



A Report to the Community 2010

Aging Services Foundation
P.O. Box 471
Boulder, Colorado 80306
(303) 441-4995
www.agingfoundation.org



AGING SERVICES FOUNDATION

MISSION STATEMENT

To raise and distribute funds for services that promote the health and well-being of older adults and caregiving families.

Layout by Michael Campbell
Printed by Colt Reproduction

Board of Directors – 2011

Dean Newman, President, Longmont

Dean Newman, prior to retirement, served as a manager in various General Electric components, was Vice President of United Nuclear in Elmsford, N.Y., and Vice President of Apache Corporation in Minneapolis, MN. His community activities have included President of Apache Foundation; Vice Chairman of the Business Economic Education Foundation and Chairman of the Boys and Girls Club of Minneapolis. More recently Dean has served as Treasurer of the Fire District Board and Senior Advisory Council in Allenspark.

Sharon Gouge, RN, Lyons

Sharon Gouge has been in nursing management for 27 years. Although she has retired from nursing, she still teaches nursing students at Front Range Community College. She is a member of the Boulder County Aging Advisory Council.

Chris Kafka, RN, Westminster

Chris Kafka is on the staff at Boulder Community Hospital and interested in services for older adults in the Boulder County area.

Brian Kozel, Evergreen

Brian Kozel is a Certified Public Accountant in Colorado and brings over ten years of audit experience to the Aging Services Foundation. Newly elected to the Board in 2011, Brian looks to assist in the annual audit of the Foundation and contribute to the Finance Committee. Brian also spends time volunteering with Blue Spruce Habitat for Humanity of Bergen Park and the Evergreen Animal Protection League.

Janet Joost, Longmont

Janet Joost has been an R.N. for 36 years and has experience with public speaking and fundraising.

Emily Lewis, Boulder

Emily Lewis was a co-founder of Project Visibility, a cultural competency training program regarding LGBT elder issues. She was a staff member for Boulder County Aging Services for 6 years and has served on the Community Foundation of Boulder County Open Door Fund Board.

Jeffrey Moulton, Boulder

Jeffrey Moulton is a mortgage loan officer with strengths in finance, marketing, and database management. He has served on the boards of Golden West Senior Residence, the Adult Protection Review Team, and is currently a member of the Aging Advisory Council.

Raji Weerasinghe, Louisville

Raji Weerasinghe is a CPA/tax accountant with an interest in aging issues. She grew up living with her grandparents and is interested in services for older adults.

Letter from the President

Dear Friends:

The Aging Services Foundation Board takes this opportunity to express its heart-felt appreciation to all individuals and organizations contributing funds, in-kind gifts, and volunteer time during 2010. It is our hope that the work of the Foundation now and in the future will merit increasing support for vital programs and services for older adults and family caregivers in Boulder County.

We support a variety of programs that aim to keep Boulder County older adults in the homes they cherish and in the county they love. The breadth and depth of the programs as well as the engagement of the diversity of the older adults and caregivers in our community bode well for all of us in the future.

The major thrust of the Foundation's work is in aiding older adults and their caregiving families in helping themselves through the fine programs of the Boulder County Aging Services Division and its staff. Those who make gifts or contribute time to our Foundation make this possible for fellow citizens in this county.

If you who wish to know more about Aging Services programs please read this report carefully and augment your understanding by reviewing all of the information on our website—www.agingfoundation.org.

As always, the Foundation needs individuals to join its Board to enhance fund raising activities and other volunteers to work on solicitation efforts and fund raising events. I'm sure it will bring you joy to do so. Simply call me on 303/678-2908 to discuss your interest.

Cordially,

Dean G. Newman, President

A Report to the Community 2010

In 2010 ASF contributed \$81,916.91 to programs and services that support older adults and their family caregivers. Following are some of those programs.

