



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)

Via Mobility (2855 63rd St, Boulder, CO 80301)

Friday, Feb. 7

9:00 a.m. – Noon

- | | |
|-------|--|
| 8:45 | Gather, Coffee, Visiting |
| 9:00 | Welcome – Dale Porter
Comments from the Chair – Dale Porter
Public Comments and Correspondence
Additions to the Agenda
Approve January 2020 Minutes |
| 9:15 | Update from Via Mobility – <i>Lisa Bitzer</i> |
| 9:35 | Census Presentation – <i>Christine Vogel</i> |
| 10:05 | Co-Chair Elections |
| 10:10 | BREAK |
| 10:25 | Recognition of AAC Members |
| 10:40 | Preparation for New AAC Members – <i>Lindsay Parsons</i> |
| 11:00 | Subcommittee Work Time |
| 12:00 | Adjourn |

Next meeting of AAC:

Friday, March 6

9 a.m. – 12 p.m.

Location: Boulder County Parks & Open Space - Prairie Room (Longmont)

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 = 21
Quorum = 11

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: Feb. 7, 2020 9 a.m.
Via Mobility
2855 63rd Street, Boulder

AAC Members Present: Dena Boutwell, Patrick Egan, Jeff Foster, Amelia Groves, *Kellie Hudson, Michele Hurliman, Mary Jo Manydeeds, Dave Pinkow, Dale Porter, Carren Williams, Stephanie Dunn

Staff Present: Guio Bravo, Carol Cross, Teresa DeAnni, Kate LeMere, Lindsay Parsons, Christine Vogel, Karen Herrera

Excused: Judith Brush, Rebecca Paskind, Pamela Christensen, Tom Genovese, Judy Mares-Dixon, Patricia Feeser, Bill Marine, Sara Beery, Chuck Stout, Jessica O’Leary

Welcome and Comments from the Chair –Dale Porter:

There was not quorum at the start of the meeting due to adverse winter weather. Quorum was present after Public Comments and Correspondence, so minutes were approved.

Went to the Colorado State Capitol with Colorado Senior Lobby (CSL) and learned how a bill becomes a law. Divided in two teams and each had different talking points related to growing older adult population in Boulder County. When meeting with legislators, the cohort from Boulder County had 10 minutes to talk to legislators. When advocating it is important to identify yourself as being in their district. Give them stats and facts. The AAC wants you to reach out to the public. Two presentations: an elevator speech outlining work of AAA will be ready in March and the PowerPoint for group settings is in draft now.

Public Comments and Correspondence:

Niki Hayden from Dementia Friendly Boulder County was a group started as a subcommittee of the AAC. The group is looking for new participants. Life expectancy is getting longer with Monaco having the longest. Cardiovascular issues, cancer, lung disease, and dementia are the top four causes of death. Some countries have dementia as the leading cause. Dementia includes Alzheimer’s, Lewy body and more. There are two ways to approach the

issue, including research and a safe environment where we learn and feel confident to communicate with those living with dementia. Gave tips to communicate with those with dementia.

Karen Herrera, AAA Bilingual Medicare Counselor, provided information about Medicare counseling.

Christine Vogel provided information on the RFP for congregate meals, home delivered meals, and nutrition counseling. The next round of RFPs for other services is forthcoming. See county website for information.

Additions to the Agenda:

None.

Approve January 2020 Minutes:

Pat Egan moved to approve, and Jeff Foster seconded.

Update from Via Mobility - Lisa Bitzer

They are in their 41st year. Via Para Transit 60+ older or disability. Serve all of Boulder county some Erie, Estes park, some way out to 70. M-F 8-4:30 Access a ride with RTD had new deployments caused a loss of funding. \$5 one way within town \$10 round trip or town to town \$10 one way \$20 roundtrip. Towns are defined by Via's boundaries. They have charter services for groups. Travel training program they teach you how to use the services and will accompany you when you do it the first time. They have a waitlist the denial rate is 5-7% they are aiming for 2% A driver and vehicle costs about \$150K Via Para Transit costs is covered by the other profit making programs. Family and friends program when Via can't do your trip, but if they get someone to take them Via will reimburse .50 cents a mile to that driver. Volunteer driver program over 20 drivers who use their own vehicle or a via vehicle. They have to do at least one 4 hour shift. In 9-4:30 they will do 22 rides. These fill in gaps for waitlist or rides Via can't cover. These volunteers can also do door to door service unlike the paid drivers. Town to town trips are exploding because boulder community has moved services around the county. Waitlist is 20-30 people usually and time sensitive appointments don't work well with regular Via route. If you call you need to plan 7 days out and online is 2 days. Access a ride, Flex, and the Hop are contracted with RTD, but generally they don't work together.

