

650 Broadway, #580, Denver, CO 80203

720-353-3775

Ed@EdShackelford.com

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Chairman

Bob Epstein
303-470-0438

President

Ed Shackelford
720-353-3775

Treasurer

Roger Doherty
303-333-3482

Secretary

Mickail Farrin
720-320-7582

**Immediate Past
President**

Michael Drake
303-862-8555

Members at Large

Eileen Bond
303-344-1797

Dolores Derrickson
303-371-1296

Jeanette Hensley
303-249-5598

Barb Martig
303-666-1255

Rich Mauro
303-480-6778

Betty Proctor
303-936-9043

Mary Catherine
Rabbit
303-722-0300

Dwight Roinestad
720-283-6308

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

The Colorado Senior Lobby Welcomes You To SENIOR DAY AT THE CAPITOL MARCH 20, 2013

The Colorado Senior Lobby, a non-profit organization, has a long tradition of hosting Senior Day at the Capitol — dating back to 1980 (33 years). This continues to be an opportunity to meet legislators, elected officials and program administrators, and ask important questions. As always we look forward to the Governor discussing matters that are important to the senior community.

This is a time when congress and the state legislature face serious financial constraints. Senior programs such as Social Security, Medicare and Medicaid are under scrutiny, as are all public funded programs. One of the most notable senior programs that you may be aware of is the Meals On Wheels, or senior lunch program. This program may be greatly reduced due to budgetary restrictions. Many state funded programs are also included. Also affected are programs providing transportation important to seniors.

Whatever your party affiliation and core beliefs it is a time for everyone to be involved in the political process. Make your voice heard. The Senior Lobby provides a strong voice at the state legislature and with Colorado's representatives in congress. Additionally, Senior Lobby works with state and federal agencies that affect the quality of life for our older citizens.

Below are Senior Lobby's activities:

- i. Weekly meeting when the state legislature is in session to evaluate bills and take positions to support or oppose. These are relayed to all legislators
- ii. Testify when it is considered necessary to support our positions
- iii. Bi-weekly meetings when the legislature is not in session. This time is used to evaluate future legislation and prepare for the next legislative session
- iv. Prepare position papers for issues under consideration by congress. These are sent to all Colorado representatives, senate and house leadership and the President and Vice President
- v. Print monthly newsletter on Senior Lobby activities, items of interest to seniors and legislative summary on bills being followed by the Senior Lobby during the legislative session
- vi. Annually evaluate state legislators on their votes for matters we consider important to seniors
- vii. Provide assistance to anyone who wants to testify at the state legislature. and is unfamiliar with the process
- viii. Host Senior Day at the Capitol
- ix. Offer to try to find rides for anyone who needs assistance in getting to the Capitol for Senior Day
- x. Host an annual meeting, typically held in August that is open for anyone to attend. Besides the business matters there is always an interesting program
- xi. A web page: currently under design. This will provide real time Senior Lobby positions on current bills and other information on matters of interest to seniors
- xii. Outreach to the senior population throughout the state. Please join us so we can do a better job
- xiii. Offer informational and referral services as needed
- xiv. Participation by Senior Lobby members in other senior advocacy organizations, including leadership positions.

ABUSE OF AT-RISK ADULTS — SB13-111

In last month's newsletter there was an article that discussed mandatory reporting of abuse of at-risk adults. There has been progress in 2013 due to the work on Senate Bill 111. In part the bill states that:

"As of January 1, 2014, the Department of Human Services (DHS) is directed to implement a program to generate awareness among the public and mandatory reports about the mistreatment, self-neglect, and exploitation of all at-risk adults, including at-risk elders. DHS is also tasked with preparing a report to certain committees of the General Assembly concerning the implementation of this bill by December 31, 2016."

Currently the SB 111 was amended and has passed the Senate Judiciary Committee. The Bill was forwarded to the Senate Appropriations Committee as amended. Colorado Senior Lobby is monitoring this bill.

