

Boulder County
“Creating Vibrant Communities in Which
We All Age Well”

Community Conversation Report
Appendices

Appendix A
Aggregate Individual Responses

Boulder County: Creating Vibrant Communities In Which We All Age Well

Aggregate Individual Responses

1. As you age, has your day-to-day life improved, stayed about the same, or become more difficult?

Improved: 53

Stayed about the same: 56

Become more difficult: 65

Comments

But different

I would like to return to my career, psychology

2. Compared to this time last year, are you healthier, about the same, or less healthy?

Healthier: 50

About the same: 77

Less healthy: 36

Comments

Depends on the day you ask me

Maybe more tired

It's different

50/50 at this time

Challenging

My health was better until I moved to Canyon Pointe last month but because I have Seasonal Affective Disorder and am in a north-facing apartment, I'm having a tough time

Complicated

Healthier because I discovered three years ago I have life-long celiac disease, so in some ways my health has improved, but I'm now suffering from the effects of having undiagnosed CD

Healthier, maybe

It's becoming a bit more difficult

It's about 50/50 of staying about the same and getting more difficult

Thanks to acupuncture

3. When it comes to aging well, what's your highest priority?

Personal Health (105 mentions)

Being healthy and active. Participating in life

Health care

Health

Staying in good physical shape

Health

Staying healthy: physically

Staying healthy: mentally

Health

Keep healthy

Vibrant health

Medical care

Nutrition—access to decent nutrition and the dented cans and spoiled produce the stores commonly donate to community food share!

Exercise, in and out

Good nutrition

Physical exercise

Mental health

Eating well

Staying well

Health

Being active physically

Being active mentally

Health

Activities – exercise!!!

Diet

Outdoor activities

Medical

Health

Staying well

Staying well

Keeping well

Health, well-being

Being able to have energy to do things I like

Being able to do the things I've always done

Good mental health

Good physical health

Staying as healthy as possible but not at the expense of losing life experience

Physical health

Keeping healthy

Keeping healthy (physically)

To be able to walk two miles a day

Health

Staying in good health

Keeping active

Stay fit

Good health

Mobility—ability to get up

Use stairs

Balance

Walking

Health

Getting around

Improving health

Staying healthy

Accident-free

Physical activity – increase

Mental activity – increase

Eat well and walk a lot and have your check up in six months

Staying active mentally

Obviously staying healthy

Health

Staying active physically

Keeping active

Health

Staying active – playing softball, ping pong

Staying fit and active

Staying active

Eating healthy

Do sports and exercise

Maintain health to stay in home

Physical and mental good health

Health

Staying as healthy and moveable as I am now

Staying active

Health, brain and body

By staying well and active and thinking and planning ahead for the future – I hope to be able to adjust to whatever circumstances “arrive”

Staying healthy and active

Good health

Health

Health issues

Good health

Staying healthy and active

Happiness, health, well-being

Healthiest condition possible, mental health as well

The health of my wife is not good and this affects me too. More medical help, medicine is expensive

I require programs for your health because I have even felt a little bit better with natural foods and walking. Thanks to these programs that help that we have received

To be in good health

Eating well; keep moving; reduce / avoid stress; getting enough rest; not worrying about what others think

Health

Staying healthy

Exercise program

Keeping mentally alert

Staying healthy—avoid falls and accidents that might cause bone/joint/muscle injuries

Health

Health

Good health

Health

Survival

Maintaining health and/or compensating for limitations

Exercise

Keeping active

Exercises – used to be doing enough exercise

Walking

Biking

Personal/Social Connections (25 mentions)

Our extended family—5 children and 12 grandchildren

Staying healthy: socially

Social connections

Being able to continue with interest groups

Love

Social interaction

Socialization

Access to social and civic engagement

Connections

Maintaining social contact for friendship and emotional support

Having someone to call on in time of need

Grandchildren

Connection with others

Physical activity encouraged with others

Socializing

Social connection

Social friendship

Relationships, church

Being able to see my family with frequency. Be part of activities that generate income, but that these activities are in accordance with my health; are not that physical

A woman, company

Have all my kids with me

People that can speak Spanish

Make friends

Being involved and having contacts with young people

Staying connected

Emotional Well-Being (23 mentions)

Mentally active

Peace of mind

Intellectual stimulation

Realizing the oneness of being with everyone I meet

Meditation

Taking care of myself, psychologically, at least

Maintaining a sense of humor

Being active spiritually

Commune with plants and nature on a daily basis. Sustain a creative lifestyle

Purpose

Good mood! Intergenerational

Positive attitude

Comfort

Being connected to nature, because that is the law of life

Freedom from stress...chaos...

Fun stuff

Learning new skills, staying engaged

Creative pursuits

Interesting things to do

Continue to be able to learn and grow

Dealing with frequent isolation

Laughter

Humor

Financial Issues (17 mentions)

Financial independence

Finances

Income

Not out-living my money

Financial stability

Keeping financially stable

Keeping financially stable

Stress over finances – income cannot increase

Economic stability

Income

Financial health/security

Income

Finance

Getting my needs to balance with my finances

Living within my means

Enough income

Money for vitamins/supplements

Independence (14 mentions)

Staying in our home

Maintaining my independence

Ability to take care of myself – driving, etc.

Being able to stay in my own home

Keeping my own home

Staying in my home

Physical independence

Living in place

Living in physical comfort with household tasks easy to accomplish

Be independent by staying healthy

Staying in my house to the end

Ability to function independently

To remain independent and continue to live on my own

Anything that helps me stay in my own home

Access to Services (11 mentions)

Getting adequate daily help (caregiver)

Community (caregiver) support group

Decent doctors who accept new Medicaid

Easy information on services

Access to good health care

Services

Affordable health care

Health care

Help in the home

Health care and how it influences finances and aging

Health care concerns: access, affordability

Work/Volunteer Opportunities (9 mentions)

Work on continued community involvement

Participating in volunteer work
Continuing to be useful and making a difference
Share in activities as a volunteer
Keeping my job
Jobs
Being of service
Being able to provide help to others
Involvement

Housing (7 mentions)

Housing
Affordable housing
Housing
Housing
Housing
Affordable housing
Housing for people

Transportation (4 mentions)

Transportation to and from Boulder
Transportation to and from the valley, i.e. Boulder and Longmont
Transportation
Transportation needs

Other (17 mentions)

Massage
Music
Art
Music
Air
Waking up
Exiting quickly
Continuing to have options and opportunities
Living in community

Fishing

Waking up in the morning and calling Dave

Yard, snow removal

Fishing

Waking up in the morning and calling Dave

Yard, snow removal

Mobility

To continue to have good information as it has been the case for now

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Personal Health (23 mentions)

Making all my own food (celiac disease and no money). Access to free/low-cost food that is gluten-free! I cannot use three-fourths of food bank food and zero of food pantry meals. Better nutrition information, for example does anyone realize that older adults/elderly absorb six times fewer nutrients from their foods, vitamins, etc.? And most elderly need vitamin D because they are seriously deficient in vitamin D, which dramatically affects their health. Special needs people (diabetic, celiac disease, allergies, etc.) must pay exorbitant prices for their special foods. How to make "free food" accessible to all?

Nutritional surety

Not enough exercise and health classes

I do not think I'm the only elder in this building who would be helped by installing a full spectrum light in both the bedrooms (located in place resident requests) and on the balcony for both residents and plants (so that north-facing residents could have plants on their balconies). I think this would improve the health and well-being of all residents on the north side

Get the food guidelines revised for better healthy choices!

Potential medical

Medical

Food

My biggest struggle was alcoholism. The County was useful in identifying it. My God and the fellowship of Alcoholics Anonymous helps me to overcome it

Increased demand on energy (mental and physical) to keep lifestyle and active

Health help to keep people in own homes

Staying healthy joint-wise

Car accident kept me back five years

Side effects of drugs (anti-cancer Arimidex) causes pain

Insomnia

Dementia

My husband's health, depression

Hearing

My husband has developed some health problems, but is unwilling to comply with procedures the doctor wants him to follow

Medical health

Medical health

Depression

Life-long insomnia

Financial (19 mentions)

Not as expensive for elderly and disabled

Financial

Difficulty with money

Financial

Money

To equilibrate my finances, that are not in equilibrium because of debts which were contracted because of my son's health; I had to travel to see him many times, thus incurring large expenses

Cost of utilities – property taxes, home and health insurance (also car)

Health care costs

Keeping my home affordable to keep... such as finances, in taxes and insurance

\$\$ - eligibility income levels are way too low

Medical costs

Needing to increase monthly income

Needing a resource for financial guidance

Financial sustainability

Living costs increasing

Financial help

As a social worker I cannot predict being able to afford retirement

Property taxes!

Federal tax law re: Social Security income 1993-yet no change re: \$25,000

Access to Services (15 mentions)

Health care coverage on needed things that aren't covered, e.g. shoes, dental, eye wear, co-pays, etc.

Better information on services

Getting medical care (doctors who accept Medicare) close to home

No central communication person or organization to help coordinate people with needs and people who can help

Getting delivery of dialysis supplies in the winter

Medical supplies

More lesbian, gay, bisexual, transsexual (LGBT) services

More education to the straight community

To me it's very difficult to learn the English language and would like to learn it

That our medicine continues to be affordable and medical insurance continues

A good web site for Weld County seniors

Excellent, good affordable health care

Access to services. Reinforcement of the family structure

Reaching out for help

"Community" to support our needs

Emotional Well-Being (15 mentions)

It is inside me—talking helps

Lack of understanding about war trauma

Loneliness and isolation

How to keep up with all the changes which seem to occur hourly

Isolation

Post-Traumatic Stress Disorder (PTSD) figures big in my life and that makes the day-to-day stuff harder

Not having someone to talk with when that is an immediate need

The difficulty of opening up when meeting new people

Loneliness—our senior luncheons on Thursdays are great

Not being able to take people by their word

Despite weekly visits with family (my daughters moved from Boulder to Lakewood and Denver) I often feel isolated

We can't help aging physically, but can mentally. This needs to be understood

Self-acceptance about aging

Being a widow and lesbian is more overwhelming than I had expected

Depression

Transportation (13 mentions)

Getting to the bus stops

Paying for the bus

Better bus service

Transportation—Special Transit/HOP only run to Chautauqua on music nights so there is no access at other times. Nor does Special Transit run at night

Inadequate bus service

Transportation for those people who attend the Senior Center to receive classes that help your health

Transportation

Driving—will need transportation in near future

Eyesight problems—future need of transportation

Transportation to grocery store, doctor, dentist needed

Need transportation provided to maintain contacts

Transportation for Erie

Senior Center transport

Housing (9 mentions)

People that are aging or disabled need to be accommodated better

More cheap housing

Affordable housing

Housing

Housing for Erie

More understanding of one's situation about housing. More flexibility of the laws to qualify for housing

Build new senior housing

Let's welcome smaller home environments for folks who need more socialization than what "staying in my home" can provide

Affordable housing in Nederland

Independence (6 mentions)

Finding people for minor, small jobs

Need help with yard work

Housekeeping is becoming more difficult. Especially bathroom, vacuuming, mopping

In-house help (cooking, cleaning)

Maintaining my home

Getting help—yard and house things that need attending to, big and small; reasonably priced

Personal Safety (5 mentions)

What to do when the elevators quit

Problems with sidewalks—too narrow

Living alone can be difficult with fear of some crisis happening

Safety – walking in neighborhood – dogs off leash running at “you.” People with dogs on leashes taking all the sidewalk on trails plus bikes. Dogs need to be on “leash” at all times, even in owner’s property

Safety – strangers for service needs in my home

Personal/Social Connections (5 mentions)

Prioritizing in our daily routines to make time for others and ourselves

More ways for contact would be helpful

Involvement in community

Harder to make new friends as it was when I was in 20’s, 30’s, 40’s

Networking with lesbians

None (5 mentions)

No big struggle

Fortunately, no struggles

Taking into consideration what I already said, I don’t think so

No, I am very good

Don’t have struggles

Other (9 mentions)

Replacing myself

Experience goes only so far, we need more resources

Dealing with being a full-time grandparent

Language

Taking care of pets when traveling

More publicity in the community, etc.

Took on a bit too much but will get the balance right re: volunteering

Not ready

Struggles of working caregivers

5. Please add anything else you'd like to make sure we consider

So glad you're doing these conversations. How to get people to attend?

More exposure to all programs available

Neighborhood support would be great [for caregivers]!

Information makes all the difference! Integrating information about seniors to younger groups; information about younger to older, etc.

We're going to come back

An "elder care" column in the University paper

Crafts projects in common room with sewing machine and other important tools (that could be locked up in the kitchen) so we could create things—maybe even have a senior apartment cooperative or small cottage industry

We need wi-fi access in our apartments so we can be involved in the Internet

Physical activity, not just simple programs—very high level of physical activity

Old guys have a lot of fear over the present political climate

Please consider not raising taxes to overpay County workers to provide yet more services

Transportation

A replacement Aging Service Liaison living in Allenspark area – soon!

Having Aging Services representative present at least on occasional basis

Transportation problem

Put out a data sheet for resources that screen out junk, etc.

More effective PR about what's available

Recognize and pay attention to the differences between 60 – 70 years old and 80+

Better/filtered information and education on tools to access

I don't like being in an apartment; I miss having a garden and a pet. I wish I could afford a small house somewhere (anywhere) in the county

Circle of Care

Support those organizations with funds and technical assistance whose goals are in alignment and are dedicated to serving seniors

Support Circle of Care; we want to work with you

Publicize in local paper (*Camera*) of what seniors are doing

Expand aging magazine

Gaps in mental health services

Job bank of part-time jobs for seniors

Young people more respectful to seniors

Young drivers

Neighborhood support [for caregivers] would be great!

Public awareness and use of neighborhood groups for community support [for caregivers]

A web site where caregivers could log on and knew of each other and communicate needs

Mental health care for those in need

Housing for seniors

Future housing

Encouraging a grocery store to move here

Eliminating the existence of greed in our society

Transportation greatest problem in Erie

Continue to increase prices and utilities, but no increase in income

Senior housing

Senior luncheons needed

Establish a program for "buddy system" where a non-relative telephones an older person/shut-in to check on them daily

Keep up the good senior lunch program

How can the Town Board become more involved?

Availability of transportation for those who do not drive

Senior/low-income housing

Why does the government feel it can cancel senior benefits and activities as a first move?

Want to be sure services are available for me and others without any stigma: food, shelter, health care, continuing education, and entertainment and culture

Intergenerational – food bank/library – all ages

Available transportation

Americans value ability to do things and achieve. Seniors who can't or won't keep achieving are termed "failing". Stopping to enjoy friends and smell the roses is devalued

Senior housing – Community Gardens on Carline Meadows? How to structure the transfer so that Glenna doesn't lose (?)

Used to have Welcome Wagon, bulletin board

Mental health

Partnering with Gilpin County to serve Peak to Peak communities

We covered a lot!

Use the standardized Colorado Grant application for Boulder County grants to make it easier for non-profits to apply

Silver Sneakers program for Erie

Housing for Erie

Have more information and assistance

Use the most effective means possible to maintain or increase center funding

Not all can afford the current facilities offering assisted living, nor want to live in large facilities

Cost of medicines

Affordable housing

Communication between churches and senior center could be improved

Cost, while money is tight conserve as much as possible

Phone connect

Continue to provide public transportation in the future

No specific issue

Transportation

Need workers in City departments who speak Spanish. The undocumented residents, those workers are positive, give to the community

More community programs to be in contact with other people. More social life

Visits of social workers. Trips

To be able to travel to my country at least once a year to see my family

Teeth, help with dental

That the government deals with the issue of disoriented and troubled teenagers and kids that carry firearms

Better housing programs for people of low income

Continual and expanded outreach services

Please continue the Latino programming in the center; choir, classes in Spanish

To fend for myself, to be occupied and go out

To be healthy and active

Legal services

In my health decline, a big problem will be transportation

The Louisville Senior Recreation Center is our second home and a true blessing to us and our community

Neighborhood networking

Setting up some kind of "communication tree" for personal notices of things

Consider caregiver support group for LGBT

Find ways to get 50-60-year-olds involved in these conversations

Thanks

You had us looking inward. How about getting us to look outward to how we can work together to change things?

Nothing

Make sure that help goes to people who really need it, not to people who know how to "milk the system", and have not even worked in the USA

More information to older citizens

Need to solicit input from a wide variety of senior groups

6. *Place of residence*

(For targeted groups only) Boulder: 29; Longmont: 6; Louisville: 5; Lafayette: 4 ; Erie: 1; Broomfield: 1; Mountains: 1; Niwot: 1; Jamestown: 1; Westminster: 1; outside Boulder: 1
(Missing numbers for Latino in Longmont on July 8)

Appendix B
Individual Responses by Group

Boulder County

Creating Vibrant Communities in Which We Age Well

Individual Responses by Group

Allenspark, July 19th

1. *As you age, has your day-to-day life:*

Improved: 4 Stayed about the same: 3 Become more difficult: 3

2. *Compared to this time last year, are you:*

Healthier: 6 About the same: 1 Less healthy: 3

3. *When it comes to aging well, what's your highest priority?*

Mobility

Maintaining social contact for friendship and emotional support as well as having someone to call on in time of need, and being able to provide help

Transportation to and from the valley, i.e. Boulder and Longmont

Health

Involvement

Transportation to and from Boulder

Staying well and being able to stay in my own home

Connections

Work on continued community involvement

Keeping well

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

No central communication person or organization to help coordinate people with needs and people who can help

Getting delivery of dialysis supplies in the winter

Medical supplies

Prioritizing in our daily routines making time for others and ourselves

5. *Please add anything else you'd like to make sure we consider:*

Transportation

A replacement Aging Service Liaison living in Allenspark area – soon!

Having Aging Services representative present at least on occasional basis

Transportation problem

Boulder, East Senior Center, July 14th

1. *As you age, has your day-to-day life:*

Improved: 1 Stayed about the same: 1 Become more difficult: 1

2. *Compared to this time last year, are you:*

Healthier: 2 About the same: 0 Less healthy: 1

3. *When it comes to aging well, what's your highest priority?*

Physical health and financial stability

Keeping healthy and financially stable

Keeping healthy (physically) and financially stable

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Needing to increase monthly income

Needing a resource for financial guidance

Affordable housing

5. *Please add anything else you'd like to make sure we consider:*

Gaps in mental health services

Job bank of part-time jobs for seniors

Boulder, Houston Room, July 14th

1. *As you age, has your day-to-day life:*

Improved: 2 Stayed about the same: 3 Become more difficult: 4

Comments:

But different

I would like to return to my career, psychology

2. *Compared to this time last year, are you:*

Healthier: 3 About the same: 3 Less healthy: 3

Comments

Thanks to acupuncture

3. *When it comes to aging well, what's your highest priority?*

Health, well-being and able to have energy to do things I like

Keeping my own home

Staying in my home

Exiting quickly

Staying well and being able to do the things I've always done

Continuing to have options and opportunities

Continue to be able to learn and grow

Good health, physical and mental

This would include dealing with frequent isolation

Staying as healthy as possible but not at the expense of losing life experience

Access to social and civic engagement – living in community – transportation to life-enhancing resources

Socialization

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Safety – stranger for service needs in my home

Replacing myself

Finding people for minor, small jobs

Increased demand on energy (mental and physical) to keep lifestyle and active

Despite weekly visits with family (my daughters moved from Boulder to Lakewood and Denver) I often feel isolated

We can't help aging physically, but can mentally. This needs to be understood

Financial sustainability

Excellent, good affordable health care

5. Please add anything else you'd like to make sure we consider:

Put out a data sheet for resources that screen out junk, etc.

More effective PR about what's available

Recognize and pay attention to the differences between 60 – 70 years old and 80+

Better/filtered information and education on tools to access

I don't like being in an apartment; I miss having a garden and a pet. I wish I could afford a small house somewhere (anywhere) in the county

Circle of Care

Support those organizations with funds and technical assistance whose goals are in alignment and are dedicated to serving seniors

Support Circle of Care; we want to work with you

Publicize in local paper (*Camera*) of what seniors are doing

Expand aging magazine

Boulder, West Senior Center, July 6th

- 1. *As you age, has your day-to-day life improved, stayed about the same, or become more difficult?***

Improved: 1

Stayed about the same: 1

Become more difficult: 0

- 2. *Compared to this time last year, are you healthier, about the same, or less healthy?***

Healthier: 2

About the same: 0

Less healthy: 0

Comments:

Depends on the day you ask me

- 3. *When it comes to aging well, what's your highest priority?***

Non-dependence on my kids

Being healthy and active. Participating in life

- 4. *Is there anything more about your biggest struggle that you'd like us to understand?***

- 5. *Please add anything else you'd like to make sure we consider***

So glad you're doing these conversations. How to get people to attend?

- 6. *Place of residence***

Boulder: 2

Erie, July 15th

1. As you age, has your day-to-day life:

Improved: 8 Stayed about the same: 7 Become more difficult: 7

2. Compared to this time last year, are you:

Healthier: 5 About the same: 12 Less healthy: 4

3. When it comes to aging well, what's your highest priority?

Fishing

Walking

Grandchildren

Mobility—ability to get up

Use stairs

Balance

Walking

Health

Getting around

Improving health

Staying healthy

Accident-free

Connection with others

Physical activity encouraged with others

Creative pursuits

Stay fit

Good health

Waking up in the morning and calling Dave

To be able to walk two miles a day

Health

Staying in good health

Keeping active

Yard, snow removal

Transportation

Exercise

Keeping active

Socializing

Health

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Need help with yard work

Insomnia

Transportation

Medical costs

No big struggle

Not being able to take people by their word

Car accident kept me back five years

Side effects of drugs (anti-cancer Arimidex) causes pain

Housekeeping is becoming more difficult. Especially bathroom, vacuuming, mopping

More cheap housing

Driving—will need transportation in near future

Eyesight problems—future need of transportation

In-house help (cooking, cleaning)

Transportation to grocery store, doctor, dentist needed

Loneliness—our senior luncheons on Thursdays are great

More ways for contact would be helpful, i.e. transportation provided

More publicity in the community, etc.

A good website for Weld County seniors

5. *Please add anything else you'd like to make sure we consider:*

Young people more respectful to seniors

Young drivers

Mental health care for those in need

Housing for seniors

Future housing

Encouraging a grocery store to move here

Eliminating the existence of greed in our society

Transportation greatest problem in Erie

Continue to increase prices and utilities, but no increase in income

Senior housing

Senior luncheons needed

Establish a program for “buddy system” where a non-relative telephones an older person/shut-in to check on them daily

Keep up the good senior lunch program

*Of the 20 people that responded- 11 noted they are Erie residents

Family Caregivers, July 8th

1. *As you age, has your day-to-day life improved, stayed about the same, or become more difficult?*

Improved: 0 Stayed about the same: 1 Become more difficult: 3

2. *Compared to this time last year, are you healthier, about the same, or less healthy?*

Healthier: 0 About the same: 3 Less healthy: 0

Comments:

Maybe more tired

3. *When it comes to aging well, what's your highest priority?*

Staying in our home

Being able to continue with interest groups

Getting adequate daily help

Community support group

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Getting medical care (doctors who accept Medicare) close to home

It is inside me—talking helps

5. *Please add anything else you'd like to make sure we consider*

Neighborhood support would be great!