PROGRAMS

Caregiver Initiative

SERVICES

One of the services of the Caregiver Initiative, which provides information, support, and education to family caregivers of older adults, is the National Caregiver Training Program. This 21-hour course is taught by a registered nurse and helps family caregivers acquire the skills needed to provide safe, confident home care for frail older loved ones. It was started to help reduce the stress that occurs when family caregivers are required to provide hands-on care for which they have had little or no training. In 2010, 30 caregivers received this intensive training, and they responded with comments like, “This was a great class and a great teacher. I found it very helpful and informative,” and, “I appreciated the instructor’s approach and ability to make us feel comfortable. The class was so helpful to me, and I would recommend it to any caregiver.”

PARTICIPANT STORY

Marie is one of the caregivers who took the NCTP course in 2010. Marie cares for both of her parents, ages 91 and 86, who have lived with her for the last 3 years. As their full-time caregiver, Marie cooks their meals, manages their medications, oversees their health care, accompanies them to medical appointments, stands by them through various health crises, and so much more.



Marie, Boulder County Caregiver

She explains simply, “I always adored my parents—that’s why they’re here.” Marie took the NCTP course to learn skills—like safely moving her mom in bed—that would make life easier for her and her parents. She says, “I’m so glad I took the class when I did. My parents’ care got harder soon after, and the class gave me the confidence I needed to provide that care. And it was so helpful to hear about other caregivers’ situations that were similar to mine.”

Every year, the Caregiver Initiative provides services that help people like Marie succeed in their important work of caring for frail older loved ones.

Project HOPE

SERVICES

A key element of Project HOPE is the care coordination/partnership focusing on the individual participants' strengths. Project HOPE encourages elders to articulate their wishes and values, identify resources both within themselves and their communities, and implement goal-oriented choices which contribute to their continued successful aging in community. In 2010, Project HOPE served 46 frail/disabled elders throughout Boulder County, ranging in age from 62-93. Over one half of the 2010 participants were age eighty or older, and one third were age eighty-five or older.

With 75% of the 2010 participants living alone, over 50% experiencing a hospitalization, and over 25% experiencing a health crisis requiring a stay in a skilled nursing care or rehabilitation facility during the year, these older Boulder County residents were indeed at very high risk for long-term care/nursing home institutionalization.

"This was a great class and a great teacher. I found it very helpful and informative," and, "I appreciated the instructor's approach and ability to make us feel comfortable. The class was so helpful to me, and I would recommend it to any caregiver."

PARTICIPANT STORY

Although we lost this participant when she was 92, we won't forget that she relocated to Boulder after a week spent dancing, river rafting, and playing cards with her daughter – "I figured this was the place for me!"

During her eight years in the program, she frequently expressed her deep appreciation of Project HOPE care coordination of home care, transportation, and other supports.

She suffered a serious stroke in June 2010, and despite extensive Medicare and Project HOPE-funded supports (Homemaking, Lifeline, and supplemental Meals on Wheels) and her initial, characteristically strong motivation to resume independent living, she came to the conclusion that it was "time to stop working so hard and just let go with the help of hospice". She and her daughter made the decision to partner with HospiceCare of Boulder and Broomfield Counties. The Project HOPE coordinator assisted in easing the transition from trusted, long-term nursing and skilled supports from Complete Home Health Care to the new staff. She passed away a few days later with her daughter nearby.



Project Hope participant

Short-Term Assistance

SERVICES

The Short-Term Assistance Program (STA) provides financial assistance to older adults 60+ in Boulder County helping them to purchase a wide range of services and material goods. Typically these funds are used when there is emergency or urgency in getting a service/item and/or as a funding source of last resort. Examples of services/items partially or fully funded through Short-Term Assistance program are: dental services, dentures, hearing aids, eyeglasses, rent or deposit, home modifications and repairs, utilities, eliminating clutter, caregiver support services and more. Other types of services may be approved on a case-by-case basis.

In 2010 STA provided financial assistance to 190 older Boulder County residents. The most requested services in 2010 were: (31% dental services/dentures) (25% rent assistance/deposit) (11% utilities.)



