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February 2014

OLDER COLORADANS ACT

The Colorado Senior Lobby is sensitive to the cost impact of a growing senior population. We have supported and promoted volunteer efforts that assist seniors to remain in their home or, if they choose, to downsize or move to a retirement community.

Going to an assisted living residence or a nursing facility is the expensive alternative. The senior may be able to afford the cost, but in many situations it is only a matter of time until their funds are exhausted. Then they, by necessity, turn to Medicaid to pay the cost. This will be approximately \$50,000 to \$70,000 per year. Retirement income will be applied to help pay this cost.

Delaying a senior's entry into an extended care for one year becomes a significant cost saving to the state and federal budgets.

Government assistance is just one of the options available to the community to achieve this goal. The Senior Lobby has been active in promoting volunteer efforts and non-profit organizations that work with seniors to achieve the cost-effective results.

Perhaps the most effective government program to assist seniors is the Older Coloradans Act. This is funded by the state legislature and compliments the federal Older Americans Act funding that comes to the state.

Following on next page are programs supported by this funding:

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Older Americans Act Services — funding through the Older Coloradans Act

- ◆ Meals on Wheels
- ◆ Congregate meals
- ◆ Rides to medical appointments, etc.
- ◆ Homemaker/personal care services
- ◆ Minor home repairs, hearing aids, glasses, dental care
- ◆ Basic home maintenance and household chores
- ◆ Legal assistance
- ◆ Case management
- ◆ Caregiver services
- ◆ Counseling
- ◆ Education and health promotion

The value of these programs is obvious. Most of us know seniors who rely on these services. When considering all the demands on the government's budget, it would seem clear that these programs are among the most cost-effective expenditures that the state can implement.

But the value of the Older Coloradans Act is not recognized by many in the state legislature nor is the value of the Older Americans Act adequately recognized by our representatives in Congress.

WHAT IS NEEDED!!! It is essential that the legislature fund the Older Coloradans Act by passing legislation providing direct funding; thereby avoiding funding through the long bill.. This would provide more stability to these programs. Currently the Joint Budget Committee is determined to keep a significant portion of the funding in the "Long Bill." This destabilizes a portion of the funding and makes it subject to the politics of the moment.

The Older Coloradans Fund is currently \$10 million annually. Those who work with senior issues believe it should go to \$20 million annually over the next two years. This reflects the increasing senior population, and it reflects the cost effectiveness of this fund in reducing Medicaid expenditures for nursing homes/assisted living homes.

CONTACT YOUR LEGISLATORS!!! Make it clear that you support this increase as a minimum effort to keep seniors out of nursing homes/assisted living residences as long as possible. Be clear about this fund. Too many legislators are not clear about the various government programs for seniors, and get them mixed together. This year the Joint Budget Committee has funded part of the Older Coloradans Act through the long bill. It provides the requested funding this year, but by keeping part of the funding in the long bill it becomes an annual political decision. It may be too late to change this year — but educate you legislators for next year's legislative session.

This is the program that effectively results in significant cost savings. The current funding for the fund of \$10 million is 0.1% of the state general fund budget of approximately \$9.5 billion. Colorado can do better with cost-effective budgeting.

The ultimate folly is to think that something crucial to your welfare is being taken care of for you.

—Robert Brault, American operatic tenor

A special thank you to the Volunteers of America for providing the Senior Lobby with access to their meeting rooms for the weekly Legislative Committee meetings and for the monthly Board of Directors meeting.

Bookkeeping

Doug Windes 303-722-9277

CPA

John P. Moran 720-635-3180

These individuals provide important pro bono support for the Colorado Senior Lobby

OLDER AMERICANS ACT

Colorado seniors will lose out on \$5.5 million in meal, transportation and support services over the next six years.

The federal Older Americans Act (OAA) is up for reauthorization in Washington, D.C., and there can be no doubt it needs to be reauthorized. But, the Act's outdated and unfair funding formula will result in a dramatic blow to Colorado seniors.

