

2025 Seniors' Council Accomplishments

Thank you for your support and participation.

About the Seniors' Council

- **Mission:** Living Well/Aging Well™ in Douglas County.
- **Vision:** Enhance the quality of life and assure accessibility to all through advocacy, education and collaboration.

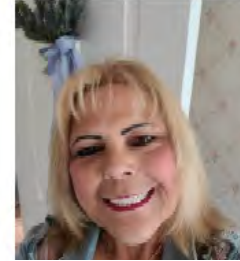
Leadership Team



Gretchen Lopez



Mike Drake



Mary Cates



Tiffany Curtin



Jean Spahr



Valerie Robson

Recognition

- Mike Drake received the All Stars Award in January 2025. This award recognizes those who have demonstrated exceptional commitment to advocate for an enhanced quality of life for older adults.



Advocacy

- The Council continues to work on the following:
 - With the County, providers, the DRCOG Area Agency on Aging and the State of Colorado to ensure older adults have access to local resources, transportation, in-home services and community-based activities
 - Participates in the Douglas County Older Adult Initiative's bi-monthly meetings

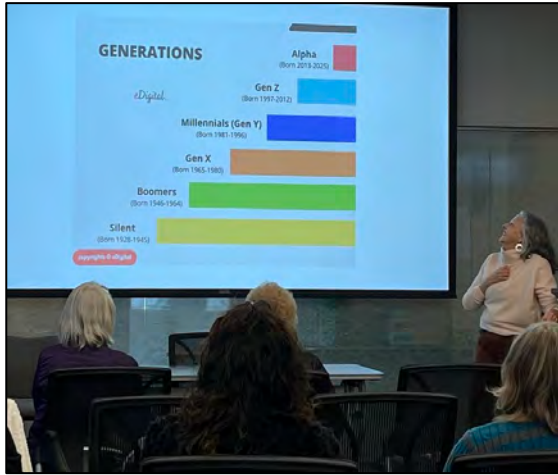
Advocacy

- Represents Douglas County on the DRCOG Regional Advisory Committee on Aging
- Represents Douglas County on the Spark the Change/Senior Companion Program's quarterly meetings

Educational Monthly Meetings

- The Council hosted monthly in-person meetings on the following topics:
 - January: Generations at Work
 - February: Modifiable Risk Factors for Dementia
 - March: The Longevity Lifestyle – Embracing and Nurturing It
 - April: Welcome to the New Highlands Ranch Senior Center
 - May: Protect Yourself from Scams and Fraud
 - June: Visit Douglas County School District’s Legacy Campus

Educational Monthly Meetings



Arapahoe/Douglas Works! staff presents about Generations at Work.



Kelly O'Connor provides suggestions and action steps to help older adults live successfully for the long term.



A representative from AARP explains the latest scams to watch out for.

Educational Monthly Meetings

- July: Child Care Opportunities for Older Adults
- August: Goat Therapy
- September: Supported Decision Making
- October: Learn about Medicare's Plan Finder
- November: Benefits of Inpatient Rehab Facilities
- December: 2025 Year-In-Review, Plans for 2026 and Holiday Party

Educational Monthly Meetings



Gretchen Lopez shares updates with attendees at the August meeting.



The meeting about Goat Therapy was a big hit! Everyone had the opportunity to pet and feed the goats, if they were interested.



Vintage & Vibrant 2025

- The Council planned and hosted its 3rd Vintage & Vibrant event on September 17th
- Held at the Highlands Ranch Senior Center
- More than 200 older adults, providers, and partners attended
- Attendees could choose from 11 educational sessions and 2 interactive sessions
- 4 gift baskets were awarded to door prize winners



Vintage & Vibrant

Exploring the Latest Trends in Living Well & Aging Well



Morning keynote speaker, Julie Nygard, spoke about the extraordinary health benefits of chocolate.



Dr. Nalin Mehta, MD, MS, discussed how nano-biotechnology is changing medicine.



Terrell Pearson covered how nutrition supports your cognitive health.



Vintage & Vibrant

Exploring the Latest Trends in
Living Well & Aging Well



Lunch keynote speaker, John Jaramillo, presented on the art and culture of food.



Attendees could visit with partners throughout the day, asking questions about services and resources.



A volunteer informs attendees how to win one of the fabulous door prizes.

Community Partners

■ Special thanks to our community partners:

- Advent Health
- AgeWise Colorado
- Aging Resources of Douglas County
- American Vein & Vascular Institute
- Charles Schwab Brokerage Lone Tree Branch
- Castle Rock Senior Activity Center
- Colorado Gerontological Society
- Denver Area Agency on Aging
- Douglas County Health Department
- Douglas County Libraries
- Douglas County School District
- Family Connection Senior Consulting and Placement
- Gretchen Lopez
- Legacy Village of Castle Pines
- Lifeway Mobility
- The Meadowmark Apartments
- Olinger, Andrews, Caldwell, Gibson Chapel
- Osher Lifelong Learning Institute (OLLI)
- Parker Senior Center
- Parkinsons Pointe
- Paul's Mystery Ship to End ALS
- Reunion Rehabilitation Hospital
- Senior Helpers Littleton
- Seven Stones Chatfield Botanical Garden Cemetery
- Sound Relief Tinnitus & Hearing Center
- Terra Bluffs
- Total Care Home Repair & Maintenance LLC
- Traveling North Travel Agency
- Visiting Angels Senior Home Care in Littleton

Supporting Community Partners

- The Seniors' Council participated in or attended the following:
 - Castle Rock Senior Activity Center's Senior Expo
 - Highlands Ranch Senior Expo
 - Parker Senior Center's Community Resource Fair



Collaboration

- The Council maintains an ongoing partnership with:
 - Douglas County Libraries
 - Douglas County Department of Community Services

Collaboration

- The Seniors' Council helps to promote local activities:
 - Castle Rock Senior Activity Center's fundraisers
 - Parker Senior Center's fundraisers
 - Douglas County Library older adult programming
 - Tall Tales Ranch at talldetailsranch.org

Outreach

- Continued the “First Friday Update” via email to inform, educate and combat social isolation
- Submitted monthly articles to the Colorado Community Newspapers in Douglas County and to “Prime Time” News
- Placed complimentary monthly ads in the Castle Rock Area Online Newsletter
- Had a “Spotlight” feature article in Douglas County Living Magazine
- Ongoing outreach with community organizations, providers, and businesses to spread awareness of the Council

Plans for 2026

- Host in-person monthly educational meetings
- Encourage participation with the Council
- Expand the Leadership Team
- Increase awareness of the Seniors' Council throughout the county
- Continue to build a working relationship with all senior centers in the county

Plans for 2026

- Develop relationships with the senior living communities
- Distribute the “First Friday Update” via email
- Provide articles to local newspapers
- Update the Seniors’ Council brochure

Educational Meetings in 2026

- January 1, 2026
 - No meeting – New Year’s Day
- February 5, 2026
 - Topic: Navigating Social Security Benefits
- March 5, 2026
 - Topic: The Latest Research about Alzheimer’s

Stay Informed

- Visit MyDougCoSeniorLife.com
- Follow us on Facebook.com/MyDougCoSeniorLife
- Email DCSeniorLife@douglas.co.us
- Call 303-663-7681