

HEALTHY LIFESTYLE

Self-Help Group Awareness Month, Financial Wellness Month,
& Get Organized Month

The Colorado Department of Human Services Aging and Adult Services Division encourages all Coloradans to live healthier lives. Healthy living can prevent diseases and certain disabilities. We can ensure that today's older persons as well as future generations not only live longer, but better.

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Awareness Month**

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Month**

**Get Organized
Month**

January is Self- Help Awareness Month, a month where we can recognize those groups and volunteers at AA meetings, coping circles, and other groups who help us be the best people we can possibly be. Though often anonymous, many people think of these groups as their extended friends and family. One of the things you might want to do this year is start a self-help group. To find out more on affiliates and support groups in Colorado go to www.namicolorado.org.

Financial Wellness Month

Elder financial abuse can be devastating, and it can wipe out a senior's bank accounts and financial assets. Also many cases of financial elder abuse go unreported due to embarrassment. Learn more at www.preventelderabuse.org

Get Organized Month Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses. If you want to learn more about emergency supply list, go to www.ready.gov.

We are interested in your thoughts about our Healthy Lifestyle Campaign. Please contact Viola McNeace, Aging and Adult Services, via e-mail Viola.Mcneace@state.co.us or phone 303-866-2836. All proclamations can be found on our website. Check out our website www.coloradoaging.com.



SELF-HELP AWARENESS

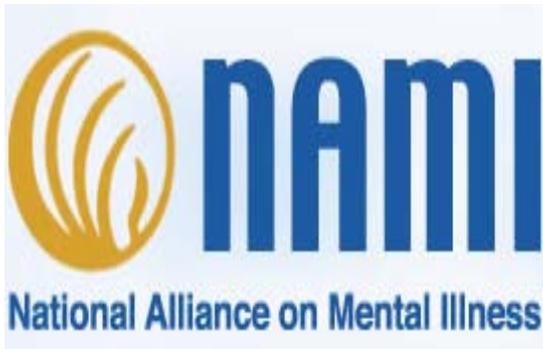
January is Self-Help Awareness Month, a month where we can recognize those groups and volunteers at AA meetings, coping circles, and other groups who help us be the best people we can possibly be. Though often anonymous, many people think of these groups as their extended friends and family. One of the things you might want to do this year is start a self-help group.

It doesn't have to be elaborate, or large, or even in person; you could create a self-help group on the web these days via Facebook, Yahoo Groups, or another source. Make it a group phone call through a free conference call service if you like—or, if it's a very small group, just use three-way calling. It doesn't have to be a theme either; simply make it a group of friends who support each other through various issues if you like. Make simple rules such as no judgment, being there for one another, and only offering advice when asked for it. Meet as often as you wish—weekly, monthly, or bi-weekly are some ideas.

If you do want to meet around a theme, think about what you need the most help in—or feel like you and your friends could help each other with. Maybe it's parenting or taking care of an older relative. Perhaps you're overwhelmed with work, dieting, or time management. Maybe you all have a dream you'd like to pursue together such as starting a catering business or becoming children's book authors.

You can even make your group centered around something fun, like the *You Can Do It! Merit Badge Handbook for Grown-Up Girls* book or a similar work. Each month every person could work on that month's badge such as hosting a party or traveling some place new at the meetings members could share their progress and be "awarded" their badges. Other books you might want to form a group around include Julia Cameron's *Artist Way* series, Kerri Smith's *How to Be an Explorer of the World* or *This is Not a Book*, or *Life Makeovers* by Cheryl Richardson.





AFFILIATES AND SUPPORT GROUPS

Below is a list of affiliates and support groups across Colorado. You can start your own support group in your area. You can use conference calling if you prefer not to meet in person. The web site for the Free Conference calling is www.freeconferencecalling.com. You can make it a group phone call through a free conference call service. You can simply make it a group of friends who support each other through various issues

Adams County

President: Dr. Warren Taylor
Phone: 303-287-7621
Email: mailto:taylorewg@comcast.net
Mailing Address:
NAMI Adams County
PO Box 669
Henderson, CO 80640-0669

Arapahoe/Douglas Counties

President: Nita Brown
Voicemail: 303-991-7688 calls will be answered with 24 hours
Email: president@namiadco.org
Mailing Address:
NAMI Arapahoe/Douglas
155 Inverness Dr. West, Suite 205
Englewood, CO 80112
[View Website](#)

Arkansas Valley

Support Contact: Shirley Brownlee
Phone: 719-539-7063
Email: mininglady39@yahoo.com
Mailing Address:
291 B Street
Salida, CO 81201

Boulder County

Serving Boulder and Broomfield Counties
President: Anne Weiher
Phone: 303-443-4591
Email: info@namibouldercounty.org
Mailing Address:
NAMI Boulder County
c/o Mental Health Center
1333 Iris
Boulder, CO 80304

Canon City

President: Kathleen Camblin
Phone: 719-547-5174
Email: katcamblin@q.com
Mailing Address:
NAMI Canon City
PO Box 4
Canon City, CO 81215

Colorado Springs

President: Kathy Brandt
Phone: 719-473-8477
Email: mailto:namicos@qwest.net
Mailing Address:
NAMI Colorado Springs
510 E Willamette Ave., Suite A
Colorado Springs, CO 80903

Denver

President: Maureen Martin
Phone: 303-504-6545
Email: mailto:namidenver@nami.org
Mailing Address: NAMI Denver
4141 East Dickenson Pl
Denver, CO 80222
Phone: 303-349-2563
Email: princebertel@msn.com

