

July 21st, 2017

David Corliss, Town Manager
Trish Muller, Director of Finance
Town Council
Town of Castle Rock
100 N Wilcox Street
Castle Rock, CO 80104

Re: 2017 Castle Rock Senior Activity 1st Half Town Contract Report

2017 PROPOSED PERFORMANCE OBJECTIVES

Programs and Activities

- 1.) Provide over 125 or more activities and/or events per month that are recognized as essential components to healthy and successful aging.

This year has seen a change in the type of activities and events requested from our very active senior population. They are no longer content with just same old, same old activities/events - they want new experiences and adventures. We have been adding trips like brewery tours, Denver Mob Tours (bus tour of the old Denver mob history scene) and the wolf sanctuary, along with the ever popular bucket list trips such as Brown's Canyon white water rafting, jeep tours over mountain ranges, and show shoeing. We have been providing an average of 158 activities/events a month so far this year. Many of these outside adventures have been so popular that we have had to add additional trips to accommodate the large waiting list. For example, we have added 5 additional Denver Mob Tour trips because so many people wanted to go on it. We try diligently to accommodate all members who want to participate. At the same time as we have expanded our offerings to meet the needs of our more active members, we continue to offer the onsite programs and close-by trips we have developed through the years, which greatly appeal to our older and more sedentary population. Our membership is very diverse, and we seek to provide programming to meet all their desires.

- 2.) Continue to serve over 2500 (duplicated) senior participants each month with social, cultural, and educational opportunities.

The beginning of this year we reached a new milestone, cresting the 1000 member mark. This has added to the increase in participants for all our programs at the center. We purchased a third 15-passenger bus this year, so that we can accommodate the demand of participants on our trips. While we always can't bring 45 people on one trip (each trip is highly individualized, based on the venue, so that the experience is the best it can be for all participants), this allows us to schedule more than one kind of trip on any given day, or allows our sports teams to travel together to their games while a trip is also taking place. We have seen our participation numbers rising this year; we are averaging 3386 participants each month (see attached Statistics Report), so we know we are planning programming the seniors want to be a part of. In fact, an outsider might think our Sign-Up Day mornings are for show tickets for the latest pop star - as the seniors start waiting in line way ahead of our Center opening so they know they get on the specific trips they desire.

- 3.) Continue to expand awareness of and attention of our volunteer programs at the Center.

We continue to seek outreach opportunities to recruit volunteers. This first half of the year we have attended two volunteer fairs, with one in Highlands Ranch and the other in Parker. We also promote our volunteering opportunities at our Expo and Craft Show events. We also use social media, email marketing and local press to seek volunteers. We work closely with the area High School students with community services hours. During the summer we an increase with these HS volunteers as they have the time during the day to help.

Transportation

- 1.) Continue to provide over 600 rides to seniors and those adults with disabilities to medical appointments, social events, and basic living needs.

Rides and ridership continues to increase; as of the half-way point this year, we have had 76 new riders added to the program. Rides continue to increase as well, but we are limited by vehicles and volunteers. Currently we have provided 4131 rides in this first half of the year; this is 261 rides higher than this point last year. We prioritize our ride requests by medical first, nutrition and grocery second, and then by local priority. For the first time, we have had to put some riders on a waitlist for a local priority ride. We currently have 3 to 4 vehicles on the road for the shuttle service Monday thru Friday, and an average of 3-4 specials each week; these are one-on-one rides to medical appointments outside our shuttle area (i.e. VA Hospital, Swedish Hospital, etc.). Please see the Rider Numbers and Trip Classification Report.

Health & Wellness

- 1.) Continue to provide VOA low cost meals 3 times a week, and continue to coordinate Meals on Wheels weekly home deliveries to qualified clients.

This program continues to be an important element of our center. We know that for many seniors, this may be the only hot meal they eat that day. In addition, delivering the Meals on Wheels to the community is also another way we know that home bound seniors are getting the meals that they need. Please see our attached VOA Dining and MOW Statistics Report for the first half of 2017.

- 2.) Continue to expand the wellness programming to serve the needs of the seniors.

Our Active Minds monthly programming, which began a year ago, continues to be very popular. This is a lecture-based program that supports lifelong learning and fosters active minds for life and is achieved through thoroughly researched, compelling topics that matter. Each lecture is presented objectively so that all perspectives are honored. Our Center is the first Active Minds location south of Denver. We average 50+ people monthly. The topics have ranged from the Refugee Crisis, NASA & Space, to the 100th Anniversary of the National Parks System.

We continue to offer a low vision support group, blood pressure spot, hearing checks and lung function screenings continue to be great resources for senior to just keep a watch on their changing health. Our monthly Lunch and Learns, Matter of Balance courses and Preventing Diabetes program are appreciated by all those who attend, and are in place to improve their health.

