

Loveland Senior Advisory Board

Loveland Parks & Recreation Conference Room 10:30 AM

Meeting June 1, 2016

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“La Ciudad de Loveland está comprometida a proporcionar igualdad de oportunidades para los servicios, programas y actividades y no discriminar en base a discapacidad, raza, edad, color, origen nacional, religión, orientación sexual o género. Para más información sobre la no discriminación o para asistencia en traducción, favor contacte al Coordinador Título VI de la Ciudad al TitleSix@cityofloveland.org o al 970-962-2372. La Ciudad realizará las acomodaciones razonables para los ciudadanos de acuerdo con la Ley de Discapacidades para americanos (ADA). Para más información sobre ADA o acomodaciones, favor contacte al Coordinador de ADA de la Ciudad en bettie.greenberg@cityofloveland.org o al 970-962-3319”.

The meeting was called to order at 10:35 am by Kim Ferro. Those attending were Linda Aron, Dixie Huff, Richard Zlamany, Julie Demaree, Anne Brown, Elaine Brush and Donita Fogle. Excused were Marigail Jury, Phoebe Hawley, Marlene Quattrocchi and Leah Johnson

Donita made a motion to accept the May minutes as corrected and Debby seconded it. Motion carried.

It was stated that Carmen and Sherri still need to have their applications approved and their interviews conducted.

The ice breaker was what exciting thing has happened to you so far this year? Members had a lot of interesting things to share including upcoming travel plans.

There was no City Council report since Leah was absent.

Bridging the Gap is well organized and moving along to get ready for registration.

The next Walkability Citizens Task Force meeting will be June 16th at 11:30 at the First Methodist Church, 533 Grant St. in Loveland.

Kim, Linda and Julie sent letters to the State in support of affordable housing in Loveland and Phase III at Mirasol in particular. Donita said we might have to resubmit again next year, as it usually takes two years to get approved. They have to be careful to spread the funds throughout the state.

Elaine told us that Chris Barnes from the Transportation Department will be doing a presentation at our July meeting. This will be his warm up before a City Council Study Session.

Dixie said that Beth at the library is the advisor for the Youth Advisory Commission and that she will try to schedule a time for the SAB & YAC to meet jointly. It might be better if we go to their meeting, since they are in school during the daytime.

Kim gave us a presentation on Advanced Directives and why it is important to have in place. You never know when you might become incapacitated and therefore, you want your friends and family to know what your wishes are as far as your health care is concerned, and you want to appoint a medical power of attorney. Also, we learned that if you are not ill, it is probably not a good idea to have a DNR. (DO NOT RESUSCITATE) order in effect. You should discuss this with your doctor, as he or she will have to sign this document.

If you make an advanced directive, make copies of it and give them to your friends, family, doctors and hospital medical records. Your doctors will put them in your medical file. The person you name as your health care proxy does not need to be a family member, it can be a good friend that you trust. If you are going on a long trip, carry a copy with you along with your emergency contact information.

A Colorado living will allows you to specify your medical wishes should you become incapacitated and can no longer breath, eat or drink independently. Again, once documents are completed, please share copies. Review of medical records are highly encouraged throughout your lifetime, and especially if one of these five events occur.

They are:

Reach a new decade of life, ie., 60, 70, 80, etc.

Death of a spouse or anyone you may have listed as power of attorney

Divorce

Diagnosis of a new or terminal illness

Decline in your health in general

There is a form called MOST (Colorado Medical Orders for Scope of Treatment). This form addresses CPR, nutrition, etc., and is usually used when moving from one facility to another, such as from a hospital to a nursing home or vice versa.

There is also the Five Wishes booklet that you can use in place of an advance directive. It is recognized in 42 states and the District of Columbia. If you have Five Wishes and another type of an advanced directive, make sure they contain the same information. Five Wishes can often be used with Hospice patients and for those who wish to express end-of-life wishes.

Kim handed out the File of Life to keep on your refrigerator with your medical information in it. This is so paramedics can quickly see what medications you are taking and your health history. There is also a purse sized one.

If you are concerned about who will manage your finances, you need to complete a general Power of Attorney. A simple POA can be purchased at an office supply store or many versions are found online. If more complex finances are involved, you might want to use an attorney.

Member Comments

Aspen Club is updating its database. You will need to go online and update your information if you are a member or complete a paper application. The day for Third Age Portfolio event is September 10. If you know of any folks who have done interesting things after retiring, for example, hiked the Colorado trail, climbed Mt. St. Helen's, or anything else novel and interesting, have them contact Kim Ferro at Aspen Club.

Julie has started a GO FUND ME page to raise money for a tree in memory of Mark Levick, city employee who dropped dead in the police building at age 52. If you'd like to contribute, go to Gofundme.com and enter Mark Levick.

The July meeting will be back in the library.

Linda made a motion to adjourn the meeting, Donta seconded it and we adjourned at 12:00.

Respectfully submitted,

Linda Aron