

20th Anniversary Celebration Sponsors

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Inside this issue:

- *Anniversary Celebration
- *Awards for outstanding service
- *Schedule for Benefits for Seniors Training
- *Health News
- *Property/Rent Rebates

12th Annual Salute to Seniors

The Colorado Gerontological society is proud to present the 12th Annual Salute to Seniors on May 23, 2001, from 8:30 am to 4:00 pm at the Colorado Convention Center, 14th and Welton, in Denver. The Salute to Seniors provides an exciting opportunity for seniors to enjoy a day of entertainment and enjoyment and meet directly with businesses providing services for older adults. The Salute is sponsored by CGS and will be hosted by the Denver Commission on Aging.

This May we welcome back Myron Floren, popular performer and accordionist from the "Lawrence Welk Show" as the featured entertainment. Skip DeVol will also perform on banjo. As in previous years, the Resource Fair will bring together over 100 booths with information and the latest news on senior services. This year there will be a special exhibit of Kaiser Fraser cars.

The cost for the entire day is \$6 per

person or pay \$9 for two tickets. For groups of 10 or more, the cost is \$4.00 per person. Lunch is available for an additional cost.

There are many opportunities for exhibitors and sponsors to get information to those who attend the Salute. On average, the attendance is over 3000 Colorado seniors. Contact CGS for exhibitor information soon since the space is limited to 120.

CGS will sponsor Golf Tournament

The First Annual Colorado Gerontological Society Golf Tournament is planned for May 22, 2001, from 7:30 am to 1:30 pm. For more information, contact Michael Kolovos, 303-469-2047 or Jerry Bootzin, 303-721-8900. More details will be available at a later date. You can also contact CGS for information and to register.

CGS's 20th Anniversary celebrated

On November 29, 2000, CGS hosted a special Celebration Breakfast at the Four Points Hotel Barcelo in Denver. The event replaced the annual conference and was an occasion to honor past presidents and long time members of the Society. Past presidents who were honored are Eugene Dawson, John Torres, Derril Kripke, Kaye Smith, Arlene Korte, Leonard Hellman, David Gore, Albert Berger and Michael Condon. In addition to being honored as its first president, Eugene Dawson was cited for his 20 year membership to CGS, from 1980-2000. John Allis, Robert Robinson, Edith Sherman, Signild Danielson, Alice Zwanzig, and Irene Drabek were also honored for 20-year memberships from 1980-2000. Morey Melnick received special recognition for his 15 years of volunteer work with the Society, from 1985-2000.

(Continued on page 7)

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Events sponsored by CGS

For more information on these events, call 303-333-3482, fax 303-333-9112, e-mail cogs@senioranswers.org or visit www.senioranswers.com.

Senior Issues Briefings

Meetings are held the second Tuesday of each month, 8:30 to 9:30 am at Kaiser Permanente, 2045 Franklin, Skyline Building, 3rd Floor Conference Room, Denver. (Directions: To find the building, go to 18th Avenue and Lafayette. Turn right on Lafayette. Lafayette dead ends into a circle drive with a parking structure. Park in garage at 21st and Lafayette on your right and walk to the Skyline Building on your left). Once you enter the Skyline Building, go to your left to the elevators. Follow the signs. Donation of \$1 requested to cover cost of refreshments.

Future Dates: March 13, April 10, May 8, and June 13, 2001.

March 13 – *Guardianship Law – What are the Changes and What Does It Mean for Cli-*

ents? John Licht, Attorney-at-Law, Private Practice, will discuss the impact of the changes in the Colorado Statute, effective January 1, 2001.

Network North meets first Tuesday of the month at Golden West Manor, 1055 Adams Circle, Boulder, 7:45-9:00 am. Continental breakfast from 7:45-8:00 am, (\$1 donation), introductions and announcements, 8-8:15 am, guest speaker, 8:15-9. Call Ian Chartier, 303-494-0535.