We are also currently developing a new program called Discovery Talks. This will be a quarterly program that will involve hands on or interactive programming at the Center. We want to provide more programs onsite at low cost for our Seniors to have experiences

without having to leave the Center. Our first Discovery talk is scheduled for August 31st called "Raptors". We will have 4 live birds here to learn about and experience their beauty.

Center Objectives

- 1.) Continue to expand our use and roll out portions of the new database software system implemented in 2016.

The new database system continues to help us streamline some of our reporting. We began issuing a member ID card with a bar code this year, and plan to start the electronic check in at kiosks for activities and events at some point by the end of the year. This will greatly help us track what seniors are doing at the center. It is currently a paper sign-in format with hand tallying. We plan to also add signing up for our wellness programs online, as we make initial moves toward electronic sign up for all activities in the coming years. These changes are difficult for seniors, and we are taking the changes that involve them one step at a time, keeping their comfort level in mind. In the meantime, the database is definitely helping the staff with internal operations.

- 2.) Be a leader in the community outreach for Senior Resources – April 20th, 2017 3rd Annual Senior Life Expo

Knowing how incredibly difficult it is to find information about senior services - everything from housing to hospice - we organize a Douglas County-wide event, "Senior Life Expo." This year was our third year of organizing this event. We had 68 senior advocate businesses and organizations come together for this as Community Partners, and more than 500 seniors and/or family members came to the event. The reputation of this event is getting out to all involved, seniors, their family members, and the senior advocates in the area. We've started a waiting list for businesses that would like to partner with us in next year's expo because they can see that our show is very different than similar ones, which are very commercially minded. Our event focuses directly on seniors' needs, education and programs. Many of the others allow vendors not related to seniors services, and they highlight entertainment and food events. Ours is a one-stop shop for all kinds of senior resources; many of the attendees from this year loved how they were able to get so many questions answered and information all in one place. I have attached the program book along with this report so that you can see what a wonderful event this is for our community.

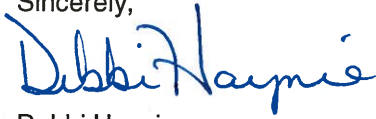
The Center greatly appreciates the support that we receive from the Town of Castle Rock and recognized that could not make the impact we do in Senior's life without your support. We believe that with our partnership that we truly extends lives and help Senior's "Love Life in the Second Half."

The Castle Rock Senior Activity Center continues to find ways to support our community and give back by participating in and supporting local events. You will see us help out the civic organizations such as Rotary, Kiwanis and Civitan with local programs. We are actively involved with the Chamber and several of their programs, such as helping provide the artists shuttles for Artfest. This is in addition to the events we host such as our Annual Golf Tournament, Craft Show and Senior Life Expo. We continue to be active members in several groups, such as – Douglas County Transit Solutions, Douglas County Senior Council, Douglas County Community of Care, Douglas County Volunteer Coalition, Douglas County Non-Profit Coalition and other community and transportation groups. Our Board President is on Douglas County Senior Leadership Program, and I graduated this year with the 2016-2017 Leadership Douglas County class. It is our wish to be a leader, voice and example in Castle Rock and Douglas County for our Center and the seniors of our community.

I've attached several documents that support many of the statistics I've cited. Please feel free to let me know if you are in need of any other documents or have questions.

The Board of Directors and Staff of the Castle Rock Senior Activity Center thank you for all your support on behalf of our members and those we serve.

Sincerely,



Debbi Haynie
Executive Director
dhaynie@crgov.com

CC:

Doris Rollins – Board President

Phyllis Tumeay – 1st Vice President

**SUMMARY OF ACTIVITY PARTICIPATION
AND # OF PARTICIPANTS
BY CATEGORY 2017**

**CASTLE ROCK
SENIOR ACTIVITY CENTER**

	TOTAL # OF PEOPLE AT ALL ACTIVITIES	TOTAL # OF PEOPLE SIGNING IN AT THE CENTER	TOTAL # OF PEOPLE ON-SITE ACTIVITIES & EVENTS*	TOTAL # OF PEOPLE OFF-SITE TRIPS**	TOTAL # OF PEOPLE HEALTH & WELLNESS ACTIVITIES ***	TOTAL # OF PEOPLE CURRENT SPORTS	# OF ACTIVITIES/ EVENTS OFFERED THIS MONTH	TOTAL NUMBER OF RIDERS FOR ACTIVITIES ****	Notes about the month
JAN	2689	1728	1269	315	382	357	138	504	1 Snow Day, 1 Holiday
FEB	2682	1755	1244	273	396	329	148	324	3 cold/icy days, 1 holiday
MAR	3229	2159	1680	218	432	463	167	286	1 snow day
APR	3982	2081	1445	356	503	604	164	464	
MAY	3801	1994	1425	310	461	1127	162	472	2-Cold/snowy days, one holiday
JUNE	3933	2036	1623	370	383	1004	168	654	No Lunch & Learn, Volunteer Appreciation Lunch
JULY									
AUG**									
SEPT									
OCT									
NOV*****									
DEC									
2016 TOTALS	20316	11753	8686	1842	2557	3884	947	2704	

