



Town of Estes Park - Senior Services  
Estes Park Senior Center  
220 Fourth Street  
Estes Park, Colorado 80517  
[www.estes.org/seniorcenter](http://www.estes.org/seniorcenter)

Lori Mitchell  
Senior Services Manager  
[lmitchell@estes.org](mailto:lmitchell@estes.org)  
970-577-3765

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News - For immediate release

**Interesting title, real conversation: How to stay out of a nursing home**

Free program presented by the Northern Colorado Culture Change Coalition

Aging is inevitable and almost everyone, if you live long enough, will spend some time in a nursing facility. An educational program called, *How to Stay Out of a Nursing Home*, will be presented by the Northern Colorado Culture Change Coalition (NCCCC) on Tuesday, September 16 at 1:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. The program is designed to help participants learn how to make proactive choices in the world of long term care.

According to NCCCC member Marcy Greenslit, "this is a local branch of the Colorado Culture Change Coalition based out of Denver and is a group of people and professionals dedicated to changing the culture of care provision in current healthcare environments. The NCCCC consists of volunteer representative of different perspectives of long term care; currently our membership includes two skilled nursing administrators, a consumer advocate, a geriatric case manager and two long term care ombudsmen. This group has been working for the last two years to promote the culture change message through providing educational trainings for consumers and professionals and establishing networking opportunities for all interested parties."

The program will be presented by John Stewart, Nursing Home Administrator at Spring Creek Health Care Center in Fort Collins. Representatives from the Northern Colorado Culture Change Coalition, Larimer County Office on Aging's Ombudsman Office and Estes Park Medical Center's Prospect Park Living Center will be on hand. John has over 10 years in Long Term Care (Skilled & Assisted Living Facilities) and has a vast experience to draw on to assist in decision making as well as some unique proactive strategies he will be discussing to maintain independence.

For more information about Senior Services, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Center website at [www.estes.org/seniorcenter](http://www.estes.org/seniorcenter). To receive Senior Services news in your e-mail inbox, please e-mail [lmitchell@estes.org](mailto:lmitchell@estes.org).

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