Using 13-year-old data to allocate funds severely penalizes Colorado and other states with fast-growing senior populations (Arizona, Georgia, Nevada, North Carolina, Texas, and Utah).

Colorado's 2000-2010 growth in the 65+ population is nearly double that of our total population and double the national average of 15.10%.

The OAA funding formula includes a provision preventing states (Connecticut, Iowa, Illinois, Kansas, New Jersey, New York and Pennsylvania) from falling below their 2006 funding levels, even though they have much lower senior growth rates than Colorado. Colorado deserves funding that represents our older adult population today. It's estimated Colorado should receive an additional \$5.5 million over the next six years for services if the OAA used current senior population figures. That translates to **lost services to Colorado elders.**

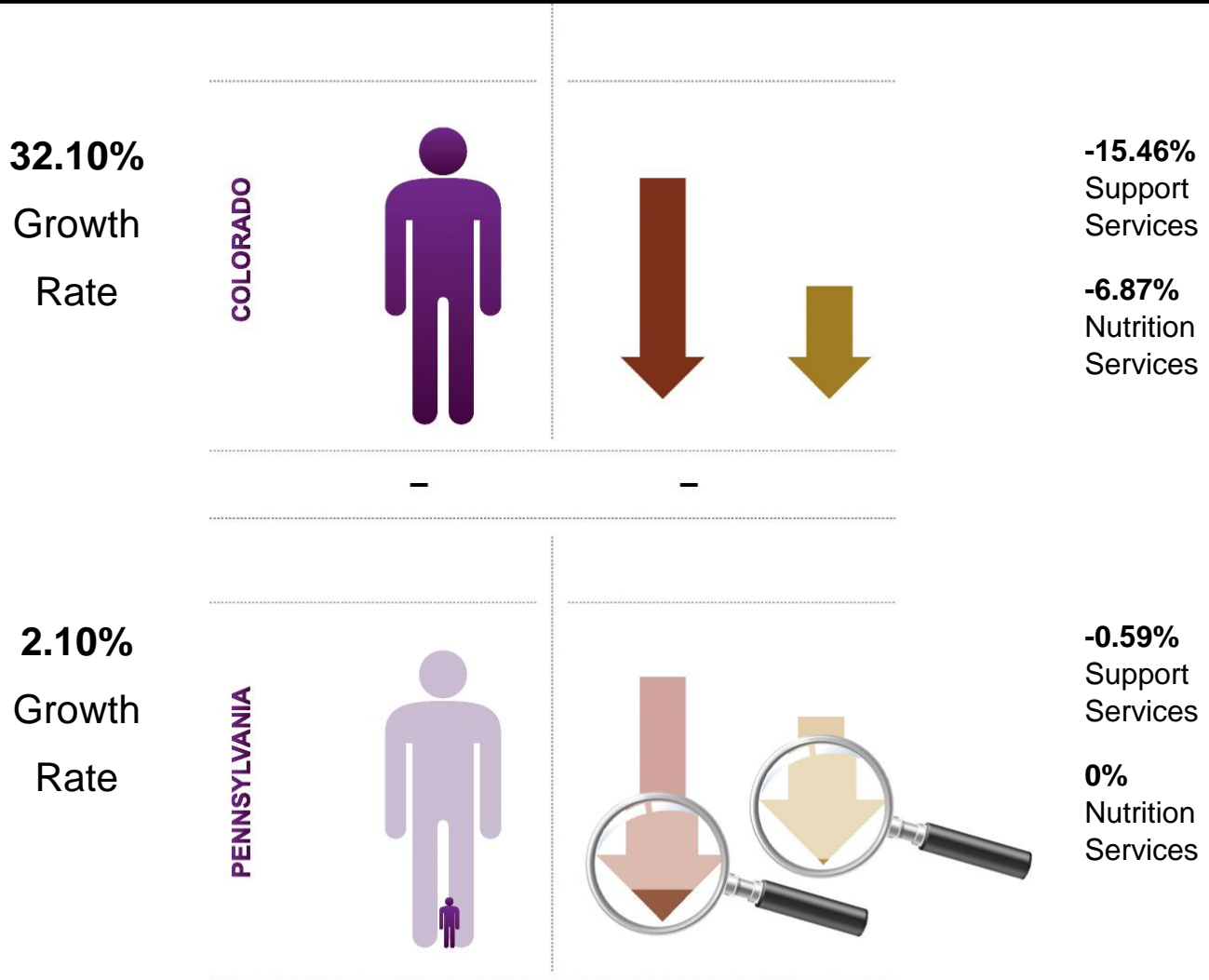
Older Americans, no matter where they live, should receive equal access to federal funding. OAA funding cuts from sequestration are unfair to Colorado because of old data and the funding formula. It is unfair that some states will receive cuts of less than 1 percent, while Colorado and other high-growth states will see severe cuts as high as 15.4 %.