Public awareness and use of neighborhood groups for community support

A web site where caregivers could log on and knew of each other and communicate needs

6. *Place of residence*

Boulder: 2; Boulder County: 1

Lafayette July 26th

1. As you age, has your day-to-day life:

Improved: 0 Stayed about the same: 2 Become more difficult: 2

2. Compared to this time last year, are you:

Healthier: 0 About the same: 3 Less healthy: 1

3. When it comes to aging well, what's your highest priority?

Staying healthy and active

Good health

Health

Living in physical comfort with household tasks easy to accomplish

4. Is there anything more about your biggest struggle that you'd like us to understand?

My husband has developed some health problems, but is unwilling to comply with procedures the doctor wants him to follow

5. Please add anything else you'd like to make sure we consider:

No specific issue

Lafayette, July 29th

1. *As you age, has your day-to-day life:*

Improved: 0 Stayed about the same: 2 Become more difficult: 1

2. *Compared to this time last year, are you:*

Healthier: 0 About the same: 3 Less healthy: 0

3. *When it comes to aging well, what's your highest priority?*

Purpose

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Struggles of working caregivers

5. *Please add anything else you'd like to make sure we consider:*

Latino, Longmont, July 8th

1. As you age, has your day-to-day life:

Improved: 5 Stayed about the same: 2 Become more difficult: 9

2. Compared to this time last year, are you:

Healthier: 7 About the same: 4 Less healthy: 5

3. When it comes to aging well, what's your highest priority?

Tener a todos mis hijos / Have all my kids with me

Gente que puedan hablar español. Ayuda en la casa / People that can speak Spanish. Help in the home

Staying healthy and active. Keeping my job

Happiness, health, well-being, economic stability

Compartir en actividades como voluntaria / Share in activities as a volunteer

Poder ver a mi familia con frecuencia. Desarrollar actividades con ingresos, pero que estas actividades sean acordes con mi edad, no tan físicas / Being able to see my family with frequency. Be part of activities that generate income, but that these activities are in accordance with my health; are not that physical

La mujer, compañía / A woman, company

Estar conectado con la naturaleza, porque es la ley de la vida / Being connected to nature, because that is the law of life

Vivienda e ingresos / Housing and income

Particularmente y generalmente mi estado de salud (el estado de salud) / Particularly and generally my state of health

Health, housing

Health care, jobs, housing

Healthiest condition possible, mental health as well

La salud de mis esposa no está bien y esto me afecta a mi también. Más ayuda médica, remedios son caros / The health of my wife is not good and this affects me too. More medical help, medicine is expensive

Yo requiero los progrmas de slaud por eso hasta me e sentido mas o menos las comidas naturales y caminar. Gracias a estos programs ayudan que emos recibido / I require programs for your health because I have even felt a little bit better with natural foods and walking. Thanks to these programs that help that we have received

Estar bien de salud y seguir teniendo buena infromación como ahasta ahora / To be in good health and continue to have good information as it has been the case for now

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Ayuda medica y transporte para personas que acudimos al senior a recibir clases que ayudan a salud / Medical health and transportation for those people that attend the Senior Center to receive classes that help your health

That our medicine continues to be affordable and medical insurance continues

Fortunately, no struggles

Mayor entendimiento de la situación de uno sobre la vivienda. Más flexibles leyes para calificar a vivienda / More understanding of one's situation about housing. More flexibility of the laws to qualify for housing

En cuanto a lo que dije, creo que no / Taking into consideration what I already said, I don't think so

No, I am very good

Llegar a equilibrar mis finanzas, que están desequilibradas por deudas contraídas en razón de mis salud y la salud de mi hijo, por quien tube que viajar a verlo muchas veces, lo que ocasionó gastos excesivos / To equilibrate my finances, that are not in equilibrium because of debts which were contracted because of my son's health; I had to travel to see him many times, thus incurring large expenses

A mi se me hace difícil aprender el idioma inglés y me gustaría aprender / To me it's very difficult to learn the English language and would like to learn it

Money

Access to services. Reinforcement of the family structure

Language

5. *Please add anything else you'd like to make sure we consider:*

Transportation

Need workers in City department that speak Spanish. The undocumented residents, those workers are positive, give to the community

More community programs to be in contact with other people. More social life

Visitas de personas de servicios sociales. Paseos / Visits of social workers. Trips

Poder viajar a mi país a lo menos una vez por año para ver a mi familia y reencontrarme con la familia / To be able to travel to my country at least once a year to see my family

Los dientes, ayuda dental / Teeth, help with dental

Mirar que el gobierno tome castas en el asunto de la adolescencia que esta desorientada niños y jóvenes que traen pistol / That the government deals with the issue of disoriented and troubled teenagers and kids that carry firearms

Mejor programas de vivienda para personas de menor ingreso / Better housing programs for people of low income

Continual and expanded outreach services

Please continue the Latino programming in the center; choir, classes in Spanish

Baler por mi misma, estar ocupada y salir / To fend for myself, to be occupied and go out
To be healthy and active

Latino, Lafayette July 13th

1. As you age, has your day-to-day life improved, stayed about the same, or become more difficult?

Improved: 0

Stayed about the same: 2

Become more difficult: 0

2. Compared to this time last year, are you healthier, about the same, or less healthy?

Healthier: 0

About the same: 2

Less healthy: 0

3. When it comes to aging well, what's your highest priority?

Social connection

Staying active

Eating healthy

Do sports and exercise

4. Is there anything more about your biggest struggle that you'd like us to understand?

Transportation for Erie

Housing for Erie

5. Please add anything else you'd like to make sure we consider

Silver Sneakers program for Erie

Housing for Erie

Have more information and assistance

6. Place of residence

Erie: 1; Broomfield: 1

Lesbian, Gay, Bisexual, Transsexual (LGBT), July 28th

1. *As you age, has your day-to-day life:*

Improved: 3 Stayed about the same: 4 Become more difficult: 6

2. *Compared to this time last year, are you:*

Healthier: 6 About the Same: 6 Less healthy: 1

3. *When it comes to aging well, what's your highest priority?*

Staying healthy

Health care concerns: access, affordability

Positive attitude/exercise program

Ability to function independently

Getting my needs to balance with my finances

To remain independent and continue to live on my own

Keeping mentally alert

Staying healthy—avoid falls and accidents that might cause bone/joint/muscle injuries

Health

Financial health/security

Health and income

Anything that helps me stay in my own home

Comfort

Staying in my house to the end

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

More LGBT services

More education to the straight community

Networking with lesbians

Reaching out for help

"Community" to support our needs

Getting help—yard and house things that need attending to, big and small; reasonably priced

Living alone can be difficult with fear of some crisis happening

Depression and not having someone to talk with when that is an immediate need

Taking care of pets when traveling

Self-acceptance about aging

Being a widow and lesbian is more overwhelming than I had expected

Problems with sidewalks—too narrow

Federal tax law re: Social Security income 1993, yet no change re: \$25,000

5. Please add anything else you'd like to make sure we consider:

Neighborhood networking

Setting up some kind of "communication tree" for personal notices of things

Consider caregiver support group for LGBT

Find ways to get 50-60 year olds involved in these conversations

Thanks

You had us looking inward. How about getting us to look outward to how we can work together to change things?

6. Please list your city of residence

Lafayette: 3; Boulder: 2; Louisville: 1; Mountains: 1; Niwot: 1; Jamestown: 1; Westminster: 1;

Outside Boulder: 1

Longmont, July 22nd

1. As you age, has your day-to-day life:

Improved: 3 Stayed about the same: 8 Become more difficult: 4

2. Compared to this time last year, are you:

Healthier: 3 About the same: 10 Less healthy: 2

3. When it comes to aging well, what's your highest priority?

Freedom from stress...chaos...

Maintain health to stay in home

Continuing to be useful and making a difference

Physical and mental good health

Stress over finances – income cannot increase

1. Health, 2. relationships, church

Staying as healthy and moveable as I am now

Living in place

Staying active

Living within my means

Health issues

Good health

Affordable health care

Health, brain and body

By staying well and active and thinking and planning ahead for the future – I hope to be able to adjust to whatever circumstances “arrive”

4. Is there anything more about your biggest struggle that you'd like us to understand?

Dealing with being a full-time grandparent

Involvement in community

Maintaining my home and keeping it affordable to keep... such as finances, in taxes and insurance

Health help to keep people in own homes

Let's welcome smaller home environments for folks who need more socialization than what “staying in my home” can provide

My husband's health, depression

Safety – walking in neighborhood – dogs off leash running at “you.” People with dogs on leashes taking all the sidewalk on trails plus bikes. Dogs need to be on “leash” at all times, even in owner’s property

Cost of utilities – property taxes, home and health insurance (also car)

Health care costs

Hearing

5. Please add anything else you’d like to make sure we consider:

Use the most effective means possible to maintain or increase center funding

Not all can afford the current facilities offering assisted living, nor want to live in large facilities

Cost of medicines

Affordable housing

Communication between churches and Senior Center could be improved

Cost, while money is tight conserve as much as possible

Phone connect

Continue to provide public transportation in the future

Louisville, July 21st

1. As you age, has your day-to-day life:

Improved: 4 Stayed about the same: 1 Become more difficult: 2

2. Compared to this time last year, are you:

Healthier: 2 About the same: 2 Less healthy: 2

3. When it comes to aging well, what's your highest priority?

Health care and how it influences finances and aging

Good mood! Intergenerational. Exercises – used to be doing enough exercise

Make friends

Being involved and having contacts with young people

Be independent by staying healthy. Eating well; keep moving; reduce/ avoid stress; getting enough rest; not worrying about what others think

Health, affordable housing, finance

4. Is there anything more about your biggest struggle that you'd like us to understand?

Harder to make new friends as it was when I was in 20's, 30's, 40's

The difficulty of opening up when meeting new people

Life-long insomnia

Senior Center transport, financial

5. Please add anything else you'd like to make sure we consider:

Legal services

In my health decline, a big problem will be transportation

The Louisville Senior Recreation Center is our second home and a true blessing to us and our community

Louisville, July 22nd

1. As you age, has your day-to-day life:

Improved: 3 Stayed about the same: 2 Become more difficult: 1

2. Compared to this time last year, are you:

Healthier: 1 About the same: 5 Less healthy: 0

3. When it comes to aging well, what's your highest priority?

Affordable housing and good health

Survival

Staying connected

Health

Access to good health care

Maintaining health and/or compensating for limitations

4. Is there anything more about your biggest struggle that you'd like us to understand?

Build new senior housing

Not really

Don't have struggles

5. Please add anything else you'd like to make sure we consider:

Nothing

Make sure that help goes to people who really need it, not to people who know how to "milk the system", and have not even worked in the USA

More information to older citizens

Need to solicit input from a wide variety of senior groups

Low-Income, OUR Center, July 6th

1. As you age, has your day-to-day life improved, stayed about the same, or become more difficult?

Improved: 1

Stayed about the same: 1

Become more difficult: 2

2. Compared to this time last year, are you healthier, about the same, or less healthy?

Healthier:

About the same: 2

Less healthy: 2

3. When it comes to aging well, what's your highest priority?

Technology

Transportation

Medical care

Waking up

4. Is there anything more about your biggest struggle that you'd like us to understand?

Getting to the bus stops, and paying for it

People that are aging or disabled need to be accommodated better

Better bus service

Not as expensive for elderly and disabled

Better information on services

Health care coverage on needed things that aren't covered, e.g. shoes, dental, eye wear, co-pays, etc.

5. Please add anything else you'd like to make sure we consider

More exposure to all programs available

6. Place of residence

Longmont: 4

Men, July 20th

1. As you age, has your day-to-day life improved, stayed about the same, or become more difficult?

Improved: 4

Stayed about the same: 1

Become more difficult: 2

2. Compared to this time last year, are you healthier, about the same, or less healthy?

Healthier: 3

About the same: 2

Less healthy: 1

Comments:

It's becoming a bit more difficult

3. When it comes to aging well, what's your highest priority?

Health

Activities – exercise!!!

Diet

Outdoor activities

Medical

4. Is there anything more about your biggest struggle that you'd like us to understand?

Get the food guidelines revised for better healthy choices!

Financial help

Potential medical

5. Please add anything else you'd like to make sure we consider

6. Place of residence

Louisville: 4 Boulder: 1

Nederland, July 22nd

1. As you age, has your day-to-day life:

Improved: 4 Stayed about the same: 8 Become more difficult: 4

2. Compared to this time last year, are you:

Healthier: 3 About the same: 10 Less healthy: 1

3. When it comes to aging well, what's your highest priority?

Staying active physically and mentally – learning new skills, staying engaged

Obviously staying healthy and keeping active

Health

Staying active – playing softball, ping pong

Interesting things to do

Services

Fun stuff

Physical activity and mental activity – increase on both

Eat well and walk a lot and have your check up in six months

Ability to take care of myself – driving, etc. and participating in volunteer work

Physical independence

Social friendship

Staying fit and active

Housing for people

Mobility

4. Is there anything more about your biggest struggle that you'd like us to understand?

Not at this time

Affordable housing in Nederland

Took on a bit too much but will get the balance right re: volunteering

\$\$ - eligibility income levels are way too low

Staying healthy joint-wise

Dementia

5. Please add anything else you'd like to make sure we consider:

How can the Town Board become more involved?

Availability of transportation for those who do not drive

Senior / low-income housing

Why does the government feel it can cancel senior benefits and activities as a first move?

Want to be sure services are available for me and others without any stigma: food, shelter, health care, continuing education, and entertainment and culture

Intergenerational – food bank/library – all ages

Available transportation

Americans value ability to do things and achieve. Seniors who can't or won't keep achieving are termed "failing". Stopping to enjoy friends and smell the roses is devalued

Senior housing – Community Gardens on Carline Meadows? How to structure the transfer so that Glenna doesn't lose (?)

"Used to have" Welcome Wagon, bulletin board

Mental health

Partnering with Gilpin County to serve Peak to Peak communities

We covered a lot!

Use the standardized Colorado Grant application for Boulder County grants to make it easier for non-profits to apply

Senior Housing, July20th

1. As you age, has your day-to-day life improved, stayed about the same, or become more difficult?

Improved: 6

Stayed about the same: 3

Become more difficult: 8

Comments:

It's different

50/50 at this time

Challenging

My health was better until I moved to Canyon Pointe last month but because I have Seasonal Affective Disorder and am in a north-facing apartment, I'm having a tough time

2. Compared to this time last year, are you healthier, about the same, or less healthy?

Healthier: 5

About the same: 3

Less healthy: 7

Comments:

Complicated

Healthier because I discovered three years ago I have life-long celiac disease, so in some ways my health as improved, but I'm now suffering from the effects of having undiagnosed CD

Healthier, maybe

3. When it comes to aging well, what's your highest priority?

Vibrant health

Love

Massage

Laughter

Biking

Humor

Music

Art

Nutrition—access to decent nutrition and the dented cans and spoiled produce the stores commonly donate to community food share!

Exercise, in and out

Decent doctors who accept new Medicaid

Money for vitamins/supplements

Good nutrition

Physical exercise

Meditation

Social interaction

Intellectual stimulation

Music

Air

Mental health

Eating well

Easy information on services

Realizing the oneness of being with everyone I meet

Enough income

Staying well

Taking care of myself, psychologically, at least

Maintaining a sense of humor

Maintaining my independence

Health

Being active physically, mentally and spiritually. Commune with plants and nature on a daily basis.
Sustain a creative lifestyle

4. *Is there anything more about your biggest struggle that you'd like us to understand?*

Making all my own food (celiac disease and no money). Access to free/low-cost food that is gluten-free! I cannot use three-fourths of food bank food and zero of food pantry meals. Better nutrition information, for example does anyone realize that older adults/elderly absorb six times less nutrients from their foods, vitamins, etc.? And most elderly need vitamin D because they are seriously deficient in vitamin D, which dramatically affects their health. Special needs people (diabetic, celiac disease, allergies, etc.) must pay exorbitant prices for their special foods. How to make "free food" accessible to all?

Transportation—Special Transit/HOP only run to Chautauqua on music nights so there is no access at other times. Nor does Special Transit run at night

Difficulty with money

Experience goes only so far, we need more resources

Nutritional surety

Financial

What to do when the elevators quit

How to keep up with all the changes which seem to occur hourly

Inadequate bus service

Not enough exercise and health classes

I do not think I'm the only elder in this building who would be helped by installing a full spectrum light in both the bedrooms (located in place resident requests) and on the balcony for both residents and plants (so that north-facing residents could have plants on their balconies). I think this would improve the health and well-being of all residents on the north side

5. *Please add anything else you'd like to make sure we consider*

Information makes all the difference! Integrating information about seniors to younger groups, Information about younger to older, etc.

We're going to come back

An "elder care" column in the University paper

Crafts projects in common room with sewing machine and other important tools (that could be locked up in the kitchen) so we could create things—maybe even have a senior apartment cooperative or small cottage industry

We need wi-fi access in our apartments so we can be involved in the Internet

6. *Place of residence*

Boulder: 15

Veterans, July 20th

1. As you age, has your day-to-day life improved, stayed about the same, or become more difficult?

Improved: 4 Stayed about the same: 4 Become more difficult: 6

2. Compared to this time last year, are you healthier, about the same, or less healthy?

Healthier: 2 About the same: 6 Less healthy: 3

Comments:

It's about 50/50 of staying about the same and getting more difficult

3. When it comes to aging well, what's your highest priority?

Financial independence

Health care

Health

Our extended family—5 children and 12 grandchildren

Staying in good physical shape

Health

Finances

Staying healthy: physically; mentally; and socially

Social connections

Health

Housing

Income

Not out-living my money

Mentally active

Keep healthy

Being of service

Peace of mind

4. Is there anything more about your biggest struggle that you'd like us to understand?

As a social worker I cannot predict being able to afford retirement

Lack of understanding about war trauma

Property taxes!

Loneliness and isolation

Housing, medical, food, living costs increasing

Isolation

Post-Traumatic Stress Disorder (PTSD) figures big in my life and that makes the day-to-day stuff harder

My biggest struggle was alcoholism. The County was useful in identifying it. My God and the fellowship of Alcoholics Anonymous help me to overcome it

5. *Please add anything else you'd like to make sure we consider*

Physical activity, not just simple programs—very high level of physical activity

Old guys have a lot of fear over the present political climate

Please consider not raising taxes to overpay County workers to provide yet more services

6. *Place of residence*

Boulder: 6; Erie: 2; Longmont: 2; Lafayette: 1

Appendix C
Aggregate Discussion Responses

Boulder County: Creating Vibrant Communities In Which We All Age Well

Community Conversations

Aggregate Discussion Responses by Goal

QUADRANT: ADDRESSING BASIC NEEDS

Goal #1: Housing is affordable, appropriate and accessible

Senior housing limited due to lack of land. Approach Ron Stewart (Open Space) to put aside land for future

Finding affordable housing

Size of units too small

Subsidized housing for seniors competing with low income (non-seniors) and disabled

Difficult to leave homes due to lack of subsidized housing

Freddie Mac and Fanny Mae are not loaning to low- income seniors – being forced to give up having a home due to loan requirements

Having to move “down” (out of Nederland) due to lack of senior housing – not all senior housing has to be subsidized

Finding affordable housing

I went to a national conference on the homeless and I worry about financial security when I get older; Social Security might be gone. At the conference they said there will be a huge wave of seniors being homeless because of the cost of housing. In most communities housing cost is equal to the Social Security payments people get. Housing is very expensive here and everybody's struggling with it

The upkeep on my home that I owned was taking all my savings. Young people got in trouble with houses they couldn't afford. Everybody's got to downsize sooner or later

Need more affordable housing for seniors on fixed incomes (Section 8 and other types)

Asset/income guidelines for affordable housing are too restrictive

Need a city program or counseling for seniors on affordable housing options

City codes/ordinances are prohibitive to new, smart development

(Housing) development is not “one size fits all”

Affordable housing/senior housing

Housing is one of the biggest problems for seniors

I'm mainly afraid of the cops finding out where I live

I need a safe place to live

One's choice of where to live

The proposed senior apartments in Lafayette are currently a big fight in the community

Need more accessible housing, wheelchair accessible

Alternate housing—moving from independent to assisted

Build homes that can accommodate changes, like studs in bathroom walls for grab bars, shower with bench seat

Living where you can walk to get necessities, neighborhood where you help one another, sense of security

I met a man who lived in Boulder for 30 years and lost his house. The shelter was closed and I had to give him a blanket and a tent. He was literally crying because he was afraid to sleep outside. All non-profits in Boulder are struggling

Affordable housing is a very big problem. My children are forced to chip in to help us pay for housing. Those who don't live or work in Boulder get the first level of service

It's the biggest challenge of all and it will get bigger and bigger. There's a group working with the City of Louisville on it but they have no money to fund anything

The City of Boulder has affordable housing requirements. Part of developer fees for affordable housing go to organizations like Habitat for Humanity. Now they're fixing up repossessed homes and selling them to qualified owners. Boulder County has identified the need but needs lot of grass-roots organizations to make it work

It's shameful that we don't provide housing like in Europe

I don't have enough money to pay my rent. There need to be more low-cost housing options or the possibility of getting a discount on rent (*three people agreed*)

I applied for Section 8 Housing. I don't make enough to qualify. We need more subsidized housing to qualify for Section 8 housing

You have to have income to get housing

I've been to Boulder's housing programs. Others get housing. They don't have my disabilities. I'm white. Others get housing. The person at the housing place speaks Spanish. She laughs and won't listen. I'm discriminated against

Rent is too high compared to Illinois

Planning ahead—downsize, live on one floor

Finding room for medical equipment in our small home

It's not easy to find housing, especially for small communities

There's not enough housing

Convert more places to cheap rental places

Create a Boulder Women's Garden. Homeless people could grow flowers and sell them for income in addition to a vegetable garden

Housing – affordable like Lodge and Hearthstone

Goal #2: Neighborhoods are safe and livable

Neighborhood connections

I found three teenage kids in my neighborhood to help me

In my neighborhood it's mostly young families involved in their own lives but in the neighborhood one street over people help each other out. Maybe you could promote helping seniors, like shoveling snow

Some people just don't know about the problems that exist in their neighborhood

Put up booths at street fairs and festivals, like Cinco de Mayo, to let people know they can help by helping out their elderly neighbors. They can do simple things like shovel their walks, give them a call a couple of times a week, water their flowers. It takes five minutes. Let people know the little things they can do

People don't have to be all alone—make this a community thing, make it a neighborhood thing

Neighbor-to-neighbor—make friends. It only takes a minute to make a friend

There might be several people in every neighborhood who need a little help

Goal #3: Everyone has enough to eat

The food share program has gone from 16 to 3 yet people are having a more difficult time

Some of the food is coming from China. It freaks us out. There are safety and health concerns about Chinese products. It may not be nutritious

Things have changed in the delivery of services (food share) with no explanation

We are not being heard (*wide agreement in group*)

The quality and quantity of food is going down

We are not supposed to talk about our problems (with food service providers)

If you feel you need food you should just have to ask. The food bank doesn't ask (means test), the USDA does

Need for more outreach like bringing meals to community center at the mobile home park and create satellite outlets or centers

Food delivery programs lack cohesiveness between agencies. The confusion seems to be at the source of the food (agencies) not so much distributing the food once it is here

I have pleaded with City Council to keep our five-day lunch program—it's the most important program we have because it gets people out to socialize and gives them a good meal. Some people get depressed and don't want to eat. The program gets into jeopardy and we have to fight for it again—I've had to do it three times this year

Goal #4: Access to essential services is seamless, barrier-free, affordable and welcoming

Access to Information

Clearer about available services and more knowledge

Awareness of where to find information

Experience difficulty getting information

Education and knowledge about your healthcare

Ask questions of MDs

I don't take advantage of Channel 8 like I should. It should be better promoted

There needs to be increased education and understanding of lesbian, gay, bi-sexual, and transsexual community among the straight population

We need to have more immigration dialogues

How do we reach out and educate people who we don't always reach?

Manageable forms of information

Having easy access to information on services, like doctors, dentists, rides and things like that helps

Hard to find "right" doctor. It's important to network to ask others for recommendations

I can't find out how people get into elder care

Don't know where or how to find help (*two people agreed*)

Dental problems and where to find help (*three people agreed*)

The health care system of numerous providers is a maze

There needs to be a senior networking group – a clearinghouse of information

Need to get the word out about www.bouldercountyhelp.org and other information sources

There is a need for more outreach and education about elder abuse

Need to inform people about safety resources in the community

Lack of understanding of the services available

Additional information needed

Communication

Need to promote and publicize senior centers

Internet

Medicare.gov

Kaiser Permanente website

Boulder County ombudsman

Is there a number to call to find out about services?

It's a hassle to get information out to everyone

More than just online...not all seniors are computer savvy

There's no one way to get information to people

Sometimes counselors don't have the information and they just tell us "We'll get back to you" but no one does

My caseworker here [OUR Center], Marjorie, is my advocate. She has gone out of her way a lot to help me out lots and lots of times. If I have a big problem I go to her. Now that I'm off the streets and no longer living in my truck, I can call her and she hunts down information for me and lets me know where to go for help

Yes, the senior center and county resource staff

We can track referrals and we know who to refer people to. We're starting to get calls thanking us for referrals

I find out about services by going online and I "Google it"

I go to the library

I can usually get information, depending on what information I want

Internet—Google

You can use the Internet—lots of us are "plugged in"

It's not difficult to get information

I don't have information and I don't know where to get it. If they had the information at places like here (OUR Center), like brochures, that would help

We should get letters or phone calls giving us information

I don't have most of the information I need

I feel overwhelmed by all of the brochures and flyers I am given

We need easy access to quality information without being overwhelmed

I know several people in Longmont who need information but don't know where to get it. Could you mail out a list of services to people over 60?

It would be nice to have a magazine three times a year you could pick up somewhere or to have a site on the Internet where you could go

I would call the Senior Center (*2 people agreed*)

It needs to be mailed so that people who need it get it

You can't get things on the Internet in this building

Does Boulder County have the names of all the people who are older?

Not everyone knows about assistance

There is a lack of communication (to the community) about what's available

Irony – we've said it's our personal responsibility for health and safety so why isn't our responsibility to find information ourselves? Why do we "push" information onto people?

Need a "First Call for Help"

If you're affiliated with the Senior Center you can access all that information. At Stephen Ministries we have files on all kinds of services

You can talk to Sandy at the Senior Center

The wall of information at the Senior Center is great

Har HaShem actively publicizes programs for down-trodden groups

Not knowing what's available and operating when in crisis mode

Need a sense of connectedness for those not in the room

Not everyone has Internet access – some lack knowledge how to use the Internet, can't afford it, or lack transportation to available computers

Once a year we could distribute something through the post office. Everyone uses the Post Office

Community Bulletin Boards with information and brochures at locations that people frequent – grocery store, laundromat, Post Office

The Town Hall now has a website available. Establish a local Internet network through the Town Council

Dell Masters has a website for non-profits

Do a web site survey to find out what people need. Put the information at libraries because people go there during the hottest part of the day

Get the appropriate resource information to patient advocates at hospitals

I found many Boulder County resources online but when I called got only voice mail and no call back for two weeks. They need to call back

Meals on Wheels comes by and I get lots of information from them

Our responsibility is to ensure the information is available

Lafayette Rec. guide needs to have more focus that senior programs are listed there too

Access BoulderCountyhelp.org. where you can even find resources in other states for family members

Awareness of services

Quarterly Senior Book is good resource

Some people lack the information. There need to be Spanish-speaking workers that go out to the community

(Wide consensus that many people have no idea where to turn and wait until a crisis occurs or until the last minute to seek help)

Most people probably don't know where to go get information they need

They don't know who to talk to or where to go

Once you get "in the circle" you can see what's available. I think mobility is a big part of it

We need more information about resources. Is the food delivery to the Old Gallery still happening?