* Includes VOA lunch but not health and wellness

** Includes Monthly Dining to Donate and other events without transportation.

***Includes exercise and art

****Total people on all buses for all trips, and then doubled as they are all round-trips

*****Craft Show Attendees Included

2017 Castle Rock Senior Center Statistics

	2017 # OF ACTIVITIES/ EVENTS OFFERED	2017 ACTIVITY PARTICIPANTS	2017 CENTER VISITORS	TRANSPORTATION		VOLUNTEER HOURS			
				ACTIVITY RIDES	SHUTTLE RIDES	SHUTTLE/SPECIAL DRIVER	MEALS ON WHEELS DRIVER	EVENT DRIVER	ALL OTHER
JAN	138	2689	1728	504	628	572	136	132	1074
FEB	148	2682	1755	324	609	524	99	99	1424.5
MAR	167	3229	2159	286	747	569	155	121	1508.5
APR	164	3982	2081	464	780	551	105	144	1618
MAY	162	3801	1994	472	703	587	145	174	1555
JUNE	168	3933	2036	654	664	574	126	209	1362
JULY									
AUG**									
SEPT									
OCT									
NOV									
DEC									
2017 TOTALS	947	20316	11753	2704	4131	3377	766	879	8542

Total Rides in 2017 #

Total Volunteer Hours in 2017 #

2017										
Month	New Riders Added	Medical	Grocery	Adult Day Care	Nutrition	Employment /Volunteer	Other	Totals	Specials	
January	19	203	67	0	109	6	243	628	16	
February	13	215	68	0	90	6	230	609	24	
March	10	242	74	0	119	8	304	747	23	
April	8	285	64	0	80	8	343	780	27	
May	9	233	73	0	88	6	303	703	16	
June	17	197	103	0	93	9	262	664	16	
July				0				0		
August				0				0		
September				0				0		
October				0						
November				0				0		
December				0				0		
YTD	76	1375	449	0	579	43	1685	4131	122	

* January Closed 3 days

* February Closed 1 day - Cancelled Shuttle Local rides 1 day

* March Closed 1 day - Snow day 3/24

* May Closed 1 day - Snow 5/19

* May Closed Memorial Day 5/29

* July 4th Closed

Castle Rock Senior Center

VOA Dining and MOW Statistic for 2017

	VOA Dining Room Program	Meals on Wheels Program		
<i>Month</i>	<i>Meals Served</i>	<i>Clients</i>	<i>Boxes Delivered</i>	<i>Total Amount of Meals</i>
January	314	37	161	805
February	267	33	123	615
March	370	43	156	780
April	242	45	161	805
May	258	37	157	785
June	294	34	126	630
July				
August				
September				
October				
November				
December				
YTD	1745	229	884	4420

** August - Center closed 1 entire week (Maintenance)

*A Douglas County-Wide
"All Things Senior" Event*

Senior Life EXPO



Because it's all about loving life in the second half!

April 20, 2017 - 2:00-6:00 PM

PROGRAM BOOK

Organized by the Castle Rock Senior Activity Center

Guide to the Senior Life Expo

- Booths will be open from 2:00-6:00 PM.
- Partner booths are mixed throughout the exhibit hall - please refer to category listings and map in this booklet to find specific Community Partners to visit.
- There are two rooms for free seminars. Doors to both are located in the entrance hall. Reference the schedule below or posted signs for schedule. You are encouraged to attend any of interest.
- Restroom facilities are located in the entrance hall.
- Concessions are available on the right side of the exhibit hall near the front doors. Seating is available there & throughout the exhibit hall.

