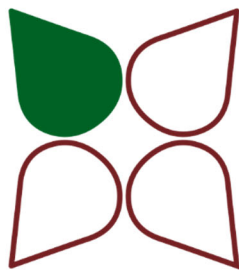


Subject: Seniors' Council of Douglas County: First Friday Update - July 2024



Seniors' Council Douglas County

Living Well / Aging Well™

First Friday Update July 2024

Save the Dates

- The “Aging Well, Finishing Strong” workshop is scheduled for the morning of **Tuesday, September 24 from 9 a.m. to noon**. Imagine a situation where you suddenly become ill or disabled. Participants will begin to compile a Legacy Binder that can be completed at home, providing family members or friends with quick access to necessary vital information. Registration is limited and will be available in mid-August.
- The Douglas County Older Adult Initiative launched last year with a Listening Tour to hear about the concerns of older residents. Four priorities were identified: housing, transportation, in-home services, and access to information. As a follow-up, [in-person roadshows](#) are scheduled throughout the county in **July and August**. Your participation is needed and encouraged.

Mental Health for All

Join us on **Thursday, August 1 from 10 to 11:30 a.m.** for a discussion on how mental health affects all of us at the picturesque Seven Stones – Chatfield Botanical Gardens Cemetery, 9635 N. Rampart Range Rd. in Roxborough. Jason Hopcus, President/CEO of the National Alliance on Mental Illness (NAMI) for Arapahoe/Douglas Counties, is a certified life coach, radio show host, and entrepreneur with a deep commitment to serve. He created and hosts a podcast called “Nobody’s Perfect”. It is designed to help community members navigate today’s challenges that can impact mental health. Jason also created and directs the Connection Project. Attendees will be able to sit in a shaded outdoor area.

Senior Law and Safety Summit – July 13

The 18th Judicial District Attorney's Office is hosting the upcoming Senior Law & Safety Summit on **Saturday, July 13 from 8:30 a.m. to 3:00 p.m.** A variety of speakers and resources will be available on:

- Law-related topics (POA's, living wills, advanced directives, estate planning, probate, renewing contracts, and more)
- Fraud protection (ID theft, elder financial exploitation, online scam trends, investment fraud, companions scams, etc.)
- Crime Prevention, Safety & Health (home and community safety, first aid, fall prevention, dementia – risk reduction, emergency preparedness, etc.)

[Registration](#) is required for this event and the \$10 fee includes a choice between 16 workshops, vendor booths, Ask-A-Lawyer private session, box lunch, door prizes and a copy of the 2024 Colorado Senior Law Handbook. , which will be held at the Charles Schwab Conference Center, 9899 Schwab Way in Lone Tree. You can also call 720-874-8487 for more information.

It's Almost Time for the Douglas County Fair & Rodeo

Celebrate western heritage and agriculture at the [Douglas County Fair & Rodeo](#) from **July 26 through August 4** at the Douglas County Fairgrounds and Events Center in Castle Rock. Enjoy a wide range of activities from 4H animal events, farm to table, the livestock sale, competitions and traditional rodeo events. Award-winning country artist Chris Janson takes the stage on Friday, July 26. All event details can be found online.

Douglas County Libraries Offers Ageless Program

Interested in brain health fitness? Harness the power of play to stimulate cognitive skills and neuroplasticity through simple exercises. Douglas County Libraries will present this topic, especially for older adults, on:

- Wednesday, August 7 at 1:30 p.m. at the Lone Tree Branch
- Wednesday, August 21 at 1:30 p.m. at the Castle Rock Branch

[Register online](#) or with library staff at 303-791-7323.

Please share this newsletter with others who may be interested.

**Douglas County Department of Community Development
Community Services**

Address | 100 Third St., Castle Rock, CO 80104

Phone | 303-663-7681

Email | DCSeniorLife@douglas.co.us