ITP Individual Travel Plan meeting with someone new to area and talk to them about all the transport options in the area. 50 referrals a month that don't necessarily become Via clients.

Census Presentation – Christine Vogel:

April 1st the county is doing a lot of outreach to make sure everyone gets counted and has the right information. Stats from last 2017 census. See the power point. Our mountain counselors will be connecting with local rural area to build trust to citizens there. Bags made available.

Elections:

Dale Porter and Kellie Hudson are running. Ballots were presented with those names and you can write someone in.

****BREAK****

Recognition of AAC members - Lindsay Parsons:

None could be here Andy Lattanzi and Chuck Stout resigned. Pat Feeser, Tom Genovese, Jessica O’Leary, and Bill Marine reached the end of their term. New members include Ellen Taxman, Christa Grundy, Cindy Brekke, Diana Mapes, Erin Watson, and Hope Yasbin Engel.

Preparation of new AAC members – Lindsay Parsons:

Recent survey asked what areas to improve: We will provide an organization chart. AAC and AAA relationship. Too many acronyms. Time commitment. 2019 March onboarding was great. Need more subcommittee knowledge share. Acknowledging a lot of changes.

What are hopes for future – remove access barriers for seniors, reduce silos, help navigating ‘the system’, bouldercountyhelp.org is labyrinth, ADRC.org has a helpful menus and easier to navigate, consistent communicate whether it is online or print etc, suggested training in communities, people seem to wait to use services when a crisis and it would be better to intro them sooner maybe a self-assessment/checklist highlighting preventative services, clear understanding of what projects are current and where it is in the process, more AAC AAA and outside resource connections, CSL, better marketing of resources available using AAC as a point of contact, AAC members can be trained to speak publicly about organization(note communication subcommittee is working on elevator speech and power point), cooking classes for widowers, avoiding scams, anticipating upcoming senior issues, Aging Mastery Class, how to connect with adults when they turn 65, Guio said the county limited access to that audience, stressing to the community that this is not economic needs based. This info will be used to frame next several meetings.

Subcommittee meetings

Meeting adjourned at 12:00 pm

Next meeting of AAC:
Friday, March 6, 2020
9 a.m. – 12 p.m.

Location: Boulder County Parks and Open Space – Prairie Room

Public Comment from Dementia-Friendly Boulder County – Feb. 7 AAC Meeting

Good morning all:

Thank you for allowing me to share some information about Dementia-friendly Boulder County with you. My aim is to recruit advocates in planning for a dementia-friendly community.

Our world is aging, according to the World Health Organization, and Boulder County is, too. Most nations now have populations with life expectancies into the 70s and 80s. Predictably, the leading causes of death that come with aging are heart disease, cancer, lung disease, and dementia. Leading causes of death like malaria, tuberculosis, and HIV/AIDS grip sub-Saharan Africa. Life expectancy is in the 50s. It's as if we live on two planets.

In our part of the world we will face a wave of age-related dementia unlike what we've experienced before. Right now in Scotland the leading cause of death for women is Alzheimer's. Finland ranks highest in overall dementia, according to the World Health Organization, followed by the USA, Canada, Sweden, Norway, Denmark and Switzerland.

I'd like to provide a snapshot of our current resources in Boulder County that illustrates where we are today and where we might be in the future.

1. The Caregiver's Symposium is our crown jewel. This popular yearly destination provides help in myriad ways. It's also the centerpiece for classes and forums. I've attended several and many of the caregivers are caring for someone with dementia. It may be a spouse or parent and many say it's the most difficult task ever. One quote that stays with me was a woman caring for her mother. She had five brothers and sisters helping. I remarked how lucky she was to have a bevy of helpers; "it's not enough," was her answer. Every caregiver would understand her weary response.

Juliette Kershner is the excellent coordinator of these programs originated by the Boulder County Area Agency on Aging with help from local senior centers.

2. The Alzheimer's Association: establishing a regional office has allowed an outreach effort by Ralph Patrick to blossom. We now have SPARK! cultural, exercise and nature experiences for many with mild to moderate dementia and their caregivers. We also have strong links between the Alzheimer's Association and senior centers where memory care support groups gather. The Alzheimer's Association is a worldwide nonprofit with the purpose of educating communities about Alzheimer's as well as fundraising for research.

