

Connectors After Hours Event – Larimer County Office on Aging

Did you know that 80% of Americans partake in helping out the aging? From occasional visits to full time care, we are a society concerned with the well-being of our elderly. Because of the myriad needs of seniors, resources are often needed to cope successfully. Katy Mason and Lynette McGowan from the Office of Aging shared stories of hope as well as an amazing amount of options and services that are available in Larimer County. Some of these include: ARCH (Adult Resources for Care and Help) for those with disabilities or needing to explore independent living options, Family Caregiver Support Program to help caregivers of the aging, and the Long Term Care Ombudsman Program providing advocates for nursing and assisted living facilities. The Office of Aging also provides a free, comprehensive 28 page Resource Guide: [Answers on Aging](#) which covers services for everything from health to finance to housing to community involvement.

For more information please contact: www.larimer.org/seniors or (970) 498-7750.

Those in attendance Wed. included: Katy Mason and Lynette McGowan (Office on Aging), Greg, Pat, Dale, Tim, Josh, Debbie, Judy – her guest, Elaine and Diane.

Respectfully submitted by Diane Umbreit

Many thanks to Diane for the synopsis above – it will also be posted on the website so you can direct your church or friends to the information and contacts.

Although Mug's was a little noisy, perhaps we have discovered that June is NOT the best month for a Connector Event. The value of the information was so great, we have asked if Katy and Lynette would consider coming again in the Fall to speak when more Connectors are available. We started our afternoon asking for positive stories of aging – where we heard about loving relationships that matured into over 70 years, to pride in work, to dignity in death, to life really restarting after 65, some funny, some poignant – all reminders of the value of healthy maturing. For now we remind you that as we provide additional training and information giving you access to resources like The Office on Aging. It is great to know the specific people and resources available but even more important to building those bridges of concern in relationships with those in need and should you forget or not have these particular resources at hand – you know to direct them to 2-1-1.

Our next Connector Training will be Saturday, July 31st and we are actively recruiting NEW churches, faith-based and community groups to attend. YOU as Connectors are our best “word-of-mouth” marketers! Please make it an intention to visit with your caring friends and neighbors and offer them information about CL, direct them to the website (www.ConcernedLarimer.org) or have them email or call me directly. I and all of your CLLT is ready and willing to talk to people about CL and its potential for our community.