Access to Services

Access to community facilities (Senior Centers)

Lack of access to services *(two people agreed)*

Problems with lines and waiting

Lots of paperwork to fill out

Too many papers to fill out for help, confused with paperwork

They closed the help office in Louisville, now it will be worse

Problems with social workers. They don't help us because we mess up on our papers

Difficult to get health care

Access to services

I was unable to choose which hospital my husband was taken to (Estes Park vs. Boulder)

For me, it is easy to access services

Knowing that if you need medical care it's available. We don't have any money to go to the doctor.

My husband has MS and knowing he can get medical care makes all the difference

Access to services

The quality of care I get at the VA is great when I can get it. VA appointments are harder to get now.

It takes three or four months. There's a big flood of older vets getting VA services now

Friends of mine who couldn't get a VA appointment found out they had cancer that would have been caught if they'd been able to get in in time. Everything's getting more stressed out because of stretched out demand

Some people decide to move down to the valley because of frequent medical needs

Accessing services

Navigating Medicare and Medicaid systems

We're trying to connect people and services, like rides to the VA, or helping the disabled move furniture, or with Post-Traumatic Stress Disorder, isolation, legal problems because of drinking, employment, or housing

It's hard to know who to call because of the issue of living in a town with two counties

There need to be advocates or trained volunteers to help people navigate the complex systems and get the information and services they need

Veterans need jobs and transitional housing but our organization's not big enough yet to be able to do that—it takes money. We want a for-profit agency run by veterans. The County should focus on helping non-profits have side-by-side businesses

People are not interested in joining the Center. They are not interested in getting information; they would rather stay at home watching TV

Pride prevents some from asking for help

Seniors have to become incredibly assertive to get services

Have to be willing to speak out – a "mental set" that you have to be a little over the edge to get what you need

Workers in aging services should be willing to accept assertiveness of seniors

Responses Related to Sources of Information

Online

Online – Google

Network of Care site is hard to use...the taxonomy is not always straightforward

Online

The Internet is fine for me

A newsletter e-mailed quarterly would be good

I'd like that too

Internet

Personal Connections

Lunch Bunch is a great information center

Word-of-mouth

I feel more comfortable talking to someone of my own age

Peer counselors

Information comes from the people you know

Neighbors in Eldora

Friends

Family

Karen is our best source for information

Friends

Best way to let people know about resources is word-of-mouth

Support groups

Most people just talk to their personal circle of friends

Word-of-mouth is the best way for people to get the information

People who are active know about these things and those who aren't active don't

Word-of-mouth

Media / Telephone

Articles in the WIND newspaper

AARP magazine – tips on aging well

Monthly calendar in the WIND

Information in local newspapers

Silver Lining directory

Would like monthly newsletter

Newspapers

The local "mountain pages" provides community information. The updates are not always consistent

We need a "resource directory" that is current and relevant (*wide agreement in group*)

Serine writes a monthly newsletter for the community

Dex book

The GO

KGUD

Radio and local access TV

Need a 911 number for information. 211 takes several questions to get the information you need and many seniors won't keep asking that long. Need one number to get resources

Broadcast outbound calling

Facilities / Organizations

I know the office at the Senior Center is a good place to go to get information so I will be using that when my parents come

Churches

Use existing networks and agencies to help get the word out to their clientele

Resources available at clinics, hospitals and doctors' offices

Senior center

Doctor's office

Hospital emergency room

Include fliers or notice in recreation center/senior center Bulletins

Churches

Medical offices

Churches

Old Gallery

Library

Grillo Center in Lafayette Library

Grillo Center

I go to the Senior Center for help

We don't have a senior center, but a room in a community center

Mazeland House

We are a family here at the Center

Senior centers, resources and outreach

Get those newsletters already printed by senior centers to churches, community buildings

Sometimes people leave messages on church answering machine

Churches

Senior Center groups

Other senior agencies like Care Connect

Library – computers

211

Prestige

Church secretary

City government

Colorado State University extension

The bus company offered to provide education on how to ride the bus

Printed Information

Something tangible that I can file for when I need it—not the Internet

Put information in the grocery stores and libraries

I went to a seminar last month on resources and legalities for caregivers and it was really helpful. I think I found out about it through the mail

Direct mailings

Senior center magazines

Newspapers

Senior center quarterly publications

Printed resources

Senior Marketplace news (but it is only placed in certain locations)

A refrigerator magnet with phone numbers might be ideal because it won't be thrown away like a flier or postcard, etc.

Mailings may be only way to contact those who never get out

Bulk mail

Newspapers

QUADRANT: PROMOTING SOCIAL AND CIVIC ENGAGEMENT

Goal #5: Families, neighbors, and friends maintain meaningful connections

Capacity to give to younger folks

It's more difficult because my friends are getting sick and dying

I average losing three friends a year

I have a larger community now that my life has freed up a bit

I feel better due to the better communication between us (as people)

I reunited with my high school sweetheart

Family has moved to Colorado

We're a feisty, accepting community

I have to be a lot more intentional about finding community

My community is shrinking

Harder to network, getting to know other older lesbians

I'm slowly reaching out to the community instead of the community reaching out to me to help like in the past. I live alone and it's hard to make friends

That's why it is so important to have connections with family and friends

No one to take with to appointments, to help listen, sort information

There's a special quality in the mountains – we take care of each other

I live alone and worry that I don't have someone to back me up

Love affairs

Staying connected

Friends, people to talk to

Social connections

Being able to see my family relatively frequently would help me age well. We can't visit our family and this fact affects us terribly! We need to visit at least once a year

That's like my experience with Care Connect. When I've gone into a senior housing place to fix something it's always been for single women in their 70s to 90s. Part of my job is to fix what needs to be fixed but another is to visit with them. Part of the reason I volunteer with Habitat is for the socialization. The Senior Center just touches the tip of the problem

Pets, friends, family

Meeting new and different people through a part-time job with the Census

Friends – social

Pay attention – nurture relationships

Feeling meaningful connections and like I have something to offer

Buddy system of friendly phone calls

There may not be "solutions" but you may find support and respite in a group of people

Having people care and send cards helped us through my husband's medical problems last year

My children. And many of my friends are having the same problem. I feel a need to be there for my kids and help them through difficult times

I miss having an intimate girl friend with whom I can talk about anything

I rely on my children a lot

I guess it's hard to establish intimate friends in later life

Seeing my family, but I can't

So many people have so many needs. They are trying to establish relationships. Everyone I know is in tremendous flux

Community for lesbians, gays bi-sexual and transsexuals, like Apache Junction in other parts of the country where it is not too hot, like Florida or Arizona

Isolation and loneliness are the biggest struggles for the elderly people I know. I'm trying to get them into community living situations which would be the best thing for them. They basically live their lives without any friends

It's hard to find those people to help them because they are so isolated

My kids will usually help me

Need to develop a system to check on people. This could grow out of the Lunch Bunch

Joining the Community Newcomer's Group

Peer support

I moved here so my children could help me

I have a lady I can call and the landlord has my permission to let her into my place to check on me to make sure I'm okay

I can call my daughter for help when I need it

It's harder to get help from people up here in the mountains

We are fiercely independent and often don't want to ask for help

I don't have anyone and I don't want to ask for help

I have a strong network of friends

Those without close family need a support network

Daughter has listening skills, good information, best interests at heart

Family connections

Those of us with kids can usually get help there

Many people in my building moved here because their kids live here. Most people have someone they can call

Friend willing to care give following surgery was invaluable

I had to move and I asked six people to help and they all turned me down. I finally found some college kids to help me

We get help from each other

The buddy system works well for us who live in one building but for those who live in houses it's not as easy

Everybody needs a buddy to check on them. Some people need extra care if they have disabilities

It happens here but it's not formalized

My children help me

There's a problem with having both stairwells outside in this building; we need one on the inside to get from level to level to help each other (*wide agreement in group*)

LOGY—group connections, call one another, create buddy system for those who live alone

I get help from my children

You don't need help until you need it! Otherwise, you could care less

Aging's something everybody is going to do. I don't think it will be easy to reach younger people because they don't think they'll ever get old. I think it's just neighbor-helping-neighbor

Share resources among individuals like snow blowers and cars

Make and keep younger friends

There need to be ways to connect people to help each other, those who are able bodied

Personally invite people to events

An example would be of the "Single Women's Network" where the members called each other every day

Goal #6: People of all ages participate together in social, civic, cultural, and recreational activities

Intergenerational contact

Relating to younger generation – intergenerational Sunday school

Intergenerational contact to get the word out that seniors are volunteering in the community

Ability to volunteer with the younger generation

Goal #7: Opportunities exist for meaningful paid and volunteer work—Opportunities to give and receive

Paid Employment

Laid off—can't find job

Need to be re-trained / need new skills

Still working

Enjoy part-time employment, three-day work week

Still working so not enough rest

I've been working in sweat shops and I'm fed up with it

Still working

Enjoy part-time employment, three-day work week

Still working so not enough rest

"Young" seniors can't afford to retire – finding job discrimination. Employers want senior experience at entry level wages (*wide agreement in group*)

Age discrimination in the workplace along with fewer jobs to be found

Difficulty finding a stable job

Work only by contract

Some vets are going back to work. I have a friend in his early 80s and he went to work at Sears. Another is in his 70s and he's out looking for work. They want to do it with dignity. They have something to give. Some services aren't available to them because they make too much. People want to age with dignity and grace

There's terrible age discrimination for people looking for work. They have to go into menial jobs

Often the national and local response is job training and it should be job creation

There are 6 million undocumented illegal aliens in this country. It's like an invasion. No jobs because of the illegals. We could put people to work. Maybe offer a living wage

A living wage would make me feel safer

People are taking advantage of others more now that there aren't enough jobs

With the old age pension the maximum benefit is \$700, but you can't work to supplement this income because they then take away money. The law is a barrier to us working to provide additional income

Also, the economic situation is worsening and this makes it more difficult to find a stable job

There are no low-level jobs unless you speak Spanish. You have to speak Spanish to work with others at places like McDonalds or construction

I had a good job and I was still labeled as homeless. I'm classified as homeless. I can't overcome it. I'm not dressed right. I don't shave. I carry a backpack. Not sure how to break the cycle

The economy—we need to look at the big picture. The U.S. should create a number of non-profits and make them responsible for checking national IDs. There are not enough jobs due to aliens taking the jobs

Someone should project homeless numbers based upon more illegals coming in. Look at demographics due to the Right-to-Work laws

A job bank of part-time jobs for seniors

Provide avenues for people to work. Most homeless can be an eye on the street, especially to look for illegal aliens

Need to start locally. Need a Right-To-Work law in Boulder for U.S. citizens. Kids can't make enough money to support their old parents

Low level jobs are available, but not a living wage. It's hardly worth it. Earning \$300 per month for 15 years...who is going to subject themselves to this kind of living?

Some people can't work because they're sick, but if we all work together we can make it better

Volunteering

Volunteer

I have a lot to offer others

More time available to contribute to the community

Volunteering opportunities

I moved to Boulder two years ago from Chicago and retired. I have been blessed in my life and wanted to "pay it forward" so I started volunteering for the Habitat for Humanity. A friend volunteers for Care Connect and now I do it and really enjoy it. I like it here; I like the social connections and I like being outside more

I moved here a year-and-a-half ago from Milwaukee to be closer to my grandkids and for a better climate. I've been working on fixing up my house. It would be interesting to work with Habitat

I've been involved with seniors in Louisville for years and am involved with the Circle of Care. That's a program that's very successful in getting people out of their homes and it's been my life for a long time

Circle of Care helps me for two weeks: I anticipate the concert it takes me to for a week before and my wife and I enjoy talking about the concert for another week after

I volunteer in my church and it gives me great joy

My life has improved and I'm not sure why. I'm more involved in community service activities

I have too much to do; I'm going faster now than before I retired

Glad for this community and want to help improve it

Opportunities to volunteer in Nederland

Volunteer—feels good, like helping

Volunteer opportunities keeps me mentally alert, provides vibrant conversation, picking up new skills

A "community circle" of volunteers to respond to a need of a person. This is critical in small mountain communities to fill the gaps in services

Shepherding groups through local churches provides help by other member volunteers

It used to be if you volunteered you got a County tax break. Does that still exist?

Volunteering

Volunteering

Volunteering

Feeling useful to the planet

We need to be busy—to serve

Volunteer work

We need training to help the community

Even though we are not accustomed to doing volunteer work, we can learn

Volunteer!

I can volunteer more, help organize, and I can let people know what I know

On an individual basis you can help; beyond that I don't know how to help

Goal #8: Aging well is a community priority

Age discrimination

No stigma should be attached to any person for receiving services (*wide agreement in group*)

Society doesn't really honor seniors

Our needs are not being well represented (*wide agreement in group*)

Feeling like you can speak and share your perspective – like it's valued

Need more training of "gatekeepers" about aging concerns (bank tellers, bus drivers, etc.)

Need more training with first responders about responding with sensitivity and compassion to seniors

I'm seeing more people getting off on seeing people down

There is 40 percent less empathy amongst students. People care about others less

Trying to not raise hostility. I'm judged by my character. I'm grouped in with the "low-lives"

There is prejudice

You need to talk to people and tell them that we are part of society

People need to accept that everyone has a soul. If someone is down, people continue to step on others

The feeling of the centers sometimes is not welcoming to us. It feels more Anglo and of too much money. Lafayette's center feels more comfortable than Erie's

Stigma around the terms 'senior' and 'elderly' exists

As a community adopt a spirit of gratefulness. Being homeless is a shock. Learn to appreciate things. You never get more than you have

Groups like this are a good start. People in my neighborhood who should be coming to the Center but won't come because it's a Senior Center. My sister-in-law gave me a punch pass for here when I first got to town and I needed water therapy so I came and I've been coming ever since. People like Oprah can really make a difference on issues. This is a national problem and somebody like that could make a difference

Being a bastion of liberalism, do you think there is a bias against vets in Boulder?

I think there's an anti-military feeling here

People think vets are taken care of by the federal government and the VA. Some young vets are so traumatized they quit early and get a dishonorable discharge and they don't realize all the impacts. There's just a lack of awareness about vet issues

I think the City and the County think vets are being taken care of

That attitude transfers to the population

Financial demographic plays a role in that

Most people don't like the current conflicts in Iraq and Afghanistan but they support vets

There is an attitude against vets (*wide agreement in group*)

There is a stigma attached to the term 'senior' center. Friends and family wrinkled their noses when I said I wanted my party at the Senior Center, so invitations were sent with 'Community' Center

Goal #9: People celebrate and share common interests—Common ground creates common good

No relative comments

QUADRANT: OPTIMIZING PHYSICAL AND MENTAL HEALTH AND WELL-BEING

Goal #10: Health is a personal and public priority

Health

Onset of macular degeneration

Made a choice to do a better job of taking care of myself so my kids don't have to

It's been a difficult year with my husband's illness

Back pain

I have sickness and disease (*four people agreed*)

Physical limitations

Lack of energy

Doing a better job of taking care of me

Health

Healthier due to exercise

My life has improved. I got my bum hip fixed and I feel better

I have had big changes in my health in the last year

I am relieved that my husband's cancer is in remission

I am exercising more which really helps

My health's better

My health keeps spiraling down

My life has improved in some ways and it's not as good in some ways, mostly health-related concerns. Life is more difficult because there are more constraints on my life because of my health—I can't even tie my shoelaces because of my eyesight. But these things are minor and I adapt my life

I'm in reasonably good health

My husband died four years ago from Alzheimer's. I'm a recovering cancer patient and am diabetic.

I'm running out of organs to have problems with but I'm doing just fine

Hip replacement surgery has made things better

Improved since retired – walk a lot

My health continues to deteriorate

Seeing

Healing process

Hearing

Sex

Sleeping

Individuals choosing to be isolated have to take some personal responsibility to reach out for help, services, and information (*wide agreement in group*)

Health factors exacerbated by altitude and harsh winters

Can't do everything I used to due to illness and injury

Declining health

Think more about my health

Takes longer to heal from surgery or injury

It's more difficult because of health reasons, particularly this last year

This past year I've been getting hammered from all directions, especially my health

My life is worse, health-wise

I have more physical limitations

My lack of energy is frustrating

Declining health

Physical limitations

One does not have the same energy as before

Health-wise I'm about the same

Downsizing out of my house has led to a more sedentary lifestyle now that I don't have a yard to keep up

My new diet has helped me lose weight

My asthma is better since relocating and eating better

My heart problem is now under control

I'm healthier because of my weight loss which has lowered my blood pressure and cholesterol

There's hope!

I lost 24 pounds when my doctor told me I was close to being considered obese

I'm not sick anymore

I'm healthier because I'm eating healthier and exercising more

I hike for enjoyment which keeps me healthy

I'm more fit at the moment than I have been

Walking around Erie seven days a week

My health is about the same, only I'm more exhausted

I exercise more

My pet keeps me healthy with walking

I'm healthier than before, bike, walk, more opportunity to be outdoors

Generally I'm healthier. In some ways yes, in other ways no. It's personal and unique to each of us

My eyesight continues to fail me

I'm much less healthy now

Some ways I'm healthier, like dealing more effectively with my health issues. In some ways I'm less healthy

I do the same things I've always done, it just takes longer now

I'm experiencing undesirable bodily changes

Arthritis

Lung problems

Neuropathy

I have memory loss. I'm always afraid I'm going to leave things behind

My health is worse. I recently became homeless. It's hard to sleep on the ground, keep clean, go to the bathroom, especially as you get older

I'm mostly tired a lot. It's difficult to do the things you need to do

I'm unable to do everything I want to do because of physical health (*wide agreement in group*)

Less physical stamina

Have to work harder to maintain health

Staying active and exercising

Having good role models of growing older successfully

Keeping physically active

You build momentum with regular exercise

Exercise

Exercise daily

Exercise

I think it's activity and exercise. That will do the most to sustain youth

I just had a massage and went to a physical therapist

Do we want to age well or prevent aging for as long as possible? A combination of good nutrition, good exercise, interaction, intellectual stimulation, and being outside and getting air is the answer

Riding a bicycle helps you age well and Boulder is a great place for riding bikes

Good health to do what you love (*wide agreement in group*)

Diet

I take better care of myself now with my nutrition

I'm eating better

Exercise

Diet

Exercise

Remembering how to move my body in safe ways so I don't fall down and get hurt

You have to plan ahead – how to move your body safely

Hearing

Memory loss

Stairs and having to carry up groceries

Health issues: things are beginning to fall apart

Anticipated medical issues and a fear of a catastrophic illness are my biggest struggles. I'm starting to get arthritis and have had to have a couple of knee surgeries

Nutrition

Increasing health concerns

Increasing physical ailments ("age-sprunts")

Getting head and body to agree with one another—my expectations

Increasing health concerns

Vets' and their families' problems are the same as others but the mental issues are greater

Mental health is a struggle—just maintaining day-to-day

Post-Traumatic Stress Disorder (PTSD) is an isolation thing

Physical health

Mental health problems

Good nutrition

It's nice to be an example of how you can still move and think at this age

People are ignorant about nutrition

There's no excuse for diabetes here—there's lots of information and classes about nutrition

The "Clean Plate Club" is the way we were brought up and that causes obesity and diabetes

The majority of people don't know what they're supposed to eat. The country's just starting to wake up to the importance of nutrition

It's all about economics—you have to have more money to eat well

Some people can't afford meat, chicken, or fish

I think it's all about knowledge and education. Many seniors are mentally confused and don't know what's good for them

Doctors don't know about nutrition

The education about nutrition should start in recreation centers, in churches and in schools. People resist change because it's easy just to open a can

Eating out is a big part of the problem but it's a big part of American life

You can eat out if you're careful what you eat

It all gets down to choice and the government can't control that. It's all about information and self-control

To change it you'd have to change institutions. They should take the vending machines out at this center—they send the wrong message

Nutritional guidelines for the lunch program that Boulder County has put out are terrible

Those guidelines come from the feds

Then you've got too much government involvement

I appreciate nutrition here in Erie, it's wonderful

Goal #11: The community promotes healthy behaviors and fosters well-being

Need champions

Ask what the Town Board can do to help with some of these issues

Grab politicians by the neck and shake

There needs to be a concerted effort to take the information to all the existing community groups in the area. This creates buy-in. (Guild, Area Club, Liars Club, churches, etc.)

Need to personally invite folks and "shmooze" them

Figure out how much seniors actually contribute to the tax base and communicate that to local governments

Lobby local governments

I don't think Lafayette has the priority for seniors that they should

Mobilize senior advisory boards to make the general public aware of policy issues

Buttons: Senior Power! or more modern slogan

Let politicians know that seniors vote, if they don't know it already. Show up at council meetings, town meetings, political events

Make voice heard

Professionals to talk about aging topics at community events to put healthy spin on aging as well as provide information

"Aging Well" education to the younger ages

Write congressmen

I would like it if the City and the County would print their budgets in the paper so we could see how much they're spending on bike paths and things like that

You're not going to get money from the City or the County. You need to go to those 20,000 vets in Boulder County. Vets are used to helping each other

We should mobilize vets as a group and build from there. I was involved with the Vet Outreach Center in New York and we were able to get grants and other funds and now it's a multi-million dollar organization

People are so stressed now it's hard to get their attention. Hopefully this County Plan will get the County Commissioners' attention about the increasing need for services

Need more coverage in the mainstream newspapers in order to reach out to all ages

We have to organize the community, but people don't care about coming together and it's difficult to make them come to meetings. Some people are also afraid of meetings. Some people are also stuck in the old mentality of "they don't like me because I'm Mexican"

We need to "make more noise" about aging well

Need better "PR" about the accomplishments and services available in the county

Get more people to care. If people don't care, nothing will change

People may not be aware; people need to care more deeply

How can we capture the collective consciousness of the people? We need to get the power back

Lobby decision makers

Encourage vote on issues

Encourage non-profits to support senior services

Do an advertising campaign like the Ad Council. Nationally show people remembering how it used to be before they "fell". The higher you are, the farther you fall

The mayor of Denver had a plan to stop homelessness. Problem is it is not a priority

There's power in numbers...mobilize seniors!

Strengthen relationships with local governments. Need to orient local leaders to aging issues

Attending events, spending in the community and being willing to speak up. Let youth groups, community events, police and firefighters know we are out there willing to help too

Let the community know that many senior-friendly changes to the community improve lives of all the citizens making it a safer and friendlier place to live. Longer lights at crosswalks help young parents, bicyclists, as well as seniors crossing the street. Seniors vote on issues that impact children and grandchildren. They are not as self-centered as some are portrayed

We are fortunate Boulder County is interested in helping

More creative design in marketing materials to reflect a "happier period of life"

Some people have taken it on

Get newspaper stories or a newspaper section about seniors

Newspapers get income from seniors so they should provide more coverage about them

There should be a "Senior Post"

No—that would divide us. It should be integrated

Coverage needs to be very local and very mainstream

Send notifications to churches. Some do a lot but it would still help. They could put it in their newsletters

There's a large Buddhist community here and they practice compassion

That's just "preaching to the choir"; go to schools

It's important that people be aware of the aging issue. By 2020 one-third of the country will be over 60. There will be lots of impacts from that in terms of services and programs. The educational process is important. It's not easy to work as long as you want and people no longer have

private pensions like most of us relied on. People don't know what to expect when they go into retirement. We need to get people to look down the road

Use humor to enlighten people of all ages about aging issues

Publicity about senior projects, events and accomplishments

Interns at the University or high schools could help old people

The gerontology department at the University could help

You can advocate

I'm going to talk to the *Daily Camera*

Volunteer, get involved

Goal #12: Wellness services, including health, mental health, and palliative care are affordable, accessible, and readily available

Problems with the VA

Lack of resources / services in Spanish (*four people agreed*)

Language, difficult to access

Even the smallest amount of help is better than none

Became active

Better medical care lately and that's a necessity

I have gotten a lot better thanks to the programs about health from Boulder County (*three people agreed*)

I went to the diabetes program and El Comité and then to the one from the County

I have gotten a lot better health-wise and we need them to continue the health programs in Spanish

The classes from Boulder County Aging Services Division helped me (*two people agreed*)

The Longmont Senior Center has help us a lot, much more than we expected (*four people agreed*)

The Louisville Senior Center has been an important part of my life. I moved here from Illinois and have lived here about seven years. I teach deep water aerobics here at the Center

The Louisville Senior Center is wonderful

My life has improved because I have found camaraderie and love at the Senior Center and in my church—both have given me a big boost

Living in Boulder County where aging services are exceptional

They've (Louisville Senior Center) lost staff here because of city budget cuts. This program keeps these people going. They get to come to the Center for lunch

Need a community clinic back with focus on senior care

Longmont United Hospital has good service. They should listen and make us feel important, though

Salud Clinic: I am grateful. They have very good service in Spanish

Special Transit or other places that want to serve the Latino community—they have to get out of their offices to get to know the community. There is a lack of trust

We need help for people inside their homes. For example cleaning, cooking, etc.

