

Of Interest

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CAHSA is the
Colorado affiliate of



American Association of Homes
and Services for the Aging



Assisted Living
Federation of America

Alzheimer's Numbers Continue to Rise

The Alzheimer's Association reported that there are now more than 5 million people in the United States living with Alzheimer's disease. This number includes 4.9 million people over the age of 65 and between 200,000 and 500,000 people under age 65 with early onset Alzheimer's disease and other dementias. This is a 10 percent increase from the previous common nationwide estimate of 4.5 million.

The greatest risk factor for Alzheimer's is increasing age, and with 78 million baby boomers beginning to turn 60 last year, it is estimated that someone in America develops Alzheimer's every 72 seconds; by mid-century someone will develop Alzheimer's every 33 seconds. To view the full report visit http://www.alz.org/news_and_events_rates_rise.asp.

AAHSA "Better Jobs Better Care" Program

"Better Jobs Better Care" was a four-year \$15.5 million research and demonstration program funded by Robert Wood Johnson Foundation and The Atlantic Philanthropic. The "Better Jobs Better Care" initiative was developed by the Future on Aging Services at AAHSA to address chronic shortages of front line workers in long-term care settings. Researchers found that it takes more than competitive salaries and good benefit packages to recruit and retain certified nursing assistants and other front line workers. Respectful working relationships, career opportunities, coaching and mentoring, and teamwork are key to cement relationships with frontline staff.

AAHSA's *Future Age* March/April issue includes in-depth reporting about the study, including several articles that describe specific "Better Jobs Better Care" programs implemented in a variety of states that have proved successful. You will also find a formula for calculating the cost of staff turnover (an estimated \$2,500 per direct care termination) and suggestions on how savings from reducing turnover can be used to reward frontline workers and improve care. To read the full issue of *Future Age*, visit http://www.bjbc.org/content/docs/fa_marapr07FINAL_ALLPages.pdf.

A Survey of the State of Seniors Housing

In cooperation with the American Seniors Housing Association and National Investment Center, AAHSA is participating in a survey of senior housing members. Those who are independent living communities, assisted living residences, Alzheimer's care facilities and CCRC's that have been open for two years are encouraged to participate. Eligible facilities should receive an e-mail with a link to the survey; providers who participate will receive a free copy. To take part in the survey, go to <https://seniorshousing.org/ashasurvey/survey.aspx>.

Kaiser Foundation and National Governors Association Joint Healthcare Reform Efforts

The Kaiser Family Foundation and the National Governors Association Center for Best Practices are presenting a series of live, interactive webcasts focusing on issues in the design and implementation of health reform initiatives and coverage expansions. A complete list of webcast dates and times are available at <http://www.kaisernetwork.org/elements>.

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You still have time to register to attend CAHSA's 2007 Annual Meeting and Exhibition this month in Vail. Our theme this year is "Listen, Learn and Lead." Consider how participating in this year's conference will support your ongoing efforts to transform your organization and create a new culture—a culture where older persons enjoy leading-edge services provided by a committed, knowledgeable and well-trained workforce. Your efforts are helping to shape the future in aging services. Think about the new consumer and envision how your organization will evolve in the years ahead to meet the needs of future clients. Imagine how your organization will benefit from a renewed and inspired staff who return to work with fresh perspectives and solutions. We have planned an outstanding program for the conference with timely topics, nationally acclaimed speakers and innovative models of care. You will find the latest technologies in our exhibit hall and you will have unmatched networking opportunities with attendees from all segments of the senior care and housing continuum. As we hear each year, this conference is a wonderful opportunity to connect with peers in a fun, educational setting.

Following last year's successful debut of a pre-conference leadership program, we are offering "Transformational Leadership: What It Is and How You Get There." Although targeted to our "CAHSA Nexters," all members are welcome. The CAHSA Next planning committee will have a special booth in the exhibit hall where you can learn about our CAHSA Next Mentor Program and sign up to receive more information on the program as well as future events. I urge you to encourage your staff to participate in the CAHSA Next initiative to cultivate and grow the future leaders of our association and our profession!

In addition, this year we have identified sessions that support AAHSA's Quality First Initiative. These sessions will explore new standards of excellence in a positive, forward-looking manner. The opening luncheon will spotlight the Quality First Awards and recognize this year's winners. There are 18 workshops sandwiched between the opening and closing luncheons. New this year will be a President's Dessert Reception on Thursday evening hosted by CAHSA president Russ DenBraber of Christian Living Communities. The closing luncheon on Friday will feature Debra Fine, who will present "The Fine Art of Small Talk." You will come away from this program with new communication skills that will make you a more effective leader in your organization. We hope you'll join us in Vail on May 17-18 for our best conference ever!

