



Seniors' Council of Douglas County September 5, 2024 Meeting Minutes Douglas County Libraries at Castle Pines

Meeting started: 10:03 a.m.

Meeting ended: 11:25 a.m.

No. of attendees: 28 attendees

Executive Committee Members: Mike Drake, Gretchen Lopez, Tiffany Curtin

County reps: Jennifer D'Ambrosio, Kim Smith

Presenter: Ellie Furata, MPH, Douglas County Health Department

Opening Remarks

- Mike Drake welcomed the attendees and thanked Castle Pines Library for hosting the meeting.
- He introduced the leadership team members in attendance to the group.

Announcements

- Mike spoke about the "Aging Well, Finishing Strong" Workshop planned for Tuesday, September 24th from 9 a.m. – noon in the Events Center at the Douglas County Fairgrounds in Castle Rock. He invited Gretchen to share the details of the workshop. She mentioned that there are only 2 seats left and she encouraged those interested in attending to register ASAP.
- She also shared information about the October meeting which will focus on the new Medicare options for 2025.
- Jamie Gotlieb, staffer with the Douglas County Libraries, thanked Tall Tales Ranch for providing refreshments and reviewed the programs currently available at the various libraries.
- Jamie then introduced the speaker, Ellie Furata with the Douglas County Department of Health.

Presentation: "Vaccinations for Older Adults"

- Vaccines help produce antibodies (internal) to fight and kill antigens (external).
- Most vaccines contain dead antigens.
- Vaccinations for smallpox and chicken pox are considered live vaccinations.
- Seasonal vaccinations change yearly to fight the most common strains of a particular illness.
- Always check with your physician to discuss which vaccines to receive.
- The flu is a seasonal illness and usually spread by droplets in the air.

- September – October is the best time to receive this vaccine so that it is at optimal effectiveness throughout the flu season.
- Most cases of the flu occur in February.
- COVID is also a seasonal illness and spread by droplets in the air.
 - Moderna & Pfizer vaccines will be available soon.
 - COVID does not change your DNA.
- RSV is not a seasonal illness and is transmitted by droplets in the air and on surfaces.
 - Usually recommended for people 75 yrs and older or for folks 60-75 with underlying conditions: check with your doctor.
 - Late summer is the best time to receive this vaccine, however, anytime is ok.
- Pneumonia is not a seasonal illness.
 - There are several different types.
 - Not routinely given, so check with your doctor.
 - Spread via saliva and mucus.
- DTP vaccine is a combination shot offering protection from tetanus, diphtheria and pertussis.
 - This is not a seasonal vaccine.
 - Pertussis, commonly known as ‘whooping cough’, is highly contagious.
- Shingles vaccine is not seasonal.
 - People who had chicken pox carry the virus in their bodies and it can be reactivated as shingles.
 - The recommendation is for those 50+ years old and the two-dose series is preferred.
 - The vaccine can be effective for up to 7 years.

Community Conversation: Are Geriatricians a viable option for you?

- Gretchen shared that the Seniors’ Council has begun researching information about the expected doctor shortage over the next decade.
- She asked the group to share their personal experience in this area.
- She also solicited options on the importance of having a Geriatrician as an option for our care as we age.
- In conclusion, she asked the group to complete a short medial access survey, the results of which will be added to other data to determine whether the Senior’s Council will further pursue advocacy action steps.

Closing Remarks

Gretchen thanked the attendees for coming and invited all to join the Seniors’ Council at next month’s meeting on Thursday, October 3rd on the upcoming Medicare Open Enrollment Period at the Philip S. Miller Building, 100 Third Street in Castle Rock.