

the center
sage of the rockies

PRESENTS

2010

Conference on LGBT Aging,
Yesterday, Today, and Tomorrow:

Choosing to Live Well



Sponsored by



N E W L O C A T I O N



Monday – Friday 10 – 8, Saturday 12 – 8

Programs at The Center:

- Rainbow Alley youth drop in space
- SAGE of the Rockies LGBT aging support and advocacy
- Legal and Advocacy
- Denver PrideFest
- Bohnett Community Cyber Center
- Terry Mangan Lending Library
- Community spaces for social and support groups



the center
Advancing LGBT Colorado

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A WELCOME LETTER FROM
KEN HELANDER
SAGE of the Rockies Coordinator

The title for the SAGE of the Rockies conference on LGBT aging is meant to remind us all that this is not about “OLD.” It is about aging... a passing of time that influences all aspects of our lives, like our health and financial condition, our relationships and sense of confidence. Taking a bit of that time to think about these things among supportive and understanding company is what this conference is all about.

Yesterdays are full of memories of past events and people, of history/herstory and the instruction they provide for us. It is good to take time to reflect and honor the way we got here. Most particularly we are grateful to the many LGBT individuals, groups and allies that have joined together, worked hard, and made a difference through many yesterdays. They’ve brought us to where we are. Let’s make sure we know and remember how they did it.

We especially acknowledge and thank all our conference sponsors, planners, volunteers, exhibitors and presenters for their hard work and commitment to make this event possible. Please enjoy the hospitality of the Denver Sheraton Downtown Hotel, and all the wonderful things the Mile High City has to offer.

And finally, we welcome you to help us celebrate The GLBT Community Center of Colorado’s new home. This state-of-the-art facility gives us the opportunity to be a highly visible and positive force for our LGBT community in Colorado. We have lots to celebrate and to look forward to, and we’re glad you’re here.

Ken Helander
Coordinator, SAGE of the Rockies

PS: Every October we celebrate National Coming Out Day. This year we have the privilege of joining with The Center’s youth program on Saturday night for the annual Gaybutante dinner, an intergenerational evening of fun and inspiration as they share their stories of coming out. It is an exciting event, with proceeds supporting The Center’s youth drop-in program, Rainbow Alley. Tickets are almost sold out, so purchase yours today at the registration table.

Yesterday, Today and Tomorrow: Choosing to Live Well conference overview

Today and throughout this conference our LGBT community has the opportunity to consider some important questions, both as individuals and as a group. We have knowledgeable and experienced presenters and resource people here to stimulate ideas and discussion.

As we age (and this is what the conference is about), we each have our own knowledge and experience to share and to expand. As we take stock of where we are today, we will likely begin to face and grapple with some pretty daunting questions. This is a normal part of the aging process. It happens to everyone. But sometimes, we need a good reason to think in a more deliberate way about growing older and what it means for each of us, particularly in the LGBT community.

In planning this conference we strived to organize around eight questions that become increasingly pressing, which overlap and are interdependent. Through the presentations and through facilitated “conversations” we will explore what these questions mean to us as individuals, as a community and as providers developing arrays of new services and support systems. We’ll learn ways to figure out where we are at our stage of life, and how to choose to live well. The central conference questions are:

- Where will I live as I get older? (housing)
- How do I take care of myself? Who will take care of me when I need help? (competent care)
- Do I matter? (equality)
- How can I stay healthy? What if I get sick? (health)
- How will I pay for the things I’ll need? (financial preparedness)
- How can I protect myself from loss and harm? (legal issues)
- Who will be my friends and lovers? (relationships)
- What is my identity and purpose as an LGBT individual or ally? (spiritual)

During the weekend “scribes” will be recording our conversations and many answers to these questions. We will come together on Sunday morning to compile them and create an action plan as a community for moving forward. At the end of this conference we will each have some new and helpful ways to choose our future, so that we may enjoy the promises of a life lived well.

A LETTER FROM
CARLOS MARTINEZ

Executive Director

John W. Hickenlooper
MAYOR



City and County of Denver

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CITY AND COUNTY BUILDING
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Dear SAGE of the Rockies Regional Conference Attendee,

Welcome to the first SAGE of the Rockies LGBT aging regional conference – *Yesterday, Today and Tomorrow: Choosing to Live Well*.

It is my pleasure to welcome you and hope that you find the conference to be rejuvenating and educational. We have a full agenda during the next three days, so please take a few minutes to read through the information in this program.

I distinctly remember my first LGBT aging conference almost 20 years ago in San Francisco. As a young gerontologist I was fascinated by the energy and passion displayed by the attendees and the knowledge I gained from them; how cutting edge it felt because of how it incorporated advocacy; and how it allowed me to think of the possibilities I could create in this field. This movement has come a long way in those 20 years and I am honored that the GLBT Community Center of Colorado is adding to that work through this conference.

I want to thank our conference planning committee, volunteers, staff, and board of directors for their hard work in ensuring that this weekend raises the level of awareness and concerns of LGBT people. I would also like to thank our conference sponsors, SAGE, AARP, Kaiser Permanente and US bank, among others, for their support of this conference and for their commitment to the LGBT community.

We look forward to spending time with you and learning from each other so that we can foster an active, vibrant and engaged LGBT aging community.

Thank you for being part of the first SAGE of the Rockies LGBT aging conference. You are making history!

Sincerely,

Carlos Martinez

Executive Director, The GLBT Community Center of Colorado

August 13, 2010

Greetings:

On behalf of the City and County of Denver, I would like to welcome you to the Mile High City for the SAGE of the Rockies Conference on LGBT Aging.