Colorado seniors already get a smaller amount than they deserve for vital services such as meals and transportation — sequestration cuts make it impossible to come close to meeting our state’s older adult needs.

Colorado’s seniors get less than they should and stand to lose even more.

TELL YOUR CONGRESSIONAL REPRESENTATIVES the OAA funding formula is unfair to Colorado seniors!!!. Change it today and then reauthorize the OAA.

13-year-old population data = unfair treatment of some Colorado seniors



While **Colorado’s senior population** is growing — Colorado’s seniors are hit with the **steepest cuts**. — MEANWHILE—

States with **relatively slow growth** rates remain virtually **untouched**.

Much of the information on pages 2, 3 and 4 were obtained from publications of the Denver Regional Council of Governments. **DRCOG**

- *Dreams are what guide us, art is what defines us, math is what makes it all possible, and love is what lights our way. ~Mike Norton*
- *Medicines may be necessary. Flowers lift the heart. But your smile is the best restorative of all. ~Pam Brown*
- *The greatest healing therapy is friendship and love. ~Hubert Humphrey*
- *The dangers of life are infinite, and among them is safety. ~Goethe*
- *The artist is nothing without the gift, but the gift is nothing without work. ~Emile Zola*
- *Many people think they want things, but they don't really have the strength, the discipline. They are weak. I believe that you get what you want if you want it badly enough. ~Sophia Loren*

Not Who You Really Are

A girl went to her grandmother's house after school, her face filled with rage and hurt.

"What has happened, little one?" the grandmother asked softly. The girl crumpled into tears and began recounting her day. "I went to the store today and bought a hair barrette. I had saved my money so that I could buy it. It was beautiful and I loved it."

"And then what happened," the kindly grandmother asked.

"I was admiring my new barrette when three girls I know from school came up to me. They started laughing saying that I was ugly, then one of them pushed me down and took my barrette." The anger and rage returned to the girl's face. "I hate those girls. I hate them more than anything in the world."

The grandmother wrapped her arms warmly around her granddaughter, and she said, "I, too, have felt what you're feeling when people have taken things from me with no remorse. It's as if you become a different person. But these feelings are not really who you are.

"What do you mean?" asked the little girl.

"It is as if there are two dogs inside of you. One is always good, peaceful, and loyal. He does not take offense when it does no good. He will fight when the time is right, but let it go if the fight is not worth the trouble. The other dog is full of anger. The least thing sets him off, and he is ready to lunge and attack. His anger keeps him from thinking clearly or being happy. It is hard to live with these two dogs inside of you—they often struggle, and only one can win."

"Which dog wins?" the little girl asked.

"Ah," said the grandmother. "The one you feed the most, wins."

Send in your reservation today!

Senior Day at The Capitol



When: Wednesday, April 2, 2014
Hosted by Colorado Senior Lobby (CSL)
 This event is held in Downtown Denver at The Colorado State Capitol



Senior Day at The Capitol Agenda

This is a free event with no reserved seating however priority is given to seniors for seating.