Rita and her dentist Dr. Kristy

PARTICIPANT STORY

Rita, 91 years old, had difficulties with eating. When her top bridge broke the problem became even worse. Because she wasn't able to eat many things she was losing weight. She was also self-conscious of the way she looked with no top teeth. A Resource Specialist helped find funding to help and STA provided additional \$350.00 of financial assistance. The client was able to cover the rest. Her caseworker said "She is now able to eat better and is not so embarrassed to be out and about."

LGBT Services

SERVICES

LGBT Services include the implementation of the award-winning Project Visibility trainings, coordination of special events for Rainbow Elders, and highlighting crucial LGBT issues to the service provider community. At the SAGE of the Rockies fall conference, the coordinator (in front of 200 participants) presented Aging Services with a plaque recognizing our contribution to keep LGBT elders out of “the dark and lonely closet” through our Project Visibility program.

PROJECT VISIBILITY

In 2010, 11 Project Visibility trainings were held with a total number of 157 service providers, students, and community members attending. Also the film was shown at two national conferences as well as locally for a total of 480 viewers.

RAINBOW ELDERS

In September, in partnership with Bent Lens Cinema, the film “Hannah Free” – the story of the life paths of two elder lesbian former-lovers—was shown. At the 2010 Boulder PrideFest, older adults, caregivers, and transgender people visited, indicating significant recognition of the agency in the eyes of that community. The Boulder County Rainbow Elders do not meet regularly, but bimonthly notices of events that may be of interest (social and health-related) are sent to an e-mail list of 200 or so, and 35 or so “snail mail.” Staff was interviewed by KGNU for an LGBT-focused program called Outsources. The topic for the half-hour May 3rd airing was the particular strengths and needs of LGBT elders.

ANNUAL TOPICAL SYMPOSIUM

In May, the first-ever “Aging from a Transgender Perspective” symposium in the State was held with nationally-recognized expert, Loree Cook-Daniels, as the keynote speaker. A diverse crowd of 100 attended, including senior care providers and administrators, police, teachers, faith-community members, safe house and hospice staff, students, and community organizers; the transgender community itself was well represented. Evaluations indicated attendees were made “much more aware” of the issues that transgender individuals face.



Nancy Grimes, LGBT Services Coordinator, and volunteers Suzanne and Teddi at the 2010 Boulder PrideFest.

Wellness Services

Services:

EVIDENCE-BASED WELLNESS PROGRAMS :

HEALTHIER LIVING (BE WELL) AND MATTER OF BALANCE.

Healthier Living workshops empower older adults become informed and educated managers of their chronic condition(s). Matter of Balance workshops address the fear of falling (which leads to a decline in activity) and teaches older adults exercises that promote strength and balance. Both programs boast empirical evidence that the older adults who have attended the workshops have improved their health and ability to remain in the community. They are offered in English and Spanish.

HEALTHIER LIVING (SIX- WEEK WORKSHOPS)

In 2010, Five workshops were held; two of them in Spanish. Two staff members completed the Master Training curriculum, and 10 volunteers were trained to lead the workshops.

“After completing the class I feel more comfortable striking out on my own. I have made significant improvements walking. I started out struggling to walk one and a half blocks and am now walking four blocks regularly and sometimes further. Advice to get new shoes and walk a little at a time has helped me.” -Healthier Living (Be Well) Class Participant

MATTER OF BALANCE (EIGHT- WEEK WORKSHOPS)

In 2010, 11 workshops were held; one of them was in Spanish. 16 volunteers were trained to lead the workshops

“I have a more positive attitude towards aging.”

“This class has reinforced what I have learned over the last nine years and helped me to re-evaluate my daily routines and not just give in to my problems.”