Health care is an issue

We need to help Latino families to support their families and their values. We understand that American culture is very different regarding the family, but we want to support our families

We're all made up of parts and as we get older all those parts start to wear out. Kaiser has a good model. It's all computerized so that all the doctors have a patient's information. There's anger and frustration from the constant need to visit doctors

The deterioration of our parts and lack of coordination between doctors are big problems for seniors

The recent healthcare legislation passed will helpfully improve the system. My son is a doctor and he has seven minutes per patient. That's why there are fewer and fewer general practitioners

Our health care system is going to collapse within eight years

Improvements in medical technology: new pacemaker, sleep apnea machine

Privileged to have Kaiser, long-term health insurance, veterans benefits

Glad new health plan passed and more people will have coverage

Inequities in health care by insurance companies

Medicare, hard to get appointment with doctor of choice and have to pay balance if Medicare pays less

We are fortunate to have skilled volunteer fire department and EMT staff up here

There is a huge gap in mental health services for seniors

A person I know who suffers from chronic diseases wanted one person to help them coordinate their care

Long-term care insurance is not available

I go to the Mazeland House for help

I am disappointed with health care in Boulder County

Not many bilingual resources in Broomfield

Comfort of knowing you have health care and insurance

Better coordination between MD/chiropractor/alternative use/home remedy

I've gone to Circle of Care programs and they are great

Doctors not taking the new insurance will result in no health care or having to go to the emergency room for everything

I appreciate the services we have in Boulder County. As I age I can look forward to good services. The County is growing faster because of the level of services they offer and the recreation

Circle of Care program

Workshops: how to use the Internet and the computer, in Spanish!

We need more resources in Spanish on the Internet. It seems to me that there aren't good options in Spanish for older adults or Latinos

More talks and workshops

Longmont Senior Center is the best because they call people and remind us about things and they have classes in Spanish

Proper medical care

More affordable long-term care settings

We need bilingual staff in more agencies (*wide agreement in group*)

My daughter has Medicaid and she gets better medical care than I do

The cost of medical care really climbs fast as you age. There are lots of doctors not taking the new insurance now

We need help with the basics: eyes, ears, etc.

Another problem is end-of-life plans

They [veterans] get overwhelmed by the whole process. They pick up the phone but they can't explain their needs. They need help getting through the process. We need to target services to individuals

Churches have been great in the area

This place (homeless services) adds legitimacy to my life

Get help at the senior center

Some counselors don't have the information you ask for and say they'll get back to you and they don't. I saw a doctor about my arthritis in my foot and whether I was going to need surgery and he never called me back in five months. After five or six calls to his office to find out if I needed surgery I just gave up

I need someone to bridge the gap

I am so grateful for this center

There's always something to do look forward to

Senior center is excellent

Coming to Longmont is like dying and going to heaven

Who does outreach to find people in need of services?

When calling service agencies you have to push too many buttons for help and getting less help

The feistiness of the Nederland community results in less service and cooperation

There should not be a means test for services at a certain point

We need the Aging Services position, vacated by Peg Mills, replaced soon!

Our community center is not open everyday

Hospitals, for example, have social workers or case workers

Don't want to go to senior centers with "old people"

Many just need supervision and not skilled nursing care

Finally about to qualify for disability and will see a general practitioner

East Boulder County needs help so people can age in place. Doctors need to accept Medicare/Medicaid

Do not qualify for Medicare or Medicaid, but have limited funds. Physicians and psychiatrists are refusing to take Medicare/Medicaid patients

The name Clinica Campesina makes people think that it is for Spanish speaking patients only

Funding by organizations

We need more help for the disabled. There's no ramp where we take our monthly rent so we have to stand outside to write the check. Lots of people don't realize what a disability really is and means until they see it or live it

You can get lots of good information at the Senior Center and they'll also fight for you there too!

Enlist the help of doctors to reach the homebound

Free workshops

Weld County needs more senior services

There needs to be a bridge in the gap between Boulder and Weld counties

The two counties should have meetings

Erie needs to change and choose one county

It seems unfair about differences in help available within each county

We need to focus on what people actually need and not just what we think they need as they age

Replicate best practices

We can't care for someone more than they care for themselves

We can't just force help on others

There is a mountain stubbornness of not wanting change

People want the rustic environment of the mountain communities but with the amenities

You can't ask for amenities in a community that is different

We need to define amenities – transportation, food (without means test), shelter, medical care are basic needs

I lived in a city where the issue was no local food store

There is an elder person in Eldora who is isolated and a hoarder. Do you blow the whistle on them?
What is the line between helping and being intrusive?

It's a quality of life issue with health and safety

Some of us just want to be left alone; we don't trust the federal government

I use the rec center

With RSVP in Weld County there's more paperwork to fill out as a volunteer than in Boulder County where you can call in

We need to build effective collaborations and partnerships to help non profits

Established agencies and organizations need funding and resources to be able to function

People scheduling events should get input on scheduling group functions like this discussion and offer time options

Need medical center in Nederland replaced

Dental care limited or non-existent

Goal #13: A welcoming environment fosters physical activity and participation

Taking Chi Gong

Square dancing stimulates health

Swimming helps with mobility

I agree that swimming's good

I want to get "Silver Sneakers" in our center

Connections made through exercise, ski, softball

I'm a member of a tennis league I enjoy

Free exercise classes through our insurance company (Silver Sneakers)

QUADRANT: MAXIMIZING IN/DEPENDENCE AND SUPPORTING CAREGIVERS

Goal #14: We acknowledge and celebrate our in/dependence with one another

I'm enjoying my freedom

More of my own time – perspective more limited

More time to garden and no more commute to Boulder

Have more choice

I do things on my own time – my way

I take advantage of trips that are offered by the Senior Center if I can afford it

Selectively pick who to spend time with

Do what you want, when you want (*wide agreement in group*)

Stay at home, unscheduled time, freedom to choose schedule

I want to stay at home and keep going with my normal activities

I have more time to read, see movies, and see family

I was able to retire

I'm only responsible for myself

More freedom and options

I don't have to go to work

I'm able to travel

More flexibility

There's less pressure, I'm not hassled as much

Sleeping in

Have kids but don't have to care for grandkids

Enjoy my mornings; I'm an early bird

There's less stress

Living in dream house (Flagstaff), not having to get up in the dark and return home in the dark (work day)

You have time to deal with things, even health and time for appointments

More time with family and friends

Losing independence, ability to drive, move out of home

More interdependency and less independent

I live in senior housing (independent) and I have observed that with the passage of time the people that live there require more services to take care of themselves (bathe, dress, etc.). I observe a lack of supervision on the part of the people in charge of the housing units and the additional home services. For example in one case a man obviously required more help and was not

getting it. No one, not family or staff at the housing facility helped. The elderly man was semi-abandoned and smelled bad (wasn't getting help bathing or changing Depends), his room had bed bugs, etc. There needs to be a norm or a law in these housing facilities that requires staff to inform family members about community resources and also about the current situation of the elderly resident

Goal #15: A comprehensive, coordinated continuum of services supports personal choice and quality of life

No relevant comments

Goal #16: Transportation is affordable, accessible, flexible, reliable, and safe

Lack of transportation

Problems with Special Transit

Special Transit doesn't come on time, you have to call three days or more ahead of time, there isn't service in Spanish, sometimes you leave messages and they don't call back. It's a good service, but it seems like they are lacking resources

More mobile

Bus service has gotten worse. They've changed the schedule so I have to schedule my doctor's appointments later and it's a pain

It's hard to get to a bus stop if you're not walking well; it's too far from my house

I'm not too comfortable driving out on the highway because traffic and other drivers have gotten worse

Difficult to deal with other drivers

I'm a speed limit guy

Overall, there is a rudeness taking over the roads

I really feel for people who don't drive and have to rely on others and have to spend all day trying to get to the doctor

Driving skills diminish—slower reactions and response time

Getting around

Not driving after surgery, connected with handicap van, had to wait before and after, destructive to myself to have to ask

Transportation big problem, gaps in time (*wide agreement in group*)

Special Transit comes only once a week, limited availability (*wide agreement in group*)

Limited awareness or desire to use Special Transit

Hard to ride bus circuit to get home

Keep a Special Transit vehicle in Nederland

Ability to drive oneself greater distances

Cost of transportation

Transportation

RTD is hard to access

Special Transit only comes once a week

Mobility

Transportation impossible

Driving

Trouble getting to medical appointments

The cost of transportation to get to the Senior Center can be \$7 a day which is a lot of bananas

Living in Allenspark makes it difficult to get to care centers

It takes about an hour to get to a decent hospital

We have a second home in Boulder just to be close to public transportation and hospitals

You can rely on neighbors for occasional rides down below for medical care, but not ongoing forever

Improved transportation to the valley would help us visit hospitals

It's hard when you have physicians in other towns because of transportation needs

Timing is an issue at appointments when a doctor is running late and you have a ride arranged that has to wait

Transportation

RTD

Medical mobility

It's a problem doing things at night because night driving is hard

Part of the reason people don't participate in activities is mobility. I've never learned to ride the bus because I still drive

Transportation

My cataract situation. I need a driver. Special Transit is good about picking you up before an appointment but it takes a long time to get picked up after an appointment

Transportation. I have to rely on others for it because the bus stop is six to seven blocks away and some days I just can't make it. Everywhere I go I have to rely on Samantha to take me. If it wasn't for her I couldn't really get out of my house

Bus service is bad. When you try to set up a ride with Call and Ride half of the time they don't answer the phone, or they don't call you back or they're late and you miss your doctor's appointment. I have a bus stop one block away and there's one two blocks away but I can handle walking only about four blocks and then I'm screwed. At the least the regular blue bus is on time. But they change the schedule every six months and drop some of the stops. I find out about it through the newspaper or notices on buses. It's frustrating

I call Call and Ride and get an answering machine and leave a message but they don't call back

I have to choose my doctor based on how close the bus drops me off at the front door

When they change the bus schedules it's really bad. I need to know that ahead of time so I can change my doctor's appointment

You learn about the schedule changes by postings on the bus but it just says "On or about" a date, so you can't really tell when it's going to change

Mobility

Coordinating the delivery of medical supplies to this remote area

Traffic. Boulder has a tremendous amount

There's a lot of distracted drivers (phones, etc.)

Transportation is much more difficult than a year ago. RTD has changed the bus service and there's no service on weekends. It's especially hard during the winter when people fall trying to get to the bus

Traffic

I wish we could make better use of the transit system. People complain about Special Transit and having to wait. For me it's a hike to get to the bus; it's about a 15 minute walk. I kick myself for not learning how to use the bus while I still have a brain

Left-hand turns

Recently one person asked people for a ride to the hospital and couldn't find anybody to help her

Some medical conditions don't allow people to drive so they get isolated. They need transportation to get to the grocery store

Transportation! We pay RTD taxes but have no service up here!

Need to be able to pay volunteers up here to provide transportation

The transportation feasibility study is missing the aging perspective

Can we get the new bus "The Climb" to come up to Allenspark?

Transportation

Special Transit is great

If folks don't have a ride, there needs to be a pool of volunteer drivers available

Long-term transportation/mobility

Medical mobility transportation

Goal #17: Caregivers are informed, educated, acknowledged, and supported

I'm becoming more aware of resources but my husband's dementia is getting worse. I had trouble getting resources for my 59-year-old brother with multiple sclerosis eight years ago. I have appreciated getting help from the City and County. I went to a seminar and found out about daycare. I know the future won't be easier—it's just the nature of this illness

I've realized I can't change my mother but I can change inside me and change my expectations. It's helping; I'm learning containment and hoping to get to a place of love. She feels my energy and it causes problems. I'm learning to set boundaries to take care of myself, like take a nap or meditate. She's in San Diego and I go out for a week six to eight times a year. I want her to move

here to a group home but she wants to be with me. She's dead set against any agency coming into her home. She has dementia and I know it will just get more difficult

My parents are moving in with me. My mother is taking care of my father who had a stroke. My mother got sick this winter and recovered but decided moving in with me would be good. They've had some home health assistance

I have had to make changes in my life to better take care of another person

Increase in caregiving responsibilities

Support for family caregivers

Family caregivers need information and support

I have a volunteer who comes in on Mondays. I don't want to take away my husband's independence and dignity but he likes having a volunteer come in. My husband's good natured, even when I get short-tempered with him

Understanding that the people that take care of us aren't always family or all members of the family. Work is never divided equally and it is important to remember this

I started a group of people taking care of their parents and was surprised how many there are. It helps me a lot to hear other people's stories and to help each other with ideas. That would help anyone

I've seen information about support groups and have thought about going but can't find the time with all the medical appointments I have to take my husband to

There's emotional pressure. I have my life to live too. There's a lot of guilt and confusion between the needs you have yourself and the needs of the loved one, and that often results in illness of the caregiver. There's a need for peer counselors

There wasn't adult day care available in Lafayette when I needed it for my mom

I'm hoping my brother will come and help take care of my parents sometimes if I want to get away for a while

It's more expensive to have 24-hour help than to put someone in assisted living respite care. I wanted to go to my son's wedding out of state and got a grant to put my husband in respite care and it worked out pretty well

I would rather have care in the home because it gets disorienting to the people you're caring for to make changes

I'm really pleased by the caregiver services available to us in Boulder County

Form an organization that caregivers can call occasionally as needed for volunteer help. It would be less costly. It would be like a neighborhood baby-sitting group where folks trade off as needed

Topics Not Addressed in Existing Goals and / or Strategies

Financial Issues

Cost of medication

Gaps in health-related coverage

Financial worries are a little worse with no end in sight

Financial struggles as I have been on my own a long time

Sandwich generation - children/elderly have same concern: financial security

Financial future is less secure and out of my control

Lack of money

I'm doing worse because of the world situation (poor economy), but I know that the organizations are doing what they can to help us

Finances are difficult. We had enjoyed the 50 percent discount here but they've changed it for low-income people and that's a problem

I'm worse off financially

It's ridiculous that you have to give up all your assets to get into a nursing home

Senior discounts!

Cost of living keeps going up

It's more difficult for me financially. I'm on a fixed income and taxes keep going up

I have lower income now that I'm single

Financially being able to support oneself

Money-conscious and frugal

Concerned about out-living my money

Have to support family financially

Financially being able to support one's self

Broomfield is cheaper for trips and programs than Boulder

Property taxes are up from \$400 to \$2,000, and now the loss of the senior exemption

Cost of medicine is the biggest concern

Difficulty affording health care

Need changes in eligibility requirements for home assistance, less restrictive (*wide agreement in group*)

Expensive to go to Boulder/Denver for dental care

Finding way to get treatment with limited insurance. Not on Medicare and buying insurance is very expensive

Cost of insurance or supplemental is too high

Social Security doesn't cover all the expenses

It's hard when you don't have insurance

The community helps out when people are facing enormous health care expenses

Long-term care insurance is not affordable

Finding affordable health care is a challenge

I do without because I can't afford certain things

Health care is essential for the peace of mind it gives...no matter how expensive

Financial security

Financial stability

Having the property tax exemption reinstated would help a lot

Economics. I need to work to get by and pay for health insurance

Standard of living is declining

Financial ability to pay expenses

Paying the bills

Paying taxes

It's hard to have enough money to live on when you're retired. I didn't expect that

Financial

Financial ability to pay expenses

Maintaining housing – financial

We need more low-cost services

Biggest problem: lack of money, limited resources

High cost of medical expenses! Debt due to these expenses

We need low-cost medical help

Financial

Cost of living is one-third higher in Boulder than other places

Boulder is a great place to live if you're not working and living on a trust fund. For the average person, making ends meet is tough. People living here must be financially propped up by their families

Once you're on a fixed income it's financial. The big concern is spending money because you know down the road it's all going to be needed to go a doctor, a hospital or a nursing home.

Everything we've worked for will go to one of those. At our age we don't go out and make money. Some people lose everything they've worked for for years because of a catastrophic illness

I agree. It's a major worry. There's too much government involvement and that means we'll need more money for more taxes. There are just too many politicians

I need access to an agency that can work on legal problems for people with little money

Baby Boomers lost retirement, long-term financial advice of past is gone so I'll never retire

Immigration laws: many people were not able to get their papers in the 1980s due to lack of money to pay for the high fees and now today they still don't have their papers

I don't know anyone who has a regular job and has money

Economics. I need to work to get by and pay for health insurance

Income guidelines – don't qualify but still can't afford the service

Income guidelines are not realistic

Financial (individually)

I know a friend who had surgery and was having problems, but surgeon refused to see him until he paid his entire bill

Income gap – interim stage between retirement and Medicare

Most people who are aging are on limited funds. If you really don't have money, discounts aren't enough. You appreciate the discount but it's just not low enough for some of us. I need deeper discounts so I don't have to choose between paying utilities or buying groceries

Even bus passes are hard to afford, even with a discount. It would help if the community had entertainment that you didn't have to pay for

Have low or no cost exercise and sports programs available

Low cost access (or free) to the arts

Affordable medicine

Places to go are low cost, like parks

People need saving plans. Maybe Boulder can help them learn to save. Offer free coupons as rewards for saving

If no resources are available, an additional "emergency fund" could be created for Social Security recipients. All people pay in

Put a little money in a savings account

Emotional Well-Being

I try to be more patient

My doctor asked if I was still driving. I said, "Yes" but I didn't tell him about still flying my airplane

I have reprioritized what is really important – that's been a relief

I have some wisdom now

I'm better grounded and I speak my truth better

I have slowed down. I don't have to get everything done right now

I have greater perspective

I appreciate things around me more – nature, animals

Every day is Saturday!

I don't worry about things that I used to worry about
I'm more laid back and can blow things off easier now
If I don't get the house cleaned, so what?
I can be a little less polite, more wild and off the wall
I'd like to think I'm wiser
I don't worry about things anymore, as I did in my younger years
I feel better spiritually
I feel more grounded, stable and flexible
Self-confidence
Have learned to value my own opinions and feel free to express them
More perspective and greater understanding
Since retired, I have a good attitude
I've been cantankerous about aging
Can roll with the punches
Better consciousness of who you are
I feel more cheerful
I know myself and am able to state my perspective and am comfortable with myself
I don't care what people think, and I'm less concerned with success and failure
I'm closer to knowing what I want to be when I grow up
Clearer about likes and dislike. I feel wise (sometimes)
I have a hard time allowing myself to have fun
I tend to hold grudges more – there are places I just won't shop anymore
Difficult to deal with busy/impolite younger people
Finding purpose and meaning in my life
People around me are having physical problems
Asking for help (*wide agreement in group*)
Living alone, lonely, not feeling like there is something important to do
Being alone / losing a spouse
Uncertainty of future
Death of spouse took a lot out of me
I just see downhill from here, my life crested at 82
Can't get up on the roof anymore: eats away at one's self-esteem – feelings of inadequacy (*wide agreement in group*)
New perspective: learn to receive, as well as give

Mental health: it's difficult to ask for help in this area. We need low-cost services, we need to have people from the community as service providers, and people who speak Spanish

Mentally, different strengths have emerged

Living with someone with a sense of humor helps me feel healthier

More creative

Better now emotionally and spiritually after emotional loss of partner and daughter. I was a caregiver

Mental health is important

Being own advocate can be tough

Having been independent all of life, now hard to ask for help

There are mental health issues in Boulder. Too much medication, prescriptions

Sense of humor

A sense of humor

Living through depression and appreciating everything coming forward now

Good attitude

Development through learning

Accepting what is happening

Look at aging as a new chapter in life

Changing

Spiritual / faith

Attitude – personal responsibility to inform MD

Mental health development

Attitude: glass is half full perspective rather than a negative outlook you encounter in others

Attitude

No one taught us how to be old! We need "Aging for Dummies"

Being happy, having a good attitude

Being satisfied with my situation

You need to have an attitude and expectation that you can age well

Mental health services are essential

Ignoring and denying it

Keeping mentally active

Setting goals and sticking to them

As you age you don't need so much: wants match needs

Having something to do every day

Staying busy

Trying new things

Complete the “bucket list”

I’m not sure that I’m aging well!

Enjoy the beautiful scenery

To stay busy, I need something to do every day

I know there will come a day when I “can’t”. I need to fill the day

Every week I identify three things I want to do

Sustaining a positive self-image

I struggle because I can’t take people by their word

Psychologically (concerns for the future)

Maintaining positive attitude

They’re less like to ask for help

All the time—about 15-20 hours this week—I spend comforting or helping people in my life who are under duress, both family and friends. My sister’s not getting her Social Security and one friend’s talking about bankruptcy. It was never like this before

Guys in transition are worried about their futures

Keeping up with what is happening is my biggest struggle. I try to write things on my calendar but it still feels hectic

We might need to remind people more about what’s going on

Problem: loneliness of older people

You think you’ve got things figured out and something changes and you need to start over again

Losing control – increased complexity, speed, chaos and decline of absolutes

Struggles lead to depression/side effects/health

Fear that spouse would die or become severely disabled in some way. Fear of accidents. Feel the need or pressure to stay alive to be able to care for wife or family member.

Knew of friends who had lost a spouse and how that changed their lives. When friends keep in touch and take them places, they feel discomfort that they are single/ odd one out

Trying to stay busy, which is possibly driven by the thought that someday I might not be able to be busy

Finding something to look forward to and trying to have something every day to look forward to. I like to get out with people and do things

I decided I was not satisfied with my life. I had to step out of my comfort box for personal growth. I had to change my situation

You have to have goals. I want to stay moving for as long as I can

I have to change the way I see me

I have to take personal responsibility for my thought and ideas

Need to take responsibility—too many people want something for nothing. They are stuck in a situation where they don't know what to do

Vets all fought emotional problems for 30 years and didn't think we needed help. We're survivors—always have been—and it's hard to ask for help

Don't become a couch potato as you age. Remain active and engaged

We just need to remind people about kindness—that's the biggest thing that's missing. I've made choices to simplify my life, to be less busy and to use that time to help others

Despite my circumstances I still feel good about myself

I enjoy being by myself but I do have my lonely moments

Life-long learning is the key to how we age; curiosity makes a big difference

I just turned 80 and it's hard—I really dreaded turning 80 but I recently had my birthday and got so many calls and cards from my family and community that now I'm glad I'm 80

Promoting Social and Civic Activities

There are programs now for seniors that didn't used to exist, like at the YMCA

I've enjoyed the opportunity to be out and around people

I've really become more active at the Senior Center and it's made it better

There's more to do, like using parks instead of having to pay for things to do

Access to recreational activity

I have lots of contact with people

Live in vibrant, active community

Board position – very mentally stimulating

Excited by change: retiring, moving to a new place, finding new activities

There are many opportunities in Boulder...we just have to say "Yes". It's all out there. Getting word out about programs is hard. I post things on my church bulletin

People get into their little niches like the Friendship Circle at the Senior Center and form groups to do things together. You just have to manage getting out in the community just like you do your health care; there's a great deal to do here like Changes in Latitude but you have to choose what to do. A lot of us just folks just sit in the nest with our beaks open, waiting, and that's not how it works

I agree. You need to seek out things to meet your own needs

There's a monthly potluck in the Raymond/Riverside area during the summer. It attracts about 60 people

Connections – informal social and more formal things like Lunch Bunch

There should be community potlucks or coffees to bring people together

Staying active and making myself do things

Access to social and civic engagement

Regular gatherings which are stimulating

Learning new things

Meaningful activities

Social engagement in an activity you like

The theater/arts activities

We need outings, to get out and socialize

Activities

Involvement in community

It's all there, it's just a matter of community response. I don't know how we propagate it. It's not the job of the community to send us information every day

The Library puts on good programs

Kicking oneself in the butt and taking advantage of activities that are there

Activity along with socialization is the best

Socializing embraces the activity part. For example, at the lunch program people share stories and make plans to share activities later on

Activities and interaction with other people

The human being was never meant not to have socialization—that's number one

Social connections

Educational activities

Staying engaged

Some people's 'MO' is "But I like watching TV." There are just people who self-isolate. Our church has a program where people can request a caring friend through the Stephen Ministry

Go to the Library

Go to the movies—my friend has Netflix

I know three people who are active advocates for senior accessibility

There are people who will not be reached—they don't want to get out

There are lots of people who choose not to get out

Keeping socially active

We need to get people more engaged with their community in order to make them feel safer

The Library does a great job. Seniors are going to protest their moving the book sale. There are some real senior activists in town. About one-third of seniors want to get involved and about two-thirds don't. Some people choose to be alone

Share responsibility with the young to save world/environment

Anticipate good events/involvement

Lack of motivation keeps people from getting out—it's just inertia on the part of the receiver

There are people in my building used to live very active lives but they don't do anything now. It's like inertia has set in

I have friends in their 90s who ache to go do things, but they don't want to go by themselves or can only drive in town. The friends I travel with are 16 to 20 years younger than I am

Provide fun ways to get people out – folk dances, the Back Door Theatre

The library wants to know what they can do to provide intellectual stimulation. Books on tape for failing eyes

Would there be a way to match up people who are interested in doing things?

“Singles Searching for Singles” program could be used as a model for seniors looking for friends and things to do

Have a form to check off the things you are interested in

I don't have anybody to play with, like someone to go to the movies with. When I lived in New York I had friends. Our church does a good job of offering activities like the Mornings for Moms program but you only find out about these programs if you see the church bulletin

I went to a widows' group and it was just an 'organ recital' and I didn't go back

Some people say they are not joiners yet show a sense of loneliness

Encourage others to engage...

It's there...it is up to me to get active

Get the word out and participate

Personal Safety

Where I live is strenuous for security reasons. I have to always stay on the good side of the public
Seniors don't feel safe from scams, like the “You need a new roof” scam. Seniors feel very vulnerable in this area

We need to really work on this and to get people to ask about it

Required licensing for unlicensed industries (painters, handymen)

A trusted endorsing authority (vendors screened, then promoted as safe)

As seniors, we need to learn not to do business with someone who appears at our doorstep or someone who calls us on the phone

Utilize the Better Business Bureau

We need more education in general regarding medicines, cars, safety, poisons, etc.

Finding safe and reliable vendors

There are not many struggles, but there are issues with security—too much crime

I have two friends and one lay on the floor for about 10 days and the other for about six days before someone ever found them

I worry about that too—a lot. I scares me that I might have to lie there until it's too late

There's an emergency information packet call “File of Life” and it's really helpful. It has all of your important information in one place. I had a friend who had a stroke who had it and we were

able to find her doctor's information and get help for her. They distribute them through the Senior Center, Comfort Keepers and Boulder Senior Services

Do Not Resuscitate information is important; you need to post it in your house

Have friends; agree to call each other three times daily (fear of having stroke or fall and no one knowing)

Does this building have a back-up generator?