In many cultures and communities, to be an "elder" carries the highest level of respect, earned only through the experiences and learning accumulated over a lifetime. During the past decade, an active and committed group of advocates has increased awareness about the often neglected issues of growing old as a gay man, a lesbian, a bisexual or a transgender person. The elder LGBT demographic has unique concerns, needs, contributions and interests that compel us to pay closer attention. We hope the conference will foster new relationships and produce action that ensures equality, dignity and safety for elder adults in the LGBT community.

We are excited and honored that you chose Denver as the host city for your program and invite all of you to explore the many amenities the city has to offer. Denver's downtown is one of the nation's most walkable cities and boasts a variety of attractions, including the nation's second largest performing arts complex, three art museums, three sports stadiums, a U.S. Mint, more than 300 restaurants, and the largest city park system in the country.

During your time in Denver, we hope that you take advantage of the different transportation options we offer. We've made getting around the Mile High City easy, giving you your choice of 500 rental bikes available at 30 downtown stations, the free hybrid shuttle along the 16th Street pedestrian mall, and FasTracks, the nation's largest light rail initiative with 120 miles of track.

At an elevation of 5,280 feet above sea level, Denver is truly a mile high. Have a wonderful conference and enjoy your stay!

Sincerely,

A handwritten signature in black ink that reads "John W. Hickenlooper".

John W. Hickenlooper
Mayor

THANK YOU

WORKSHOPS

Staff of The GLBT Community Center of Colorado!

Carlos Martinez - Executive Director

Hope Wisneski -
Deputy Executive Director

Debra Pollock -
Director of Development &
Communications

Bob Mosher - Director of Finance

Mindy Barton - Legal Director

Cory Barrett - Rainbow Alley Director

Amy Drayer -
Assoc. Director of Development &
Communications

Heather Draper -
Communications & Marketing Manager

Andie Lyons - Rainbow Alley
Program Manager

Moises Muñoz - Rainbow Alley
Program Coordinator

Craig Overholser - Executive Assistant

Jessie Genter - Community Events
Coordinator

Rob Hoiting - Grant Writer

Ken Helander - SAGE of the
Rockies Coordinator

Savannah Sanburg - Community
Services Coordinator

Laurie Leonard - Facility/Security
Coordinator

SAGE of the Rockies Regional Conference on Aging Conference Planning Committee Members

Program Committee

Don Gorsuch
Susan Osborn
Carmah Lawler
Barbara Jones
David Reaser
Mark LaChance
Sally Jo Button
Pat Barrington
Lin Erhardt
Sylvia Labrucherie
Carol Weiser
Shari Wilkins
Susan Liehe
Rene Hickman

Jackie Foglio
Janet Gilmore

Logistics Committee

John Kelly
Wendy Levy
Brian Eggert

Publicity Committee

Shari Wilkins
Deborah Stone
Dennis Hamann
Ray O'Laughlin
Wendy Levy

Fundraising Committee

Wade Frisbie
Cecilia Long
Ginny West

Volunteers Committee

Jennifer Solms
Carol Weiser
Kay Gilchrist
Susan Osborn
Michael Cousins
Pat Barrington

Respecting Diversity: Spirituality, Aging, and Holistic Health

Vicki Murdock

Attendees will gain knowledge about how spirituality can support physical wellbeing and explore their own spiritual journey. Participants will consider health care and spiritual barriers to successful aging.

HIV and Older Adults

Doreen Bermudez

This session will provide an overview of how HIV still is a problem later in life, including the following topics: Stigma, Testing, Creating and Implementing HIV related programming.

Staying Connected Through Social Media

Heather Draper

Who are my friends and lovers? How will I find the services that I need? These two questions pose special concerns for LGBT individuals. Fortunately the Internet can provide vital information, connections and a sense of belonging that weren't always available to older LGBT people before home computers and the internet. There are plenty of options out there. This session will teach you the basics of social networking, including how to set up and use a Facebook account and why it's important to stay connected as we get older.

Selecting a Care Community as an LGBT Elder

Jennifer A. Solms and Cindy D. Webb

Attendees will learn the difference between the various levels of care – i.e., Independent vs. Assisted Living vs. Skilled Nursing Home. You will learn how to tour a care community and gain tools on making the transition into a care community, whether for oneself or a loved one. Learn how to advocate for yourself or a loved one once they have entered a care community. This session focuses on LGBT individuals, but is also appropriate for those who may be a caregiver/partner/friend of an LGBT elder in need of a care community.

Aging in Community**Elizabeth S. Kelchner and Alison L. Joucovsky**

A common concern of people as they age is where they will live. This can be especially problematic for members of the LGBT community if they don't have family and friends to help them. This workshop will present different models of aging in community that welcome all older adults and that help people remain in their home as they age by accessing services, resources, social activities, and opportunities for community engagement.

Will My Money Run Out Before I Do?**Wade Frisbie and Cecilia Long**

If you are retired or thinking about retirement, understanding where your income is coming from is CRITICAL! We will discuss when you should take Social Security, Inflation (buying power) and how it affects you down the road, and how to utilize your retirement income in the most tax efficient way. We will also discuss strategies on protecting your retirement for your partner.

A Town Hall on the SAGE of the Rockies, Kaiser Permanente, Jewish Family Service**SUSTAIN Research Project (Seniors Using Supports To Age In Neighborhoods)****Diane King, Leslie Wright, Jennifer Dickman, Ken Helander**

Funded by a grant from the Colorado Clinical Translational Sciences Institute, the SUSTAIN project is taking a careful look at the things older people need to remain safe and healthy in their own homes. Most particularly, the project focuses on the issues identified by older LGBT individuals living in the Capitol Hill neighborhood in central Denver. Results to-date will be shared, as well as a description of where the project will go from here.