Hope, a Matter of Balance Alumni

PARTICIPANT STORY

Hope is 92 years old and a 20 year resident of Boulder. She moved to Boulder to be closer to her daughter. She took the Matter of Balance workshop in 2010. She was interested in taking the class because the cold weather stopped her from getting out and staying active. She said that she had fallen with no consequences, but observed that her friends who have fallen suffered serious injuries. About her experience during and after the program, Hope states, “I feel that I am walking better and doing more. I have energy to do the dishes before people come and take out the trash on my own using my walker. In addition, I am also going back to my water aerobics class once a week.”

“I stop and think about steps when I go up and down.”



Linda Eller, a member of the Allenspark Senior Advisory Council, ready to greet lunch participants.



Bailes de Mi Tierra dancers at Sabroso y Saludable

Nutrition Services

SABROSO Y SALUDABLE (HEALTHY AND TASTY) EVENT

Sabroso y Saludable was started in 2008 to promote awareness and education about Diabetes prevention and management to Latino elders and their families. In 2010, over 300 people, young and old, attended this event which featured cooking demonstrations, a catered healthy meal, screenings for diabetes and blood pressure, resources of community organizations and entertainment.

ALLENSPARK LUNCH PROGRAM

Every Thursday, Allenspark older adults enjoy a good nutritional lunch, nutrition education, social connection, and information on resources and activities. The delicious lunch is supplied by a local non-profit, Highlands Ranch and Camp Retreat Center. In 2010, 890 meals were served to 74 participants and 26 “blizzard boxes” were distributed.

ASF Thanks Our 2010 Supporters

Zada F. Arentz
Margaret Arnett
Maude Babington
Nancy J. Bachus
Richard & Gwendolyn Ball
Laura Barclay
Carol Ann Bateson
Ingrid & Ted Becher
Dr. L. Michael Bell
June Bills
Robin Bohannon
Lorna J. Bonnet
Minerva Canavan
Gretchen Carney
Julie Carpenter
Alan & Mary Jane Castle
Claire Chetham
Cheryl Christensen
Jeanne Classetti
Carolyn Conarroe
Evelyn Cooper
Ruth Corwin
Sandra Crane
Pat Critchfield
Michael & Joan Dardis
Alan & Tessa Davis
Ann De Forest-Stalls
Teresa De Anni
Beverly Dehning
Laura N. Dickinson
Kay Dierking
Sharyn R. Donald
Dana Doner
Anne Downing
Alma Dubin
Harriet Edelstein
Bruce & Linda Eller
Deborah Elliott
Twig Ertl
Katrin Faatz
Deborah & David Fahey
Donn & Mary Fairbank
Michal Feder
Laura Fischer
Sally Fischer
Neil Fishman
Sallie Foret
Lloyd Fosdick
Laurie Foust
Marjorie Freedman
Kathleen Frey
Jonathan & Dusty Jean Fries
Carlos Garcia

Thomas G. Garnett
Catherine Gates
Julia Gibbs
Bayne Gibson
Kathryn D. Glass
Carl & Karen Sue Godard
Sheila Goetz
Marietta Vigil Gonzales
Sharon & David Gouge
Deborah Gravelle
Regina Gray
Else M. Green
Jean Gribben
Jenei Grigs
Nancy Grimes
Frances & John Haertling
Diana M. Hall
Barbara Hancock
Jane E. Harmer
Gayle Harms
Maria Harper
Sheila Hasenkamp
Daveen Haws
Catherine Heckel
Susanne Heinritz
Deborah Henriquez
Rebecca Herman
Myhra & Dave Hill
Joan Hohenstein
Karen Hoover
Claire B. Hunter
Janet Ibanez
Olga Jacoby
Nan Jenner-Bryant
Donna Jutras
Diane Kiyota
Diane Knudsen
Audrey Krebs
Carmah Lawler
Paige Lawrence
Sherry & Stewart Leach
Dr. Hans & Roswita Liebe
Miriam Price Lindahl
Robert & Patricia Lisensky
Basilio Lopez
Karen Ann Louis
Chisho Fusaye Maas
Bruce MacKenzie
George & Paula Main
Mark and Joyce Fox
Barbara Martig
Lawrence Maurer
Martha Maxwell