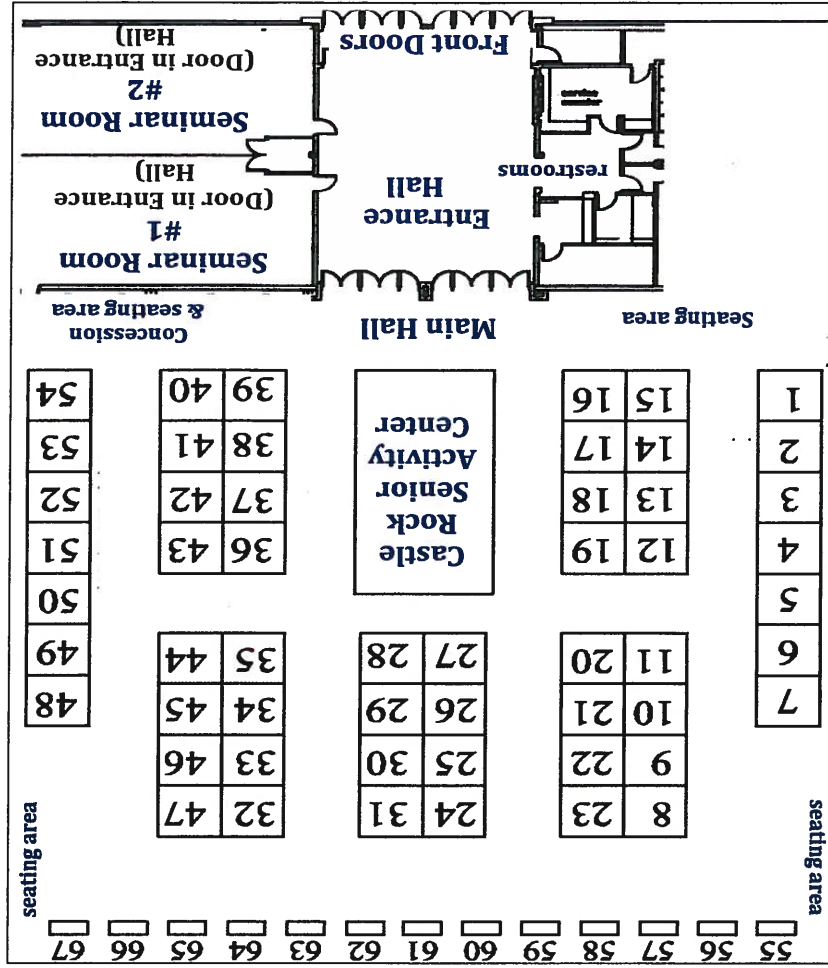
SEMINAR SCHEDULE

- 2:30 (Room 1)** *"Navigating the Senior Care Maze"* by Phil Hotaling, Answers for Senior Care
- (Room 2)** *"Wills, Trusts & Estate Planning"* by Darrell Gubbels, Gubbels Law
- 3:00 (Room 1)** *"What is Vision Loss? What Can You Do?"* by Shirley Proppe, A-3 (Empowering People With Vision Loss)
- (Room 2)** *"Advancements in Hearing Technology"* by Linda Fudge, AuD, Audiologist, Lone Tree Health Center, UC Health Hearing & Balance
- 3:30 (Room 1)** *"How to Keep Your Mind Fit"* by Jonathan Wells, Owner and Juliana Young, Community Liaison, Home Care Assistance
- (Room 2)** *"The Art of Independent Living"* by Melonie Tindall, Bonaventure of Castle Rock
- 4:00 (Room 1)** *"Getting to Know Hospice"* by Ally Willis and Mary Simpson, New Century Hospice
- (Room 2)** *"Know the 10 Signs of Alzheimer's"* by Deb Wells, Alzheimer's Association
- 4:30 (Room 1)** *"The Truth About the New Reverse Mortgages (What Every Senior Should Know)"* by James Warburton, High Tech Lending
- (Room 2)** *"Take Advantage of Douglas County First Call"* by Kelsey Thiessen, Douglas County First Call
- 5:00 (Room 1)** *"Healthcare and Long-Term Care in Retirement Planning"* by Erik S. Witt IAR, Legacy and Lifestyle Savers, Inc.
- (Room 2)** *"Navigating Douglas County Transportation and Senior Services"* by Faye Estes, Mobility Program Manager and Valerie Robson, Adult Services Program Manager, Douglas County

Community Partners Booth Layout Map

Each number represents a Community Partner booth. See category listing on the next two pages

Each Community Partner is looking forward to assisting you in your search for information



April 20, 2017
2:00-6:00 PM

Douglas County Events Center

Booths by Category

Adult Day Care

Peregrine Landing Memory Care #28
Sky Cliff Center #14
To the Rescue #6

Disabled Services

A3 (Empowering Ppl. w/ Vision Loss) #54
Accent on Hearing #40
American Legion Post 1187 #67
Audio Info Network of Colorado #30
CO Comm. for Deaf & Hard of Hearing #42
Colorado Talking Book Library #5
CPWD Low Vision Program #10
Douglas County Lions Club #60
DRMAC #21
Neighbor Network #62

