Seniors' Council of Douglas County

June 4th, 2026 Meeting Minutes

BridgeWater by Legacy Retirement

3997 Home Street, Castle Rock

Meeting started: 10:06 a.m. Meeting ended: 11:20 am.

Attendees: 32

Leadership Team members: Valerie Robson, Jean Spahr, Tiffany Curtin, Gretchen Lopez

I. Opening Remarks

- Gretchen led the meeting and began by welcoming the attendees.
- She shared that the Seniors' Council joined Aging Resources of Douglas County last January and invited attendees to take the ARDC pamphlet, resource guide and program summary publications brought to the meeting.
- She also mentioned that this is Medicare Fraud Education Week and made available its publications entitled "Protecting Yourself From Fraud" and "Your Medicare Benefits". These publications are also available at www.Medicare.gov.
- Gretchen indicated that the Seniors' Council is seeking individuals engaged in creativity activities to apply to be a participating artist for the "Creativity and Healthy Aging" event planned for September 24, 2026.
- Tiffany then shared information on current library news including:
  - The summer reading program is open to all ages with the goal of reading at least 1,000 minutes. Registration is required to be eligible for raffle prizes such as Stock Show or Rodeo tickets and a $100 Hickory House gift card and more.
  - Tickets are available to see author Brad Thor on June 16th at the Highlands Ranch Library. For more details visit www.dcl.org.
- Tiffany then introduced our speaker, Terri Cassidy.

II. Presentation: Safe Driving by Terri Cassidy, Driving Rehab Specialist

- Terri is a certified Driving Rehab Specialist with "Fitness to Drive".

- She has 17 years experience as an OT in a hospital setting where she was often asked by her patients when they could get back to driving. In 2011 she started a driving program at Penrose Hospital.
- Although her clients are usually 60 years or older, she also works with new drivers with medical challenges and/or disabilities.
- In the next several years, 25-30% of all drivers will be over 70 years old.
- There are 3 areas of change impacting the driving experience: cars have incorporated more and more technology, roadways have changed and our abilities have changed.
- Our changes fall into 3 categories, visual acuity, physical skills and cognitive skills:
    - Vision issues – 90% of the information we need to drive is visual; Colorado requires 20/40 in at least one eye; cataracts, glaucoma, macular degeneration are several of the conditions affecting visual acuity. Visiting an eye doctor is highly recommended.
    - Physical skills – range of motion in the neck is a primary change as we age; sensitivity in the feet can impact our brake reaction time; good hearing is important to be aware of ambulances, fire engines, police vehicles as well as if there's something wrong with the car. It's very important to get an annual physical.
    - Cognitive skills – memory issues, being easily distracted and difficulty processing complicated traffic conditions contribute to feeling overwhelmed and confusion while driving.
- Helpful resources for improving driving skills include AARP's Smart Driver online course and classes on the technology in the newer cars.

III. Community Conversation: E-Bikes

- Gretchen led a discussion about attendees' concerns regarding the recklessness of e-bike riders in our neighborhoods.
- Many attendees are nervous about e-bike riders using the center of the road, doing 'wheelies' and startling walkers on sidewalks, etc.
- The group has questions about what the rules and regulations are in place for e-bikes, the riders and the enforcement of legal statutes if any.
- Gretchen indicated that the Seniors' Council would look into this topic and will report back our findings.

IV. Closing Remarks:

- Gretchen thanked attendees for joining us and Bridgewater for hosting and providing refreshments.
- Bridgewater offered tours for folks calling in for an appointment.
- Gretchen invited all to our July 2nd meeting at The Reserve at Lone Tree.
- She closed the meeting at 11:20 a.m.