



AAC members = 22  
Quorum = 12

*To deliver, fund, and advocate for services that promote well-being, independence, and dignity for older adults, people with disabilities, family caregivers, and veterans in Boulder County*

## **BOULDER COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL (AAC)**

**Allenspark Fire Station (14861 CO-7, Allenspark, CO 80510)**

**June 7, 2019**

9:00 a.m. – Noon

- |       |  |
|-------|--|
| 8:45  | Gather, Coffee, Visiting   |
| 9:00  | Welcome – Dale Porter, <i>Co-Chair</i><br>Comments from the Chair – Dale Porter, <i>Co-Chair</i><br>Public Comments and Correspondence<br>Additions to the Agenda<br><b>Approve May 2019 Minutes</b> |
| 9:15  | Update from Allenspark Senior Advisory Committee (ASAC)  |
| 9:35  | Strategic Planning Update  |
| 9:45  | Subcommittee Activation Exercise <ul style="list-style-type: none"><li>• Priorities</li><li>• Action Items</li><li>• Partners</li></ul>  |
| 11:30 | TRC discussion of Homestead funds  |
| 12:00 | Adjourn  |

Next meeting of AAC:  
Friday, August 2, 2019  
9 a.m. – 12 p.m.  
Location: East Boulder Senior Center

*Reasonable accommodations will be provided upon request for persons with disabilities. Please contact Julia Yager, ADA Coordinator or the Human Resources Division, at 303-441-3525 at least 48 hours prior to the scheduled event.*



Assistance. Advocacy. Answers on Aging.



AAC members = 18  
Quorum = 10

*To deliver, fund, and advocate for services that promote well-being, independence, and dignity for older adults, people with disabilities, family caregivers, and veterans in Boulder County*

**BOULDER COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL  
(AAC)**

MINUTES: June 7, 2019  
Allenspark Fire Station, Allenspark, CO

**AAC Members Present:** Sara Berry, Dena Boutwell, Stephanie Dunn, Patrick Egan, Patricia Feeser, Jeff Foster, Kellie Hudson, Michele Hurliman, Andrew Lattanzi, Mary Jo Manydeeds, Judy Mares-Dixon, Rebecca Paskind, Dave Pinkow, Dale Porter, Chuck Stout, Carren Williams

**Staff Present:** Jacob Bielecki, Carol Cross, Ali Hasert, Lindsay Parsons, Christine Vogel

**Excused:** Judith Brush, Pamela Christensen, Kristin Durso, Tom Genovese, Bill Marine, Jessica O’Leary

**Guests:** Colleen Sinclair, Ari Goodman, Steve Coles, Diane Turechek, Donna Squyres, Laura Miller, Linnea Carter

**Welcome and Comments from the Chair – Dale Porter, Co-Chair:**

Dale Porter announced that the AAC will work in subcommittees today. He noted that future advisory council meetings will also leave time for subcommittee work. He mentioned that subcommittees were never taken seriously in the past; however, when Lindsay and Christine joined BCAAA they saw the need to reconstitute and energize the subcommittees. Dale restated the four subcommittees: Aging in Community, Support for Caregivers, Health (combined with Nutrition and Transportation), and Communications (combined with Technology). He mentioned that each committee has a designated lead and a AAA staff member to help contribute information and logistics. He noted that subcommittees are expected to set goals that meet the SMART criteria: Specific, Measurable, Attainable, Relevant, and Timely. He suggested that members think about external community partners who can provide information and ideas to better assist them in attaining their goals. He noted that members can even bring in external providers to consult or to present to the full council. Lastly, he mentioned that this is a two-year project and that their goal over the next two years is to truly play as an advisory role for the AAA, and to make the AAC function as it was meant to.

**Public Comments and Correspondence:**

Colleen Sinclair shared information about her role as a mountain Options Counselor for BCAA. She mentioned that she supplies short term case management for adults age 18-59 with disabilities, adults age 60 and up, and caregivers. She shared that they give information and referrals to help people get in-home care, or any other kind of service that will allow them to age in place. She mentioned that she works with caregiver programs, choices at home, respite programs, financial resources with local nonprofits, and she also partners with Public Health and Land Use to resolve issues for older adults in our community. She shared that she sits on a couple of groups as well, the InterMountain Alliance (IMA) and Peak to Peak Housing and Human Services. She shared that Peak to Peak Housing and Human Services has a couple of exciting events coming up. The first event will be a dental van coming to Nederland where fillings, cleanings, crowns and gold [fillings and] dentures can be done. She mentioned that the dentist accepts Medicare and that they are working to get him up to Allenspark and Lyons in the future. She shared that a mammogram van will also be coming up in July. Colleen also mentioned that they are having preliminary conversations with Peoples Clinic and Clinica to hopefully open a clinic in the mountain area.

Steve Coles, Allenspark resident and member of IMA, shared that the IMA is focused on emergency preparedness. He mentioned that the IMA is meeting with all three county commissioners on June 28, 2019 to discuss what can be done to help mountain residents sustain their lifestyle.

Colleen Sinclair invited AAC members to join a transportation focus group that was created to brainstorm ideas on how transportation can be provided to the mountain community. She mentioned that they are going to meet once a month from July to December and if anyone is interested in joining, reach out to either herself or Lindsay for her contact information.

**Additions to the Agenda:**

None.