Live Well, Age Well: Doing Your Wisdomwork**Maureen Dobson and Rosemary Williams**

Join with other LGBTs and allies to explore a new paradigm for aging well, one that portrays aging as a positive journey filled with wisdom and inner growth. Wisdomwork is designed for people of all ages who are interested in conscious living and conscious aging. It utilizes the power of working in community to deepen our spiritual life, claim our

wisdom, heal our past and affirm our purpose as older adults. This program is based on the work of Rabbi Zalman Schachter-Shalomi, author of *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*.

Caregiving and Care Receiving: Preparing for Your Future**Shari Wilkins and Amelia Schafer**

This session will discuss the important issues in both care giving and care receiving, including changes in your relationships, communicating your needs, planning ahead, and reaching out for help. Come learn from people who are caregivers and care receivers as they help us all understand how to live a better life.

Friendly Visiting for an LGBT Older Adult Population**Tom Weber**

Although many mainstream organizations have volunteer Friendly Visiting Programs, there are some important differences to competently serve an LGBT population. SAGE USA in NYC started the first LGBT Friendly Visiting program in the nation. This workshop will explain the systems devised by SAGE to administer the program and also describe the importance of this program to those who utilize it, both as consumers and volunteers. We will consider several vital questions, including "Who will care for me when I am old?" and "Who are my friends (i.e., community) and lovers?"

The Frustration of Forgetting: A Normal Nuisance or the Dawning of Dementia?**Cheryl Siefert**

Are you over age sixty-five and forgetting why you opened the refrigerator door? Are you discovering that you can no longer multi-task as well as when you were twenty? Did you miss an appointment or forget what day it is? Welcome to the club of "normal age associated memory impairment." But when does simple forgetting become the dawn of dementia? Following this presentation, participants will understand the difference between dementia and normal forgetting, recognize warning signs of dementia, identify issues specific to the LGBT community, and learn how to maintain a healthy brain.

The Big Picture – A Basic Primer of 55+ Housing Options

Don Gorsuch and Elizabeth Borden

Come join the dialog regarding a journey that affects every person living and aging today -“Where will I live when I grow old?” Each of us will answer this very personal and important question sometime in our lives if we are indeed fortunate to reach our “golden years.”

Let’s talk non-traditional: LGBT elements of personal finance

Sally Jo Button

This workshop help answer questions such as: How would you like yourself/your partner to be different around money issues? Where is your heart, where is it going? Is that a money question? Ready for a relationship? Should the wealthier subsidize the other? Who takes the deduction? Is anything here different for us? Talking with partners and relatives: Where IS your will?

Estate Planning for the Present and Future

Lisa L. McDaniel

Estate Planning is more than just having a will drawn up. Simply put, Estate Planning helps you acquire an estate, preserve your estate and ultimately, distribute your estate upon death. Thus, Estate Planning involves both lifetime objectives as well as death planning. It is arranging your affairs to maximize the benefits from your assets and your planning during your lifetime and allow your beneficiaries to do the same after your death.

Mobilizing People 50+ to Affect Change and Improve Access to Quality Healthcare for Everyone

Barbara Raynor , Robert Janowski, Phil Nash

After providing participants with a better understanding of the wants and needs of Baby Boomers, as well as the ways our current healthcare system fails to address social, cultural, linguistic and generational differences, we will focus on available opportunities that will enable LGBT individuals to get involved in helping others by improving the health and well-being of our community, improving access to quality healthcare for everyone, and advocating for healthcare reform.

Aging and health in the LGBT community

Kelly Bastian

As we age it becomes even more important to be aware of and protect our health. This means building a trusting relationship with a healthcare provider, preventative health measures, and being aware of health risks pertinent to an aging body. We will examine what are normal aging processes, frequent chronic health issues, standards for preventative health measures, and unfortunate life threatening processes that may or may not be unique to the gay community.

LGBT Home Health Considerations (Dual Presentations)

Respectful, Affirming Home-Based Healthcare for LGBT Older Adults

Linda A Travis

Explore the spectrum of services offered in home-based healthcare services; three key challenges and fears of LGBT older adults receiving home-based healthcare; three steps that LGBT older adults and their loved ones can take to maximize opportunities for optimal and respectful home-based healthcare services; and key areas of LGBT cultural competence training for home-based healthcare providers.

Critical Considerations for Selecting a Caregiver

Kelly Harper

Caregivers for the homebound person represent the new generation of care for Seniors and Disabled alike, but finding that right person to come into your home and take care of you is not as easy as most people think. Attendees will learn how to find that right person through strong interview questions, understand the importance of asking for references, explore how to get the right person to meet one’s needs, and how to not rush into a decision because someone is needed NOW.

Housing Options: Cohousing - Is it Ideal for Us?

Annie Russell, Kathryn Lorenz, and Lin Erhardt

Cohousing is a collaborative model where residents are consciously committed to living as a community. The intention of cohousing is to share in social and management activities, along with communication

and care for one another, creating a sense of camaraderie. We will address choosing housing that would most support and nurture your lifestyle; finding your people; aging in place; and financing.