What to expect on Wednesday, April 2, 2014

- 8:00 – 9:00AM: Continental Breakfast** (North 2nd floor mezzanine in The Capitol)
- 9:00AM – Noon: Main Program** - As available, the Governor of Colorado and other State Legislators will be joining us in the Old Supreme Court Chambers located on the 2nd floor in The Capitol to talk about senior issues and programs.
- Noon – 2:00PM: Lunch Break & Afternoon Program** – The afternoon program is at Central Presbyterian Church located 2 blocks North of The Capitol on Sherman St. This year's keynote presenter is **Jennifer Ballentine, MA, Executive Director of Life Quality Institute**. Her presentation is entitled, "The Message of the Iris ... Essential Conversations for Quality of Life." For lunch you can bring your own lunch or purchase one from CSL. *Our lunches must be reserved and paid for by 3-19-14.*

Why attend? We can sum that up in 2 words – *Senior Power!*

<ul style="list-style-type: none"> • Preserve Senior Funding • Keep Seniors Safe & Healthy • Meet your Legislators, Elected Officials and Senior Day at The Capitol Sponsors 	<ul style="list-style-type: none"> • Learn about Legislation affecting seniors and improve your skills on advocating on behalf of seniors. • The Governor, Speaker of the House, Senate President and your Legislators are all invited (schedules pending). • A box lunch will be available for \$10.00 at the Central Presbyterian Church located at 1660 Sherman St. (2 blocks North of The Capitol). You must pre-pay for the lunch.
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QUESTIONS? Call or email Ed Shackelford, President of Colorado Senior Lobby at 303-832-4535 or email: president@ColoradoSeniorLobby.org

Visit our website for more information: www.ColoradoSeniorLobby.org

Lunch Reservations will be taken until March 19, 2014 or maximum capacity is reached.

Please RSVP that you are attending our event. Note that lunches must be pre-purchased with this form.

I (we) plan on attending Senior Day at The Capitol to be held on April 2, 2014!

My Name: _____ My Phone: _____

Other people attending with me: _____

My Address, City, State, Zip: _____

Optional Lunch for # of people: _____ at \$10.00 each = \$ _____ Check(s) Enclosed: _____

Number of Vegetarian Lunch(s): _____ Number of Gluten Free Lunch(s): _____

Mail RSVP and/or checks for lunches payable to CSL: Colorado Senior Lobby, PO Box 102662, Denver, CO 80250

- **You can also register and pay via credit card online at: www.ColoradoSeniorLobby.org**
- **Lunch Tickets will be mailed to you the week of March 19, 2014.**
- **Limited seating is available in the Old Supreme Court Chambers in The Capitol. Seating is first come, first served basis with priority seating given to seniors.**
- **Please advise us by 3-19-14 of any special services or accessibility needs.**
- **RSVP is requested but not required; however, with an RSVP we can better plan for this event.**