**Approve May 2019 Minutes:**

Pat moved that the council accept the May 2019 meeting minutes. Becky seconded, and the motion passed unanimously.

**Update from the Allenspark Senior Advisory Committee (ASAC) – Dave Pinkow:**

Dave Pinkow shared that he is the Allenspark ASAC elected representative. He mentioned all the various ongoing programs and events offered in Allenspark: Lunch Bunch, Walk with Ease, trips to senior day at the capitol and Denver area museums, and the Mr. Fix It Program where volunteer handymen fix homes for community members.

Steve Coles handed out Emergency Preparedness Guides to all council members and guests. He shared that Allenspark has established a neighborhood emergency network that was developed by members of the community. He mentioned that the neighborhood emergency network was created as backup communication for emergencies and that they work with the fire department to help ensure community safety. He stated that they hope to offer more effective communication within the community in emergencies moving forward.

Linnea Carter spoke about how the ASAC started and how it evolved over the past 30 years. Diane Turechek shared information about the Allenspark program, Walk with Ease. She stated that this program was developed by the National Arthritis Foundation and that it was

designed for seniors with arthritis. She mentioned that the curriculum is composed of 18 classes which meet three times a week, for six weeks. She mentioned that the program is a combination of classroom education and walking. She shared that the program had 12 participants last year and that they are anticipating 15 to 16 people this year. Dave Pinkow shared information about two more programs that are offered in the Allenspark area; one of which is the food bank that distributes meals throughout the community and the other is the clothing closet that provides clothes to those in need.

### **Strategic Planning Update – Lindsay Parsons and Christine Vogel:**

Lindsay shared that she is currently working on the first step of the strategic planning process and is creating a report called Aging in Boulder County: Past, Present Future (PPF). She shared that it is a trends report that will outline what older adults are facing in our community.

Christine shared that the BCAA will present the data that Lindsay collects to all areas that they can; and then they will build the strategic plan around the data. She mentioned that they will commence in the Fall to discuss next steps, as well as different stakeholder groups and other options. She noted that they will utilize the AARP eight domains to frame this work.

#### **AARP Eight Domains of Livability:**

- 1- Outdoor Spaces and Buildings
- 2- Transportation
- 3- Housing
- 4- Social Participation
- 5- Respect and Social Inclusion
- 6- Civic Participation and Employment
- 7- Communication and Information
- 8- Community and Health Services

Kellie asked if it makes sense to consider the eight domains while working with their subcommittees.

Lindsay mentioned that the domains cover most of the subcommittee topics, but they are more than welcomed to look past the eight domains.

One of the AAC members asked if the efforts and successes of the dementia community has been placed under one of the subcommittees yet and if so, which one.

Christine responded that the AAA is working on getting a group together to figure out next steps. She mentioned that subcommittees can determine what their main initiatives look like and decide if addressing the dementia community fits into their plan.

Pat asked Lindsay if there are any sets of data that are available to them now.

Lindsay responded that there is data available now, however, today's goal is for the subcommittees to talk about the issues that they have been hearing within their communities and then she will bring data to the next AAC meeting.

Kellie asked if Lindsay can send the data before August.

Lindsay responded that she will email council members the data before August and that she would like subcommittees to meet before the next meeting on August 2, 2019.

### **Subcommittee Activation Exercise:**

Lindsay mentioned that each subcommittee will meet with a BCAAA facilitator today. She restated subcommittees, subcommittee members and assigned facilitators.

1. Health – Facilitator: Jacob Bielecki
  - a. Members: Jeff, Stephanie, Chuck, Judy
2. Communication – Facilitator: Lindsay Parsons
  - a. Members: Judith, Andy, Patrick, Becky
3. Aging in Community – Facilitator: Carol Cross
  - a. Members: Mary Jo, Kellie, Michele, Dena, Patricia, Dale
4. Support for Caregivers – Facilitator: Christine Vogel
  - a. Members: Jessica, Carren, Sara

**TRC discussion of Homestead funds – Carol Cross:**

TRC members discussed different ideas for the allocation of the Homestead funds with Carol Cross and Christine Vogel. Carol mentioned that the total funds are around \$148,092.

Requests for Proposals will open in early 2020.

The following ideas were mentioned by TRC members of how the funds could be spent...

1. Open funds to providers for program development
2. BCAAA add internal programs
3. BCAAA add FTE positions
4. Expand and offer more services with voucher programs (starting next year)
  - a. Transportation voucher program
  - b. Food voucher program
    - i. Grocery store delivery
5. Approach Teresa De Anni for her ideas
6. BCAAA program development to address safety, modifications, and maintenance issues in senior homes. BCAAA supply in-home assessments and external contractors to resolve issues.
7. Transition programs
8. Next Step Pilots
9. Caregiving Initiative

Christine mentioned the importance of making sure that a protocol and vetting process are in place for whatever programs these funds are used for.

Dale mentioned reaching out to other AAA departments to see what they are doing.

Christine mentioned that she will get together with Carol to put together options for the committee. She shared that the committee will reconvene in July to discuss these proposals.

Christine shared that she can see the ADRC executing this project.

Meeting adjourned at 12:06 p.m.

Submitted by Ali Hasert

Next meeting of AAC:  
Friday, August 2, 2019  
9 a.m. – 12 p.m.  
Location: East Boulder Senior Center