Potentially Harmful Drugs in the Elderly: Special Consideration in the LGBT Population

Tom Simpleman

Medications that can have harmful effects in the elderly were identified by research led by a gay man, Mark Beers; that study created the Beers List. It's used by those who specialize in geriatric medical care to identify medication that should be used with caution or avoided when treating seniors. An understanding of these issues and how they apply uniquely to the LGBT community can help the individual and caregivers understand, cope with and sometimes avoid progression of some conditions.

Hopeful Living: Hopeful Future

Trey Malicoat

How do you define hope? What does hope mean for you personally and professionally? What is the link between greatness and hopefulness? Have you thought about your future and want to trust that it's positive? In this dynamic session participants are challenged to define hope, given strategies for being hopeful, and encouraged to spread hope to others. In addition, personal stories, historical quotes, and social commentary are woven with practical tips on achieving and maintaining hope. This workshop is perfect for people who work in helping professions responsible for supporting others with a hopeful presence; people who are struggling to find personal hope; and people who want to make a bold difference in the world.

Aging with Dignity? The Transgender Reality

Michelle Alexander, Dianna Cicotello, Matt Kailey, Kelley Winters

Whether you are transgender or not, age and gender effect every aspect of our lives. When you are old and transgender those effects are multiplied by many factors - too many of them negative. Join us as we explore the fears and the realities that shape the transgender aging experience. Learn to recognize the internal as well as the external barriers to aging with dignity that confront transgender

seniors and limit their access to competent care. Find out how you can help break down those barriers and in the process develop some basic criteria for evaluating facilities and services to ensure that aging with dignity will indeed become the transgender reality.

Non-Traditional Settings for Outreach

Doreen Bermudez

The group workshop will discuss the various ways of creating the best and most realistic forms of outreach for the communities we are serving. We will specifically talk about communities of LGBT elders that are more difficult to find and reach, such as those in rural areas or those defined by ethnic, religious, or other cultural traditions.

Creating Communities of Care via Share The Care™

Jane W. Barton

As our country debates and explores the various options for health-care reform, there is one point about which we can all agree – caregiving is a daunting, problematic challenge requiring innovative approaches. Creating Communities of Care via Share The Care™ is an essential part of the solution as it instructs and encourages community members to support each other. Communal care supports any proposed care management plan, leveraging critical care resources and serving to keep the patient at the heart of care.

Choices at the End of Life: An Overview of the Options

Kelly Bastian and Maureen Boehm

This session will provide an overview of end of life care in the United States. This will include a description of the similarities and differences of hospice care and palliative care. Most importantly, we will discuss the importance and benefits for individuals and loved ones in planning ahead and making personal wishes known.

SAGEWorks – An LGBT Mature Workers Program

Tom Weber and Michele D'Amato

The SAGEWorks Program addresses the critical question, "How will I pay for what I want and need?" but also the question, "Do I count?" Whether we help older adults find jobs who need the income or whether we help older adults find jobs who want to remain active

and involved in the workplace, we are performing a vital service that directly impacts quality of life. This workshop will describe the mature workers' program, known as SAGEWorks, which is being piloted this year at five SAGE locations across the nation.

Long-Term Care Isn't About You: What it Does to People Who Love You

Nancy Dykeman

When a crisis hits we need help, and not only for the person who becomes disabled from an accident or onset of illness. There are many misconceptions about what resources pay for care and how to access funding. It's important to think about this ahead of time and put together a plan should the need for care arise. Living longer will mean taking on the role of caregiver or needing to care for ourselves. We will have a conversation about what to do, where to turn, resources and programs, and encourage you to develop your own plan for care in the future.

Complementary Currencies

Sally Jo Button

An understanding of "Time Dollars" will critically inform our conference conversations. It is no secret that the current economic system cannot meet elderly needs in the US. Our "Family" can be here for us in a profound way via time dollars exchanged through a software banking system. Let's build a formal community to meet our needs of ageing, care giving, transportation, housing, etc., that can be used today by and for all generations.

THANK YOU to ParkView Care Center
and 1375 High Street for
providing shuttle service to
The Center's SAGE open house,
Friday October 8th from 6 - 8pm

SAGE of the Rockies

Regional Conference on LGBT Aging

Presenters (Alphabetical Listing)

Michael Adams (*Keynote Address*) is the Executive Director of SAGE (Services & Advocacy for GLBT Elders), in New York City. Prior to joining SAGE, Michael was the Director of Education and Public Affairs for Lambda Legal. A graduate of Stanford Law School, Michael spent a decade leading cutting-edge litigation that established new rights for LGBT people, first as Associate Director of the ACLU's Lesbian and Gay Rights Project, and then as Deputy Legal Director at Lambda Legal. Michael has authored numerous publications on an array of LGBT issues and serves on advisory councils for AARP, the American Society on Aging, and the New York City Department for the Aging.

Michelle Alexander, RN, Certified Life Coach, (*Aging with Dignity? The Transgender Reality*) is the co-author of "The Color of Sunlight," the true story of a rural nurse's journey through the emotional and spiritual landscape of her remarkable patient; a blind, terminally ill, transgender woman who had much to give and nothing left to lose. Since this life changing journey, Michelle has become an advocate, speaker and educator on the "true" inner landscape of being transgender.

Jane Barton (*Creating Communities of Care*) serves as the Director of Education for the Life Quality Institute (LQI) in Denver. LQI provides educational programs to community members and healthcare providers for the purpose of improving the lived experience of persons and families challenged by serious, advanced, or terminal illnesses. She began her career in hospice and palliative care at The Denver Hospice in 2004.