Kids on bikes or skateboards go so fast and it's really scary

I got run over by a 19-year-old kid on a bicycle six weeks ago and he didn't even stop

I think it's idealistic to think that young people are going to walk around saying "What can we do to help you?"

We have to try to educate them

It's not just youth, it's middle-aged people too

There have been times I've needed help and I've just asked for it from a young person and they've been marvelous. They seemed happy to do it

It's OK to ask for help when you absolutely need it

There's the potential for things to go wrong

It is a personal responsibility to avoid scams

As individuals we're responsible for our own safety

Less crime

Security patrols would help

They should check the balconies

There's a policeman living here

No one person could protect us all

You should lock your glass door

Living close to the creek makes it less safe; homeless people live there and people running from the law live there. It's OK in the day but at night I hear fights and people screaming for help

Many times many people have slept on my balcony. A billy club would make me feel safer

Give us karate or judo lessons

Videotape every entrance

That's not a bad idea

When 9/11 took place, the first thing President Bush said was "Go out and shop." We should take precautions and live our lives. We need to focus on how we can be more secure from things we can do for ourselves, not depend on government

Enforcing control of dogs off leash

I'd be safer if I could get out of the center of town

Responses to Discussion Guide question "Do you feel safe?"

Yes

I feel safe (*unanimous agreement in the group*)

Yes, feel safe in Lafayette. Police came out to make suggestions and hints when they were going to be on extended vacation. Glad they were aware the house would be watched occasionally

Longmont is safe

Yes, the location is the best – Boulder County has best resources

Yes; you know your neighbors

We live in a very safe community. I lived in California where it was not safe

Yes (*wide agreement in group*)

Yes (*unanimous agreement in group*)

I don't feel any less safe than I used to

I feel very safe

I feel safe, but what about all those seniors without a voice?

Yes, compared to other places like Denver and Minneapolis

I feel safe

I agree

Yes. Have black lab, makes noise, has big bark

Turkeys in yard let me know if someone or animal is near

Yes (*unanimous agreement in group*)

I do, but then I'm in a building with 89 other people

Yes, because there are great EMT's and paramedics up here

Yes because I'm not a scared person in general

Lifeline works up here and makes us feel safer

Yes because the sheriff's deputies make regular rounds through the area

Yes, but I'm more cautious

I feel personally safe but as I age I realize I'm becoming more vulnerable

I'm safer since I stopped starting fights in bars

No

It depends on the time of year. In the winter I feel less safe because there are fewer people around

Not all the time because of the bears and other wildlife in the area

I feel less safe because I live alone and I'm far from neighbors and medical help

Fraud is more prevalent

Dogs running around make me feel less safe

Fire concern with fields (fire crackers, etc.)

Reckless driving

No, I'm afraid of the cops. They hassle you

If I drive at night, I might be more vulnerable

I'm aware of fall hazards

Am I more clumsy or just more aware of hazards? I don't know

As a single female, I don't walk alone at night in Boulder

I live alone and anything can happen. What if...?

I feel less safe now than in the 1970's because the community has changed

Some of my safety concerns are because I am older

There needs to be a new technology to keep people safe. Something better than LifeLine

We need a 24-hour hotline for senior safety

Financial exploitation is a concern

Scams via email and mail seem to be on the rise

I feel less safe. With the economy the way it is I don't believe crime is going down. There are lots more violent crimes. I have been assaulted within this building by my fellow residents

Outside is a big worry but Boulder is a pretty benign place

I just heard of somebody who had his bike stolen

There are more crime problems around the University. It's all relative to the individual; it depends on whether you know karate

People living here with balconies close to the ground have had people sleeping there and coming into their places

There's an increase of crime with all the new people moving in. One has to be more vigilant and careful. Young people are more dangerous. You have to lock your doors now

I think we're in the safest country in the world but we watch TV and get paranoid and scared, especially seniors

The news covers sensational crimes and older people say "Oh my God, that's going to happen to me"

My biggest concern is identity theft

I'm always concerned about ugly, nasty people out there hurting my grandkids

I feel less safe because I can't kick the asses I used to kick

I thought about taking a road trip alone and camping all along the way and wondered if I'd be safe

Not really. I've seen a SWAT team at a neighbor's house. I live by the County jail, rehab center and a trailer park. I've had things stolen out of my mailbox. Basically I feel safe but I never open my windows and always lock my doors. Only moving would make me feel safer

We've had vandalism outside my building- broken windows, dented cars. People wander into the building and we've had to hire a security company. They put in a security camera and now

things have calmed down. We had a presentation by the police on preventative measures. There were gangs of students going up 11th Street when the bars closed at 2 a.m. and a rape occurred in the front yard. Overall, though, I feel relatively safe

Yes, until I got the phone call (reverse 911) – the problem was not in our local area

No because of dogs off leash

No because of phone scams

Other

Do what I should and it's not enough

Looking forward to travel

Living in one place longer is easier because you become more familiar with things—I've been here four years

My kids are successfully launched into their own lives and careers

Things happen more slowly

I feel I can do more things

Do one thing at a time until finished, less juggling

Much still to learn and experience

Can't teach damn yanks to write and spell

No more time for myself than before I retired

Advice to other seniors: Don't be afraid of change; it might improve your life

Technology is challenging – I still can't figure out my new digital camera!

Cleaning house

Yard work

In Erie Boulder and Weld Counties overlap

It's frustrating to live in a town with two counties (*wide agreement in group*)

There are differences between the "young old" and the "old old"

Demands of mountain lifestyle

Visit with siblings showed that similarity in health concerns that was NOT age-related showed need to share information

Pharmaceutical companies need to get on board with the right dosages and generics

You do what you can do where you can do it

Opportunities to learn

I have more doctors' appointments than anything else I do!

Not many challenges at the moment

Prestige – Brown bag medicines (?)

Say “no” to medicines/self-responsibility

In Boulder the same cops always harass us, including the Police Chief who took my drink and sniffed it

I thought I was going to die due to a police arrest and beating in Denver. I’ve got my integrity and my pride

It’s safer to be in a shelter. I awoke in the middle of the night with a raccoon on my face

I’m taking a balance class because the “sock it to me” medication I was taking messed up my balance. I don’t cook so the senior box meals are very helpful and they’re well balanced. Living here and being so close to downtown is part of my feeling of being safe

Overall, Boulder has a good reputation for being good to seniors

In aging, one good decision to make is the location of where you live

If people were more honest

Our society has become a “me” society

Etiquette school!

I’m not going to get a cell phone!

The city of Chicago has 900 murders a year. We need to ban handguns

I think guns are OK as long as we don’t have bullets

India is one country with 1.1 billion people with one set of laws. We have 50 sets of laws like separate countries in the U.S.

Nothing comes to mind

Getting up in the morning

Bicyclists don’t follow rules of road

Don’t pay taxes (those that ride bikes)

Laws—restrictions. The laws are not fair because they don’t take into account the person’s whole situations and you don’t have any flexibility

We need changes in the laws of the government

We need a speaker or panel to come talk about immigration

We need to have a review panel to review cases that aren’t black and white before the law. There are many gray areas and people are suffering because of this

Blanket statements and general public perception that I cannot overcome

The elite are running the county. The low end of the society takes the brunt of this

Finding someone to help with the odds and ends around the house that I used to be able to do. Like fixing a broken screen on a window

The staff here makes mistakes all the time about what’s going on here so we don’t have good information about meetings

They need government term limits to get new ideas

It’s not the politicians, it’s the lobbyists

If we just shot everybody over 75 we wouldn't have these problems

Housing repairs, maintaining home, handyman with reasonable fees

Snow removal and lawn care

Learning to use down time, not as active

Keeping up with technology

Cooking for one

Education

Church is controlling, it's the worst thing

Save my own money so I can have my own garden, my own tribe. It's the only thing I can see for myself. I need to apply for grants and private funding

You have to be more vigilant

Rented out room

Worry about pet care if away from home

Loan Closets is good for medical equipment

Call? I don't have a phone

This place is like a petting zoo for the homeless

Self-education, taking courses, seeking information

How is information getting back to governments, policy-makers?

My kids said, "Mom you can't drive anymore"

Need to get new blood involved

The problem is there is not cohesion or government up here. Just a bunch of overlapping settlements

People are just self-obsessed these days

National and local issues are the same

I've already died and there's no pain

Death is just like a birthday

Aging doesn't have to be bad; you don't have to be decrepit

Aging-friendly or universal design in development of public places

Help younger people begin to think about and plan for their own aging

Fostering creative new solutions to problems

Need a large grocery store

Do you know who the vets are in Boulder County? The last census said there were 20,000; that number has probably stayed pretty even

Look at the statistics on suicide. When men hit 65 it goes way up. I truly worry about vets. The suicide rate is the highest in 20 years. There's one a day in Iraq

Education about aging—cut through denial of aging

Example of self

Strong economy

Plan for future changes

Business lobbyists are controlling government

Appendix D
Discussion Responses by Group

Boulder County

Creating Vibrant Communities in Which We Age Well

Discussion Responses by Group

Allenspark, July 19th

1. *What's better about your life as you age?*

I try to be more patient

Things happen more slowly

Better medical care lately and that's a necessity

I have reprioritized what is really important – that's been a relief

I have some wisdom now

I'm better grounded and I speak my truth better

I have slowed down. I don't have to get everything done right now

I have too much to do; I'm going faster now than before I retired

I am relieved that my husband's cancer is in remission

I am exercising more which really helps

I have greater perspective

I appreciate things around me more – nature, animals

I'm enjoying my freedom

2. *How is it that you're healthier now?*

My new diet has helped me lose weight

I am healthier now than last year

I'm not healthier because my joints have begun to go

Living with someone with a sense of humor helps me feel healthier

My heart problem is now under control

I'm less healthy because of joint problems

I'm healthier because of my weight loss which has lowered my blood pressure and cholesterol

There's hope!

What about being less healthy?

My eyesight continues to fail me

Has any of you had any difficulty getting the medical care or advice you need?

It's hard when you don't have insurance

Living in Allenspark makes it difficult to get to care centers

It takes about an hour to get to a decent hospital

We have a second home in Boulder just to be close to public transportation and hospitals

We are fortunate to have skilled volunteer fire department and EMT staff up here

The community helps out when people are facing enormous health care expenses

There's a special quality in the mountains – we take care of each other

Some people decide to move down to the valley because of frequent medical needs

You can rely on neighbors for occasional rides down below for medical care, but not ongoing forever

I was unable to choose which hospital my husband was taken to (Estes Park vs. Boulder)

Improved transportation to the valley would help us visit hospitals

3. *What helps you age well?*

Sense of humor

Feeling like you can speak and share your perspective – like it's valued

Connections – informal social and more formal things like Lunch Bunch

There should be community potlucks or coffees to bring people together

I live alone and worry that I don't have someone to back me up

A "community circle" of volunteers to respond to a need of a person. This is critical in small mountain communities to fill the gaps in services

There's a monthly potluck in the Raymond/Riverside area during the summer. It attracts about 60 people

Free exercise classes through our insurance company (Silver Sneakers)

Shepherding groups through local churches provides help by other member volunteers

Support for family caregivers

4. *Do you feel safe?*

Not all the time because of the bears and other wildlife in the area

I feel less safe because I live alone and I'm far from neighbors and medical help

Yes, because there are great EMT's and paramedics up here

Yes, because I'm not a scared person in general

There's the potential for things to go wrong

Lifeline works up here and makes us feel safer

It depends on the time of year. In the winter I feel less safe because there are fewer people around

Yes, because the sheriff's deputies make regular rounds through the area

5. What's your biggest struggle?

Mobility

Getting up in the morning

Remembering how to move my body in safe ways so I don't fall down and get hurt

You have to plan ahead – how to move your body safely

Economics. I need to work to get by and pay for health insurance

Finding room for medical equipment in our small home

Coordinating the delivery of medical supplies to this remote area

You think you've got things figured out and something changes and you need to start over again

There may not be "solutions" but you may find support and respite in a group of people

Having people care and send cards helped us through his medical problems last year

What could help you overcome that struggle?

Need to develop a system to check on people. This could grow out of the Lunch Bunch

Churches have been great in the area

6. Do you have someone to call if you need help?

It's harder up here in the mountains

We are fiercely independent and often don't want to ask for help

Are you able to find the information you need?

We need more information about resources. Is the food delivery to the Old Gallery still happening?

What's your best source of information?

Word of mouth and articles in the WIND newspaper

AARP magazine – tips on aging well

Lunch Bunch is a great information center

We need the Aging Services position, vacated by Peg Mills, replaced soon!

Churches

Old Gallery

Monthly calendar in the WIND

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

Transportation! We pay RTD taxes but have no service up here!

Need to be able to pay volunteers up here to provide transportation

The transportation feasibility study is missing the aging perspective

Need champions

Can we get the new bus "The Climb" to come up to Allenspark?

7. *How can we make aging well a community priority?*

Need to get new blood involved

There needs to be a concerted effort to take the information to all the existing community groups in the area. This creates buy-in. (Guild, Area Club, Liars Club, churches, etc.)

The problem is there is not cohesion or government up here. Just a bunch of overlapping settlements

We need to focus on what people actually need and not just what we think they need as they age

Need to personally invite folks and "shmooze" them

Boulder, East Senior Center, July 14th

1. *What's better about your life as you age?*

I have a larger community now that my life has freed up a bit

I'd like to think I'm wiser

More freedom and options

I don't worry about things anymore, as I did in my younger years

I'm only responsible for myself

I have a lot to offer others

What's more difficult for you as you age?

My community is shrinking

I have to be a lot more intentional about finding community

People around me are having physical problems

Finding purpose and meaning in my life

2. *How is it that you're healthier now?*

I'm not sick anymore

I'm healthier because I'm eating healthier and exercising more

I'm a member of a tennis league I enjoy

I hike for enjoyment which keeps me healthy

I'm more fit at the moment than I have been

What about being less healthy?

I do the same things I've always done, it just takes longer now

I'm experiencing undesirable bodily changes

Has any of you had any difficulty getting the medical care or advice that you need?

There is a huge gap in mental health services for seniors

A person I know who suffers from chronic diseases wanted one person to help them coordinate their care

Long-term care insurance is not available or affordable

3. *What helps you age well?*

Ignoring and denying it

Keeping physically, socially, and mentally active

You build momentum with regular exercise

Social engagement in an activity you like

The theater/arts activities

Learning new things

Love affairs

Meeting new and different people through a part-time job with the Census

Meaningful activities

Feeling useful to the planet

Having the property tax exemption reinstated would help a lot

Need more affordable housing for seniors on fixed incomes (Section 8 and other types)

Asset/income guidelines for affordable housing are too restrictive

Need a city program or counseling for seniors on affordable housing options

Family caregivers need information and support

How do we reach out and educate people that we don't always reach?

City codes/ordinances are prohibitive to new, smart development

Development is not "one size fits all"

Regular gatherings which are stimulating

Mental health services are essential

There need to be increased education and understanding of lesbian, gay, Bisexual, Transsexual (LGBT) community among the straight population

We need to have more immigration dialogues

We need bilingual staff in more agencies (*wide agreement in group*)

You need to have an attitude or an expectation that you can

Financial stability

More affordable long-term care settings

4. Do you feel safe?

I feel very safe

I feel safe, but what about all those seniors without a voice?

Is there anything that would make you feel safer?

There is a need for more outreach and education about elder abuse

Need more training of "gatekeepers" about aging concerns (bank tellers, bus drivers, etc.)

Need to inform people about safety resources in the community

Need more training with first responders about responding with sensitivity and compassion to seniors

5. What's your biggest struggle?

Financial
Increasing physical ailments ("age-sprts")
Sustaining a positive self-image
Navigating Medicare and Medicaid systems

6. Do you have someone to call if you need help?

I don't have anyone and I don't want to ask for help
Yes, the senior center and county resource staff
I have a strong network of friends
Those without close family need a support network

What's your best source of information?

I feel more comfortable talking to someone of my own age
Peer counselors
Information in local newspapers
Grillo Center
Network of Care site is hard to use...the taxonomy is not always straightforward

What's the best way to let people know what services are available?

Radio and local access TV
Newspapers
Senior center quarterly publications
Printed resources
Senior Marketplace news (but it is only placed in certain locations)
Resources available at clinics, hospitals and doctors' offices

7. How can we make aging well a community priority?

Have low or no cost exercise and sports programs available
Low cost access (or free) to the arts
Strengthen relationships with local governments. Need to orient local leaders to aging issues
Stigma around the terms 'senior' and 'elderly' exists
Free workshops
A job bank of part-time jobs for seniors

Use humor to enlighten people of all ages about aging issues

Aging friendly or universal design in development of public places

Help younger people begin to think about and plan for their own aging

Fostering creative new solutions to problems

Publicity about projects, events and accomplishments

There's power in numbers...mobilize seniors!

Boulder, Houston Room, July 14th

1. *What's better about your life as you age?*

I was able to retire

There's less pressure, I'm not hassled as much

I'm able to travel

I reunited with my high school sweetheart

I feel more grounded, stable and flexible

Senior discounts!

Volunteering opportunities

I don't care what people think, and I'm less concerned with success and failure

I have more time to read, see movies, and see family

I'm closer to knowing what I want to be when I grow up

My kids are successfully launched into their own lives and careers

I want to stay at home and keep going with my normal activities

What's more difficult for you as you age?

Death of spouse took a lot out of me

I just see downhill from here, my life crested at 82

There are differences between the "young old" and the "old old"

My lack of energy is frustrating

I have lower income now that I'm single

I have more physical limitations

Age discrimination in the workplace along with fewer jobs to be found

Downsizing out of my house has led to a more sedentary lifestyle now that I don't have a yard to keep up

Being alone / losing a spouse

2. *How is it that you're healthier now?*

More creative

Mentally, different strengths have emerged

You do what you can do where you can do it

What about being less healthy?

I'm unable to do everything I want to do because of physical health (*wide agreement in group*)

Less physical stamina

Has any of you had any difficulty getting the medical care or advice that you need?

Finding affordable health care is a challenge

I do without because I can't afford certain things

I am disappointed with health care in Boulder County

Health care is essential for the peace of mind it gives...no matter how expensive

3. *What helps you age well?*

Access to social and civic engagement

Feeling meaningful connections and like I have something to offer

Good health to do what you love (*wide agreement in group*)

Circle of Care program

Staying active and making myself do things

Intergenerational contact

Transportation

Manageable forms of information

4. *Do you feel safe?*

As a single female, I don't walk alone at night in Boulder

I live alone and anything can happen. What if...?

I feel less safe now than in the 1970's because the community has changed

Some of my safety concerns are because I am older

There needs to be a new technology to keep people safe. Something better than LifeLine

We need a 24-hour hotline for senior safety

Financial exploitation is a concern

Scams via email and mail seem to be on the rise

Is there anything that would make you feel safer?

We need to get people more engaged with their community in order to make them feel safer

Buddy system of friendly phone calls

5. *What's your biggest struggle?*

Financial

Finding someone to help with the odds and ends around the house that I used to be able to do. Like fixing a broken screen on a window

Finding safe and reliable vendors

6. Do you have someone to call if you need help?

There need to be advocates or trained volunteers to help people navigate the complex systems and get the information and services they need

Are you able to find the information you need?

I feel overwhelmed by all of the brochures and flyers I am given

We need easy access to quality information without being overwhelmed

What's your best source of information?

Self-education, taking courses, seeking information

What's the best way to let people know what services are available?

More than just online...not all seniors are computer savvy

Use existing networks and agencies to help get the word out to their clientele

7. How can we make aging well a community priority?

Established agencies and organizations need funding and resources to be able to function

We need to build effective collaborations and partnerships to help non profits

We need to "make more noise" about aging well

Need better "PR" about the accomplishments and services available in the county

Don't become a couch potato as you age. Remain active and engaged

Need more coverage in the mainstream newspapers in order to reach out to all ages

1. *What's better about your life as you age?*

It's about the same. I have lots of contact with people and am in reasonably good health. I just turned 80 and it's hard—I really dreaded turning 80 but I recently had my birthday and got so many calls and cards from my family and community that now I'm glad I'm 80
My husband died four years ago from Alzheimer's. I'm a recovering cancer patient and am diabetic. I'm running out of organs to have problems with but I'm doing just fine
I take advantage of trips that are offered by the Senior Center if I can afford it

What's more difficult for you as you age?

I'm slowly reaching out to the community instead of the community reaching out to me to help as in the past. I live alone and it's hard to make friends
There are many opportunities in Boulder...we just have to say "Yes". It's all out there. Getting word out about programs is hard. I post things on my church bulletin
People get into their little niches like the Friendship Circle at the Senior Center and form groups to do things together. You just have to manage getting out in the community just like you do your health care; there's a great deal to do here like Changes in Latitude but you have to choose what to do. A lot of us folks just sit in the nest with our beaks open, waiting, and that's not how it works
I agree. You need to seek out things to meet your own needs
Broomfield is cheaper for trips and programs than Boulder
I feel more cheerful

2. *How is it that you're healthier now?*

Generally I'm healthier. In some ways yes, in other ways no. It's personal and unique to each of us

3. *What helps you age well?*

Kicking oneself in the butt and taking advantage of activities that are there
It's a problem doing things at night because night driving is hard. I've gone to Circle of Care programs and they are great
It's all there, it's just a matter of community response. I don't know how we propagate it. It's not the job of the community to send us information every day
The Library puts on good programs. Part of it is mobility. I've never learned to ride the bus because I still drive
I don't take advantage of Channel 8 like I should. It should be better promoted

Are social connections important to you?

Some people's 'MO' is "But I like watching TV." There are just people who self-isolate. Our church has a program where people can request a caring friend through the Stephen Ministry
To stay busy, I need something to do every day

I know there will come a day when I “can’t”. I need to fill the day
Every week I identify three things I want to do
Go to the Library
Enjoy the beautiful scenery
Go to the movies—my friend has Netflix
I know three people who are active advocates for senior accessibility
There are people who will not be reached- they don’t want to get out
There are lots of people who choose not to get out

4. Do you feel safe?

I do, but then I’m in a building with 89 other people
Not really. I’ve had a SWAT team at a neighbor’s house. I live by the County jail, rehab center and a trailer park. I’ve had things stolen out of my mailbox. Basically I feel safe but I never open my windows and always lock my doors. Only moving would make me feel safer
We’ve had vandalism outside my building like broken windows and dented cars. People wander into the building and we’ve had to hire a security company. They put in a security camera and now things have calmed down. We had presentation by the police on preventative measures. There were gangs of students going up 11th Street when the bars closed at 2 a.m. and a rape occurred in the front yard. Overall, though, I feel relatively safe
Overall, Boulder has a good reputation for being good to seniors. I wish we could make better use of the transit system. People complain about Special Transit and having to wait. For me it’s a hike to get to the bus; it’s about a 15-minute walk. I kick myself for not learning how to use the bus while I still have a brain

5. What’s your biggest struggle?

Trying to stay busy, which is possibly driven by the thought that someday I might not be able to be busy
Finding something to look forward to and trying to have something every day to look forward to. I like to get out with people and do things
The Library does a great job. Seniors are going to protest their moving the book sale. There are some real senior activists in town. About one-third of seniors want to get involved and about two-thirds don’t. Some people choose to be alone

Do you think most people know how to get information about getting involved?

If you’re affiliated with the Senior Center you can access all that information. At Stephen Ministries we have files on all kinds of services
You can talk to Sandy at the Senior Center
The bus company offered to provide education on how to ride the bus
People who are active know about these things and those who aren’t active don’t

6. Do most people you know have someone to call if they need help?

Yes, many people in my building moved here because their kids live here. Most people have someone they can call

There's an emergency information packet call "File of Life" and it's really helpful. It has all of your important information in one place. I had a friend who had a stroke who had it and we were able to find her doctor's information and get help for her. They distribute them through the Senior Center, Comfort Keepers and Boulder Senior Services

Do Not Resuscitate information is important; you need to post it in your house. It's a hassle to get this information out to everyone

What's your best source of information?

Information comes from the people you know

Lack of motivation keeps people from getting out—it's just inertia on the part of the receiver

There are people in my building who used to live very active lives but they don't do anything now.

It's like inertia has set in

Once you get "in the circle" you can see what's available. I think mobility is a big part of it

My kids said "Mom you can't drive anymore"

My doctor asked if I was still driving. I said "yes," but didn't tell him about flying my airplane

I have friends in their 90s who ache to go do things, but they don't want to go by themselves or can only drive in town. The friends I travel with are 16 to 20 years younger than I am

7. How can we make aging well a community priority?

Some people have taken it on

You can do it for a few people who want to be active. Would there be a way to match up people who are interested in doing things?

"Singles Searching for Singles" program could be used as a model for seniors looking for friends and things to do

Have a form to check off the things you are interested in

I don't have anybody to play with, like someone to go to the movies with. When I lived in New York I had friends. Our church does a good job of offering activities like the Mornings for Moms

program but you only find out about these programs if you see the church bulletin

I went to a widows' group and it was just an 'organ recital' and I didn't go back

What can you do as an individual to help?