Also, mark your calendar now for our end of summer event, CAHSA's 11th Annual Golf Tournament. This year's event will be held on August 30th at Thorncreek Golf Course in Thornton. Registration information will be available at the convention. Last year's event filled up quickly, so plan to register early! Look for more details later this month. Finally, enjoy this issue. It's packed with interesting member articles and news.

See you in Vail!



Laura Landwirth
Executive Director

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A Business Partner

Why did you become a CAHSA member?

Health Dimensions Group became a member of CAHSA because the organization serves the best interests of our clients through all of the benefits they provide. We wanted to be a part of CAHSA to support their efforts.

What service does your organization provide and what would you like members to know about this service?

Health Dimensions Group is one of the nation's leading, fully integrated senior living and health care management and consulting firms. We specialize in financial and regulatory turnaround situations. We have been serving a diverse group of clients for over 30 years and we partner with long-term care and senior living providers as well as health systems and hospitals to help them meet the ever-changing needs in their markets and plan for the future, while maintaining a healthy bottom line. We tailor solutions to our client's unique situations and specific challenges.

How is your organization unique from others who provide a similar service?

Health Dimensions Group is committed to the core values of hospitality, stewardship, respect, integrity and humor. In addition to the significance and impact on the services we provide, these core values represent stability to those we serve. Health Dimensions Group is also unique in that we provide both management and consulting services. Our consulting clients gain the benefits of our management skills and knowledge in that they are provided with information and experience that is proven successful from an operator's point of view. We know the goals we set out can be accomplished because we do it every day for our management clients.

How did you get into this business?

I was a nursing home administrator for 10 years. I formed Health Dimensions Group in 1986 and began managing and developing senior housing and skilled nursing communities.

How can people learn more about your service?

Visit our web site: <http://www.healthdimensionsgroup.com>, call me at 763-537-5700 or email me at daveb@hdg1.com.



Dave Briscoe

Get out there!

Have an idea for a *Get Out There* column?
Contact us at: cahsanews@comcast.net.

Tips for Gaining Exposure

It's All in the Details

Since 1980, 9News (NBC) has been providing free or low-cost health screenings to communities throughout Colorado with the 9Health Fair. The 9Health Fair is hosted in various community centers throughout the state and is a great opportunity for CAHSA organizations to invite health-conscious community members into their buildings and showcase their staff, facility and services. Also, since the fair is sponsored by a media outlet, there is a chance for publicity through the television station.

Christian Living Communities (CLC) The Village served as a site for the 9Health Fair this year. The Village opened its doors to more than 300 community members. CLC sought to treat each of its visitors with its own brand of hospitality and host the event "Christian Living Communities style."

Having hosted the health fair in years before, CLC's planning committee knew a couple elements that would truly make the public feel at home. To avoid long lines, CLC made the living room area available prior to the official opening hour, allowing early visitors to be warm and comfortable while they waited. This also allowed staff and volunteers more time to provide individual assistance with forms and questions. To avoid parking snafus, staff and volunteers directed traffic and guests were offered rides in a covered golf cart from the parking lot to the front door. The ride to the front door allowed volunteers to offer guests a quick tour of the community.

CLC also utilized music to soothe anxious participants getting their blood drawn. Volunteers played a variety of tunes on the piano, and both medical volunteers and participants were caught tapping their toes and singing along. Refreshment tables were dressed with white table linens and fresh flowers, adding an air of sophistication to the health fair.

Volunteers also provided a friendly welcome and farewell to the 9Health Fair guests. Most community members left thanking staff and volunteers for a nice morning. Many visitors had been coming to the 9Health Fair for years, and they commented that the hospitality was appreciated and they felt like special guests. 9Health Fair staff even commented on the ease with which the event ran. CLC did a great job of showcasing their community at the health fair. By treating each visitor with respect and dignity and creating an atmosphere of care, the visitors left thinking positively of CLC.

So, follow CLC's lead. Although the 9Health Fair is now over, consider hosting health-related events at your community. You could host a monthly health chat and invite a local physician to speak on common health concerns or host a smaller health fair yourself. Invite local health organizations and hospitals to run a booth at your event. By associating your organization with other health-conscious community organizations, your organization reinforces your commitment to the health of the community at large.



CLC The Village employee Ginny Davie shares a smile with 9Health Fair guest.