Kelly Bastian, RN, MS, FNP-C (*Aging and Health in the GLBT community; Choices at the End of Life: An Overview of the Option*) was raised in Colorado, and completed both her Bachelor's in nursing as well as Master's and Family Nurse Practitioner degree at Regis University. She spent a year as a primary care provider in a family practice but returned to her true passion of end-of-life care. She has been involved with hospice for the past 5 years at Agape Healthcare as clinical director and most recently in the capacity of nurse practitioner with the palliative care.

Doreen Bermudez (*HIV and Older Adults ; Non Traditional Settings for Outreach*) has been working for 14 years in community-based services. She has been at SAGE (Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders) in New York City, since 2005. Recently Doreen was promoted to the National Training Coordinator of the historic new National Resource Center on LGBT Aging. In this new role at SAGE she will facilitate trainings nationwide on LGBT aging to mainstream and LGBT service providers.

Maureen Boehm M.D. (*Choices at the End of Life: An Overview of the Options*) is the Medical Director of Evercare Hospice and Palliative Care in Denver. Dr. Boehm has extensive experience in internal medicine, geriatrics, hospice and palliative care. Her passion is improving the health and well-being of those with long term or advanced illness, whether they live alone, with family or in a facility.

Elisabeth Borden (*The Big Picture – A Basic Primer of 55+ Housing Options*) is Principal of The Highland Group, Inc. providing market research, strategic positioning, and marketing services for new and existing senior housing and care communities. She has over 25 years of experience in the design, marketing, and operation of senior housing. She has worked in a variety of roles with over 100 for-profit and non-profit care facilities and housing communities in Colorado and Wyoming.

Sally Jo Button M.Ed., M.S., CSA, CFP® (*Let's Talk Non-traditional: LGBT Elements of Personal Finance; Complementary Currency*) owns Button Financial, a Registered Investment Advisor, which has been serving members of the LGBT community in Denver since 1981. She is a fee-only, comprehensive financial planner and money manager. In each of the last two years, Button Financial has been named as one of Denver's 2010 FIVE STAR Wealth Managers.

Dianna Cicotello (*Aging with Dignity? The Transgender Reality*) has been an adult-level educator specializing in human-potential development for over 35 years. She is a published author and frequent speaker and workshop leader on gender and transgender issues.

Michele D'Amato (*SAGEWorks – An LGBT Mature Workers Program; Friendly Visiting for an LGBT Older Adult Population*) brings her three years experience of working at SAGE in New York City, as well as her 12 years of working at Gay Men's Health Crisis (GMHC) to her position as Manager of SAGEWorks. Additionally, at SAGE, Michele has been responsible for creating and producing programming for women, handling and being responsible for constituent relations and facilitating a women's support group.

Maureen Dobson, MSW (*Live Well, Age Well: Doing Your Wisdomwork*) has worked with elders and their families since 1985. She served as the Director of Resident Services

for Golden West Senior Housing (Boulder) and the Executive Director of the Pitkin County Housing Authority (Aspen). Maureen is a Certified Sage-ing® Leader (CSL). She enjoys sharing her lifelong passion for conscious living with others.

Heather Draper (*Staying Connected Through Social Media*) is the Marketing and Communications Manager at The GLBT Community Center of Colorado. She has 25 years of media experience, ranging from working as an energy reporter in Asia at an international wire service, to an airlines reporter at the Rocky Mountain News, to a business editor at the San Antonio Express-News. As part of her job at The Center, Heather works with social media on a daily basis, updating The Center's Facebook and Twitter pages, serving as the administrator of the web site and monitoring The Center's blog.

Nancy Dykeman (*Long Term Care Isn't About You: What it Does to People Who Love You*) has over 30 years of experience in long-term care planning, is a leader in the industry and is recognized nationally as an educator for consumers and professionals. She owns Long-term Care Planning Consultants in Evergreen, Colorado, and is the founder/principal of LTCares, an educational and Solutions Company.

Lin Erhardt (*Housing Options: CoHousing – Is It Ideal for Us?*) has lived in intentional households and been passionate about creating community for over 30 years. She created Quitman Commons, a Denver queer, cohousing community, and is currently in the developmental stage of creating a similar project in Boulder.

L. Wade Frisbie (*Will my money run out before I do?*) is a financial advisor with Trilogy Financial Services. He is involved in the LGBT community focusing on elder programs. Wade has been working with PFLAG, Denver Gay and Lesbian Chamber of Commerce, The Center and has hosted fundraisers for many different community events.

Don Gorsuch (*The Big Picture – A Basic Primer of 55+ Housing Options*) is co-founder of The Encore Partners, LLC a Denver-based development, marketing and management company focused on "Carefully Managed Community" for the 55+ housing market. He brings his unique approach to event planning, resident satisfaction, welcoming management style and employee focus to each community.

Kelly S. Harper (*Critical Considerations for Selecting a Caregiver*) is a gerontology professional who lives and works in rural Northern Colorado. Through working with seniors as a care provider and community educator, she has developed a passion for the needs of LGBT elders. Kelly delivers Meals on Wheels, and is a Project Visibility trainer.

Robert Janowski, MD (*Mobilizing People 50+ to Affect Change and Improve Access to Quality Healthcare for Everyone*) is a community activist and the Production Director for the Denver Unit of Recording for the Blind and Dyslexic.

