



PO Box 102662
Denver, CO 80250-2662
303-832-4535
president@coloradoseniorlobby.org
ColoradoSeniorLobby.org

July 2015

WEB Master — pro bono
SeniorsResourceGuide.com
Karin Hall 303-794-0799

- Chairman**
Bob Epstein
303-470-0438
- President**
Ed Shackelford
720-353-3775
- Treasurer**
Karin Hall
303-794-0799
- Secretary**
Open
- Immediate Past President**
Michael Drake
303-862-8555
- Board Members at Large**
Jeanette Hensley
303-249-5598
Rich Mauro
303-480-6778
Mary Catherine Rabbitt
303-722-0300
John Stoffel
303-757-6302

ANNUAL MEETING — AUGUST 22

See details on Page 7

The annual meeting of the Colorado Senior Lobby is an important event for all to attend. This is when we confirm the Board of Directors and welcome our new Board members.

Our organization has a long and proud history of activism at the State Capitol. Members of the Board and participants in the Legislative Committee have been influential in advocating on behalf of seniors — especially those most in need.

The new additions to the Board are committed to continuing this heritage; working to build an even stronger organization, and increasing our presence at the Capitol. With the accelerated aging of the state's population, the challenges are immense. (The 80+ population doubles by 2030.) Because funds are always limited, there is a clear directive for the State to be more efficient with the services provided.

We look forward to seeing you on August 22nd! This is an excellent opportunity to have your voice heard. We are pleased to honor four key legislators from the 2015 session. Representatives Lebsock, Primavera and Roupé will be attending and participating in a panel on senior issues. There will be ample opportunity for questions and input to these key legislators for our understanding of the 2015 session as well as our expectations for 2016. Senator Crowder is unable to attend because of a prior commitment.

LEGISLATION BEGINS WHEN THE FEAR OF DOING NOTHING AT ALL FINALLY TRUMPS THE TERROR OF DOING IT BADLY, OR NOT AT ALL

Paraphrased from Alain De Botton, author

Reproduction of newsletter provided by Ed Shackelford, REALTOR®: Real Living CO Properties 720-353-3775 *National Award Winner, Premier Service*

ANNUAL MEETING AUGUST 22

Election of directors:

Two year term reelection of current directors

Karin Hall — Treasurer

Jeanette Hensley

One year term: new director

Anne Meier

Two year term: new directors

Ky Agnew

Karen Brown

Seth Greiner

Harvey McWhorter

Current directors starting 2nd year of their term

Bob Epstein — Chairman and Director

Ed Shackelford — President and Director

Michael Drake — Immediate Past President and Director

Rich Mauro — Chairman Legislative Committee and Director

John Stoffel — Director

We don't anticipate any other business to be considered; but, we always welcome any discussion or suggestions relating to the Senior Lobby and its activities.

During the year:

Two directors resigned from the board: one for demands of work and one for family commitments.

One director passed away

One was terminated by the board for lack of attendance and involvement.

Brief resumes of new directors.

Ky Agnew:

Ky is Intake Director and Senior Outreach Manager for PASCO — (Personal Assistant Services of Colorado). She has a Master of Gerontology, and a Bachelor of Arts in Human Services (Minors: Criminal Justice and Sociology) both degrees from Wichita State University.

Her work history since 2005 has been in health care and senior services.

Additionally: from 1997 to 2014 she was active with the US Army Active & Reserves: Assisting a surgical unit that oversees 1,832 soldiers' medical needs; At the operational level, planning, coordinating, monitoring, evaluating staff; Lead team of 15 troops, both in medical and non-medical areas of patient evacuation and treatment; Maintaining supplies, conducting training, and supporting transportation and maintenance; Managed all aspects of day-to-day operations for HHC 85th Surgical Unit during reserve weekend.

Karen Brown:

In 2014, Karen, created a non-profit whose mission is to educate and advocate on behalf of senior issues and challenges. Currently she serves as CEO and President.