3. Dementia-friendly America: this grassroots movement is loosely affiliated with the Alzheimer's Association but is not an official nonprofit and does not fundraise. Instead, it encourages local initiatives to educate and prepare communities to accommodate those with dementia--all kinds of dementia. We realize that many of those diagnosed with dementia may have two or more kinds, vascular dementia and Parkinson's, for example.

The intent is to educate community sectors--police, transportation, city staff, businesses, medical professionals--so that they have unique communication skills tuned to the needs of someone with dementia. Taking even a short class will allow anyone to be able to recognize symptoms and respond effectively. The official website is www.dfamerica.org.

Juli MacKenzie was the inspiration for our Lafayette pilot project. As supervisor of the Lafayette Senior Center, she trained many of that city's staff, following the classic recommendations of Dementia-friendly America. But there are other approaches we considered as well. In one example, Dementia-friendly Scotland has chosen to focus on a few sectors and intensely train those sectors. Bus transportation is key, followed by banking and grocery shops. These sectors are crucial to someone living alone with mild to moderate dementia in a Scottish town.

Public Comment from Dementia-Friendly Boulder County – Feb. 7 AAC Meeting

We've not looked closely into how a single person without a family caregiver can navigate alone. But here are some possibilities.

4. Informal networks. For someone who lives alone and has early dementia or mild cognitive impairment, a knowledgeable friend or professional care manager can cobble together a collection of community resources. They'll find help through resources at ADRC (Boulder County Aging and Disability Resource Center), options counselors (resource specialists at senior centers), nonprofits like Meals on Wheels, grocery delivery, transportation through VIA, Lyft, Uber, public transport or informal carpools, social groups at senior centers, religious affiliations, neighbors and secure banking arrangements. This kind of organization takes considerable knowledge on the part of the care manager and may be costly, although perhaps not as costly as a memory care facility.

5. Possibilities for the future: Vermont established a program called SASH (Support and Services at Home). SASH was not designed for people with dementia but can be finely tuned to include them. It's also possible that an older person in the SASH program begins without dementia but gradually slips into it. This is how it is organized: older residents who move out of rural settings into towns can sign up for two visits each month from social services. One is a nurse who takes vital signs and helps with diabetic or other chronic health issues. Staying on top of health concerns helps to stem painful trips to the local ER. The other visit is a social worker who determines that housing is safe and sets up social outings. We don't have SASH but at least one similar pilot program is taking place in Denver.

I'm with you this morning because this is a call to arms: half our contemporaries by the age of 80 will experience some level of dementia. And many will be younger when diagnosed. It's up to our other half to create a caring community. Let's help them to be independent for as long as possible. There's much work to do but taking one step at a time is all that's required. If you'd like to join us, please let us know and share the news that we want to expand our ranks.

Best regards, Niki Hayden



AT A GLANCE

Via Paratransit

Via's Paratransit program provides wheelchair accessible, door-through-door transportation to seniors, people with disabilities, and others living with mobility limitations.

We operate in Boulder County, Erie, Estes Park, Brighton and the 1-70 Corridor.

Service is available within communities and between communities. Days and hours of operation vary widely by community.

Trip Cost:

- \$5.00* one way within most communities
- \$10.00* one way between communities

To Register: Call 303-444-3043 Monday - Friday, 8:00 am - 4:30 pm

* Prices are subject to change.

Travel Training

With patience and practice, an individual can safely, confidently and independently use accessible public transportation (RTD) to expand travel options. We're with each trainee every step of the way.

Travel Training Includes:

- In-home visit with an expert travel trainer
- Determining travel goals
- Individualized travel training plan and instruction
- Identifying landmarks
- First-hand experience using public transit

Who is eligible?

- Those living within the RTD service area

To Register: Call Susan Unger at 303-447-2848 ext. 1048

Family and Friends

Occasionally, Via can't provide the service you need. But we're still here to help.

Our Family and Friends Program reimburses Via riders for the mileage expenses of family members, friends or neighbors who provide a qualifying trip when Via cannot.

Reimbursement Restrictions:

- \$0.50 per mile
- \$12.50 max per trip
- Max \$100 per month

All requests must be made in advance and you must be a registered rider to qualify for the Family and Friends Program.

To Register: Call 303-444-3043 Monday - Friday, 8:00am - 4:30 pm

If your transportation needs are not listed above, please call 303-444-3043 or visit us online at viacolorado.org/services.