Alison L. Jouvovsky, MA LPC (*Aging in Community*) has been working in the field of aging for 20 years and her experience ranges from working as the director of a senior center, nursing home social work, inpatient and outpatient therapist, to her current role as program coordinator of the Colorado Senior Connections program for Jewish Family Service. She started the first NORC (naturally occurring retirement community) model in the state of Colorado and is currently starting a new project in the city of Edgewater

Matt Kailey (*Aging with Dignity? The Transgender Reality*) is an award-winning author, speaker and trainer on transgender issues. His published works include the memoir *Just Add Hormones: An Insider's Guide to the Transsexual Experience* and the novel *Our Day Will Come*, the poignant coming out story of an elderly, closeted gay nursing home patient. Matt is also the managing editor of *Out Front Colorado*, Colorado's oldest and largest GLBT publication.

Elizabeth S. Kelchner, Ph.D. (*Aging in Community*) is the Executive Director of Washington Park Cares, a nonprofit organization that helps older adults who live in south-central Denver to continue to experience the comfort and familiarity of their own homes as they age. Dr. Kelchner has over 30 years experience working in the field of aging in various settings including university teaching, research, and practice. She has worked with older adults and their families in residential and community settings.

Kathryn Lorenz (*Housing Options: CoHousing – Is It Ideal for Us?*) was an original member of Nyland Cohousing in Lafayette, CO in 1993. As a co-founder of the national cohousing organization, The Cohousing Network (now CohoUSA), she served as the first national president. Since her parents are still living, married and in good health, they offer her a glimpse into her potential for aging well and what good planning and a bit of grace have to offer.

Trey Malicoat, M.S. (*Hopeful Living: Hopeful Future*) is a man with diverse interest, experience, and education. Some say, "Trey is a modern-day Renaissance man with a message for the world." His passion is simple...to move people: move people in the community, in business, and in society to think and act differently. Based on his experience and knowledge, through dynamic storytelling, Trey encourages people to live boldly both personally and professionally. Trey is most noted for offering content that bridges the gap between our personal and professional lives because he ultimately believes that great success happens when people live with congruence. Trey challenges people to see themselves as highly capable of overcoming obstacles while driving toward personal and professional success. He also believes that great success comes through great personal and professional relationships based on joint synergies.

Lisa McDaniel's (*Estate Planning for the Present and Future*) law practice focuses on estate planning and estate administration

and incorporates elder law. Lisa is a Colorado native from Glenwood Springs. She earned her law degree from the University of Denver in 1999, and recently joined the law firm of Bennington Johnson Biermann & Craigmile, LLC.

Vicki Murdock, LCSW, PhD, (*Respecting Diversity: Spirituality, Aging and Holistic Health*) is Director and Associate Professor in the College of Health Sciences' Division of Social Work at the University of Wyoming. Her research interests include gerontology, spirituality, and the field education of social work students. She has been involved since 2005 with the Hartford Foundation's effort to prepare all social workers for gerontological social work in the next several decades as the older adult population doubles.

Phil Nash (*Mobilizing People 50+ to Affect Change and Improve Access to Quality Healthcare for Everyone*) was instrumental in the founding of The GLBT Community Center of Colorado and in transforming the Colorado AIDS Project from a program of The Center to an independent 501(c)3 organization. His extensive, multi-decade experience in the LGBT community also included work at the Rose Community Foundation as Vice President of Communications.

Barbara Raynor (*Mobilizing People 50+ to Affect Change and Improve Access to Quality Healthcare for Everyone*) is the Managing Director of a new program, Boomers Leading Change in Health, to develop opportunities to become involved as health care navigators.

Annie Russell (*Housing Options: CoHousing – Is It Ideal for Us?*) has been coaching cohousing communities for a decade, from creating a community vision and ground rules to decision-making processes and learning to talk about the hard issues. She works with Wonderland Hill Development Company as community builder on their developing communities, and was a founder of Boulder's Silver Sage.

Amelia Schafer (*Caregiving and Care Receiving: Preparing for Your Future*) is the Education Director at the Alzheimer's Association Colorado Chapter. She has worked for the Alzheimer's Association, both in Colorado and Oregon, for the last 10 years. She has coordinated the 24-hour Helpline, facilitated support groups for families, taught family caregiver classes, created education/support groups for people with dementia, and advocated for quality dementia care with physicians and hospital staff. She currently coordinates the Alzheimer's Learning Institute, a 32-hour certificate in dementia care for professional care providers.

Cheryl Siefert (*The Frustration of Forgetting: A Normal Nuisance or the Dawning of Dementia?*) holds a Masters in Non-Profit Management from Regis University and is a Certified Public Accountant. After her mother's devastation from Alzheimer's disease Cheryl sold her accounting firm and dedicated herself to improving the dignity and quality of life for individuals with life limiting diseases. For nine years, Cheryl served as the Education Services Director at the Colorado Alzheimer's Association, where she developed the highly acclaimed Alzheimer's Learning Institute, and the late stage caregiver program. Cheryl served as Executive Director of the Life Quality Institute in Denver, from 2006-2010, where she continued her work of developing palliative and end-of-life care resources, knowledge and understanding.

Tom Simpleman, RPH, FASCP, CGP, CPHQ (*Potentially Harmful Drugs in the Elderly: Special Considerations for GLBT*) is a certified geriatric pharmacist. He is the president of the Fawks Company, which provides clinical and consulting pharmacy services to long term care facilities and health care providers. He is particularly interested in addressing the health needs of LGBT elders, and provides ongoing educational presentations for SAGE of the Rockies. Tom is a member of the Gay and Lesbian Medical Association.

Jennifer Solms, MSW (*Selecting a Care Community as an LGBT Elder*) has been an Assisted Living Ombudsman with the Denver Regional Council of Governments (Area Agency on Aging) for over four years, and has also worked as a case manager for persons living with mental illness. She is a member of The Center's Elder Resource Advisory Committee and is a trainer for Project Visibility.