More event details about ... Senior Day at The Capitol

Hosted by **Colorado Senior Lobby (CSL)**

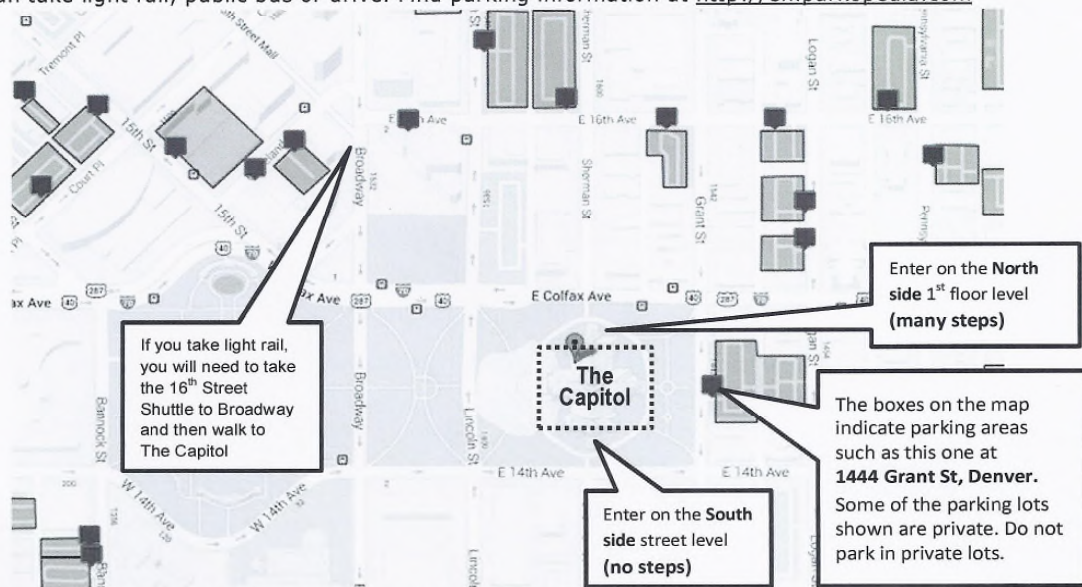
When: Wednesday, April 2, 2014

Time: 8:00AM – 2:00PM

Where: The Colorado State Capitol, 200 E Colfax Ave, Denver, CO 80203

1. How to get to The Colorado State Capitol & Parking Information

You can take light rail, public bus or drive. Find parking information at <http://en.parkopedia.com>



For Light Rail it is preferable to take the Line that goes to California verses Union Station. From California you can take the 16th Street FREE Mall Shuttle to Broadway and then walk to The Capitol. The RTD "O" Bus Line runs South Broadway and North on Lincoln and the "15" runs East & West on Colfax. Please verify all travel info on the RTD website - www.rtd-denver.com.

- Please consider joining Colorado Senior Lobby.** Colorado Senior Lobby is a non-profit, non-partisan, all volunteer organization, that speaks with a unified voice for all Coloradans, particularly those who are 60 years of age and older. The Lobby focuses on issues and promotes beneficial legislation, while remaining strictly non-partisan and not supporting any specific political party or candidate - www.ColoradoSeniorLobby.org.
- In case of bad weather on the day of our event check the website for updates:** www.ColoradoSeniorLobby.org or call 303-832-4535 for a recorded message.
- Limited seating is available in the Old Supreme Court Chambers in The Capitol.** Seating is first come, first served basis with priority seating given to seniors. Some attendees may be required to stand in the morning session. Please advise us by 3-19-14 of any special services or accessibility needs.
- QUESTIONS?** Call or email Ed Shackelford, President of Colorado Senior Lobby at 303-832-4535 or email: president@ColoradoSeniorLobby.org

This map is posted on the Website – www.ColoradoSeniorLobby.com

Map Credit to <http://en.parkopedia.com>

Revised 2-6-2014 – File: senior_day_at_the_capitol_4-2-14_signup_flyer_B&W.docx/pdf

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The ultimate folly is to think that something crucial to your welfare is being taken care of for you.
—Robert Brault, American operatic tenor

“Healthy citizens are the greatest asset any country can have.”
— Winston Churchill

Go Green:
Recycle This Newsletter!
After you've enjoyed our newsletter, please recycle it by passing it along

Colorado Senior Lobby — Nonprofit, non-partisan, volunteer organization

MEMBERSHIP: Single \$30 Family \$40 Organization \$75 \$ _____

Organizations: Attach three names and contact information

Additional contribution to support our vision for seniors' quality of life \$ _____

Total \$ _____

Name/Business/Organization: _____

Address: Street _____

City _____ State _____ Zip Code _____

Phone: Home _____ Business _____

Cell: _____ Email Address: _____

Circle one: **BILL ME** or **CHECK ENCLOSED** — payable Colorado Senior Lobby

P. O. Box 102662, Denver, CO 80250-2662 DATE: _____

Newsletter by **EMAIL** or **SNAIL MAIL**

Join or renew your membership online at coloradoseniorlobby.org