Emergency Services

Castle Rock Fire & Rescue Dept. #35
Castle Rock Police Department #24
Douglas County Sheriff's Office #15
Douglas/Elbert Task Force #32

Financial Services

High Tech Lending #44
The Insurance Superstore #7
Legacy & Lifestyle Savers Inc. #27
Modern Woodmen #34

Food Resources

Douglas County Human Services #64
Douglas/Elbert Task Force #32
Volunteers of America #18

Funeral/Cremation/Cemetery

Olinger Andrews Funeral Home #11
Seven Stones #46

Government Programs

American Legion Post 1187 #67
Castle Rock Fire & Rescue Dept. #35
CO Comm. for Deaf & Hard of Hearing #42
Colorado Talking Book Library #5
Douglas Cty Adult & Mobility Services #59
Douglas County Human Services #64
Douglas Cty Office of Veterans Affairs #63
Douglas County Sheriff's Office #15
Douglas/Elbert Task Force #32

Health Care Providers

Accent on Hearing #40
Castle Rock Adventist Hospital #19
Healing Hearts Home Health #41
Kaiser Permanente Medicare #23
UC Health-Lone Tree Health Center #43
Visiting Angels/Littleton #33

Home Care Agencies

CR Assisted Living & Home Care #37
Home Care Assistance #16
Home Helpers Home Care #25
Seniors Helping Seniors #4
Touching Hearts at Home #39
Visiting Angels/Littleton #33

Home Health Agencies

Healing Hearts Home Health #41
Visiting Angels/Littleton #33

Hospice Agency

New Century Hospice #49

Housing Services

Answers for Senior Care #51

Housing - Assisted Living

Bonaventure of Castle Rock #31
Castle Country Assisted Living #2
CR Assisted Living & Home Care #37
Cherry Creek Retirement Village #45
Lincoln Meadows #22
MorningStar Senior Living #12 & #13
Peregrine Landing Memory Care #28
Windcrest #17

Housing - Independent Living

Bonaventure of Castle Rock #31
Cherry Creek Retirement Village #45
Lincoln Meadows #22
MorningStar Senior Living #12 & #13
Windcrest #17

Housing - Memory Care

Bonaventure of Castle Rock #31
CR Assisted Living & Home Care #37
Lincoln Meadows #22
MorningStar Senior Living #12 & #13

Housing - Memory Care (con't)

Peregrine Landing Memory Care #28
Windcrest #17

Insurance Provider/Services

American Insurance Associates #53
The Insurance Superstore #7
Kaiser Permanente Medicare #23
Legacy & Lifestyle Savers Inc. #27
Modern Woodmen #34

Legal Services

Gubbels Law Office #38

Rehab. Facilities

Brookside Inn #52
The Center at Lincoln #9
Life Care Center of Stonegate #26

Senior Activities/Volunteering

Boomers Leading Change #50
Castle Rock Recreation #36
Castle Rock Senior Activity Center - front area
CPWD Low Vision Program #10
Douglas County AARP Chapter 5370 #57
Douglas County Fair & Rodeo #48
Douglas County Libraries #66
Seniors' Council of Douglas County #61
Fraternal Order of Eagles #58
Highlands Ranch Senior Outreach and 50 & Better Together #47
Parker Senior Center #8
Seniors Helping Seniors #4
Volunteer Connect Douglas County #65
Volunteers of America #18

Senior Assistance or Services

#1 Son Home Maintenance #29
A3 (Empowering Ppl. w/ Vision Loss) #54
Alzheimer's Association #3
Answers for Senior Care #51
Audio Information Network of Colorado #30
CPWD Low Vision Program #10
Crisis Center #56
Douglas County Adult & Mobility Services #59
Douglas County Human Services #64
Douglas County Office of Veterans Affairs #63
Douglas County Senior Foundation #55

(see corresponding map number for location)

Senior Assistance or Services (con't)

DRMAC #21
Home Care Assistance #16
Home Helpers Home Care #25
Independently Yours #20
Legacy & Lifestyle Savers Inc. #27
Neighbor Network #62
Sky Cliff Center #14
To the Rescue #6
Touching Hearts at Home #39
Volunteers of America #18

Senior Centers or Programming

Castle Rock Senior Activity Center - front center area of Main Hall
Highlands Ranch Senior Outreach and 50 & Better Together #47
Parker Senior Center #8

Senior Organizations

#1 Son Home Maintenance #29
Alzheimer's Association #3
Boomers Leading Change #50
Douglas Cty Senior Foundation #55
Seniors' Council of Douglas Cty #61

Service Organizations

American Legion Post 1187 #67
Douglas Cty AARP Chapter 5370 #57
Douglas County Lions Club #60
Fraternal Order of Eagles #58

Transportation

Castle Rock Senior Activity Center - front center area of Main Hall
Douglas Cty Adult & Mobility Services #59
DRMAC #21
Neighbor Network #62
Parker Senior Center #8
To the Rescue #6

Stop by Booth #1 for a complimentary chair massage or hand/foot reflexology treatment, by the therapists of the Castle Rock Senior Activity Center

Advertising Sponsors

Please thank the advertisers featured throughout this Program Book for their willingness to be a sponsor of the Senior Life Expo. This event could not occur without the generosity of those who advocate for seniors.