Each month John Torres, chair of CAHSA's Quality First Task Force and executive director of Golden West, highlights examples of quality within CAHSA's membership. This month Torres encourages "spring cleaning" your commitment to Quality First.

Since October 2002, CAHSA has been singing the praises of the AAHSA Quality First campaign. We have yet to reach our goal of 100 percent covenant membership, but CAHSA is currently ranked fourth nationally in AAHSA Quality First membership with 79 percent of non-profit members signed to the covenant. While CAHSA and I are proud of this achievement, we would like to go even further with Quality First. So, in the spirit of spring cleaning, it's time to clean up our efforts toward Quality First.

If you have yet to sign the covenant, please review the Quality First initiative and consider why you decided not to sign. Evaluate if circumstances have changed and consider making a commitment to Quality First. If you have signed the covenant, review your self-study/provider's checklist. Determine if there have been any changes in the way your organization meets each element of Quality First.



John Torres
Chair, Quality First

If there have been changes in your organization, positive or negative, create a plan to address the issues and prioritize the most important elements. Name the person or team responsible for implementing the plan. Include items such as mission, budget and source of funds and target dates for completion in your plan.

Involve staff in your Quality First spring cleaning process. Staff, at every level, is a vital element of quality improvement. Ensure that they know about Quality First efforts and are involved in the process by posting the covenant around your organization and in break rooms, asking staff for suggestions on improvements, holding a Quality First day or week, writing a column in your organization's newsletter or through word of mouth. By involving staff in the process, they will be more enthusiastic about changes toward quality. This will not only create a happier workforce, but a lower turnover rate as well.

With a plan in place, someone in charge of seeing it implemented and staff involved in the process, give Quality First elements time to develop. Continue to stay abreast of how Quality First efforts are going and share your learning experience with your organization's various publics including the people you serve and their families, staff, board members or trustees, CAHSA, AAHSA and the media.

To tell the press about your progress, write a press release with the who, what, when, where, why and how of your efforts are going and send it to the local media. Even if the press chooses not to write a story about your efforts, the release will let them know about Quality First and will help build a positive and progressive image of aging service, especially at your organization.

A commitment to quality within your organization creates a constructive atmosphere where there is always room for improvement. This commitment ensures that policies and practices at every level of an organization are geared to the provision of quality care and services. Aging service organizations achieve quality improvement by establishing processes that enables them to continually improve what they do and how they do it, whether it be methods to monitor a resident's or client's condition, treatment plans, job design and training for staff or changing the culture of an organization.

So, as you clean out your closets and houses this spring, also consider dusting off your commitment to Quality First.

Of Interest

Continued from page 1

CCRC Sector Predicted to Remain Stable in 2007

The continuing care retirement community market is expected to remain stable throughout 2007, according to credit analysts from Fitch Ratings, a global rating agency that provides the world's credit markets with independent, timely and prospective credit opinions. Strong demand and management practices are two key reasons for the optimistic outlook, according to Fitch's analysis of first quarter results. Future CCRC residents will demand more services, bigger units and nicer amenities, analysts pointed out.

Bill Would Fund Fall Prevention Research for Seniors

Two senators recently introduced a bill to expand research and education into fall prevention for seniors, including those who reside in long-term care facilities. The measure, S.B. 845, directs the secretary of the Department of Health and Human Services to expand and intensify research and education programs. It asks for \$25 million annually over three years starting in fiscal year 2008. One of the bill's research goals is to evaluate the most effective approaches to reducing falls among high-risk adults living in long-term care and other communities. Sens. Michael Enzi (R-WY) and Barbara Mikulski (D-MD) introduced the bill. To see the full text of the bill, visit http://www.stopfalls.org/files/new_act.pdf.

Nursing Home News

AAHSA CEO Larry Minnix Comments on the GAO Report

"The GAO's latest report on nursing home oversight comes to a conclusion that we can all support: there should be two types of nursing homes: the excellent and the non-existent. Quality should be an automatic public expectation. We want to see substandard owners and managers displaced, not nursing home residents and employees. Ideally, a well-performing nursing home would acquire or manage a poorly performing provider. This decision would allow residents to avoid the complicated, and sometimes traumatic, transfer process and keep staff on the job. . . ." To read more about what Minnix said, go to <http://www.aahsa.org/newsroom/default.asp>.