Group Trips

Have a group that needs transportation? We can help!

Group trips are available in our service areas at an hourly rate. Our vehicles can accommodate 8 – 22.

Trip Cost:

- \$80.00 per hour on weekdays
- \$90.00 per hour on nights and weekends

To Schedule:

Contact Denise Dolan at 303-447-2848 x 1012 or email at ddolan@viacolorado.org Monday - Friday, 8:00 am - 4:30 pm



Via is a private, nonprofit organization.
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EN UNA MIRADA

Via Paratransit

Este programa provee transporte accesible para sillas de ruedas y servicio de puerta a puerta a personas de tercera edad, personas con discapacidades, y personas viviendo con limitaciones de movilidad.

Via tiene servicio en todo el Condado de Boulder, Erie, Estes Park, Brighton y el I-70 Corredor.

Servicio está disponible dentro y entre las comunidades. Horarios y días de servicio varían ampliamente por comunidades.

Costo de Viaje:

- \$ 5.00 * pasaje una sola ida dentro de la comunidad
- \$ 10.00 * pasaje una sola ida entre comunidades

Para Registrarse: Llame al 303-444-3043
Lunes a Viernes, 8:00 am - 4:30 pm.

*Los precios están sujetos a cambios.

Familia y Amigos

Ocasionalmente, Via no puede proporcionar el servicio que usted necesita. Aún estamos aquí para ayudar.

Nuestro programa de Familia y Amigos reembolsa pasajeros de Via las millas recorridas por miembros de familia, amistades o vecinos, quienes le proveen viajes que califican, cuales Via no puede proporcionar.

Restricciones sobre el reembolso:

- \$0.50 por milla
- \$12.50 lo máximo por viaje
- Máximo de \$100.00 por mes

Todas las solicitudes tienen que ser pedidas por adelantado, y el pasajero tiene que estar registrado para calificar para el programa de Familia y Amigos.

Para Registrarse: Llame al 303-444-3043
Lunes a Viernes, 8:00 am - 4:30 pm

Si sus necesidades de transporte no están en la lista, llame al 303-444-3043 o visítenos en línea a viacolorado.org/services.

Entrenamiento de Transporte Público

Capacitación sobre el uso de transporte público.

Con paciencia y practica un individuo puede usar de manera segura, confiable y independiente el transporte público (RTD) para expandir sus opciones de viaje. Estamos con cada aprendiz paso por paso.

Entrenamiento de Transporte Público Incluye:

- Visita en su casa con un entrenador de viajes profesional
- Determinar metas de viajes
- Plan de entrenamiento de viaje individualizado y instrucción
- Identificar puntos de referencia
- Experiencia de primera mano usando el servicio de transporte público.

Quien es elegible?

- Personas que viven dentro del área de servicio de RTD

Para Registrarse: Llame a Susan Unger al 303-447-2848 ext. 1048.

Viajes de Grupo

Tiene un grupo que necesita transporte? Nosotros le podemos ayudar!

Viajes de grupo están disponibles a una tarifa por hora. Nuestros vehículos pueden acomodar 8-22.

Costo de Viaje:

- \$80.00 por hora entre semana
- \$90.00 por hora noches y fines de semana

Para Programar Viajes:

Llame a Denise Dolan al 303-447-2848 x 1012 o correo electrónico a ddolan@viacolorado.org.
Lunes a Viernes, 8:00 am - 4:30 pm