Linda Travis, Psy.D. (*Respectful, Affirming Home-Based Healthcare for LGBT Older Adults*) is a psychologist specialized in aging and mental health, and is on the faculty of Argosy University in Phoenix, Arizona. She has over 28 years of clinical, research, and teaching experience in a variety of geriatric health and mental health settings. Dr. Travis particularly enjoys working with LGBT older adults, their loved ones and families of choice, and she is committed to working with health care providers to become more aware and responsive to the unique needs of LGBT older adults.

Cindy D. Webb (*Selecting a Care Community as an LGBT Elder*) has been a Longterm Care Ombudsman with the Denver Regional Council of Governments (Area Agency on Aging) for nearly seven years. She has also worked as a case manager, and is a certified paralegal. Cindy is a member of the Arapahoe County Adult Protection Team, the Community Healthcare Ethics Committee. Cindy is committed to Culture Change in long-term care, and is an Eden Mentor.

Tom Weber (*SAGEWorks – An LGBT Mature Workers Program; Friendly Visiting for an LGBT Older Adult Population*) is the Director of Community Services at SAGE where he has worked for six years. In this role, Tom oversees SAGE's social, educational, cultural and group programming out of the LGBT Community Center in Manhattan, as well as its Harlem Outreach Program and SAGE's volunteer and civic engagement programs. Tom also represents SAGE at the New York Statewide LGBT Health & Human Services

Network and co-chairs the Senior Issues Committee of that network.

Shari Wilkins (*Caregiving and Care Receiving: Preparing for Your Future*) is a retired career educator and school principal. She has had the intimate experience of being a caregiver for ten family members and friends over the years. Post-retirement, she has been a volunteer counselor for the Alzheimer's Association (5 years), a long-time volunteer for Project Angel Heart (13 years), current Chair of Parents and Friends of Lesbians and Gays Denver (PFLAG), and Colorado Coalition of PFLAG Chapters. Additionally, Shari is a Project Visibility Trainer, is a Competent Care constituent advocate for SAGE of the Rockies, and is a co-facilitator of the GLBT Caregiver Support Group at The Center. Shari and her partner have been together for 26 years.

Rosemary Williams, MSW, CSL (*Live Well, Age Well: Doing Your Wisdomwork*) has worked with older adults and caregiving families for more than forty years. As the director of Boulder County Aging Services she introduced strengths-based aging services to the community, and oversaw the development of the countywide strategic plan for aging well.

Dr. Kelly Winters (*Aging with Dignity? The Transgender Reality*) is a writer, consultant and community advocate on issues of gender diversity in medical and mental health policy and the author of *Gender Madness in American Psychiatry: Essays from the Struggle for Dignity* (GID Reform Advocates, 2008). She is the founder of GID Reform Advocates, a member of the World Professional Association for Transgender Health and an Advisory Board Member for the Matthew Shepard Foundation and TransYouth Family Allies.

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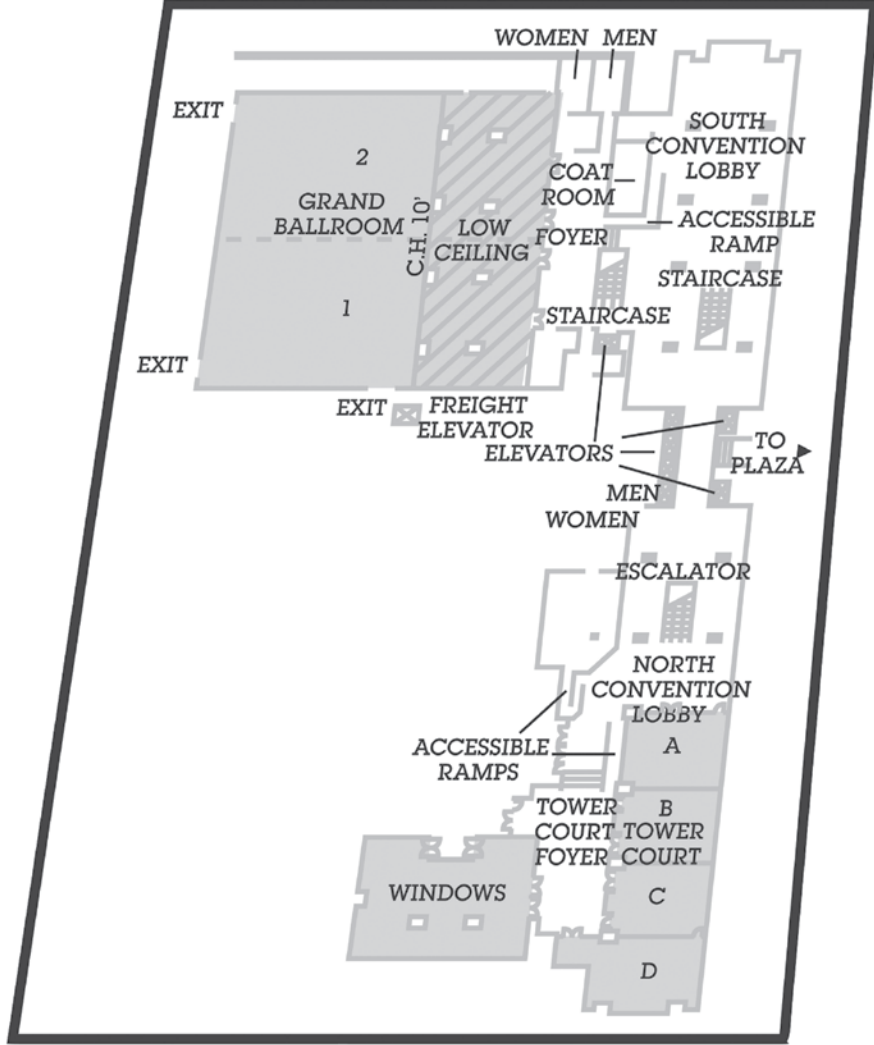
Congress recently enacted a new health care law which brings a number of benefits to all Americans, including people over the age of 50. AARP is monitoring Washington, states and insurance companies to make sure they deliver on the benefits promised. The law is complex, so AARP has launched an educational initiative that provides individuals with the information they need so they can make the best health care decisions for themselves and their families.