Electronic Renewal Senior Identification Card Senate Bill 004

This bill authorizes a person over the age of 65 to electronically renew (online) an identification card issued by the Department of Revenue. It does not require electronic renewal but rather offers a time-saving method for renewal. It also allows renewal for such persons by mail. Colorado Senior Lobby is supporting this bill and members of the Lobby testified in support of this bill at two Committee hearings.

The Bill has passed the Senate and was heard at the March 3rd House Finance Committee meeting where the bill was referred favorably to the House Appropriations Committee.

Senator John Kefalas and Representative Joann Ginal were the sponsors of this bill. Colorado Senior Lobby will continue to monitor the status of Senate Bill 004 and support its passage.

INVITATION TO LEGISLATORS

PLEASE RESPOND TO THE FOLLOWING

- * The Senior Lobby places a high priority in keeping seniors in their homes. SB 13-127 is considered one of the keys to accomplishing this. It has a dual benefit: increasing quality of life and delaying the time when seniors utilize Medicaid. We are interested in your analysis of the cost benefit that would be realized with passage of this important bill. (This bill increases funding for the Older Coloradans Cash Fund {OCF} by \$4 million in 2013-14, another \$4 million in 2014-15 and another \$4 million in 2015-16, bring the total to \$20 million. Services and support offered by Area Agencies on Aging {AAA} through local providers with OCF funds are a cost-effective strategy to enable older adults to remain in their homes and communities **but funding has lagged the growing need**. Some of the services covered by these funds include: congregate meals, home-delivered meals, transportation, homemaker, personal care, legal assistance, caregiver support, long term care ombudsman not only are cost-effective, they are targeted to the frailest elderly, many of whom are homebound, enabling them to remain in their homes even as their condition declines.)
- * There are different opinions on whether the time is right to substitute Biosimilar Products for generic options. We are interested in your analysis of HB 13-1121 and whether this bill is premature until the FDA has established better guidelines.
- * SB 13-200 (which we support) increases eligibility for Medicaid and bring Colorado in compliance with the Affordable Care Act. Please comment on whether compliance is good for Colorado. What is your analysis of the long term consequences of this and what impact the Affordable Care Act will have on Colorado for the next five years?
- * You can anticipate questions on the Senior Property Tax Exemption and whether it will be funded this year and next year.

The Village Movement and Your Community: Neighbors Helping Neighbors

An alternative to keep seniors in their homes

The humanitarian thing to do while also

Providing significant saving in Medicare and Medicaid

Are you 55 or older, living in your own home, and planning to stay put? Ninety percent of Americans prefer to remain in their own homes as they grow older.

Seniors face three big obstacles to living independently at home:

- **Transportation Needs** – Driving may eventually become a challenge, so it's harder to get to the doctor, pharmacy, grocery store, etc.
- **Risk of Falling** – Injuries due to falls make it necessary for some to leave their homes for assisted living or skilled nursing facilities.

Social Isolation and Loneliness – People need to be around other people, to live in community and to maintain a sense of purpose.

Now, there's a practical way to deal with these obstacles. By joining a **Village**, older adults can stay in their own homes longer and live with greater independence, supported by a network of neighbors helping neighbors. You don't need to move anywhere to join a Village!

Pioneered by Boston's Beacon Hill Village in 2001, the Village Movement is surging, as local communities create their own Villages. More than 90 Villages have been formed, serving over 11,000 older adults. A Village is (usually) a 501c3 nonprofit, open to adults age 55+, and supported by member dues, contributions, and grants. Volunteers can be just about any age. Many members decide to be volunteers, too.

A Village member can call a single phone number for volunteer services – to get a ride to the grocery store or doctor's office; repair a leaky faucet; or climb a ladder for a household chore. When a member needs a reliable contractor – for example, a painter, plumber, or lawn service – the Village can suggest vendors whose background and references have been checked. Villages arrange social and educational events, to encourage a healthy, lively community. How many of us really know our neighbors these days?