Continuum of Care Coalition (C-3) - Education & Network Opportunities for People Who Serve Older Adults now meets bi-monthly, 11:30 am-1 pm, on the last Friday of the month at Trinity Lutheran Church, 301 E. Stuart, Fort Collins. Call Jill Taylor, 970-495-8560. Future dates: **March 16, May 18, July 20, September 21 and November 16.**

CGS provides electronic newsletter

All CGS members with access to e-mail or fax can now receive **NEWSBREAK** by electronic media. Those who do not have e-mail or fax capability will continue to receive the newsletter by mail. To sign up for this service, contact CGS.

www.senioranswers.org

Find information on

- Caregiving
- Benefits for seniors
- Medicare & Medicaid
- Patients Rights & Managed Care
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Special features:

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Around COLORADO



Sales Tax Refunds and Property Tax/Rent Rebates for Seniors

Senior Answers and Services encourages all eligible seniors to apply for their tax rebates. The 2000 State Property Tax and Rent/Heat rebate is available for persons 65 and over or disabled persons with annual incomes less than \$11,000 (\$14,700 for couples). Eligible persons must complete a 104 PTC form and apply before December 31, 2001. Individuals in assisted living are eligible to apply.

To receive a sales tax refund based on your annual income, you must apply before April 15, 2001, and use the 2000 Colorado 104 Individual Income Tax Form. Individuals in assisted living and nursing homes are eligible.

City of Denver residents can receive up to \$168 as a rebate under the City of Denver Tax/Rent Rebate program. To be eligible, you must have an income of less than \$11,000 (\$16,100 for couples) and apply before April 30, 2001.

You can obtain forms and assistance with all of these rebate programs from Senior Answers and Services. Call 303-333-3482, fax 303-333-9112 or visit the web site www.senioranswers.org.

Personal Care Boarding Home Owner/Operator Training

The next Personal Care Boarding Home Owner/Operator Training is scheduled for March 19, 20, 21, and 22, 2001, at St. Joseph Hospital, Mullen Auditorium, 1835 Franklin, Denver. The training program is for owners and operators of boarding homes and assisted living facilities. In addition to required coursework, the four-day session offers several elective classes – all pertinent to the care needs of facility residents. Students must register for the complete four-day course. No partial registrations will be accepted.

The training fulfills the 15 hours of elective studies required for certification by the Colorado Department of Health. Cost for the course is \$375. CGS members pay \$337.50. Register by calling 303-333-3482 or on the web site www.senioranswers.org.

New Inter-facility Transfer Form

A new inter-facility transfer form is the standard for the Nursing Home and Personal Care Boarding Home industry. The new form requires comprehensive information and attachments about each person who is being transferred. Some of the information suggested includes functional levels, mental status, diet, fall risk, skin status, pain program, functional level, appliances used and much more. By incorporating a comprehensive profile of the person's previous status, the form provides essential, accurate information to the new facility that will help provide the best possible care plan and goals for the patient/resident. You can download the form at www.cdphe.state.co.us/hf.

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Shalom Park
Sunrise Assisted
Living
Visiting Nurse As-
sociation

Henry Welch Scholarships

Michael Condon
PRO Behavioral
Health
William Laurie

Legislation affecting seniors and the positions of the Colorado Senior Lobby are posted at www.senioranswers.org. The site includes a list of bills the Lobby is following and the positions they have taken on each bill. The site is updated regularly as bills are followed

Benefits for Seniors Training scheduled

CGS is sponsoring Benefits for Seniors Training workshops designed for aging services specialists and those working with older adults in social service agencies, hospitals, nursing homes, home care, senior centers and other settings. Participants will learn how to:

- qualify their clients for benefits to which they are entitled.
- assist clients applying for benefits.
- advocate successfully for clients in an ever-changing world.

During the last hour, participants will learn about the valuable sites on the Internet that they can use when working with seniors and families and how to access this information for clients, especially the site www.senioranswers.org the one tool that links to hundreds of other services for clients. Workshop cost is \$65 (lunch on your own), which includes the new 2001 edition of *Benefits for Seniors: The Sourcebook for Practitioners*. Workshops will be held at the following locations:

- In Fort Collins on March 8, 9:00– 4:00 , Colorado State University, Gifford Build-

ing, Room 101.