On an individual basis you can help; beyond that I don't know how to help

Quarterly Senior Book is good resource

I enjoy being by myself but I do have my lonely moments

It's there...it is up to me to get active

You have to have goals. I want to stay moving for as long as I can

The wall of information at the Senior Center is great

Har HaShem actively publicizes programs for downtrodden groups

Life-long learning is the key to how we age; curiosity makes a big difference

It's nice to be an example of how you can still move and think at this age

There is a stigma attached to the term 'senior' center. Friends and family wrinkled their noses when I said I wanted my party at the Senior Center, so invitations were sent with "Community" Center

Erie, July 15th

1. What's more difficult for you as you age?

Seeing

Cleaning house

Driving

Yard work

Healing process

Hearing

Sex

Sleeping

Mobility

Transportation impossible

Trouble getting to medical appointments

Accessing services

Transportation

RTD is hard to access

Special Transit only comes once a week

In Erie, Boulder and Weld Counties overlap

It's frustrating to live in a town with two counties (*wide agreement in group*)

2. How is it that you're healthier now?

Square dancing stimulates health

Swimming helps with mobility

I agree that swimming's good

From walking around Erie seven days a week

What about being less healthy?

Arthritis

Lung problems

Neuropathy

Has any of you had any difficulty getting the medical care or advice that you need?

It's hard when you have physicians in other towns because of transportation needs

Timing is an issue at appointments when a doctor is running late and you have a ride arranged that has to wait

3. *What helps you age well?*

Diet

Exercise

Volunteering

Proper medical care

4. *Do you feel safe?*

Dogs running around make me feel less safe

Fire concern with fields (fire crackers, etc.)

Reckless driving

5. *What's your biggest struggle?*

Traffic. Boulder has a tremendous amount

There are a lot of distracted drivers (phones, etc.)

I struggle because I can't take people by their word

Bicyclists don't follow the rules of road

They don't pay taxes (those who ride bikes)

6. *Do you have someone to call if you need help?*

It's hard to know who to call because of the issue of living in a town with two counties

Are you able to find the information you need?

It's not easy to find housing, especially for small communities

Loan Closets is good for medical equipment

What's your best source of information?

I go to the senior center for help

We don't have a senior center, but a room in a community center

It's not open every day

There's not enough housing

Not everyone knows about assistance

7. *How can we make aging well a community priority?*

Weld County needs more senior services

There needs to be a bridge in the gap between Boulder and Weld Counties

The two counties should have meetings

Erie needs to change and choose one county

It seems unfair about differences in help available within each county

I appreciate nutrition here in Erie, it's wonderful

Medical mobility transportation

Need a large grocery store

With RSVP in Weld County there's more paperwork to fill out as a volunteer than in Boulder County where you can call in

What can you do as an individual to help?

There need to be ways to connect people to help each other, those who are able-bodied

Faith Leaders, July 20th

1. *Are you noticing a difference in needs of seniors in your congregations?*

There's still an incredible need for seniors to feel valued and of worth. It's a youth-oriented culture. I just think there's much more likelihood that people of all ages will be valued in the faith community. It's the message—God is for anybody and everybody. Faith communities in general will have appeal to seniors because we give value. There are huge numbers growing into the aging population; the age curve is shifting and there are three times as many people in the country over 60 as other ages now. It's an enormous demographic. The need is for inclusion and participation and there are great opportunities in the faith community. The retired still have so much to give when we give them a chance

We have had an increase in our aging population in our congregation

People are living longer. We have birthdays for people in their 90s or older every month. How do you recognize and ritualize these things that are so important to people? The challenge is to see the journey of life and faith as life-long. One woman started Bible study when she was 87

The issues are varied, like how to help Baby Boomers with their aging parents through pastoral consultation. Many of their parents are out of town. We also need to educate Boomers about their own aging process. We have pulled groups together to help each other

In Boulder people are healthier and their life span is longer. We're finding that some are in denial about aging—people who are 75 and don't want to hang out with seniors. The word 'senior' is not inviting, it's separating. For some there's just a refusal to accept the fact that they're aging. They just don't know how to deal with it

I agree. Two people in their 80s said to me, "We're never going to die." There's just a discomfort with death in our culture. But it's a reality

Denial is an issue. Providing transportation is important. We need to deal with it so people can participate

Many people are not comfortable being around all ages. The term 'senior' refers to dying and becoming incompetent

We use 'retirees' rather than 'seniors'—it refers to people having time to do things

Reinforcing a positive outlook is important

2. *So you are seeing a segregation of those who are aging?*

It doesn't happen in my congregation. Kids are connecting with elders

We segregate ourselves—it's just a natural thing

3. *Are you finding seniors seeking help from you if they are not already part of your congregation?*

Six or seven years ago our church made a huge paradigm shift when we realized we need to look outside our walls to serve the community. That was so unusual it got lots of news coverage. We had hundreds of volunteers help in schools. This year we're working with non-profits to provide mentors and volunteers to provide respite for full-time caregivers. We also have volunteers teaching English as a second language. We feel that's what a church is called to do to be loving of all. Some people reach a point of needing help who go through every church in the phone

book looking for help, usually for an immediate need like a minor medical thing or their gas has been shut off. We used to run shuttle buses to the homeless shelter. It's really word-of-mouth. We get a call about once a week from a person who's not a member of our congregation who needs help

Our rabbi has discretionary funds and helps people in need. Lots of people come into the synagogue when there's a death. You have to have 10 people to have Kaddish so that gets people into a synagogue

We get lots of requests for help. We also have discretionary money to help. We get parents needing help for kids, some for themselves. We get 10 to 12 a week. Sometimes we serve as an entrance point for elders/seniors. Medical needs sometimes disconnect people from their faith

We do programs in some Jewish centers three or four times a year

4. Do you find there are groups who would have more barriers to getting help than others?

In our synagogue it's people who are not Jewish. We're a conservative congregation, but not politically. The perception is that inter-faith couples are not welcome but that's not the case

Five years ago we made our church totally handicapped-accessible and even made the pews wheelchair-accessible

The Hispanic community would be very hesitant to contact our church. I've found there's a huge hidden Hispanic network that I didn't really know existed here. I don't know who they reach out to. The adults don't speak much English but the kids do

We helped bring some Sudanese women to town. The Black population in Boulder is so small that they didn't think they would be welcomed here but they are

I have found that the Sudanese don't have a connection with the Black population

5. How can we create a broad community awareness about aging issues? Do you think there's a need for it?

It's something to dialogue about. We didn't see this explosion of the population happening. Some of our groups are aging together and love being together. How can we multiply that to provide the support for each other? How do we get people thinking about taking care of their parents before it happens?

Third party mediation can help families with parent care. There's a nationwide movement of elder law for people to deal with potential family disputes. Things like Senior Law Day can help build awareness

The faith community has to deal with selfishness at all levels. It used to be that families were all in one community but not anymore. Some retire and just want to go play golf. Lots of seniors in Boulder don't have a family network to connect to. We're thinking of connecting kids of single moms or mentoring single moms. Both are growing populations

6. What's the best connector to make things like that happen?

It's important to make sure people are aware of services and programs available to them

Maybe old systems aren't going to be effective anymore. How can we challenge seniors to create new alliances? We have new things going on now. Maybe it's just awareness of issues

There's Care Connect and Restoring the Soul—they are two groups who could help. Personal connection is the best

7. *Where do people get information about what's available?*

It depends on the age. Newspapers are dying. People under 30 get their information from their PDA; they get the headlines that way and if they want more information than that they'll go online and look it up

We need to look at using all forms of communication. It would be helpful to faith communities to get your research on how people get their information

People need someone to listen to them, to care about them, and to journey with them

8. *How can seniors get a seat at the table?*

It has to be done purposefully because society's moving away from that. It needs to be a conscious decision to include people of age

Sometimes you have to convince them they should be at the table. I ask them to be a consultant, not to do

9. *Is there anything else you'd like to cover?*

There's an opportunity to be creative in making successful occurrences with seniors known in the community. Make seniors a big part of things the City and the County do—make seniors visible in lots of venues

It's really critical to have people aware of seniors with and without problems

It would be good for churches to "be in the loop" and know about the resources available

A periodic e-mail about services would be great

Family Caregivers, July 8th

1. *In the last year, has your day-to-day life improved, become more difficult, or stayed about the same?*

I'm becoming more aware of resources but my husband's dementia is getting worse. I had trouble getting resources for my 59-year-old brother with multiple sclerosis eight years ago. I have appreciated getting help from the City and County. I went to a seminar and found out about daycare. I know the future won't be easier—it's just the nature of this illness

I've realized I can't change my mother but I can change inside me and change my expectations. It's helping; I'm learning containment and hoping to get to a place of love. She feels my energy and it causes problems. I'm learning to set boundaries to take care of myself, like take a nap or meditate. She's in San Diego and I go out for a week six to eight times a year. I want her to move here to a group home but she wants to be with me. She's dead-set against any agency coming into her home. She has dementia and I know it will just get more difficult

My parents are moving in with me. My mother is taking care of my father who had a stroke. My mother got sick this winter and recovered but decided moving in with me would be good. They've had some home health assistance

2. *What helps you as a caregiver?*

I have a volunteer who comes in on Mondays. I don't want to take away my husband's independence and dignity but he likes having a volunteer come in. My husband's good natured, even when I get short-tempered with him

3. *What barriers do you face?*

I started a group for people taking care of their parents and was surprised how many there are. It helps me a lot to hear other people's stories and to help each other with ideas. That would help anyone

I've seen information about support groups and have thought about going but can't find the time with all the medical appointments I have to take my husband to

4. *What's your biggest struggle?*

My cataract situation. I need a driver. Special Transit is good about picking you up before an appointment but it takes a long time to get picked up after an appointment

There's emotional pressure. I have my life to live too. There's a lot of guilt and confusion between the needs you have yourself and the needs of the loved one, and that often results in illness of the caregiver. There's a need for peer counselors

5. *Do you have anyone to call who can help?*

Just a friend. I need cataract surgery and have dental surgery coming up and I don't know how I'm going to do that because I don't know who will take care of my husband or how I will get there and back. I try to maintain contact with friends but they are older and don't drive

I don't get any services from churches but would like to. I guess I'm looking for "community"

6. *What's the best way to get information to you?*

Something tangible that I can file for when I need it—not the Internet

Put information in the grocery stores and libraries

I went to a seminar last month on resources and legalities for caregivers and it was really helpful. I think I found out about it through the mail

I know the office at the Senior Center is a good place to go to get information so I will be using that when my parents come. The Internet is fine for me

A newsletter e-mailed quarterly would be good

I'd like that too

7. *We've talked a lot about what's working and what could be better as we all endeavor to age well and to want positive aging for those we care about. How can we make aging well a community priority?*

Aging's something everybody is going to do. I don't think it will be easy to reach younger people because they don't think they'll ever get old. I think it's just neighbor-helping-neighbor

We just need to remind people about kindness—that's the biggest thing that's missing. I've made choices to simplify my life, to be less busy and to use that time to help others

In my neighborhood it's mostly young families involved in their own lives but in the neighborhood one street over people help each other out. Maybe you could promote helping seniors, like shoveling snow

Some people just don't know about the problems that exist in their neighborhood

People are just self-obsessed these days

I'm hoping my brother will come and help take care of my parents sometimes if I want to get away for awhile

It's more expensive to have 24-hour help than to put someone in assisted living respite care. I wanted to go to my son's wedding out of state and got a grant to put my husband in respite care and it worked out pretty well

I would rather have care in the home because it gets disorienting to the people you're caring for to make changes

I'm really pleased by the services available to us in Boulder County

8. *What topics have we missed?*

Form an organization that caregivers can call occasionally as needed for volunteer help. It would be less costly. It would be like a neighborhood baby-sitting group where folks trade off as needed

Homeless, Boulder Homeless Center, July 7th

1. What's better about your life as you age?

Living in one place longer is easier because you become more familiar with things- I've been here four years

What's more difficult for you as you age?

I've been working in sweat shops and I'm fed up with it

2. How is it that you're healthier now?

My health is about the same, only I'm more exhausted

What about being less healthy?

Where I live is strenuous for security reasons. I have to always stay on the good side of the public

I have memory loss. I'm always afraid I'm going to leave things behind

My health is worse. I recently became homeless. It's hard to sleep on the ground, keep clean, go to the bathroom, especially as you get older

I'm mostly tired a lot. It's difficult to do the things you need to do

Has any of you had any difficulty getting the medical care or advice that you need?

I go to the Mazeland House for help

There are mental health issues in Boulder. Too much medication, prescriptions

3. Do you feel safe?

Yes, compared to other places like Denver and Minneapolis

No, I'm afraid of the cops. They hassle you

In Boulder the same cops always harass us, including the Police Chief who took my drink and sniffed it

I thought I was going to die due to a police arrest and beating in Denver. I've got my integrity and my pride

It's safer to be in a shelter. I awoke in the middle of the night with a raccoon on my face

Is there anything that would make you feel safer?

I'd be safer if I could get out of the center of town

There are six million undocumented illegal aliens in this country. It's like an invasion. No jobs because of the illegals. We could put people to work. Maybe offer a living wage

A living wage would make me feel safer

I'm mainly afraid of the cops finding out where I live
I need a safe place to live

5. What's your biggest struggle?

Trying to not raise hostility. I'm judged by my character. I'm grouped in with the "low-lives"

There is prejudice

Blanket statements and general public perception that I cannot overcome

Cost of living is one-third higher in Boulder than other places

Boulder is a great place to live if you're not working and living on a trust fund. For the average person, making ends meet is tough. People living here must be financially propped up by their families

There are no low-level jobs unless you speak Spanish. You have to speak Spanish to work with others at places like McDonalds or construction

The elite are running the county. The low end of the society takes the brunt of this

I applied for Section 8 Housing. I don't make enough to qualify. We need more subsidized housing to qualify for Section 8 housing

You have to have income to get housing

I've been to Boulder's housing programs. Others get housing. They don't have my disabilities. I'm white. Others get housing. The person at the housing place speaks Spanish. She laughs and won't listen. I'm discriminated against

Rent is too high compared to Illinois

I had a good job and I was still labeled as homeless. I'm classified as homeless. I can't overcome it. I'm not dressed right. I don't shave. I carry a backpack. I'm not sure how to break the cycle

I'm seeing more people getting off on seeing people down

There is 40 percent less empathy amongst students. People care about others less

It's shameful that we don't provide housing like in Europe

What could help you overcome that struggle?

This place [homeless center] adds legitimacy to my life

You need to talk to people and tell them that we are part of society

I decided I was not satisfied with my life. I had to step out of my comfort box for personal growth. I had to change my situation

I have to change the way I see me

Not church. Church is controlling, it's the worst thing

I have to take personal responsibility for my thoughts and ideas

The economy—we need to look at the big picture. The U.S. should create a number of non-profits and make them responsible for checking national IDs. There are not enough jobs due to aliens taking the jobs

Someone should project homeless numbers based upon more illegals coming in. Look at demographics due to the Right-to-Work laws

If no resources are available, an additional “emergency fund” could be created for social security recipients. All people pay in

People need to accept that everyone has a soul. If someone is down, people continue to step on others

Save my own money so I can have my own garden, my own tribe. It’s the only thing I can see for myself. I need to apply for grants and private funding

Need to take responsibility- too many people want something for nothing. They are stuck in a situation where they don’t know what to do

6. *Do you have someone to call if you need help?*

Call? I don’t have a phone

Mostly no

Maybe

I don’t know anyone that has a regular job and has money

I need someone to bridge the gap

What’s your best source of information?

Mazeland House

We are a family here at the Center

This place is like a petting zoo for the homeless

7. *How can we make aging well a community priority?*

Do an advertising campaign like the Ad Council. Nationally show people remembering how it used to be before they “fell”. The higher you are, the farther you fall

The mayor of Denver had a plan to stop homelessness. The problem is it is not a priority

Convert more places to cheap rental places

Provide avenues for people to work. Most homeless can be an eye on the street—especially to look for illegal aliens

As a community adopt a spirit of gratefulness. Being homeless is a shock. Learn to appreciate things. You never get more than you have

Need to start locally. Need a Right-To-Work law in Boulder for U.S. citizens. Kids can’t make enough money to support their old parents

How can we capture the collective consciousness of the people? We need to get the power back

National and local issues are the same

Low level jobs are available, but not a living wage. It’s hardly worth it. Earning \$300 per month for 15 years...who is going to subject themselves to this kind of living?

People need saving plans. Maybe Boulder can help them learn to save. Offer free coupons as rewards for saving

Get more people to care. If people don't care, nothing will change

People may not be aware; people need to care more deeply

Create a Boulder Women's Garden. Homeless people could grow flowers and sell them for income in addition to a vegetable garden

What can you do as an individual to help?

Despite my circumstances I still feel good about myself

Put a little money in a savings account

Lafayette, July 29th

1. What's better about your life as you age?

Self-confidence

Have learned to value my own opinions and feel free to express them

Excited by change: retiring, moving to a new place, finding new activities

Advice to other seniors: Don't be afraid of change; it might improve your life

I'm living in Boulder County where aging services are exceptional

What's more difficult for you as you age?

Getting around

Physical limitations

Driving skills diminish- slower reactions and response time

Can't get up on the roof anymore: eats away at one's self-esteem – feelings of inadequacy (*wide agreement in group*)

That's why it is so important to have connections with family and friends

New perspective: learn to receive, as well as give

2. How is it that you're healthier now?

Improvements in medical technology: new pacemaker, sleep apnea machine

Privileged to have Kaiser, long-term health insurance, veterans benefits

Glad new health plan passed and more people will have coverage

What about being less healthy?

No current problems (*unanimous agreement in group*)

Has any of you had any difficulty getting the medical care or advice that you need?

No (*unanimous agreement in group*)

3. What helps you age well?

Comfort of knowing you have health care and insurance

Attitude: glass is half full perspective rather than a negative outlook you encounter in others

As you age you don't need so much: wants match needs

Pay attention – nurture relationships

4. Do you feel safe?

Yes, feel safe in Lafayette. Police came out to make suggestions and hints when we were going to be on extended vacation. Glad they were aware the house would be watched occasionally

Is there anything that would make you feel safer?

Nothing comes to mind

5. What's your biggest struggle?

Fear that spouse would die or become severely disabled in some way. Fear of accidents. Feel the need or pressure to stay alive to be able to care for wife or family member.

Knew of friends who had lost a spouse and how that changed their lives. When friends keep in touch and take them places, they feel discomfort that they are single/odd one out

What could help you overcome that struggle?

Get help at the senior center

Access BoulderCountyhelp.org where you can even find resources in other states for family members

Need to promote and publicize senior centers

Internet

Medicare.gov

Kaiser Permanente website

Boulder County ombudsman

6. Do you have someone to call if you need help?

Daughter has listening skills, good information, best interests at heart

Family connections

Are you able to find the information you need?

Yes, depending on what information you want

What's your best source of information? What about people you know?

(Wide consensus that many people have no idea where to turn and wait until a crisis occurs or until the last minute to seek help)

What's the best way to let people know what services are available?

There's no one way

Mailings may be only way to contact those who never get out

Include fliers or notice in Recreation Center/Senior Center Bulletins

Bulk mail

Internet

Newspapers

Churches

Medical Offices

Need a 911 number for information. 211 takes several questions to get the information you need and many seniors won't keep asking that long. Need one number to get resources

A refrigerator magnet with phone numbers might be ideal because it won't be thrown away like a flier or postcard, etc.

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

May just need supervision and not skilled nursing care

Do not qualify for Medicare or Medicaid, but have limited funds. Physicians and psychiatrists are refusing to take Medicare/Medicaid patients

I know a friend who had surgery and was having problems, but surgeon refused to see him until he paid his entire bill

Finally about to qualify for disability and will see a general practitioner

East Boulder County needs help so people can age in place. Doctors need to accept Medicare/Medicaid

Income gap – interim stage between retirement and Medicare

The name Clinica Campesina makes people think that it is for Spanish-speaking patients only

7. *How can we make aging well a community priority?*

Intergenerational contact to get the word out that seniors are volunteering in the community, attending events, spending in the community and, are willing to speak up. Let youth groups, community events, police and firefighters know we are out there willing to help too

Let the community know that many senior-friendly changes to the community improve lives of all the citizens making it a safer and friendlier place to live. Longer lights at crosswalks help young parents, bicyclists, as well as seniors crossing the street. Seniors vote on issues that impact children and grandchildren. They are not as self-centered as some are portrayed

We are fortunate Boulder County is interested in helping

Buttons: Senior Power! or more modern slogan

Let politicians know that seniors vote, if they don't know it already. Show up at council meetings, town meetings, political events

What can you do as an individual to help?

Get the word out and participate

Has a below poverty level number been surveyed recently in Boulder County?

Lafayette, July 26th

1. *What's better about your life as you age?*

Every day is Saturday!

I don't worry about things that I used to worry about

I'm more laid back and can blow things off easier now

If I don't get the house cleaned, so what?

I don't have to go to work

I feel I can do more things

I can be a little less polite, more wild and off the wall

What's more difficult for you as you age?

My health continues to deteriorate

I'm not too comfortable driving out on the highway because traffic and other drivers have gotten worse

I have a hard time allowing myself to have fun

Cost of living keeps going up

I tend to hold grudges more – there are places I just won't shop anymore

Difficult to deal with busy/impolite younger people and drivers

I'm a speed limit guy

Overall, there is a rudeness taking over the roads

Technology is challenging – I still can't figure out my new digital camera!

2. *How is it that you're healthier now?*

My asthma is better since relocating and eating better

I lost 24 pounds when my doctor told me I was close to being considered obese

What about being less healthy?

I'm much less healthy now

Some ways I'm healthier, like dealing more effectively with my health issues. In some ways I'm less healthy

Has any of you had any difficulty getting the medical care or advice that you need?

I have more doctors' appointments than anything else I do!

3. *What helps you age well?*

Staying active and exercising

Having good role models of growing older successfully

I'm not sure that I'm aging well!

Setting goals and sticking to them

4. Do you feel safe?

Yes, but I'm more cautious

If I drive at night, I might be more vulnerable

I'm aware of fall hazards

Am I more clumsy or just more aware of hazards...I don't know

I don't feel any less safe than I used to

Fraud is more prevalent

Is there anything that would make you feel safer?

If people were more honest

Our society has become a "me" society

People are taking advantage of others more now that there aren't enough jobs

Etiquette school!

As seniors, we need to learn not to do business with someone who appears at our doorstep or someone who calls us on the phone

Utilize the Better Business Bureau

There needs to be a senior networking group – a clearinghouse of information

Need to get the word out about www.bouldercountyhelp.org and other information sources

I'm not going to get a cell phone!

5. What's your biggest struggle?

My children. And many of my friends are having the same problem. I feel a need to be there for my kids and help them through difficult times

I miss having an intimate girl friend who I can talk to about anything

I guess it's hard to establish intimate friends in later life

The proposed senior apartments in Lafayette are currently a big fight in the community

There wasn't adult day care available in Lafayette when I needed it for my mom

What could help you overcome that struggle?

Joining the Community Newcomer's Group

6. Do you have someone to call if you need help?

Yes, my daughter

Yes (*wide agreement in group*)

Are you able to find the information you need?

Yes, I go online and “Google it”

I go to the library

What’s your best source of information?

Online – Google

Library

Grillo Center in Lafayette Library

What about people you know?

Most people probably don’t know where to go get information they need

They don’t know who to talk to or where to go

They just talk to their personal circle of friends

What’s the best way to let people know what services are available?

Direct mailings

Senior center magazines

Churches

You don’t need help until you need it! Otherwise, you could care less

Don’t want to go to senior centers with “old people”

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

Income guidelines – don’t qualify but still can’t afford the service

Transportation

Special Transit is great

Income guidelines are not realistic

Physical and mental health problems

If folks don’t have a ride, there needs to be a pool of volunteer drivers available

Not knowing what’s available and operating when in crisis mode

7. *How can we make aging well a community priority?*

Figure out how much seniors actually contribute to the tax base and communicating that to local governments

Lobby local governments

I don't think Lafayette has the priority for seniors that they should

Mobilize senior advisory boards to make the general public aware of policy issues

Lafayette Rec. guide needs to have more focus that senior programs are listed there too

Replicate best practices

Enlist the help of doctors to reach the homebound

Get the appropriate resource information to patient advocates at hospitals

What can you do as an individual to help?

Volunteer!

Latino, Lafayette, July 13th

1. *What's better about your life as you age?*

After retirement, I have stayed busy and well

What's more difficult for you as you age?

Difficulty finding a stable job

Work only by contract

One does not have the same energy as before

Age discrimination

2. *How is it that you're healthier now?*

Health is the same

What about being less healthy?

Health is the same

Has any of you had any difficulty getting the medical care or advice that you need?

For me, it is easy to access services

Not many bilingual resources in Broomfield

Not many challenges at the moment

3. *Do you feel safe?*

There's an increase of crime with all the new people moving in. One has to be more vigilant and careful. Young people are more dangerous. You have to lock your doors now

Is there anything that would make you feel safer?

Less crime

4. *What's your biggest struggle?*

There are not many struggles, but there are issues with security -- too much crime

Also, the economic situation is worsening and this makes it more difficult to find a stable job

What could help you overcome that struggle?

You have to be more vigilant

5. *Do you have someone to call if you need help?*

Yes

Are you able to find the information you need?

Yes, this is not difficult

What about people you know?

People are not interested in joining the center. They are not interested in getting information; they would rather stay at home watching TV

Do you think most people know where to go to get the help they need?

No, some people lack the information. There needs to be Spanish-speaking workers that go out to the community. Word-of-mouth is the best way for people to get the information

What's the best way to let people know what services are available?

Word-of-mouth

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

The feeling of the centers sometimes is not welcoming to us. It feels more Anglo and of too much money. Lafayette's center feels more comfortable than Erie's

7. How can we make aging well a community priority?

We have to organize the community, but people don't care about coming together and it's difficult to make them come to meetings. Some people are also afraid of meetings. Some people are also stuck in the old mentality of "they don't like me because I'm Mexican"

What can you do as an individual to help?