Colorado's first Village, **A Little Help**, opened for membership in 2008 as Washington Park Cares. A Little Help has 180 members who live in the South Denver Area. **Columbine Community Village**, established in March 2012, is Colorado's second, and newest Village. It serves suburban South Jefferson County and the Columbine area of western Arapahoe County. Columbine Community Village has been endorsed by the Jefferson County Aging Well Project, which created a long term strategic plan to respond to needs of the County's aging population.

"Don't cry because it's over, smile because it happened." ~ Dr. Seuss
"Those who mind don't matter, and those who matter don't mind." ~ Bernard M. Baruch

To learn more see www.ColumbineCommunityVillage.org or www.ALittleHelp.org

Arnie Snyder is founder of Columbine Community Village, Inc., Littleton. He was co-founder of Colorado's first Village, A Little Help (formerly Washington Park Cares), Denver. Arnie serves on the Housing Sub-committee of the Jefferson County Aging Well Project. © 2013, by O. Arnold Snyder

Servant Leadership

Somehow this seems apropos for our Leaders(?) in Washington DC

*"You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth."* ~ William W. Purkey
"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe." ~ Albert Einstein
"Be yourself; everyone else is already taken." ~ Oscar Wilde

A legend tells of a French monastery known throughout Europe for extraordinary harmony due to the leadership of a man called Brother Leo.

Several monks from another monastery began a 5-day pilgrimage to visit Brother Leo to learn his leadership secrets so they could bring peace and harmony to their own monastery, which was a place of some bickering.

As they began their journey, almost immediately, they began to bicker about who should do various chores each time they made camp or packed and unpacked.

On the third day they met another monk who was also going to the monastery, and he joined them. When it came to chores, this monk never complained or shirked a duty, and whenever the others would fight over a chore, he would gracefully volunteer and do it himself. By the last day, the others were following his example, working together smoothly.

When they reached the monastery and asked the gate keeper if they could see Brother Leo, the man laughed and pointed at the extra monk. "But Brother Leo is right there among you!"

Today, many people seek leadership positions, not so much for what they can do for others but for what they can do for themselves: for status, connections, perks, advantages. They do service as an investment, a way to build an impressive resume or earn favors.

The parable about Brother Leo teaches a service model of leadership, where leaders are preoccupied with serving rather than being followed, with giving rather than getting, with doing rather than demanding.

I don't know if that's practical in today's corporate or political world, but it's worth thinking about.

"People rarely succeed unless they have fun in what they are doing." ~Dale Carnegie



COLORADO MEDICAID LAUNCHES COLORADO CHOICE TRANSITIONS PROGRAM

DENVER – March 1, 2013 – The Department of Health Care Policy and Financing (Department) announced today that the Colorado Choice Transitions (CCT) program is now ready to take referrals and enroll clients. CCT is a \$22 million, five-year grant initiative that is expected to move approximately 490 Medicaid clients from nursing homes into home and community-based settings. Clients who are willing and able to live in their communities will receive enhanced home and community-based services (HCBS). The program’s objective is to provide Medicaid clients who use long-term services and supports with choices about how, when and where they want to receive their services. Services are intended to promote independence, improve the transition process, and support individuals in the community.

“Colorado Choice Transitions provides our clients an opportunity to return to the home and community,” said Susan E. Birch, executive director. “Through CCT, our clients will have a choice of services and supports that will assist them in addressing their health care needs, preferences and desires for community living.”

Colorado Choice Transitions is part of the federal Money Follows the Person (MFP) grant program. Currently, HCBS services and supports are paid at a 50/50 federal/state matching rate. Under CCT, Colorado receives an enhanced federal match, along with an additional 25 percent payment which will go into a fund used to expand a variety of long-term services and supports to Medicaid clients statewide. The Department estimates it will accrue approximately \$4.5 million into the fund through 2016.