- In Pueblo on March 30, 9:00 to 4:00 pm, Joseph Edwards Senior Center, 290 N Union, Room 301
- In Denver on April 5, 2001, 9:00 am to 4:00 pm, Kelly Assisted Living, 455 Sherman 1st Floor Conference Room.
- In Glenwood Springs on April 19, 2001, 9:00 am to 4:00 pm at Colorado Mountain College–Lucy Huntley Senior Center, Ground Level, 1402 Blake Ave.

The *Sourcebook* includes valuable information such as tips for practitioners to share with clients, plus eligibility and application procedures for 35 government benefit programs for seniors. It also has easy-to-follow guides to help clients apply for Old Age Pension, Supplemental Security Income, Spousal Protection, Medicaid Qualifying Trusts, Medicaid Liens, Food Stamps, Medicaid, Subsidized Housing, HMOs, and much more.

To register for the Benefits Workshop or purchase copies of *Benefits for Seniors: The Sourcebook for Practitioners*, call 303-333-3482 or go to the www.senioranswers.org. Cost of a single book is \$35 and \$30 for additional copies.

Insurance Fraud Warning

The Colorado Division of Insurance is warning about a new insurance scam. A few states have reported that insurance agents are calling older adults and telling them that they want to go over the *Medicare and You 2001* handbook with them. Since the consumers think the agents are from Medicare, they make an appointment. But when the agents arrive, they try to sell the person long term care insurance policies. This marketing tactic is illegal since insurance agents must disclose their purpose when they contact a consumer. They cannot give the consumer a false reason when they call and then try to sell insurance. It is perfectly legal, however, to phone or call on a consumer and present yourself as selling insurance. Those reporting this illegal activity said that the agents can be “quite pushy” once they enter a home.

To report illegal insurance activity, contact the Colorado Division of Insurance, 1560 Broadway, Suite 850, Denver, 80202. Phone 303-894-7552 or fax 303-894-7455.

Awards presented to outstanding professionals

A number of awards to honor outstanding service in the field of aging were presented at the Celebration. Three individuals received the Young Professional in Aging Award.

Florence "Flo" Jones, President and CEO of Home Care Management, Home Care Center for Living Independently, Littleton, was awarded for her outstanding work as a case manager and coordinator of the Denver File of Life Project and the Home Injury Control Program, as well as her advocacy for in-home services for older adults.

Mark Shelton, Director of Admissions and Community Relations, Colorado State Veterans Nursing Home, Walsenburg, was honored for his involvement in gerontology and community activities such as the Residential Care Directors network, the Senior Resource Council in Colorado Springs and "Cadets and Vets" program. Shelton was appointed a delegate to the White House Conference on Aging in 1995.

Jill Taylor, Senior Services Manager, Poudre Valley Hospital, Fort Collins, was honored for her leadership of the Aspen Club, the largest health promotion program for older adults in Northern Colorado with over 10,000 members. Taylor also serves on

numerous boards for aging services and is the facilitator of the C-3 Continuum of Care Coalition.

The Al Berger Distinguished Service in Aging Award was presented to Jean Kyle, a community volunteer in Lakewood. After her retirement as a school counselor, Kyle volunteered with the Jefferson County Council on Aging, the Aging Advisory Committee, DRCOG and she served as the state director for AARP from 1990-1995.

This year CGS presented the Corporate Award to AARP, Denver. AARP has more than 364,000 members in Colorado and supports a network of 65 chapters. In addition to its ongoing legislative activity, the organization sponsors a number of workshops and community service programs including the AARP Tax-Aid Program, 55-Alive Mature Driving Program and the AARP Widowed Service.

This year, the Henry Welch Scholarships were presented to Terry L. Harper, a master's student at the Naropa Institute in Gerontology and Long Term Care, and Toshimi Scott, a gerontology student at the University of Northern Colorado.

The First National Conference of The American Society on Aging and the National Council on the Aging is scheduled for March 8-11, 2001 at the Hyatt Regency in New Orleans, Louisiana. The conference theme is "designing our future@aging.com."