I can volunteer more, help organize, and I can let people know what I know

I want to get "Silver Sneakers" in our center

Latino, Longmont July 8th

1. How is your quality of life this year versus last? Why?

Casi Igual / About the same

He tenido que hacer cambios para cuidar mejor a otra persona / I have had to make changes in my life to better take care of another person

Mas dificil / Harder, worse

Enfermedades / sickness, disease (*four people agreed*)

Limitaciones / Physical limitations

Falta de energia/ Lack of energy

Falta de transporte/ Lack of transportation

Problemas con Special Transit / Problems with Special Transit

No llegan a tiempo, hay que llamar mucho tiempo adelantado 3 dias o mas, no hay servicios en espanol, cuando deja mensaje aveces nunca devuelvan la llamada, es un buen servicio pero parece que falta recursos / They don't come on time, you have to call three days or more ahead of time, there isn't service in Spanish, sometimes you leave messages and they don't call back. It's a good service, but it seems like they are lacking resources

Falta de dinero / Lack of money

Laid off—Can't find job

Back pain

Need to be re-trained / Need new skills

Dental problems and where to find help (*three people agreed*)

Problems with the VA

No sabe donde o como encontrar ayuda / Don't know where or how to find help (*two people agreed*)

Falta de recursos/ servicios en español / Lack of resources/ services in Spanish (*four people agreed*)

Falta de acceso a servicios (idioma, dificil de acesar) / Lack of access to services (*two people agreed*)

Language, difficult to access

Problems with lines and waiting

Muchos papeles para llenar / Lots of paperwork to fill out

Too many papers to fill out for help, confused with paperwork

Cerraron la oficina en Louisville, ahora va a ser peor / They closed the help office in Louisville, now it will be worse

Problemas con los trabajadores sociales. No nos ayuden porque no llenamos bien los papeles / Problems with social workers. They don't help us because we mess up on our papers

Estoy peor por causa de la situación mundial, pero yo se que las organizaciones están haciendo lo que puedan / I'm doing worse because of the world situation (poor economy), but I know that the organizations are doing what they can to help us

How is it better for you?

He mejorado mucho con los programas de salud del condado de Boulder / I have gotten a lot better thanks to the programs about health from Boulder County (*three people agreed*)

Fui a el programa de diabetes de El Comite y luego del condado de Boulder / I went to the diabetes program and El comité and then to the one from the County

He mejorado mucho de salud y queremos y necesitamos que continuen los programas de salud que ofrecen en español / I have gotten a lot better health-wise and we need them to continue the health programs in Spanish

Se cuida mejor ahora con la nutrición / I take better care of myself now with my nutrition

Estoy haciendo ejercicio ahora. Las clases de bcsad me ayudaron / I am doing exercise now. The classes from Bounty County Aging Services Division helped me (*two people agreed*)

Senti un cambio fuerte en mi salud del ultimo ano / I have had big changes in my health in the last year

El sr. center de Longmont nos ayuda mucho, mucho mas de lo que esperabamos / The Longmont Senior Center has help us a lot, much more than we expected (*four people agreed*)

Me siento mejor espiritualmente / I feel better spiritually

Me siento mejor porque hay mejor comunicacion entre nosotros (como personas) / I feel better due to the better communication between us (as people)

2. How is your health compared to last year?

Longmont United Hospital has good service. They should listen and make us feel important, though

Salud Clinica: tengo mucha gratitude, muy buen servicio en español. Salud Clinic / I am grateful, they have very good service in Spanish

Salud mental: Es difical pedir ayuda en esta area. Hay que tener servicios no costosos, hay que tener trabajadores de la comunidad y personas que hablen español / Mental health: It's difficult to ask for help in this area. We need low-cost services, we need to have people from the community as service providers, and people that speak Spanish

Special Transit u otros lugares que quieran servir a la comunidad Latina → hay que salir de la oficina para conocer la comunidad. Falta de confianza / Special Transit or other places that want to serve the Latino community—they have to get out of their offices to get to know the community. There is a lack of trust

Necesitamos ayuda para personas dentro de sus casa con la limpieza, cocina, etc. / We need help for people inside their homes. For example cleaning, cooking, etc.

Vivo en Sr. housing (independiente) y observo que con el paso del tiempo las personas requieren mas servicios como para bañarse y cambiarse. Observo una falta de supervisión por parte de las personas encargadas de las viviendas y de los servicios extras. Por ejemplo en un caso un señor obviamente requiere mas ayuda y no lo recibe. Nadie, ni familia, ni los trabajadores esta ayudando. El anciano esta semi-abandonado y con olores, chiches, etc. necesita alguna norma o ley en los lugares de senior housing que requiere informar a los familiares acerca de los recursos de la comunidad y también la situación del anciano / I live in senior housing (independent) and I have observed that with the passage of time the people that live there require more services to take care of themselves (bathe, dress, etc). I observe a lack of

supervision on the part of the people in charge of the housing units and the additional home services. For example, in one case a man obviously required more help and was not getting it. No one, not family or staff at the housing facility, helped. The elderly man was semi-abandoned and smelled bad (wasn't getting help bathing or changing Depends), his room had bed bugs, etc. There needs to be a norm or a law in these housing facilities that requires staff to inform family members about community resources and also about the current situation of the elderly resident

Necesitamos ayudar a las familias Latinas a apoyar sus familias y sus valores. Entendemos que la cultura Americana es muy diferente en cuanto a la familia, pero queremos apoyar nuestras familias / We need to help Latino families to support their families and their values. We understand that American culture is very different regarding the family, but we want to support our families

3. What helps you age well?

Estar satisfecho con nuestra situación / Being satisfied with my situation

Entender que las personas que nos cuidan no son siempre familiares o todos los familiares. No se divide el trabajo de forma igual nunca y es necesario tener cuenta / Understanding that the people who take care of us aren't always family or all members of the family. Work is never divided equally and it is important to remember this

Necesitamos estar ocupados—server / We need to be busy—to serve

Trabajar de voluntaria / Volunteer work

Necesitamos entrenamiento para ayudar a la comunidad / We need training to help the community

Necesitamos salidas, salir a conversar / We need outings, to get out and socialize

Aunque no tengamos el costumbre de hacer trabajo voluntaria, podemos aprender / Even though we are not accustomed to doing volunteer work, we can learn

Nadie nos enseñó a ser viejos! / No one taught us how to be old! We need "Aging for Dummies"

Mas platicas! / More talks and workshops

Longmont Senior Center is the best because they call people and remind us about things and they have classes in Spanish

Ser Feliz, Buena actitud / Being happy, having a good attitude

Ver a mi familia con cierta frecuencia. No podemos visitarlos y eso nos afecta de forma terrible. Por lo menos una vez por ano / Being able to see my family relatively frequently would help me age well. We can't visit our family and this fact affects us terribly! We need to visit at least once a year

Talleres: como usar el internet y la computadora—En español! / Workshops: how to use the Internet and the computer, in Spanish!

Mas recursos en español en el internet. Casi no hay buenas opciones en español. Enseñanza de computación para ancianos Latinos / More resources in Spanish on the Internet. It seems to me that there aren't good options in Spanish for older adults or Latinos

5. What's your biggest struggle?

Leyes-restricciones. No son justos porque no tomen en cuenta la situación completa de la persona y no tienes flexibilidad / Laws—restrictions. The laws are not fair because they don't take into account the person's whole situations and you don't have any flexibility

Necesito ver a mi familia y no puedo / Seeing my family, but I can't

Leyes de inmigración: Muchos no se arreglaron en los 1980 por falta de dinero y ahora todavía no tienen papeles / Immigration laws: many people were not able to get their papers in the 1980s due to lack of money to pay for the high fees and now today they still don't have their papers

Necesitamos cambios en las leyes del gobierno / We need changes in the laws of the government

Queremos una platica para hablar de inmigración / We need a speaker or panel to come talk about immigration

Otro problema son los planes para el final de vida / Another problem is end-of-life plans

We need to have a review panel to review cases that aren't black and white before the law. There are many gray areas and people are suffering because of this

Necesitamos ayuda medico de bajo costo / We need low-cost medical help

Problema: soledad de personas mayores / Problem: loneliness of older people

Necesitamos ayuda con cuidado basico: ojos, oidos, etc. / We need help with the basics: eyes, ears, etc.

OAP: maximo de \$700 pero no se puede trabajar para aumentar el ingreso porque quitan dinero!! El ley impide que trabajemos para suplementar / Old Age Pension: The maximum benefit is \$700, but you can't work to supplement this income because they then take away money. The law is a barrier to us working to provide additional income

Gastos medicos super altos! Deuda a causa de eso / High cost of medical expenses! Debt due to these expenses

No tengo suficiente dinero para pagar la renta. Hay que haber lugares mas economicos o la posibilidad de lograr descuento en la renta / I don't have enough money to pay my rent. There need to be more low-cost housing options or the possibility of getting a discount on rent (*three people agreed*)

Necesito acceso a una agencia que pueda concentrar en problemas legales para personas sin recursos \$ / I need access to an agency that can work on legal problems for people with little money

Necesitamos mas educación en general: medicinas, carros, seguridad, venenos, etc. / We need more education in general regarding medicines, cars, safety, poisons, etc.

Problema mayor: Falta de dinero, recursos limitadas, falta de conocimiento de los servicios y necesitamos mas servicios de bajo costo / Biggest problem: lack of money, limited resources, lack of understanding of the services available and we need more low-cost services

Lesbian, Gay, Bisexual, Transsexual, July 27th

1. *What's better about your life as you age?*

Do what you want, when you want (*wide agreement in group*)

Stay at home, unscheduled time, freedom to choose schedule

Living in dream house (Flagstaff), not having to get up in the dark and return home in the dark (work day)

Sleeping in

Have kids but don't have to care for grandkids

I enjoy my mornings; I'm an early bird

There's less stress

You have time to deal with things, even health and time for appointments

More time with family and friends

Enjoy part-time employment, three-day work week

Still working so not enough rest

Looking forward to travel

Still working; selectively pick who to spend time with

I know myself and am able to state my perspective and am comfortable with myself

What's more difficult for you as you age?

Money-conscious and frugal

Concerned about out-living my money

Think more about my health

Takes longer to heal from surgery or/ and injury

Asking for help (*wide agreement in group*)

Living alone, lonely, not feeling like there is something important to do

Harder to network, getting to know other older lesbians

Have to support family financially

Agree

I agree

2. *How is it that you're healthier now?*

I exercise more

My pet keeps me healthy with walking

Better now emotionally and spiritually after emotional loss of partner and daughter. I was a caregiver

Taking Chi Gong

Volunteer—feels good, like helping

What about being less healthy?

Have to work harder to maintain health

Difficult to get health care

Medicare, hard to get appointment with doctor of choice and have to pay balance if Medicare pays less

Hard to find “right” doctor. It’s important to network to ask others for recommendations

Being own advocate can be tough

No one to take with to appointments, to help listen, sort information

Having been independent all of life, it’s now hard to ask for help

Finding way to get treatment with limited insurance. Not on Medicare and buying insurance is very expensive

Cost of insurance or supplemental is too high

Social Security doesn’t cover all the expenses

3. *What helps you age well?*

Pets, friends, family

Having something to do every day

Staying busy

Exercise daily

Trying new things

Complete the “bucket list”

4. *Do you feel safe?*

Yes (*wide agreement in group*)

Have black lab, makes noise, has big bark

Turkeys in yard let me know if someone or animal is near

5. *What’s your biggest struggle?*

Housing repairs, maintaining home, handyman with reasonable fees

Snow removal and lawn care

Planning ahead—downsize, live on one floor

Need more accessible housing, wheelchair accessible

Alternate housing—moving from independent to assisted

Build homes that can accommodate changes, like studs in bathroom walls for grab bars, shower with bench seat

Living where you can walk to get necessities, neighborhood where you help one another, sense of security

Community for lesbian, gay, bisexual, transsexual, like Apache Junction in other parts of the country where it is not too hot, like Florida or Arizona

Memory loss

Stairs and having to carry up groceries

Keeping up with technology

Getting head and body to agree with one another—my expectations

Maintaining positive attitude

Losing independence, ability to drive, move out of home

Learning to use down time, not as active

6. *Do you have someone to call if you need help?*

Found three teenage kids in neighborhood to help me

Have friends; agree to call each other three times daily (fear of having stroke or fall and no one knowing)

Rented out room

LOGY—group connections, call one another, create buddy system for those who live alone

Friend willing to care give following surgery was invaluable

Worry about pet care if away from home

What's your best source of information?

Senior centers, resources and outreach

Need for more outreach like bringing meals to community center at the mobile home park and create satellite outlets or centers

Silver Lining directory

Would like monthly newsletter

Get those newsletters already printed by senior centers to churches, community buildings

How is information getting back to governments, policy-makers?

7. *How can we make aging well a community priority?*

Write congressmen

Education about aging—cut through denial of aging

Make voice heard

Professionals to talk about aging topics at community events to put healthy spin on aging as well as provide information

What can you do as an individual to help?

Volunteer, get involved

Personally invite people to events

People scheduling events should get input on scheduling group functions like this discussion and offer time options

Longmont, July 22nd

1. In the last year, has your day-to-day life improved, become more difficult, or stayed about the same?

Whole lot better (3 people agreed)

More mobile

Became active/volunteer

I've enjoyed the opportunity to be out and around people

Doing a better job of taking care of me

I've really become more active at the senior center and it's made it better

Made a choice to do a better job of taking care of myself so my kids don't have to

Capacity to give to younger folks

Financial future is less secure and out of my control

Health

Onset of macular degeneration

Do what I should and it's not enough

Increase in caregiving responsibilities

Health

Cost of medication

Gaps in health-related coverage

Financial worries are a little worse with no end in sight

Financial struggles as I have been on my own a long time

About the same (7 people agreed)

Adjusting and doing different things

Sandwich generation - children/elderly have same concerns : financial security

2. How about your health? Are you generally healthier than you were at this time last year? About the same? In worse health?

Visit with siblings showed that similarity in health concerns was NOT age-related; showed need to share information

Cost of medicine is the biggest concern

Health could deteriorate as cost becomes too much

Pharmaceutical companies need to get on board with the right dosages and generics

3. What helps you age well?

Good attitude

Involvement in community
Development through learning
Accepting what is happening
Look at aging as a new chapter in life
Changing
Relating to younger generation – intergenerational Sunday school
Spiritual/faith
Attitude – personal responsibility to inform MD
Better coordination between MD/chiropractor/alternative use/home remedy
Friends – social
Prestige – Brown bag meds (?)
Ask questions of MDs
Say “No” to meds/self-responsibility
Transportation
RTD
Medical mobility
Affordable housing/senior housing
Exercise
Mental health development

4. *Do you feel safe?*

Longmont is safe
Yes, the location is the best – Boulder County has best resources
Yes; you know your neighbors
No because of dogs off leash
No because of phone scams
In aging, one good decision to make is the location of where you live
It is a personal responsibility to avoid scams

5. *What’s your biggest struggle?*

Traffic
Hearing
Cooking for one
Losing control – increase complexity, speed, chaos and decline of absolutes
Baby boomers lost retirement, long-term financial advice of past is gone so “I’ll never retire”

Standard of living is declining

Share responsibility with the young to save world/environment

Education

Struggles lead to depression/side effects/health

Left-hand turns

6. *Let's talk for a minute about finding the help you need as you age. Do you have someone to call if you need help?*

I would call the Senior Center *(2 people agreed)*

I am so grateful for this center

There's always something to do look forward to

Senior Center is excellent

Coming to Longmont is like dying and going to heaven

Internet—Google

Connections made through exercise, ski, softball

Anticipate good events/involvement

Children *(six people agreed)*

What's your best source of information?

Dex book and online

The GO

Senior Center groups

Friends

Other senior agencies like Care Connect

Library – computers

211

Prestige

Church secretary

Support groups

City government

Colorado State University extension

Newspapers

KGUD

Best way to let people know about resources is word of mouth

Irony – we've said it's our personal responsibility for health and safety why isn't our responsibility to find information ourselves? Why do we "push" information onto people?

Need a "First Call for Help"

7. *We've talked a lot about what's working and what could be better as we all endeavor to age well and to want positive aging for those we care about. How can we make aging well a community priority?*

Example of self

Make and keep younger friends

Use rec center

Long-term transportation/mobility

Affordable medicine

Places to go are low cost, like parks

Good nutrition

Strong economy

Housing – affordable like Lodge and Hearthstone

Share resources among individuals like snow blowers and cars

Plan for future changes

More interdependency and less independent

Louisville, July 21st

1. What's better about your life as you age?

- Access to community facilities (senior centers)
- Access to recreational activity
- Ability to volunteer with the younger generation

What's more difficult for you as you age?

- Declining health
- The health care system of numerous providers is a maze
- Financially being able to support oneself
- Finding affordable housing
- Cost of transportation
- Awareness of where to find information
- Ability to drive oneself greater distances

2. How is it that you're healthier now? What about being less healthy?

(Equally split between, yes, no and the same)

Has any of you had any difficulty getting the medical care or advice that you need?

(More noes than yeses)

3. What helps you age well?

- Social connections
- Educational activities
- Staying engaged
- Volunteering
- Exercise
- Access to services

4. Do you feel safe?

Yes *(unanimous agreement in group)*

Is there anything that would make you feel safer?

- Required licensing for unlicensed industries (painters, handymen)
- A trusted endorsing authority (vendors screened, then promoted as safe)

5. What's your biggest struggle?

Increasing health concerns

Financial ability to pay expenses

Psychologically (concerns for the future)

What could help you overcome that struggle?

Additional information

Communication

Peer support

6. Do you have someone to call if you need help?

(While all in the group said yes, they believe the majority of seniors do not)

What's the best way to let people know what services are available?

Doctor's office

Hospital emergency room

Broadcast outbound calling

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

Financial (individually)

Funding by organizations

7. How can we make aging well a community priority?

"Aging Well" education to the younger ages

More creative design in marketing materials to reflect a "happier period of life"

What can you do as an individual to help?

Encourage others to engage...

Louisville, July 22nd

1. *What's better about your life as you age?*

Healthier due to exercise

More time available to contribute to the community

More flexibility

What's more difficult for you as you age?

Declining health

Financially being able to support oneself

Finding affordable housing

Uncertainty of future

2. *What about your health? Are you healthier now than last year, about the same or less healthy?*

(Half said they are healthier now and half said about the same)

Has any of you had any difficulty getting the medical care or advice that you need?

(More noes than yeses)

3. *What helps you age well?*

Social connections

Diet

Attitude

Exercise

Access to services

Financial security

4. *Do you feel safe?*

Yes (unanimous agreement in group)

Is there anything that would make you feel safer?

Neighborhood connections

One's choice of where to live

Fraud alerts

Enforcing control of dogs off-leash

5. *What's your biggest struggle?*

Increasing health concerns

Financial ability to pay expenses

Maintaining housing—financial

What could help you overcome that struggle?

Awareness of services

6. *Do you have someone to call if you need help?*

Yes (*unanimous agreement in group*)

What's the best way to let people know what services are available?

Senior center

7. *How can we make aging well a community priority?*

Lobby decision-makers

Encourage vote on issues

Encourage non-profits to support senior services

Men, Louisville Senior Center, July 20th

1. *What's better about your life as you age?*

I moved to Boulder two years ago from Chicago and retired. I have been blessed in my life and wanted to “pay it forward” so I started volunteering for Habitat for Humanity. A friend volunteers for Care Connect and now I do it and really enjoy it. I like it here; I like the social connections and I like being outside more

I moved here a year-and-a-half ago from Milwaukee to be closer to my grandkids and for a better climate. I've been working on fixing up my house. It would be interesting to work with Habitat

I've been involved with seniors in Louisville for years and am involved with the Circle of Care. That's a program that's very successful in getting people out of their homes and it's been my life for a long time

Circle of Care helps me for two weeks: I anticipate the concert it takes me to for a week before we go and my wife and I enjoy talking about the concert for another week after we've been

I moved here from Illinois and have lived here about seven years. I teach deep water aerobics here at the Center. My life has improved in some ways and it's not as good in some ways, mostly health-related concerns. The Center has been an important part of my life

My life has improved. I have found camaraderie and love at the Senior Center and in my church—both have given me a big boost. I also volunteer in my church and it gives me great joy. Life is more difficult because there are more constraints on my life because of my health—I can't even tie my shoelaces because of my eyesight. But these things are minor and I adapt my life. The Senior Center is wonderful. Finances are difficult. We had enjoyed the 50 percent discount here but they've changed it for low-income people and that's a problem

What's more difficult for you as you age?

I have pleaded with City Council to keep our five-day lunch program—it's the most important program we have because it gets people out to socialize and gives them a good meal. Some people get depressed and don't want to eat. The program gets into jeopardy and we have to fight for it again—I've had to do it three times this year

They've lost staff here because of city budget cuts. This program keeps these people going. They get to come to the Center for lunch, but the cost of transportation to get here can be \$7 a day which is a lot of bananas

2. *How is it that you're healthier now?*

We're all made up of parts and as we get older all those parts start to wear out. Kaiser has a good model. It's all computerized so that all the doctors have a patient's information. There's anger and frustration from the constant need to visit doctors. I really feel for people who don't drive and have to rely on others and have to spend all day trying to get to the doctor. The deterioration of our parts and lack of coordination between doctors and housing are the biggest problems for seniors

The recent healthcare legislation passed will hopefully improve the system. My son is a doctor and he has seven minutes per patient. That's why there are fewer and fewer general practitioners

Our health care system is going to collapse within eight years

What do you think nutrition has to do with being healthy?

People are ignorant about it

There's no excuse for diabetes here—there's lots of information and classes about nutrition

The "Clean Plate Club" is the way we were brought up and that causes obesity and diabetes

The majority of people don't know what they're supposed to eat. The country's just starting to wake up to the importance of nutrition

It's all about economics—you have to have more money to eat well

Some people can't afford meat, chicken, or fish

I think it's all about knowledge and education. Many seniors are mentally confused and don't know what's good for them

Health care is an issue

Doctors don't know about nutrition

The education about nutrition should start in recreation centers, in churches and in schools. People resist change because it's easy just to open a can

Eating out is a big part of the problem but it's a big part of American life

You can eat out if you're careful what you eat

It all gets down to choice and the government can't control that. It's all about information and self-control

To change it you'd have to change institutions. They should take the vending machines out at this Center—they send the wrong message

Nutritional guidelines for the lunch program that Boulder County has put out are terrible

Those guidelines come from the feds

Then you get too much government involvement

Business lobbyists are controlling government

3. *What helps you age well?*

Activities and interaction with other people

The human being was never meant not to have socialization—that's number one

I disagree—I think it's activity and exercise. That will do the most to sustain youth

Activity along with socialization is the best

Socializing embraces the activity part. For example, at the lunch program people share stories and make plans to share activities later on

That's like my experience with Care Connect. When I go into a senior housing place to fix something it's always been for single women in their 70s to 90s. Part of my job is to fix what needs to be

fixed but another is to visit with them. Part of the reason I volunteer with Habitat is for the socialization. The Senior Center just touches the tip of the problem

4. Do you feel safe?

I think we're in the safest country in the world but we watch TV and get paranoid and scared, especially seniors

The news covers sensational crimes and older people say "Oh my God, that's going to happen to me"

Is there anything that would make people feel safer?

When 9/11 took place, the first thing President Bush said was "Go out and shop." We should take precautions and live our lives. We need to focus on how we can be more secure from things we can do for ourselves, not depend on government

The city of Chicago has 900 murders a year. We need to ban handguns

I think guns are OK as long as we don't have bullets

India is one country with 1.1 billion people with one set of laws. We have 50 sets of laws like separate countries in the U.S.