For more information on the new health care law and what it means for you, please visit aarp.org/getthefacts.



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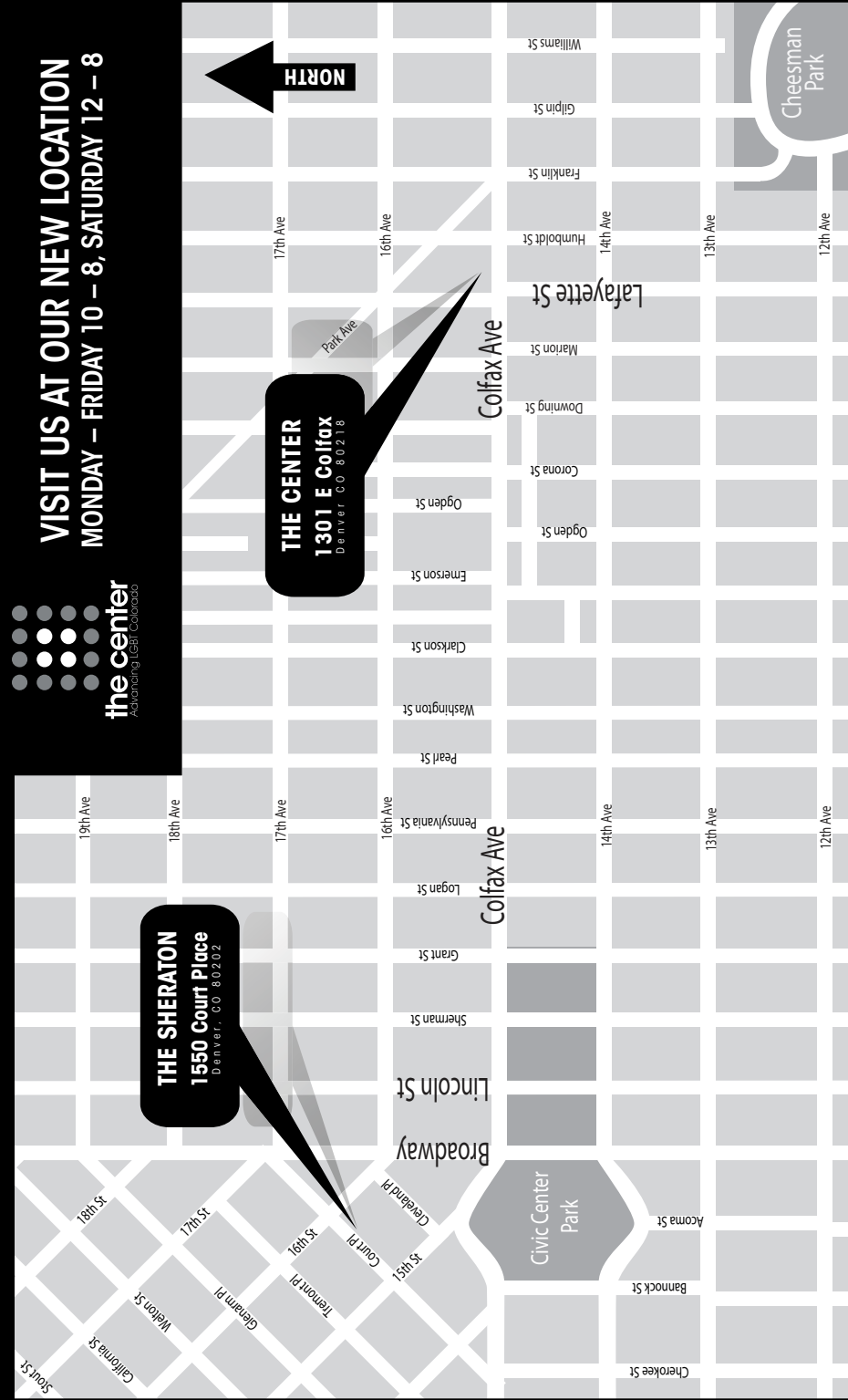


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the center

sage of the rockies



The Center offers a place where we come together, without having to explain ourselves, accepted as we are, and valued. No questions asked. SAGE of the Rockies welcomes you.

SAGE of the Rockies includes a variety of exciting, educational, and helpful ways to get involved as an older LGBT adult.

- **Whether planning for the future** (housing, finances, legal issues, health care)
- **Having a good time** (social events, intergenerational opportunities, travel)
- **Finding help when you need it** (caregiver support groups, referrals to safe and quality community services, educational presentations)

SAGE of the Rockies is here for you.

For more information, contact The Center's SAGE of the Rockies Coordinator, Ken Helander at khelander@glbtcOLORADO.org, **303.733.7743** or visit www.glbtcOLORADO.org/SAGEoftheRockies.aspx

