Friday, March 3rd, three of the bills that the Commission is asking for support were moved to the Appropriations Committee. The Medicare Reimbursement for Community Health Workers Bill is still in the original committee and will be up for vote soon.



- As previously stated, the opioid management bill will be sent to all Commissioners by email to read about it. Sandy asked for assistance in keeping track of the bills and helping with this committee.
- Sandy asked Commissioners if they are interested in housing bills. If yes, she will summarize the bills and send them to Commissioners.

Transportation Solutions – Jeannie Davis, Commissioner

- Jeannie attended the Arapahoe County Transportation Solutions strategic planning session on February 22nd. The next meeting will be held on April 27th.
- The DRCOG Funding and Transportation Alternatives report was given by Joe Sack, Manager of Recreation. Joe shared the following:
 - In July 2018, an Intergovernmental Agreement (IGA) was created. The total amount of funding given was for \$80,000, and it went to a program through the Aging and Disability Resource Center. They provide support for older adults and provide transportation options and vouchers. The program provides transportation through a variety of different contractors: RTD Access-a-Ride, Bus vouchers, Via Mobility, HopSkipDrive, and Uber. If you qualify, DRCOG will connect you to one or more of these services. The DRCOG report showed that from January through July 2022, the funds were almost gone. There were 78 unique users that used \$71,656.00 of the funds, coming to an average of \$918.67 per client per month. The biggest provider was HopSkipDrive. Approximately 10% of the \$80,000 funds were used to purchase RTD bus tickets. The total cost of these tickets was \$8,344.00.
 - According to Joe, DRCOG appreciates the opportunity given with these funds but believes the City of Aurora is not meeting the anticipated need nor the impact desired. DRCOG recommended that the Parks, Recreation and Open Spaces (PROS) management look into discontinuing the IGA with DRCOG and look at a different type of program or delivery service. The cities of Westminster and Brighton are two examples that are contracting separately with Via Mobility to provide specific transportation. The Parks, Recreation and Open Space management believe that it would be in the best interest to look at some models. Joe indicated that when the Needs Assessment is completed, the results will provide information on the transportation needs of older adults and help in



the long-term. In the short-term, other options will have to be explored including talking with the cities of Westminster and Brighton.

- Concerns from the Commissioners were voiced about waiting until the Needs Assessment was complete. The Commission does not want to see funds put on hold or have programs discontinued while waiting for the Needs Assessment results. Vice Chair Thomas agrees that 78 people is a low number, but the way it is seen on behalf of the Commission is that those 78 people were able to go out and utilize this service. Chair Davis asked if 78 riders is a low number, then what number is high enough to be considered a good impact? Joe Sack clarified that the 78 people that used the funds between January and July still received services the rest of the year through DRCOG. If the Intergovernmental Agreement were to be terminated, any Aurora resident that meets the criteria and qualifies will still receive transportation services through DRCOG.
- City Council will decide what to do with the money. The PROS management and the Commission can present the City Council with ideas and models from the cities of Westminster and Brighton. Chair Davis asked Joe Sack who will be responsible for looking into the future relationship with the chosen provider. Chair Davis attends the Transportation Solutions Arapahoe County meetings and feels she is not understanding what she represents in these meetings. Joe Sack sees Chair Davis's attendance as receiving older adult transportation information from the county and bringing it back to the Commission and the PROS management. Joe Sack believes the city of Aurora transportation program should fill the gaps and be presented to City Council. Vice Chair Thomas was under the impression that Joe would be presenting the Commission with new transportation system alternatives. Joe clarified that the PROS management needs help from the Commission. Vice Chair Thomas voiced her concern that it often feels like there is no sense of urgency within the city as it relates to older adults.
- Vice Chair Thomas agrees that the Commission might need to be open to other transportation options. The concern is who will be presenting the ideas to City Council. Joe Sack responded with city staff, including himself, will be participating. According to Joe, many things come into play with this project: first, the IGA needs to be taken care of. Then, the city of Aurora (PROS) needs to investigate what to put forward as a proposal and present to City Council. Vice Chair Thomas agrees this is an opportunity to look at using the \$80,000 more effectively, but her concern along with Chair Davis, is that they feel the city of Aurora does not place a priority or put the concerns of older



adults on an equal level with others. The Commission doesn't want to look at a plan or program that would require a two-year study when Commissioners believe it could be worked on, discussed, and a proposal sent to City Council much sooner than Joe is suggesting. Joe Sack stated that the goal is to report a plan back to the Commission by May.

- Ron commended DRCOG on how well they're doing and advised that the ACFOA initiated the effort for the city of Aurora to provide the \$80,000 transportation funding in 2017. At that time, DRCOG did not have a transportation program for older adults.
- Commissioners asked if there is a way that the program the city comes up with provides rides for older adults without having to provide financial or personal information considered intrusive. Joe believes there should be some requirements for riders and that free rides should not be provided but rather a \$10 fee should be charged to all riders. Commissioners presented many concerns and questions to Joe Sack regarding a new transportation program for older adults.

Public Relations – Juanita Audre, Commissioner

- Updates in the next meeting.

Intergenerational Support – Juanita Audre, Commissioner

- Updates in the next meeting.

Fraud and Abuse Prevention Committee - George Bain, Commissioner

- Updates in the next meeting.

OLD BUSINESS:

Needs Assessment Status Update – Jeannie Davis, Commissioner

- Updates in the next meeting.

ACFOA Vacancy Interviews – Jeannie Davis, Commissioner

- Updates in the next meeting.

Older Adult Month (May) Proposed Proclamation and Activities– Jeannie Davis, Commissioner

- Updates in the next meeting.



ACFOA Rack Card Spanish Translation – Jeannie Davis, Commissioner

- Updates in the next meeting.

NEW BUSINESS:

Aurora Forum for Older Adults – Jeannie Davis, Commissioner

- Updates in the next meeting.

NEXT MEETING

Date: April 3, 2023

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 3:05 PM.

Jeannie Davis, Chairperson
Aurora Commission for Older Adults

Jeannie Davis

Date 12-4-23

Adriana Valles Morales,
Administrative Specialist and Secretary

Adriana P.F.

Date 12/4/23

ADOPTED _____