She has nine years experience performing caregiving duties to the elderly; assisting with cooking, cleaning, doctor appointments, medical issues and challenges, financials and money management, yard, physical and occupational therapy, low-vision therapy, medications, house maintenance, securing meals-on-wheels, Access-a-Ride/Dial-a-Ride, cabs, volunteer transportation, grocery shopping, entertainment, insurances, and friendship. Three years experience as an ombudsman working with elderly residents who live or lived in nursing homes and adult family/group homes to ensure residents rights are/were honored by the assisted living facilities, their management and caregivers.

Volunteer for Organizations Focused on the Aging Space:

Denver Regional Council of Governments – Area Agency on Aging

Jefferson County Council of Aging

AARP

Colorado Gerontological Society (CGS)

Colorado Commission on Aging

For more than a decade, directed a non-profit that focused on energy assistance to the low-income population, of which one third were seniors. Raised more than \$75 million and granted out more than \$45 million to help people pay their energy bills, weatherize their homes. Did advocacy for low income persons affected by energy issues.

Seth Greiner:

Seth Greiner is a Colorado native with a passion for public policy. In this most recent 2015 legislative session, he played a key role in researching older adult issues on behalf of the Colorado Senior Lobby's legislative arm. His public policy work with Volunteers of America focused on Colorado seniors in addition to homeless and veteran issues. Seth invested nearly 10 years teaching English as a second language (ESL) to history and political science students throughout Europe and Asia; serving also on management teams for ESL camps in Boston and New York. His worldwide, boots-on-the-ground experience has strengthened his commitment to a common thread among all people; that political solutions require patience as well as tenacity. When Seth isn't obsessing over politics he enjoys hiking, backpacking, playing with his dog Norman, and Star Trek. Seth earned his Master's degree in Political Science from Colorado State University in 2014.

Anne Meier:

Anne K. Meier joined Disability Law Colorado as the state long-term care ombudsman in 2014. Previously she worked for six years at Exempla Lutheran Hospice as part of a team of social workers providing a continuum of care from home hospice to the inpatient unit. She has also been a social service coordinator for the Denver Adult Down Syndrome Clinic and a casework supervisor for Clear Creek County Department of Human Services. Early in her career, she served as the coordinator of Disability Law Colorado's Protection and Advocacy for Individuals with Mental Illness Program. Anne has an undergraduate degree in social work and a master of social work degree from the University of Denver.

Harvey McWhorter:

Hello, my name is Harvey McWhorter of 50 Plus Media Solutions. 50 Plus Media Solutions we deliver important information that would affect better care for Baby Boomers and Seniors.

I do this because information matters. I grew up in a family of loving caregivers, as the family matriarch my Grandmother took care of her children and grandchildren teaching us to work hard, get your education and to help others. My mother would become the matriarch and she would take care of her sons, other family members and extended family.

It was not unusual to have out of town Aunties and Uncles who have grown children and friends staying in our home for extended stays telling me if they are going to die they want to be with Candy the endearing name many had for my Mother. I grew up learning to be a caregiver and learning that when you help others you are helping yourself. So when it was my turn to become the caregiver for my Mother I never hesitated and for over 20 years I was the caregiver for my Mother.

She suffered from diabetes, high blood pressure and strokes. Her last ten years of life she could not walk or talk from the effects of strokes. She needed 24 hr. care and was placed in a nursing home in which I spent 5 to 8 hrs. a day every day for ten years and have dedicated my life in serving our senior population fighting for services and needed things to help make aging a more livable and comfortable life in a society that has put their material things above caring for the elderly.

I was raised to stand up for what is right and have fought for better care of our aging population all my life and the Senior Lobby is a great way to use my skill sets in fighting for the advocacy of our Seniors.

TOPICS TO DISCUSS WITH REPRESENTATIVES

HB15-1033: Primary sponsors Senator Crowder and Representative Primavera. This bill established a Strategic Planning Group to prepare the state for the significant increase in people of 60+. One in four will be sixty or older by 2030. There was good bipartisan support for this legislation which is now law.

We consider this a key step in being proactive on behalf of older adults to help prepare individuals and their families, the government, and businesses to be better prepared for the needs of the growing number of seniors and their families..