Call for applicants

The Henry H. Welch Scholarship is given in honor of Henry H. Welch, PhD., founding member of the Board of Directors of the Colorado Gerontological Society. Dr. Welch's commitment and dedication to the field of aging and human services spanned more than forty years. It is given each year to a student who is enrolled in an academically matriculated program (graduate or undergraduate) at a college or university in the state of Colorado. Students who need financial assistance to prepare for work in the field of aging will be considered. This year, two awards will be given in the amount of \$1000 each. Deadline for applications is September 1, 2001. Call CGS at 303-333-3482 or apply online at www.senioranswers.org. Awards will be given at the 21st Annual Conference in Fall, 2001. Mail applications to 3006 East Colfax Ave., Denver, 80206, Fax to 303-333-9112.

“Non-physician clinicians” are more common in doctors’ offices

“There are new categories of health-care professionals practicing in doctors’ offices who are not MDs. They interview patients, answer questions, provide health information, write prescriptions (in some states) and perform some types of exams. These “non-physician clinicians” are more common where physicians are scarce, but they also practice with physicians. They are a great asset to any practice since they are more readily available to patients and can give quicker answers. A recent study in the *Journal of the American Medical Association* reported that those patients seeking routine care do as well when assigned to nurse practitioners as to physicians.

What is a nurse practitioner? Nurse practitioners are registered nurses with advanced education and clinical training. They are licensed and credentialed in all 50 states and work in primary care, though some are specialists. One advantage of seeing a nurse practitioner is that, in theory at least, they have more time to

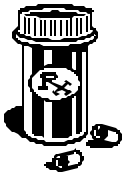
spend with patients and will emphasize wellness advice. In 21 states, nurse practitioners can practice independently. In others, they work under the supervision or in consultation with MDs.

What is a physician assistant (PA)? P

As have medical sciences education and clinical training and must pass a national certification exam. They always work with MDs, usually in group practices in medical clinics and hospitals. They see patients and practice much the same as nurse practitioners. About 50% of PAs are specialists.

What is a Certified Nurse Midwife? Nurse midwives work in hospital settings, as members of group obstetrical practices and in community health centers. They give prenatal and postpartum care. They now attend 9% of all uncomplicated births, mostly in hospitals.

Herbal Products and Drug Interaction



A study reported in the *Journal of the American Medical Association* found that use of herbal remedies grew by 380% and uses of high-dosage vitamins by 130% between 1990 and 1997 in the United States. The study’s author David M. Eisenberg, MD, estimates that about 15 million Americans are at risk for potential interactions. “Many of these herbs are biologically active,” says Eisenberg. “The potential for interaction is there.”

It is very important for patients to let their doctors know every drug (prescription and over the counter) and every herb and vitamin they are taking.

The Archives of Internal Medicine reported that researcher Lucinda G. Miller, Texas Tech University, found the following potentially harmful interactions between certain drugs and herbal products.

- ♦ Warfarin taken with ginseng, garlic, ginkgo, ginger and feverfew may result in unwanted bleeding. Ginseng may interfere with the action of the heart drug digoxin.
- ♦ Echinacea and zinc, advertised as immune-system boosters, may negate the effect of immunosuppressants like cyclosporine.
- ♦ Ginseng may cause headaches, tremulousness and manic episodes if taken with the antidepressant phenelzine sulfate.
- ♦ The tannic acids in St. Johns Wort and saw palmetto may inhibit iron absorption, undermining the benefits of prescribed drugs for anemia.

(Excerpted from “Drugs that Fight”, AARP Bulletin)

(Continued from page 1)

The event's keynote speaker was David Patterson, Ph.D., President and Senior Scientist, Eleanor Roosevelt Institute in Denver. Dr. Patterson's primary research interests include molecular genetic analysis of cognitive strengths and weaknesses found in individuals with Down syndrome, of neurodegenerative diseases like ALS (Lou Gehrig's disease) and Alzheimer's disease. He participated in the discovery of the first gene known to cause ALS and the first gene known to cause Alzheimer's. He spoke on the implications of the Human Genome Project on human health. Here is a summary of the Project.