Seniors don't feel safe from scams, like the "You need a new roof" scam. Seniors feel very vulnerable in this area

We need to really work on this and to get people to ask about it

5. What's your biggest struggle?

Health issues: things are beginning to fall apart

Once you're on a fixed income it's financial. The big concern is spending money because you know down the road it's all going to be needed to go a doctor, a hospital or a nursing home. Everything we've worked for will go to one of those. At our age we don't go out and make money. Some people lose everything they've worked for for years because of a catastrophic illness

I agree. It's a major worry. There's too much government involvement and that means we'll need more money for more taxes. There are just too many politicians

Anticipated medical issues and a fear of a catastrophic illness are my biggest struggles. I'm starting to get arthritis and have had to have a couple of knee surgeries. They need government term limits to get new ideas

It's not the politicians, it's the lobbyists

Affordable housing is a very big problem. My children are forced to chip in to help us pay for housing. Those who don't live or work in Boulder get the first level of service

Affordable housing is the biggest challenge of all and it will get bigger and bigger. There's a group working with the City of Louisville on it but they have no money to fund anything

The City of Boulder has affordable housing requirements. Part of developer fees for affordable housing goes to organizations like Habitat for Humanity. Now they're fixing up repossessed

homes and selling them to qualified owners. Boulder County has identified the need but needs lot of grass-roots organizations to make it work

If we just shot everybody over 75 we wouldn't have these problems

6. *How can we make aging well a community priority?*

Groups like this are a good start. People in my neighborhood who should be coming to the Center but won't come because it's a Senior Center. My sister-in-law gave me a punch pass for here when I first got to town and I needed water therapy so I came and I've been coming ever since. People like Oprah can really make a difference on issues. This is a national problem and somebody like that could make a difference

It's important that people be aware of the aging issue. By 2020 one-third of the country will be over 60. There will be lots of impacts from that in terms of services and programs. The educational process is important. It's not easy to work as long as you want and people no longer have private pensions like most of us relied on. People don't know what to expect when they go into retirement. We need to get people to look down the road

Nederland, July 22nd

1. What's better about your life as you age?

Clearer about available services and more knowledge
Better consciousness of who you are
Do one thing at a time until finished, less juggling
Some improved, some the same, some more different
Hip replacement surgery has made things better
Can roll with the punches
Live in vibrant, active community
I do things on my own time – my way
I've been cantankerous about aging
Board position – very mentally stimulating
Improved since retired – walk a lot and have a good attitude
My time is not my own, still employed
Glad for this community and want to help improve it
Have more choice
Family has moved to Colorado
More time to garden and no more commute to Boulder
Clearer about likes and dislike. I feel wise (sometimes)
Opportunities to volunteer in Nederland
Feisty, accepting community
More perspective and greater understanding
Much still to learn and experience
More of my own time – perspective more limited
Can't teach damn yanks to write and spell
No more time for myself than before I retired

2. What's more difficult for you as you age?

Not driving after surgery, connected with handicap van, had to wait before and after, destructive to myself to have to ask
Transportation big problem, gaps in time (*wide agreement in group*)
Special Transit comes only once a week, limited availability (*wide agreement in group*)
Limited awareness or desire to use Special Transit
Hard to ride bus circuit to get home

Keep a Special Transit vehicle in Nederland

Can't do everything I used to due to illness and injury

Senior housing limited due to lack of land. Approach Ron Stewart (Open Space) to put aside land for future

Size of units too small

Subsidized housing for seniors competing with low income (non-seniors) and disabled

Difficult to leave homes due to lack of subsidized housing

Freddie Mac and Fanny Mae are not loaning to low income seniors – being forced to give up having a home due to loan requirements

Having to move “down” (out of Nederland) due to lack of senior housing – not all senior housing has to be subsidized

Health factors exacerbated by altitude and harsh winters

Need a community clinic back with focus on senior care

Property taxes are up from \$400 to \$2000, and now the loss of the senior exemption

Demands of mountain lifestyle

“Young” seniors can't afford to retire - finding job discrimination. Employers want senior experience at entry level wages (*wide agreement in group*)

3. How is it that you're healthier now?

I'm healthier than before, bike, walk, more opportunity to be outdoors

Mental health is important, volunteer opportunities keeps me mentally alert, provides vibrant conversation, picking up new skills

Opportunities to learn

Need medical center in Nederland replaced

Experience difficulty getting information, affording health care

Need changes in eligibility requirements for home assistance, less restrictive (*wide agreement in group*)

Inequities in health care by insurance companies

Dental care limited or none existent. Expensive to go to Boulder/Denver

No stigma should be attached to any person for receiving services (*wide agreement in group*)

Seniors have to become incredibly assertive to get services

Society doesn't really honor seniors

Have to be willing to speak out – a “mental set” that you have to be a little over the edge to get what you need

Workers in aging services should be willing to accept assertiveness of seniors

Our needs are not being well represented (*wide agreement in group*)

4. Do you feel safe?

Yes, until I got the phone call (reverse 911) – the problem was not in our local area

Nederland's marshals are wonderful, a professional security force. They are part of the community, available to talk to us. We are blessed

They are like peace officers not law officers

The officers are very patient

5. Do you have someone to call if you need help?

Neighbors in Eldora

Churches and friends

Family

Karen is our best source for information

Pride prevents some from asking for help

Sometimes people leave messages on church answering machine

The food share program has gone from 16 to 3 yet people are having a more difficult time. I can't find out how people get into elder care

Who does outreach to find people in need of services?

When calling service agencies you have to push too many buttons for help and getting less help

Some of the food is coming from China. It freaks us out. There are safety and health concerns about Chinese products. It may not be nutritious

Things have changed in the delivery of services (food share) with no explanation

We are not being heard (*wide agreement in group*)

The quality and quantity of food is going down

We are not supposed to talk about our problems (with food service providers)

The feistiness of the Nederland community results in less service and cooperation

There should not be a means test at a certain point

If you feel you need food you should just have to ask. The food bank doesn't ask (means test) the USDA does

There is a lack of communication (to the community) about what's available

Hospitals, for example, have social workers or case workers

The local "mountain pages" provides community information. The updates are not always consistent

We need a "resource directory" that is current and relevant (*wide agreement in group*)

Serine writes a monthly newsletter for the community

6. What can we do to help others?

Provide fun ways to get people out – folk dances, the Back Door Theatre

An example would be the “Single Women’s Network” where the members called each other every day

Ask what the Town Board can do to help with some of these issues

The library wants to know what they can do to provide intellectual stimulation. Books on tape for failing eyes

Food delivery programs lack cohesiveness between agencies. The confusion seems to be at the source of the food (agencies) not so much distributing the food once it is here

Community Bulletin Boards with information and brochures at locations that people frequent – grocery store, laundromat, post office

The Town Hall now has a website available. Establish a local internet network through the Town Council

Dell Masters has a website for non-profits

Need a sense of connectedness for those not in the room

Not everyone has internet access – some lack knowledge how to use the Internet, can’t afford it, or lack transportation to available computers

Once a year we could distribute something through the post office. Everyone uses the post office

7. How can we make aging well a community priority?

We can’t care for someone more than they care for themselves

We can’t just force help on others

Individuals choosing to be isolated have to take some personal responsibility to reach out for help, services, and information (*wide agreement in group*)

There is a mountain stubbornness of not wanting change

People want the rustic environment but with the amenities

You can’t ask for amenities in a community that is different

We need to define amenities – transportation, food (without means test), shelter, medical care are basic needs

I lived in a city where the issue was no local food store

There is an elder person in Eldora who is isolated and a hoarder. Do you blow the whistle on them? What is the line between helping and being intrusive?

It’s a quality of life issue with health and safety

Some of us just want to be left alone; we don’t trust the federal government

Some people say they are not joiners yet show a sense of loneliness

Our responsibility is to ensure the information is available

I found many Boulder County resources online but when I called got only voice mail and no call back for two weeks. They need to call back

Low-Income, OUR Center in Longmont, July 6th

1. In the last year, has your day-to-day life improved, become more difficult, or stayed about the same?

There's more to do, like using parks instead of having to pay for things to do

There are programs now for seniors that didn't used to exist, like at the YMCA

Even the smallest amount of help is better than none

What's more difficult for you as you age?

Bus service has gotten worse. They've changed the schedule so I have to schedule my doctors' appointments later and it's a pain

It's hard to get to a bus stop if you're not walking well; it's too far from my house

2. How about your health? Are you generally healthier than you were at this time last year? About the same? In worse health?

I'm not as healthy. It's my own fault because I didn't want to go to the doctor

I'm healthier because I started that "Fit for Life" program at the Salud Center and I got a discounted rate at the YMCA. Since my son and I have taken the class the whole family is now getting involved. There are programs for each person and they give you a personal trainer

Everybody's health is going downhill because of technology and cars because people don't get exercise

3. What helps you age well?

Knowing that if you need medical care it's available. We don't have any money to go to the doctor. My husband has MS and knowing he can get medical care makes all the difference

Education and knowledge about your health care

4. Do you feel safe?

Yes (*unanimous agreement in the group*)

5. What's your biggest struggle?

Transportation. I have to rely on others for it because the bus stop is six to seven blocks away and some days I just can't make it. Everywhere I go I have to rely on Samantha to take me. If it wasn't for her I couldn't really get out of my house

Bus service is bad. When you try to set up a ride with Call and Ride half of the time they don't answer the phone, or they don't call you back or they're late and you miss your doctor's appointment. I have a bus stop one block away and there's one two blocks away but I can handle walking only about four blocks and then I'm screwed. At the least the regular blue bus is on time. But they change the schedule every six months and drop some of the stops. I find out about it through the newspaper or notices on buses. It's frustrating

I call Call and Ride and get an answering machine and leave a message but they don't call back

I have to choose my doctor based on how close the bus drops me off at the front door

When they change the bus schedules it's really bad. I need to know that ahead of time so I can change my doctor's appointment

You learn about the schedule changes by postings on the bus but it just says 'On or about' a date, so you can't really tell when it's going to change

6. *Let's talk for a minute about finding the help you need as you age. Do you have someone to call if you need help?*

Yes (*unanimous agreement in group*)

I have a lady I can call and the landlord has my permission to let her into my place to check on me to make sure I'm okay. I have two friends and one lay on the floor for about 10 days and the other for about six days before someone ever found them

I worry about that too—a lot. I scares me that I might have to lie there until it's too late

Are you able to find the information you need?

No and I don't know where to get it. If they had the information at places like here (OUR Center), like brochures, that would help

I agree. We should get letters or phone calls giving us information. Some counselors don't have the information you ask for and say they'll get back to you and they don't. I saw a doctor about my arthritis in my foot and whether I was going to need surgery and he never called me back in five months. After five or six calls to his office to find out if I needed surgery I just gave up

Do you feel like you have an advocate for you?

Sometimes counselors don't have the information and they just tell us 'We'll get back to you' but no one does

My caseworker here [OUR Center], Marjorie, is my advocate. She has gone out of her way a lot to help me out lots and lots of times. If I have a big problem I go to her. Now that I'm off the streets and no longer living in my truck, I can call her and she hunts down information for me and lets me know where to go for help

7. *We've talked a lot about what's working and what could be better as we all endeavor to age well and to want positive aging for those we care about. How can we make aging well a community priority?*

Grab politicians by the neck and shake

Put up booths at street fairs and festivals, like Cinco de Mayo, to let people know they can help by helping out their elderly neighbors. They can do simple things like shovel their walks, give them a call a couple of times a week, water their flowers. It takes five minutes. Let people know the little things they can do

People don't have to be all alone—make this a community thing, make it a neighborhood thing

Do a web site survey to find out what people need. Put the information at libraries because people go there during the hottest part of the day. There might be several people in every neighborhood who need a little help

Most people who are aging are on limited funds. If you really don't have money, discounts aren't enough. You appreciate the discount but it's just not low enough for some of us. I need deeper discounts so I don't have to choose between paying utilities or buying groceries

Even bus passes are hard to afford, even with a discount. It would help if the community had entertainment that you didn't have to pay for

Some people can't work because they're sick, but if we all work together we can make it better

Neighbor-to-neighbor—make friends. It only takes a minute to make a friend

We need more help for the disabled. There's no ramp where we take our monthly rent so we have to stand outside to write the check. Lots of people don't realize what a disability really is and means until they see it or live it

You can get lots of good information at the Senior Center and they'll fight for you there too!

Senior Housing, Canyon Pointe, July 9th

1. Please take a minute to think about your overall quality of life as you age. In the last year, has your day-to-day life improved, become more difficult, or stayed about the same?

It's far more varied and challenging

It's much more difficult

In some ways it's better and in some ways it's different, especially with exercise

It's more difficult because my friends are getting sick and dying

I average losing three friends a year

It's both different and improved, health-wise

My life has improved in every way—it's the best time of my life

It's new and different; sometimes it's painful but it's still good

I'm going into un-chartered territory; it's not for the wimpy to get old; it's a "dance"

It's been a difficult year with my husband's illness

Life changes. Every year is more difficult because it's more complicated and harder on your brain

2. How about your health? Are you generally healthier than you were at this time last year? About the same? In worse health?

My health's much better. I found out that I learned patience and much more about a sense of humor—it's a major staple of life and I just figured that out

In some ways my health is better and in some ways it's worse

It's certainly more complicated

It's better. I can cook at home and have more controlled nutrition and save money

Most of my bad experiences have been caused by pharmaceuticals. I've gone more holistic and I'm much better. I'm also eating better foods

3. What helps you age well?

Massage and I just went to a physical therapist

Do we want to age well or prevent aging for as long as possible? A combination of good nutrition, good exercise, interaction, intellectual stimulations, and being outside and getting air is the answer

Having easy access to information on service, like doctors, dentists, rides and things like that helps

A sense of humor and riding a bicycle helps you age well, and Boulder is a great place for riding bikes

4. Do you feel safe?

I'm taking a balance class because the "sock it to me" medication I was taking messed up my balance. I don't cook so the senior box meals are very helpful and they're well balanced. Living here and being so close to downtown is part of my feeling of being safe

I feel less safe. With the economy the way it is I don't believe crime is going down. There are lots more violent crimes. I have been assaulted within this building by my fellow residents

I feel safe

I agree

Outside is a big worry but Boulder is a pretty benign place

I just heard of somebody who had his bike stolen

There are more crime problems around the University. It's all relative to the individual; it depends on whether you know karate

People living here with balconies close to the ground have had people sleeping there and coming into their places

Is there anything that would make you feel safer?

Security patrols would help

They should check the balconies

There's a policeman living here

No one person could protect us all

You should lock your glass door

Living close to the creek makes it less safe; homeless people live there and people running from the law live there. It's OK in the day but at night I hear fights and people screaming for help

Many times many people have slept on my balcony. A billy club would make me feel safer

Give us karate or judo lessons

Videotape every entrance

That's not a bad idea

5. What's your biggest struggle?

Nutrition

Transportation is much more difficult than a year ago. RTD has changed the bus service and there's no service on weekends. It's especially hard during the winter when people fall trying to get to the bus

Keeping up with what is happening is my biggest struggle. I try to write things on my calendar but it still feels hectic

We might need to remind people more about what's going on

The staff here makes mistakes all the time about what's going on here so we don't have good information about meetings

It's hard to have enough money to live on when you're retired. I didn't expect that

6. *Let's talk for a minute about finding the help you need as you age. Do you have someone to call if you need help?*

Yes (*all but one person in group agreed*)

I had to move and I asked six people to help and they all turned me down. I finally found some college kids to help me

We get help from each other

The buddy system works well for us who live in one building but for those who live in houses it's not as easy

Everybody needs a buddy to check on them. Some people need extra care if they have disabilities

It happens here but it's not formalized

There's a problem with having both stairwells outside in this building; we need one on the inside to get from level to level to help each other (*wide agreement in group*)

Recently one person asked people for a ride to the hospital and couldn't find anybody to help her

Does this building have a back-up generator?

Are you able to find the information you need?

I know several people in Longmont who need information but don't know where to get it. Could you mail out a list of services to people over 60?

It would be nice to have a magazine three times a year you could pick up somewhere or to have a site on the Internet where you could go

It needs to be mailed so that people who need it get it

You can use the Internet—lots of us are "plugged in"

You can't get things on the Internet in this building

Does Boulder County have the names of all the people who are older?

7. *We've talked a lot about what's working and what could be better as we all endeavor to age well and to want positive aging for those we care about. How can we make aging well a community priority?*

Get newspaper stories or a newspaper section about seniors

Newspapers get income from seniors so they should provide more coverage about them

There should be a "Senior Post"

No—that would divide us. It should be integrated

Coverage needs to be very local and very mainstream

Send notifications to churches. Some do a lot but it would still help. They could put it in their newsletters

There's a large Buddhist community here and they practice compassion

That's just "preaching to the choir"; go to schools

Meals on Wheels comes by and I get lots of information from them

I've already died and there's no pain

Death is just like a birthday

Aging doesn't have to be bad; you don't have to be decrepit

Kids on bikes or skateboards go so fast and it's really scary

I got run over by a 19-year-old kid on a bicycle six weeks ago and he didn't even stop

I think it's idealistic to think that young people are going to walk around saying "What can we do to help you?"

We have to try to educate them

It's not just youth, it's middle-aged people too

There have been times I've needed help and I've just asked for it from a young person and they've been marvelous. They seemed happy to do it

It's OK to ask for help when you absolutely need it

Interns at the University or high schools could help old people

The gerontology department at the University could help

What can you do as an individual to help?

You can advocate

I'm going to talk to the *Daily Camera*

Veterans, Veterans Helping Veterans Now office, July 20th

1. *What's better about your life as you age?*

My life's improved. I'm not as busy as last year and I'm eating better

I agree. My life's unfolding as I'd like

Mine's better and worse. My health's better but I'm worse off financially

Mine is both too. My health keeps spiraling down

Mine's the same

Mine's about the same with not many changes

My life has improved. I got my bum hip fixed and I feel better

Mine has improved and I'm not sure why. I'm more involved in community service activities

What's more difficult for you as you age?

My life is worse, health-wise

It's more difficult because of health reasons, particularly this last year

This past year I've been getting hammered from all directions, especially my health

It's more difficult for me financially. I'm on a fixed income and taxes keep going up. Health-wise I'm about the same

2. *What helps you age well now and in the future?*

Friends, people to talk to

Volunteering, activities, staying connected

Living through depression and appreciating everything coming forward now

I appreciate the services we have in Boulder County. As I age I can look forward to good services.

The County is growing faster because of the level of services they offer and the recreation

I went to a national conference on the homeless and I worry about financial security when I get older; Social Security might be gone. At the conference they said there will be a huge wave of seniors being homeless because of the cost of housing. In most communities housing cost is equal to the Social Security payments people get. Housing is very expensive here and everybody's struggling with it

The upkeep on my home that I owned was taking all my savings. Young people got in trouble with houses they couldn't afford. Everybody's got to downsize sooner or later

The cost of medical care really climbs fast as you age. There are lots of doctors not taking the new insurance now

That will result in no health care or having to go to the emergency room for everything

The quality of care I get at the VA is great when I can get it. VA appointments are harder to get now.

It takes three or four months. There's a big flood of older vets getting VA services now

Friends of mine who couldn't get a VA appointment found out they had cancer that would have been caught if they'd been able to get in in time. Everything's getting more stressed out because of stretched out demand

My daughter has Medicaid and she gets better medical care than I do

Some vets are going back to work. I have a friend in his early 80s and he went to work at Sears. Another is in his 70s and he's out looking for work. They want to do it with dignity. They have something to give. Some services aren't available to them because they make too much. People want to age with dignity and grace

There's terrible age discrimination for people looking for work. They have to go into menial jobs. It's ridiculous that you have to give up all your assets to get into a nursing home

Often the national and local response is job training and it should be job creation

It used to be if you volunteered you got a County tax break. Does that still exist?

3. ***Do you feel safe?***

My biggest concern is identity theft

I'm always concerned about ugly, nasty people out there hurting my grandkids

I feel less safe because I can't kick the asses I used to kick

I thought about taking a road trip alone and camping all along the way and wondered if I'd be safe

As individuals we're responsible for our own safety

I feel personally safe but as I age I realize I'm becoming more vulnerable

I'm safer since I stopped starting fights in bars

We live in a very safe community. I lived in California where it was not safe

4. ***What's your biggest struggle?***

Paying the bills

Paying taxes

All the time—about 15-20 hours this week—I spend comforting or helping people in my life who are under duress, both family and friends. My sister's not getting her Social Security and one friend's talking about bankruptcy. It was never like this before

I met a man who lived in Boulder for 30 years and lost his house. The shelter was closed and I had to give him a blanket and a tent. He was literally crying because he was afraid to sleep outside. All non-profits in Boulder are struggling

Isolation and loneliness are the biggest struggles for the elderly people I know. I'm trying to get them into community living situations which would be the best thing for them. They basically live their lives without any friends

It's hard to find those people to help them because they are so isolated

Mental health is a struggle—just maintaining day-to-day

Guys in transition are worried about their futures

So many people have so many needs. They are trying to establish relationships. Everyone I know is in tremendous flux

Vets' and their families' problems are the same as others but the mental issues are greater

They're less like to ask for help

They get overwhelmed by the whole process. They pick up the phone but they can't explain their needs. They need help getting through the process. We need to target services to individuals

6. *Do you have someone to call if you need help?*

No, most don't. PTSD is an isolation thing

We're trying to connect people and services, like rides to the VA, or helping the disabled move furniture, or with PTSD, isolation, legal problems because of drinking, employment, or housing

We all fought it for 30 years and didn't think we needed help. We're survivors, always have been, and it's hard to ask for help

Some medical conditions don't allow people to drive so they get isolated. They need transportation to get to the grocery store

They need jobs and transitional housing but our organization's not big enough yet to be able to do that—it takes money. We want a for-profit agency run by veterans. The County should focus on helping non-profits have side-by-side businesses

We can track referrals and we know who to refer people to. We're starting to get calls thanking us for referrals

Is there a number to call to find out about services?

7. *How can we make aging well a community priority?*

People are so stressed now it's hard to get their attention. Hopefully this County Plan will get the County Commissioners' attention about the increasing need for services

Do you know who the vets are in Boulder County? The last census said there were 20,000; that number has probably stayed pretty even

We should mobilize vets as a group and build from there. I was involved with the Vet Outreach Center in New York and we were able to get grants and other funds and now it's a multi-million dollar organization

Being a bastion of liberalism, do you think there is a bias against vets in Boulder?

I think there's an anti-military feeling here

People think vets are taken care of by the federal government and the VA. Some young vets are so traumatized they quit early and get a dishonorable discharge and they don't realize all the impacts. There's just a lack of awareness about vet issues

I think the City and the County think vets are being taken care of

That attitude transfers to the population

Financial demographic plays a role in that

Most people don't like the current conflicts in Iraq and Afghanistan but they support vets

There is an attitude against vets (*wide agreement in group*)

I would like it if the City and the County would print their budgets in the paper so we could see how much they're spending on bike paths and things like that

You're not going to get money from the City or the County. You need to go to those 20,000 vets in Boulder County. Vets are used to helping each other

Look at the statistics on suicide. When men hit 65 it goes way up. I truly worry about vets. The suicide rate is the highest in 20 years. There's one a day in Iraq

Appendix E
Community Conversation Discussion Guide

Boulder County Aging Services

Community Conversations

Discussion Guide

OPENING

Good (morning / afternoon / evening).

My name is _____, and I'm here on behalf of Boulder County Aging Services.

Four years ago, a lot of people took the time to help develop a plan, "Creating Vibrant Communities in Which We All Age Well". Some of you may have helped to create that plan.

As you know, a lot of things have changed since 2006, so now it's time to update the original plan.

No decisions will be made about updating the plan today. We're here to ask for your help so that we can understand your perspectives and ideas about how we all age in Boulder County. We'll use your ideas and those from all the other 19 groups that are being held around the County to inform the revised plan.

We have two hours, and we promise we'll wrap up at _____ (ending time).

GROUND RULES

Before we get started, I'd like to propose five ground rules for our discussion to make sure that it's fair, and that we stay on task and on time:

- *Please make sure to say what you think. We're not a committee so you don't have to all agree. In fact, if someone in the group offers a perspective and your experience or belief differs, please say so;*
- *Please take responsibility to listen carefully and with respect to the opinions and beliefs of others;*
- *It's important to make sure that everyone has an equal chance to participate, so please agree not to take more than your fair share of time and not to dominate the discussion;*
- *Please allow me to ask a follow up question from time to time. If you offer an idea and I ask to know more about it, that's just to make sure that I clearly understand what you mean; and*
- *Please speak one at a time.*

Do we have agreement to these ground rules?

Recorder: How the record will be kept

All discussion record will be kept without attribution. I'll write down what's said, but not who said it. If I write something that's different than what you mean, please stop me and we'll change it to make sure we've got it right. And spelling doesn't count.

We have a lot to cover, so we'll have to move quickly. Ready?

DISCUSSION

1. *You have a (color) response form in front of you. Please take a minute to think about your overall quality of life as you age. In the last year, has your day-to-day life improved, become more difficult, or stayed about the same?*

Please put a check mark by the response you'd give.

Self-introductions and answer to this question: What's better about your life as you age?

PROBE:

What's more difficult for you as you age?

2. *How about your health? Are you generally healthier than you were at this time last year? About the same? In worse health?*

Please put a check mark by your response on your form.

PROBES:

How is it that you're healthier now?

What about being less healthy?

Have any of you had any difficulty getting the medical care or advice that you need?

3. *What helps you age well?*

LISTEN FOR OR PROBE:

Social connections

Housing

Access to services

4. *Do you feel safe?*

PROBE: *Is there anything that would make you feel safer?*

5. *What's your biggest struggle?*

PROBE:

What could help you overcome that struggle?

6. *Let's talk for a minute about finding the help you need as you age.*

PROBES:

Do you have someone to call if you need help?

Are you able to find the information you need?

What's your best source of information?

What about people you know?

Do you think most people know where to go to get the help they need?

What's the best way to let people know what services are available?

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

7. *We've talked a lot about what's working and what could be better as we all endeavor to age well and to want positive aging for those we care about.*

How can we make aging well a community priority?

What can you do as an individual to help?

WRAP UP

Thank you all so much for helping us update the plan to help everyone in Boulder County age well. We'll keep in touch with you to let you know next steps and other opportunities to let us hear from you.

If you've signed in today we will be in touch with you about upcoming meetings on the Plan update

Please make sure to complete the response form and leave it with us as you leave.

And as you leave, there are materials on the table for you: an illustration of the plan update process, a flyer about the work sessions that will happen in late August – and we'd love to see you all there – and brochures about services for seniors

Thank you again for your help!

SPECIFIC PROBES FOR CAREGIVERS:

What's working when it comes to providing what you need as a caregiver?

What's not working and could be improved?

What would help you as a caregiver?

How would you suggest that help be provided?

Appendix F
Community Conversation
Individual Response Form

Boulder County Aging Services
“Creating Vibrant Communities in Which We All Age Well”

Plan Update Community Conversations

RESPONSE FORM

1. As you age, has your day-to-day life:

Improved? _____ Stayed about the same? _____ Become more difficult _____

2. Compared to this time last year, are you:

Healthier? _____ About the same? _____ Less healthy? _____

3. When it comes to aging well, what’s your highest priority?

4. Is there anything more about your biggest struggle that you’d like us to understand?

5. Please add anything else you’d like to make sure we consider:

Thank you!