Jefferson County

President: Norm Bertelsen
or Contact: Pam Haynes
Phone: 303-279-7661
Email: pamhaynes@aol.com
Mailing Address:
NAMI Jefferson County
PO Box 1921
Arvada, CO 80001

Larimer County

Contact: Patti Marqui-Hilker
Phone: 970-494-4368
Email: pattimh@netzero.net
Mailing Address:
NAMI Larimer County
P.O. Box 2926
Loveland, CO 80539
*Contact for Family-to-Family, Colorado
Visions and NAMI Connection Group:*
Laurie Seiler Phone: 970-494-4359 Email:
laurie.seiler@larimercenter.org



Montelores (*Montezuma & Dolores Counties*)

President: Geri Sanders-Klein
Phone: 970-759-2416
FAX: 866-483-0886
E-Mail: gsk@beachlovers.net
Mailing Address:
PO Box BB
Cortez, CO 81321

Montrose Support

Contact: Barbara Browner
Phone: 970-901-1555
Email: bbrowner@midwestmhc.org

Western Slope

President: Leslie Kent
Phone: 970-462-3989
Email: namiwesternslope@gmail.com
Mailing Address:
NAMI Grand Junction
PO Box 1864
Grand Junction, CO 81502

Weld County

President: Charlette Butler
Phone: 970-347-2128
Email:
Mailing Address:
NAMI Weld County
PO Box 336088
Greeley, CO 80633-6088

Woodland Park Support

Contact: Lynn
Phone: 719-686-8555

Wray Support

Contact: Angie Vrame
Phone: 970-332-5985

REPORTING FINANCIAL EXPLOITATION

If you suspect that an at-risk adult is a victim of financial exploitation

It's OK to SPEAK UP!

Reports to adult protective services are confidential.

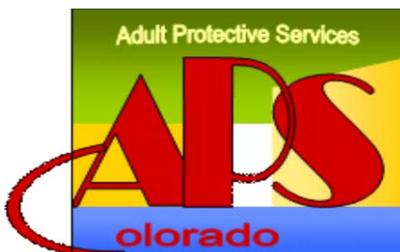
CONTACT Adult Protective Services (APS) at the County Department of Human/Social Services where the at-risk adult lives. County APS phone numbers can be found:

- On-line at www.coloradoaging.com;
- By calling the main County Department of Social/Human Services number and asking for Adult Protection; or
- By calling the Division of Aging and Adult Services at 1-888-866-4243 toll free in Colorado or 303-866-2800 in the Denver metro area.

CONTACT: Colorado Consumer Line at ElderWatch: A Program with the Colorado Attorney General and the AARP Foundation to report fraud, scams, or for more information. AARP ElderWatch can be reached at 1-800-222-4444 toll free in Colorado or 303-222-4444 in the Denver metro area. When you call AARP ElderWatch you can:

- Report fraud or financial elder abuse;
- Seek consumer information; and
- Obtain referrals and assistance.

Resource information is available at www.coloradoaging.com or by calling the Division of Aging and Adult Services at 1-888-866-4243 toll free in Colorado or 303-866-2800 in the Denver metro area.



What is Financial Exploitation?

Financial Exploitation spans a broad spectrum of conduct, including:

- Taking money or property
- Forging an older person's signature
- Getting an older person to sign a deed, will, or power of attorney through deception, coercion, or undue influence
- Using the older person's property or possessions without permission
- Telemarketing scams. Perpetrators call victims and use deception, scare tactics, or exaggerated claims to get them to send money. They may also make charges against victims' credit cards without authorization

Who are the Perpetrators?

Family members, including sons, daughters, grandchildren, or spouses. They may:

- Have substance abuse, gambling, or financial problems
- Stand to inherit and feel justified in taking what they believe is "almost" or "rightfully" theirs. Fear that their inheritance will be used.

Predatory individuals who seek out vulnerable seniors with the intent of exploiting them. They may:

- Profess to love the older person ("sweetheart scams")
- Seek employment as personal care attendants, counselors, etc. to gain access

Unscrupulous professionals or businesspersons, or persons posing as such. They may:

- Overcharge for services or products
- Use deceptive or unfair business practices

Why are the Elderly Attractive Targets?

- Persons over the age of 50 control over 70% of the nation's wealth
- Many seniors do not realize the value of their assets (particularly homes that have appreciated markedly)
- The elderly are likely to have disabilities that make them dependent on others for help
- Severely impaired individuals are also less likely to take action against their abusers as a result of illness or embarrassment

What are the Indicators?

- Unpaid bills, eviction notices, or notices to discontinue utilities
- Withdrawals from bank accounts or transfers between accounts that the older person cannot explain
- Bank statements and canceled checks no longer come to the elder's home
- New "best friends"
- Legal documents, such as powers of attorney, which the older person didn't understand at the time he or she signed them
- Belongings or property are missing
- Suspicious signatures on checks or other documents
- Absence of documentation about financial arrangements



Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. It is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits; one full kit at home and smaller, portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Household chlorine bleach and medicine dropper – when diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a flash light with extra batteries

NOAA Weather Radio with tone alert and extra batteries for both

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air, plastic sheeting and duct tape to shelter-in-place

Wrench or pliers to turn off utilities
Local maps
Cash or traveler's checks and change

Cell phone and chargers

Prescription medications and glasses

Infant formula and diapers

Fire Extinguisher

Matches in a waterproof container

Paper and pencil

Books, games, puzzles or other activities for children

Pet food and extra water for your pet

Moist towelettes, garbage bags and plastic ties for personal sanitation

Can opener for food (if kit contains canned food)

Mess kits, paper cups, plates and plastic utensils, paper towels

Feminine supplies and personal hygiene items

Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

Emergency reference material such as a first aid book or information form

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

