

Seniors' Council of Douglas County

April 2, 2026

Highlands Ranch Senior Center

200 E Highlands Ranch Parkway, Highlands Ranch, CO

Meeting started: 10:05 a.m.

Meeting ended: 11:25 a.m.

Attendees: 30

Leadership Team Members: Jean Spahr, Mary Cates, Tiffany Curtin, Gretchen Lopez

I. Opening Remarks

- Jean welcomed everyone to the meeting and introduced the Leadership Team members in attendance. She invited Chip Hunnings, Communications and Outreach Manager with Aging Resources of Douglas County (ARDC) to share information about ARDC with the group.
- She promoted the upcoming Health and Resource Expo to be held at the Highlands Ranch Senior Center on April 9th.
- She also highlighted Douglas County School's Gold Card for Seniors.
- Tiffany then addressed the group with information regarding the programs offered by the Douglas County Libraries to include:
 - A book signing event with Jack Carr will be held on May 16th at the Legacy Campus in Parker. The cost of \$30 includes a copy of his book.
 - Other author events are planned with Brad Thore and Sandy Dallas at the Highlands Ranch branch.
 - The Spring Gardening Series begins at all branches. You must register to attend.
 - Details about the many events and special programming at the libraries can be found at www.dcl.org.
- She also shared information on upcoming Senior Council meetings:
 - On May 7th, Julie Nygard, educator and author, will present on thriving as a single person over 50 at the Lone Tree library. Tall Tales Ranch will be serving refreshments.
 - On June 4th, Terri Cassidy, a Driving Rehab Specialist with

Fitness to Drive, will present on “Staying Safe Behind the Wheel”. This presentation will be held at the newly opened Bridgewater by Legacy Retirement, 3997 Home Street in Castle Rock. Breakfast selections and beverages will be provided by Bridgewater.

- Tiffany then introduced our speaker, Stacy Hathaway.

II. Presentation: Senior Crisis Management by Stacy Hathaway,

Family Connection Consulting & Placement for Seniors

- Stacy shared her experience with a family member which led to her devoting her professional career to helping others.
- Often planning begins at the point of crisis, e.g. a hospital stays, the need for rehab or a fall, etc.
- Individual planning includes many aspects, such as social connections, spiritual beliefs, medical conditions, daily care needs, financial needs, and hobbies/activities.
- Quality of care differs between hospitals and rehab facilities.
- A Power of Attorney (POA) is absolutely necessary, and if you have more than one child, separate POAs are recommended.
- A Will is also recommended. If you don't have one, your estate goes into probate, and the court decides how your assets are disbursed.
- Consider a financial planner to determine what you can afford each month to maintain your lifestyle.
- An annual review of Medicare options addresses any changes in your health or medications.
- Senior living includes several types; independent (no care needed), assisted living (some care is needed), memory care (more care needed and averages 8K/month) and skilled nursing (maximum level of care averaging 14K-18K/month).
- Advanced planning ensures your wishes are known, and your needs are met.

III. Community Conversation: What type of creative activities do you enjoy?

- Jean led a lively and interactive discussion of how the attendees engage in creative activities.

- Specific responses included: creative writing, quilting, stained glass, painting, cooking, sewing, music, gardening, hiking, bead work/jewelry, drawing, biking, baking, cardmaking, exploring historic places in the county, and photography.
- Gretchen shared that the Seniors' Council is planning a fall event on the health benefits of being creative as we age. Part of the event will feature local older adult artists and their creative journeys.

IV. Closing Remarks

- Jean and Gretchen thanked the attendees for joining us at this meeting and invited them to join us again next month at the May 7th meeting at the Lone Tree Library.
- The meeting ended at 11:25 a.m.