BOULDER COUNTY OVERVIEW

326,078

Residents in 2018

36.5

Median age, 2017

380,235

2035 population forecast

20%

Population age 60+, 2017

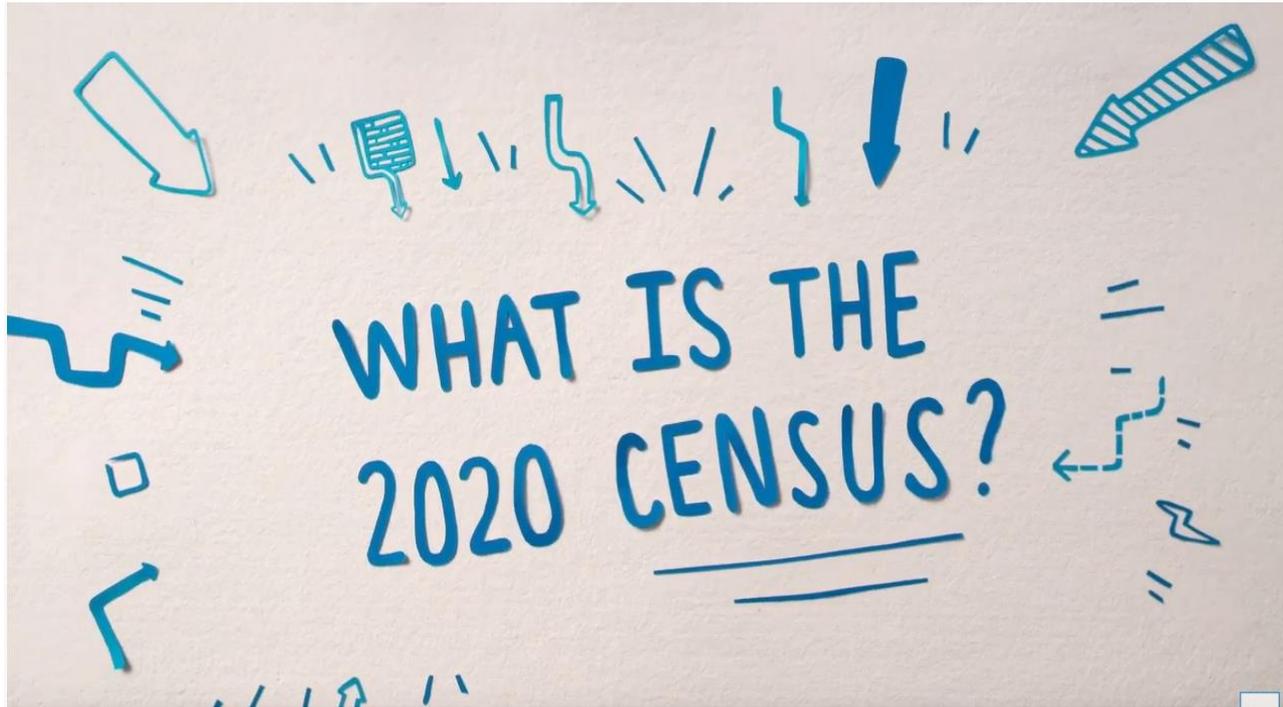
45,000+

New residents by 2035

13.9%

Hispanic/Latino population, 2017

What is the 2020 Census?



Why does it Matter?

Official Census counts are used to distribute federal dollars



Each person counted as living here brings about \$2,300 per year in funding to Boulder County...that's almost \$23,000/person over a decade!

Census data provides valuable information about our community



This helps us understand the needs of our residents, helps us plan for the future and assists in accessing grant funding, among other things.

Counts determine the number of seats Colorado has in the House of Representatives



Colorado could add another House seat depending on the official count!

Responding to the Census is Easy, Safe and Protected by Law



Online



Phone



Mail



In-Person
Interview

Available online in 13 different languages, including Spanish

The law protect your information. Your answers cannot be used against your by any government agency or court (Title 13 of the US Code)

Census Questions

The Census questionnaire is only 9 questions directed to the householder and to each person living in the household.

1. How Many people are living at your home April 1, 2020?
2. Where there any additional people staying here on April 1, 2020 that you did not include in Question #1?
3. Is the home owned or rented? (home, apartment or mobile home)
4. What is your telephone number?
5. The sex of each person in your home?
6. The age of each person in your home? (You need to know the date of birth for each person)
7. The race of each person in your home?
8. Is a person in your home of Hispanic, Latino or Spanish origin?
9. What is that person's race?

Census Timeline



Census-Call To Action Boulder County!

- ✓ Help us encourage people to respond! Online, phone or mail.
- ✓ Use your circles of influence to activate a community wide word of mouth campaign.
- ✓ Help us reach all in our community.
- ✓ Invite us to present to your various community groups.
- ✓ Visit our webpage at bouldercounty.org/census

Help us make sure that **Everyone Counts in Boulder County!**

Census-Call To Action Boulder County!

- ✓ Engage with our 2020 Census Field Outreach Coordinator.
 - ✓ A cultural brokers team will support outreach to hard-to-count communities, supported by nonprofits, the Community Foundation and our department.
 - ✓ Printed materials, “meetings in a bag,” incentive items available for outreach efforts.
 - ✓ Every touch with a resident or client should include a reminder about the Census.
 - ✓ Visit our webpage at <https://www.bouldercounty.org/departments/community-services/census/>
- Help us make sure that **Everyone Counts in Boulder County!**



Questions?