THE GAME CHANGERS IN MEDICINE



LONE TREE HEALTH CENTER
 uchealth.org/lonetree | 720.848.2200

A3 Empowering People With Vision Loss
 Helping Seniors Adapt, Adjust, & Achieve to Vision Loss to Achieve Maximum Independence

Personalized Services provided in your home Free-of-Charge:

- In-home assessments & training
- Adaptive aids distribution/training
- Orientation & mobility training
- Low vision specialist (OD) exams
- Computer & technology assistance
- Support groups
- Community Education
- Workshops

303-831-0117 • www.a3colorado.org
 910 16th Street, Suite 1240 • Denver, CO 80202

Answers for Senior Care
303-799-1313

Providing: Geriatric Care Services Housing & Referral Specialists

Independent or Assisted Living
 Memory Care
 Personal Care Homes

ANSWERS FOR *Senior Care*

The Truth About Today's Reverse Mortgages



James Warburton
 Senior Loan Officer
 NMLS#1465222
jwarburton@HighTechLending.com

720-733-3453

HighTechLending Inc

Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. NMLS #7147.
 Licensed in AZ# 0912577, CA# 4130987, CO #7147, FL #7147, HI #7147, IL #MD-6761112, MD #21762, NC #L-165611, NJ #7147, OR #ML4386, PA #49892, TX #7147, UT #8874117, VA #MC-5962, WA #7147.



The Home You Want The Care You Need

Visit today and discover Retirement Perfected.

Bonaventure
of Castle Rock
 1855 Low Meadow Blvd
 Castle Rock, CO 80109
(303) 681-3752

RETIREMENT • ASSISTED LIVING • MEMORY CARE

GUBBELS LAW OFFICE, P.C.

Darrell J. Gubbels
 Attorney at Law

Tel. (303) 688-1655
 Fax (303) 688-7511

402 North Wilcox Street, Suite 100
 Castle Rock, CO 80104-2429
www.gubbelslaw.com
 Darrell@gubbelslaw.com

Live Well in the Comfort of Your Own Home
Call 720-287-1685

Home Care ASSISTANCE
 Douglas County's Premier Home Care Provider

100% Satisfaction Guarantee
 No Long Term Contracts
 Trusted by the Medical Community
 Experts in 24 Hour Live-In Care
 Available 24/7
 High Caliber Caregivers
 Experts in Alzheimer's & Dementia

24/7 Live-In Care
 THE LARGEST PROVIDER OF

SEVEN STONES
 CHATFIELD

A NEW BOTANICAL GARDENS CEMETERY JUST SOUTH OF CHATFIELD RESERVOIR.

WHERE WE ARE REINVENTING THE EXPERIENCE

Visit discoversevenstones.com
303-717-7117

IN-HOME CARE FOR SENIORS BY SENIORS

SENIORS Helping SENIORS
...a way to give and to receive!

Seniors Helping Seniors in home services is the perfect solution for seniors wishing to remain living independently in their own home. Our loving, caring, compassionate senior care providers are there to help with:

- Companion Care
- Personal Care
- Light Housekeeping
- Meal Preparation
- Cooking
- Transportation
- And more....

Overnight and 24-hour Care
 Respite Care
 Shopping and Errands
 Doctor Appointments
 Alzheimer's / Dementia Care
www.seniorshelpingseiors.com

Call one of our Metro Denver offices today for a free, no obligation consultation.