HB15-1100: Primary sponsors Senator Crowder and Representatives Lebsock and Roupé. This bill was to provide more stable funding for the Older Coloradan's Fund. Currently much of the funding is provided through the Long Bill. We think it is very important to get funding in statute. This fund provides the basics for keeping people in their home: Meals on Wheels and Transportation and many more needed services for those most in need. We see an important cost benefit from this fund by delaying or eliminating the state's cost to keep people in nursing homes. This bill was killed by the Senate Finance Committee.

We would encourage you to come prepared with topics that are important to you. It would be most effective if the questions and discussion were limited to issues that directly affect seniors.

This is also a time to ask questions of current and proposed new directors.

The question and answer period will be prior to a vote on this year's proposed slate. We welcome any input on the direction and activities of the Colorado Senior Lobby.

Waiting Makes The Pain Last Longer

Farmer Joe had a wide rock buried in the middle of one of his fields. He tried to plow and plant around it, but over the years it broke more than a few of his plows and cultivators. He thought he would have to live with the inconvenience since the rock was so big.

But one day after breaking yet another plow, Joe decided to do something about the rock, no matter how much work it took. He brought a sledgehammer and a big crowbar out into the field, ready for hours of backbreaking toil.



But when he slipped the crowbar under the rock, it came up from the ground with hardly any effort. The rock was only a few inches thick, and Joe only needed a few minutes with his sledgehammer to break it up. As he went for his tractor to cart the pieces away, Joe smiled to think of how much trouble he would have spared himself if he'd just taken action sooner.

The moral of this story is obvious: Take care of challenges as soon as you can; they're often not as big as you think.

Torture numbers and they'll confess to anything.

—Gregg Easterbrook

As a people, we have become obsessed with health. There is something fundamentally, radically unhealthy about all this. We do not seem to be seeking more exuberance in living as much as staving off failure, putting off dying. We have lost all confidence in the human body. —Lewis Thomas

The most dangerous thing is illusion.

—Ralph Waldo Emerson

Only freedom from fear, freedom from lies, can make us beautiful, and keep us safe.

—Anne Lamott

Whenever you are asked if you can do a job, tell 'em, "Certainly I can!" Then get busy and find out how to do it.

—Theodore Roosevelt

Work is either fun or drudgery. It depends on your attitude. I like fun.

—Colleen C. Barrett

COLORADO SENIOR LOBBY ANNUAL MEETING

Attendance is open to all. Membership is not a requirement

Saturday August 22, 2015: 9 AM to Noon

Continental Breakfast and Socializing from 8AM until 9 AM

We will be honoring 4 legislators

Senator Crowder, Representative Lebsock

Representative Primavera, Representative Roupé

Representatives Lebsock, Primavera and Roupé will participate in a panel discussion for legislation affecting the aging population. (Senator Crowder has another commitment that prevents him from attending)

Congressman Mike Coffman will attend and talk about Senior and VA issues.

Location

Wind Crest

Address: 3235 Mill Vista Road, Highlands Ranch, 80129

From the intersection of Santa Fe and County Line Road go east on County Line Road to the first stop light (Erickson Blvd.).

Go south and continue to the guard house

The guard at the gate will give specific instructions.

1-800-204-9893 303-798-3100

For additional information call 303-832-4535

This newsletter is intended for entertainment purposes only. Credit is given to the authors of various articles that are reprinted when the original author is known. Any omission of credit to an author is purely unintentional and should not be construed as plagiarism or literary theft. Copyright© 2015 Colorado Senior Lobby. This information is solely advisory, and should not be substituted for legal, financial or tax advice. Any and all financial decisions and actions must be done through the advice and counsel of a qualified attorney, financial advisor and/or CPA. We cannot be held responsible for actions you may take without proper financial, legal or tax advice.

Colorado Senior Lobby
P. O. Box 102662
Denver, CO 80250-2662

*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
to a family member, friend, neighbor
or coworker.

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 (This payment is not tax deductible) \$ _____

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