Colorado Choice Transitions requires that participants meet the eligibility requirements for Long-Term Care Medicaid, and:

- Are 18 years of age or older;
- Have Medicaid eligibility for at least one day before discharging from a nursing facility;
- Reside in a long-term care facility for 90 consecutive days or more, (rehabilitation days do not count toward the 90 day minimum); and
- Are willing move into qualified housing.

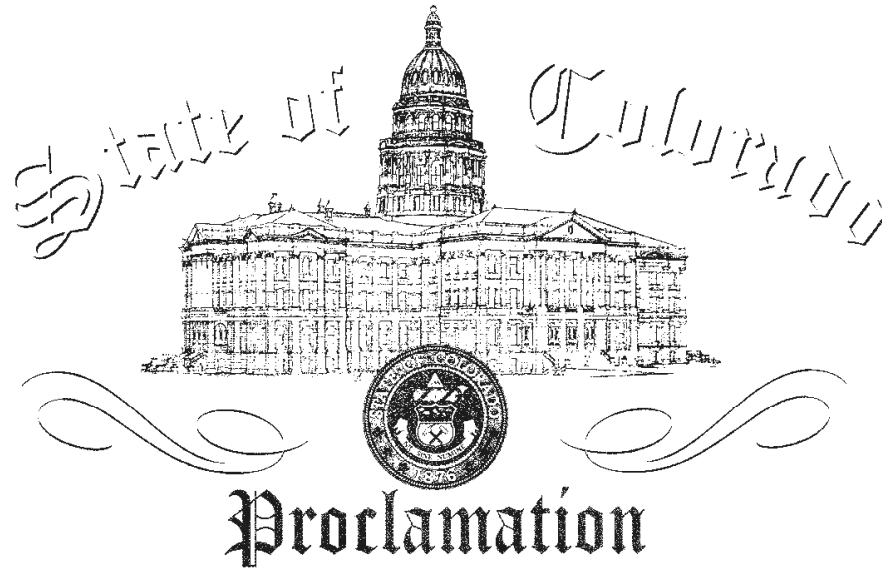
For more information on the program visit Colorado.gov/hcpf/CCT.

Quotes from Lincoln

Let not him who is houseless pull down the house of another, but let him work diligently and build one for himself, thus by example assuring that his own shall be safe from violence when built.

When this [slavery] question shall be settled, it must be settled on some philosophical basis. No policy that does not rest upon philosophical public opinion can be permanently maintained.

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WHEREAS, Colorado senior citizens play a critical advocacy role by educating and lobbying for legislation benefiting the State of Colorado; and

WHEREAS, Colorado senior citizens contribute to every facet of our lives including altering social and public policy; and

WHEREAS, Colorado senior citizens sacrifice their time, talents and financial resources in support of programs advancing the needs of the less fortunate; and

WHEREAS, Colorado senior citizens share a vast diversity of invaluable experience and knowledge in the development of public policy; and

WHEREAS, we desire to make it known to the people of Colorado, as benefactors of their contributions to the wonderful lifestyle we enjoy, that they are appreciated and honored;

Therefore, I, John W. Hickenlooper, Governor of the State of Colorado, do hereby proclaim March 20, 2013, as

SENIOR DAY AT THE CAPITOL

in the State of Colorado.



*GIVEN under my hand and the
Executive Seal of the State of
Colorado, this twentieth day of
March, 2012*

A handwritten signature in black ink, reading "John W. Hickenlooper".

*John W. Hickenlooper
Governor*

Colorado Senior Lobby
655 Broadway, Suite 580
Denver, CO 80203

Go Green:

Recycle This Newsletter!

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Colorado Senior Lobby, Inc.

A nonprofit, non-partisan, all volunteer organization

I will support responsible legislation by joining as:

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A family membership at \$40 \$ _____

An organization for \$75. Attach three subscriber names, addresses, and phone numbers. \$ _____

I will support responsible legislation by a financial contribution to the Colorado Senior Lobby \$ _____

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