Mary Lou May
Paula Mayo
Zoe McFarland
Susan & Jim Mead
Bonnie Mettler
James & Jana Murphy
Ginger Meyette
Dean & Margaret Newman
Sharon Norris
Delma Oberbeck
Harriett Olson
Hilarie A. Olson
Gail Osterbur
Mary Jo Osterman
Elisabeth Patterson
Lois Petrie
Irina Polyakov
Thomi Quackenbush
Viola Raben
Rhonda Racicot
Connie Redak
Maria Richmond
Denny Robertson
Donna Roets
Deborah Ross
Judith & Ralph Ruzicka
Jody Sandel
Suzanne Sawyer-Ratliff
Cheryl Sears
Sara Sheldon
Marc Soloway
David Steiner
Cheryl Stevenson
Anne Stockham
Matt Stokan
Carol Stutzman
Donald Sullivan
Rebecca Swisher
Cynthia Taylor
Barbara & Daniel Thomas
Naiaad Thompson
Nancy Thornton
John Torres
Ellen Trujillo
Cher Tuflay
Rebekah Vansweden
Lorraine Vigil
Cynthia Webber
Hayden & Jonathan Williamson
Cecilia Wilson
Thomas Windham
Deborah Yin
Jeffrey Zayach

ASF Thanks Our 2010 Supporters

Memorial

In Memory of Anne Graves Baker

Laura Barclay

In Memory of Daniel G. Bills

June Bills

In Memory of Angela & Frank Chiverut

Joan Hohenstein

In Memory of Anna Husband

Carmah Lawler

Kathryn Glass

In Memory of Marian Scott

Deborah Elliott

George & Paula Main

Mary Lou May

In Memory of Kurt Stutzman

Carol Stutzman

In Memory of Michael Trujillo

Ellen Trujillo

In Memory of Lucien Wulsian

Julie Carpenter

Honor

In Honor of John H. Chetham

Claire Chetham

In Honor of Nell Gibson

Bayne Gibson

In Honor of Dorothea Hertrich

Cynthia Webber

In Honor of Mabel Windham

Thomas Windham



ASF Thanks Our 2010 Corporate, Foundation, and Community Sponsors

This is an alphabetical list of the entities that support the programs.

AMGEN Inc.,
Boulder Community Hospital
Bright Star Healthcare
Care Link, Inc.
Care Connect
City of Boulder
City of Lafayette
Comfort Keepers, Inc.
Consortium For Older Adult Wellness
Exempla Health Care
Friends of Longmont Senior Center
Golden West
HealthReach Hospice
Herbert & Peggy Stockham Family Fund
Hill Top Guild
Homecare, Inc.
Homewatch
Home Helpers
Home Instead Senior Care
HospiceCare of Boulder and Broomfield County
Hover Community Inc.,
Jared Polis Foundation
Juniper Village at Louisville
Kaiser Permanente
Kapsak Law Firm
Life Care Management, LLC
Longmont United Hospital
Mesa Vista of Boulder
Open Door Fund, a fund of The Community Foundation of Boulder County
Pacific University
Peaks Care Center
Plan B Home Care Services
Rainbow Adult Community Housing
Roche Colorado Corporation
Senior Housing Options
Special Transit
Theodore and Chandos Rice Charitable Foundation
Utah Pride Center
Waverley Management Company, Inc.
Windhorse Family and Elder Care, LLC
Xcel Energy

You can make a difference!

Whether as an individual donor or corporate partner, you can make a difference in the lives of older adults and caregiving families.

Make an unrestricted, tax-deductible gift to Aging Services Foundation. We will put your gift to immediate use where it is most needed.

Make a tax-deductible contribution

In Honor Of

Or

In Memory Of

someone who has made a difference in your life or in the community.

Aging Services Foundation

To live in a community in which we all *age well*.



Aging Services Foundation
P.O. Box 471
Boulder, Colorado 80306