The Human Genome Project will result in the identification of all human genes within the next few years. While genes transmit inherited characteristics from one generation to the next, it is becoming increasingly clear that genes have important consequences throughout the life span. Specific genes, or combinations of genes, are proving to be involved in common adult diseases like Alzheimer's disease, cardiovascular disease, diabetes and many forms of cancer. As these relationships are understood, they will have profound implications for human health in our later years. This new knowledge also carries important ethical implications in terms of privacy and confidentiality, as well as how medicine is practiced and the allocation of medical resources.

Colorado votes to reduce property taxes for seniors

By Eileen Doherty

Seniors will pay less in property taxes in 2003, thanks to Colorado voters who voted to amend the constitution to reduce property taxes for qualified residents age 65 and over. Starting in 2003, seniors who own a home worth \$200,000 or less where they have lived for ten or more years will see a 50% reduction in their property tax bill. For example, if the property tax bill is \$1560, the individual would only owe \$780. Persons whose home is valued at more than \$200,000 would receive a 50% reduction in their property tax bill on the first \$200,000 of the value. They would not, however, realize any reduction in the tax for valuation over \$200,000.

To assure that local governments will

have sufficient revenue, the state will reimburse local governments for any property tax revenue reduction. This provision is known as a homestead exemption. In the future, the state legislature can adjust the \$200,000 cap on the home value to either increase or decrease the benefit from the homestead exemption.

Based upon a 1998 study, about 38% of Colorado households with homeowners who are 65 or older have annual incomes of less than \$25,000. This tax reduction will allow seniors to remain in their own homes. It will not affect property taxes paid by farmers, businesses, or other homeowners.

The University of California Berkeley Wellness Letter

warned its readers in a recent issue (January, 2001) to *not* believe the claims made in the "Journal of Longevity," which is filled with scientific sounding evidence of cures and improved health. The supplements they recommend, however, are made from "questionable, unproven and/or risky ingredients" sold by the company "Gero Vita."

Resources

Older Americans 2000: Key Indicators of Well-Being, a report published by the National Institute on Aging. To obtain a copy, call 301-458-4636 or go to the web site: www.agingstats.gov.

Access America for Seniors has joined in a partnership with ***FirstGov.gov***. <http://www.firstgov.gov/>, and changed their name to FirstGov for Seniors. The site provides links to government services for the American public.



Health Bits

Older adults are more likely to be eating the recommended amount of fruits and vegetables than other age groups. According to a survey of eating habits by the Centers for Disease Control and Prevention, more than 40% of those 65 and over eat the recommended three to four servings a day while about 35% eat as many as five servings.

Researchers who followed 6000 women (average age 78) for three years found that if urge incontinence occurred at least once a week, the risk of falls increased by 26% and the risk of fractures by 34%. The falls occurred when the women were rushing to the bathroom at night. The recommendation: put night lights along the route to the bathroom and, for people with more frequent nightly incontinence, place a commode by the bed.

Women unaware of need for mammograms

Of the 175,000 new cases of breast cancer to be diagnosed in the United States each year, half will be in women older than 65. However, according to a survey by the National Cancer Institute, many over-65 women are unaware of the importance of getting a mammogram each year.

Though the risk of breast cancer increases with age, only 43% of a group of 817 women who were questioned knew that they should start getting mammograms every year or two beginning at age 50. Cancerous tumors that are detected early are more likely to be stopped before the cancer spreads and there is a better chance for a cure.

Newsbreak is published bi-monthly to communicate information on aging issues to professionals in the field of aging. NEWSBREAK is free to members of the Colorado Gerontological Society (CGS) an organization promoting leadership in aging. CGS membership is \$40 per year. For membership information, contact Eileen Doherty, CGS Executive Director, (303) 333-3482, PO Box 18221, Denver CO 80218. **Web Site:** www.senioranswers.org. **Newsbreak** Editor, Susan Malmstadt, 970-225-2489.

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