(303) 919-2839 (West and Jefferson County)
 (303) 881-3281 (Central and Stapleton County)
 (303) 990-4561 (South and Douglas County)

You Are Not Alone On This Path... Perpetine Memory Care

Perpetine Memory Care
 — Pioneering the Way in Memory Care —

720.562.2500 | PerpetineMemoryCare.com
 7675 South Park West, Aurora, CO 80015

Providing a Natural Method For Memory Care:

- Animal Companionship
- Aromatherapy
- Tactile Therapy
- Balance and Awareness Classes
- Laughing Yoga and Tai Chi Classes
- Staff trained weekly in innovations of memory care
- Spiritual and Meditation Leader on Staff

Verified by: **SeniorLifeGuide**

- Adult Day Programs
- Respite Care
- Full Time Residency

Senior Life Expo Participating Partners

Keep These Numbers for Future Reference

- #1 Son Home Maintenance 720-722-0832 Booth #29
- A-3 (Empowering People with Vision Loss) 303-831-0117 Booth #54
- Accent on Hearing 303-663-2235 Booth #40
- Alzheimer's Association 303-813-1669 Booth #3
- American Insurance Associates 303-663-1555 Booth #53
- American Legion Post 1187 720-341-0050 Booth #67
- Answers for Senior Care 303-799-1313 Booth #51
- Audio Information Network of Colorado 303-786-7777 Booth #30
- Bonaventure of Castle Rock 303-681-3752 Booth #31
- Boomers Leading Change 303-426-6637 Booth #50
- Brookside Inn 303-688-2500 Booth #52
- Castle Country Assisted Living 303-482-5547 Booth #2
- Castle Rock Adventist Hospital 720-455-5000 Booth #19
- Castle Rock Assisted Living and Home Care 720-231-1999 Booth #37
- Castle Rock Fire & Rescue Department 303-660-1066 Booth #35
- Castle Rock Police Department 303-663-6100 Booth #24
- Castle Rock Recreation 303-814-7453 Booth #36
- Castle Rock Senior Activity Center 303-688-9498 *Tables in front by doors*
& Complimentary Chair Massage & Hand/Foot Reflexology Booth #1
- The Center at Lincoln 720-214-7777 Booth #9
- Cherry Creek Retirement Village 303-693-0200 Booth #45
- Colorado Commission for the Deaf and Hard of Hearing
303-866-2097 Booth #42
- Colorado Talking Book Library 800-685-2136 Booth #5
- CPWD Low Vision Program 303-790-1390 Booth #10
- Crisis Center 303-688-1094 Booth #56
- Douglas County AARP Chapter #5370 303-346-3834 Booth #57
- Douglas County Adult & Mobility Services 303-660-7460 Booth #59
- Douglas County Fair and Rodeo 720-733-6900 Booth #48
- Douglas County Human Services 303-688-4825 Booth #64
- Douglas County Libraries 303-791-7323 Booth #66
- Douglas County Lions Club 720-600-5739 Booth #60
- Douglas County Office of Veterans Affairs 303-663-6200 Booth #63
- Douglas County Senior Foundation 303-841-2706 Booth #55
- Douglas County Sheriff's Office 303-660-7544 Booth #15
- Douglas/Elbert Task Force 303-688-1114 Booth #32
- DRMAC - Denver Regional Mobility and Access Council
303-243-3113 Booth #21
- Fraternal Order of Eagles 303-619-9495 Booth #58
- Gubbels Law Office 303-688-1655 Booth #38
- Healing Hearts Home Health 303-660-6099 Booth #41
- High Tech Lending 720-733-3453 Booth #44

Please Thank All our Partners

- Highlands Ranch Senior Outreach and 50 & Better Together
720-240-4922 Booth #47
- Home Care Assistance 720-287-1685 Booth #16
- Home Helpers Home Care 303-777-7870 Booth #25
- Independently Yours 303-840-4444 Booth #20
- The Insurance Superstore 303-814-1113 Booth #7
- Kaiser Permanente Medicare 720-340-9783 Booth #23
- Legacy and Lifestyle Savers, Inc. 303-594-2099 Booth #27
- Life Care Center of Stonegate 303-205-2085 Booth #26
- Lincoln Meadows Senior Living 303-790-1910 Booth #22
- Modern Woodmen 720-308-4089 Booth #34
- MorningStar Senior Living 720-545-1645 Booths #12 & #13
- Neighbor Network 303-814-4300 Booth #62
- New Century Hospice 303-660-6107 Booth #49
- Olinger Andrews Funeral Home 303-688-3191 Booth #11
- Parker Senior Center 303-841-5370 Booth #8
- Peregrine Landing Memory Care 303-766-8867 Booth #28
- Senior's Council of Douglas County 303-663-7681 Booth #61
- Seniors Helping Seniors 303-990-4561 Booth #4
- Seven Stones 303-717-7117 Booth #46
- Sky Cliff Center 303-814-2863 Booth #14
- To the Rescue 720-851-2100 Booth #6
- Touching Hearts at Home 303-632-8786 Booth #39
- UC Health - Lone Tree Health Center 720-848-2200 Booth #43
- Visiting Angels/Littleton 720-981-0804 Booth #33
- Volunteer Connect Douglas County 303-688-7737 Booth #65
- Volunteers of America 303-297-0408 Booth #18
- Windcrest 303-798-3100 Booth #17

Douglas County First Call

303-660-7519

Your "first call" for information about programs and services for seniors and adults with disabilities:

- Transit services
- Senior housing
- Nutrition programs and resources
- In-home services
- Volunteer opportunities



You are Invited

Seniors' Council of Douglas County

Older adults in Douglas County have an opportunity for their voice to be heard at monthly meetings of the Seniors' Council of Douglas County, the first Thursday morning of each month at different locations throughout the County. Information at: mydouglascountylife.org.

