



**Seniors' Council of Douglas County
March 6, 2025 Meeting Minutes
Douglas County Libraries in Parker**

Meeting started: 10:05 a.m.

Meeting ended: 11:20 a.m.

No. of attendees: 34 attendees

Leadership Team Members: Gretchen Lopez, Tiffany Curtin, Valerie Robson, Mike Drake, Jean Spahr

County reps: Kim Smith

Presenter: Kelly O'Connor, VP of Strategic Partnerships and Growth for the Society of Certified Senior Advisors (CSA) and Editor of the CSA Journal

Opening Remarks

- Jean Spahr welcomed attendees and thanked the library for hosting the meeting.
- She introduced the leadership team members in attendance to the group.
- She also asked the audience who was attending a Seniors' Council meeting for the first time and extended a special welcome to them. They included four new attendees and two new service providers.

Announcements

- Gretchen Lopez gave a Vintage & Vibrant 2025 update, sharing that this event is planned for Wednesday, Sept. 17th from 8 a.m. – 2:45 p.m. at the Highlands Ranch Senior Center located 200 E. Highlands Ranch Pkwy. in Highlands Ranch.

She mentioned several topics being considered for breakout sessions and invited the attendees to reach out to members of the Leadership Team with their suggestions regarding topics and/or potential speakers.

- Tiffany Curtin, Education Chair, gave an overview of the upcoming Seniors' Council meetings and programs offered by Douglas County Libraries. She also invited Emma with Tall Tales, who provided refreshments at the meeting, to speak about her organization.

Presentation: "The Longevity Lifestyle: Embrace and Nurture It In Your Life"

Kelly reviewed the 10 pillars of longevity and the impact each has on our quality of life:

1. Purpose – The reason to get up in the morning, can be tied to family, spirituality, society, a hobby, etc.
2. Financial – Planning in this area is the key to success.

3. Community – Be intentional in creating a sense of community, can be a small circle of friends and family or groups within the community in general, a critical aspect of successful aging.
4. Spirituality – One of the most important elements to successful aging, can take any form a person is comfortable with, connects with something greater than yourself and serves as inspiration.
5. Curiosity – Cultivate a desire to ask lots of questions about a wide variety of interests.
6. Brain Health – Start early, certain exercises can rewire the brain in a healthy way to change the way we think about things.
7. Advocacy – Developing an ability for self-advocacy is advisable.
8. Physical Health – Very important and never too late to start.
9. Mindset – Having a positive attitude is helpful.
10. Mental Health - Specific focus for younger people, getting more attention for all ages.

Kelly recommended identifying the areas where we are strong and give ourselves credit for those and look at areas where we can improve.

Kelly answered several questions from the audience, after which Jean led a discussion based on the information Kelly presented.

Community Conversation: Updated Operating Procedures

Gretchen shared that the Seniors' Council has updated its Operating Procedures to incorporate a team approach to its mission. A vote will be held at the April 3rd meeting and a copy of the Operating Procedures will be posted on the Seniors' Council website for public review.

Closing Remarks

Gretchen thanked the attendees for coming and invited all to join the Seniors' Council at next month's meeting on Thursday, April 3rd at the Highlands Ranch Senior Center.

The meeting concluded at approximately 11:20 a.m.