May 4 Meeting 9:00-11:00 AM
St. Andrew United Methodist Church
9203 South University Blvd., HR
Presentation by The Strategic Action Planning Group on Aging (SAPGA) on their recommendations and next steps for CO lawmakers.

303-777-7870



Services tailored to your needs

Providing non-medical In Home Care for our Seniors, Families and Community

www.HomeHelpersDenver.com

Serving the Denver area



Making Life Easier™

Dignity[®]
MEMORIAL

LIFE WELL CELEBRATED®

OLINGER ANDREWS
CALDWELL GIBSON

Funerals • Cremations

Est. 1920

303-688-3191

407 Jerry St. • Castle Rock, CO 80104

www.olingerandrews.com

It's
LEGACY & LIFESTYLE
SAVERS INC.
303-594-2099

Visit us at Booth #27 & our 5PM workshop



Tee up your retirement savings

VISIT US at the EXPO



MorningStar

SENIOR LIVING

MorningStarSeniorLiving.com

DOUGLAS COUNTY
COLORADO

Did you know Douglas County supports Seniors Adults and Persons with Disabilities through local, state and federal grants? Grant funded services include: Transportation, Homemaker, Chore, Handyman and Adult Day Care programs. Services are provided at no fee to qualified Douglas County residents! Contributions are welcome and help fund additional services. To learn more about these programs, contact Douglas County First Call, your "first call" for information and assistance, or contact the providers listed below directly.

DOUGLAS COUNTY FIRST CALL
303-660-7519

Douglas County Grant Service Providers for July 2016 – June 2017

Douglas County Transit Solutions

- Castle Rock Senior Center www.castlerockseniorcenter.org 303-688-9498
- Neighbor Network www.dcnetwork.org 303-814-4300
- Nonprofit Mgmt. Svcs. CO www.nmsco.org 303-858-2238
- Parker Senior Center www.parkerseniorcenter.org 303-841-5370
- To The Rescue www.totherescue.net 720-851-2100
- Auburn Ridge Senior Apartments (Auburn Ridge Residents Only) 720-524-6925

Douglas County Homemaker Service Providers

- Home Care Assistance www.HCADouglasCounty.com 720-287-1685
- Neighbor Network www.dcnetwork.org 303-814-4300
- To The Rescue www.totherescue.net 720-851-2100
- Visiting Angels www.visitingangels.com/littleton 720-981-0804

Douglas County Chore and Handyman Services

- Neighbor Network www.dcnetwork.org 303-814-4300

Douglas County Adult Day Care Providers

- Sky Cliff Center www.skycliff.org 303-814-2863
- To The Rescue www.totherescue.net 720-851-2100

Douglas County strives to ensure consistency and availability of services. Services are dependent upon the levels of local, state, and federal grant funding available. To the extent that funding is limited, providers may at times be unable to accommodate services requests. For help accessing services, please contact First Call, or another provider from those listed above.

For information about additional county resources please visit www.MyDouglasCoSeniorLife.org and select Senior Adult Resources under the left side "Help With" category.

Senior Life EXPO

Because it's all about loving life in the second half!

Thank you for attending the Senior Life Expo. We hope you found resources and information to help you or your family member now or in the future. Throughout the county there are so many businesses, organizations, government entities and individuals advocating for the growing senior population. We want to thank those who partnered with us to make this event happen; we are already making plans to expand it next year as we know the demand will grow. These partners truly care about seniors and believe, like we do, that life can be lived to the fullest at any age and regardless of the circumstances. We encourage you to make the most of your life by planning for your future, getting involved in your communities, going places, getting help when you need it, having fun, continuing to learn new things, staying active, and making friends along the way. Please come check us out sometime as we do all those things and more. Our desire is

for you to love your life in the second half!

- The Castle Rock Senior Activity Center



CASTLE ROCK SENIOR ACTIVITY CENTER

Loving Life in the Second Half

Castle Rock Senior Activity Center
303-688-9498
castlerockseniorcenter.org
2323 Woodlands Blvd., Castle Rock
Located in the Castle Rock Rec. Center
behind Douglas County High School