New Regulation(s) Release Delayed

The Centers for Medicare & Medicaid Services (CMS) plans to release two new regulations in the coming months. Originally planned for release in the spring, regulations for eating assistants (F-tag 373) and accidents (F-tag 323 and 324) are now scheduled to be ready in the early fall. CMS guidance on sanitary and nutrition regulations (F-tags 325 and 371) are expected by the end of this year also. For more information, see the 2007 Action Plan for (Further Improvement of) Nursing Home Quality at <http://www.cms.hhs.gov>.

Advancing Excellence in America's Nursing Homes Announces Early Registration Recognition

"Trailblazers" will be recognized for leadership in the Advancing Excellence campaign. Nursing homes that register for the Advancing Excellence in America's Nursing Homes campaign **by May 14, 2007** will receive "Advancing Excellence Trailblazers" recognition and publicity as early registrants. Signing up is an important way for nursing homes to demonstrate the importance of quality of life for nursing home residents and staff. To be designated a "Trailblazer," a facility must register for Advancing Excellence **no later than May 14, 2007**. The significance of this date is that May 13 to 19 is National Nursing Home Week and the month of May is Older Americans Month. After May 14th, the campaign will distribute information highlighting each state's "Trailblazers." If you have not yet registered, you may do so at www.nhqualitycampaign.org.

National Nursing Home Week

National Nursing Home Week begins on Mother's Day, May 13, and continues through May 19, 2007. "Treasure Our Elders" is the 2007 theme. CAHSA wants to know what you did in your community to celebrate with staff, residents and families so that we may highlight your efforts in our next newsletter. We invite you to share your stories with us at: cahsanews@comcast.net.

Housing News

New HUD Tenant Consent Forms Now Available

Starting in February 2007, the HUD-9887 form, "Notice and Consent for the Release of Information," and HUD-9887-A, "Applicant's/Tenant's Consent to the Release of Information," were revised, and the new forms must now be used. The new documents require that each member of the household who is at least 18 years of age and each family head, spouse or co-head, regardless of age, must sign the consent form at the initial certification and at each recertification.

In addition to other changes, the Department of Health and Human Services' (HHS) National Directory of New Hires (NDNH) was added as an income verification source. The new packet of tenant consent forms can be found at http://hudclips.org/sub_nonhud/cgi/pdfforms/9887.pdf. Please note that HUD stated that previously updated forms were posted then rescinded. The most current forms are dated 1/18/07 and are accurate, though the "fill-ability" feature is not yet properly enabled, a feature which should be restored shortly. For more details on the changes, see RHIP Tips #57 once it is posted at <http://www.hud.gov/offices/hsg/mfh/rhiip/mfhrhiip.cfm> and/or subscribe to the RHIP newsletter alerts at <http://www.hud.gov/subscribe/maillinglist.cfm>.

Support Increased Funding for Senior Housing in Fiscal 2008

During the last several years, funding for the Section 202 and Section 811 programs has remained level or declined. We know that in order to produce the number of new units that will be required to meet the needs of an increasing population of elders, funding for these programs must increase next year. Senators Herbert Kohl (D-Wisconsin) and Gordon Smith (R-Oregon), Chair and Ranking Member of the Senate Select Committee on Aging, are asking other senators to join them in expressing support for increased Section 202 and 811 funding. They have drafted a Dear Colleague letter to the Senate Appropriations Committee's leadership, urging \$750 million for Section 202 and \$240 million for Section 811 in FY08. Senators Kohl and Smith are seeking as many other senators as possible to sign on to the letter to the Appropriations Committee and demonstrate broad-based support for programs that house low-income elders and people with disabilities. Please urge your senators to sign on to this letter. AAHSA is providing an easy way to lend your support to these efforts. To learn more, visit <http://capwiz.com/aahsa/home/>. Be sure to include any personal comments you may have on the affordable housing situation for seniors in your community.

Each month we will profile a CAHSA member and learn their Insights on Leadership. Ken Hoagland is president of Community Capital Corporation, where he oversees strategic planning in addition to working on individual projects. Hoagland is also a member of the CAHSA board, the Housing Colorado board and the Kentucky Circle Village board. This month, we caught up with Hoagland to get his perspective on leadership. Here's what he had to say....



Ken Hoagland

What would you consider important leadership qualities and characteristics?

The most important thing in leadership is to balance long-term goals with short-term issues. With long- and short-term goals and ideas balanced, a leader is free from the entanglement of short-term crises. By setting a direction for the future, leaders will not let short-term setbacks derail them.

How can good leaders develop or maintain this ability?

A leader needs to have the ability to look back and review, to separate themselves from current problems and search for a new perspective. Everyone has a way for doing this. I run, and I always find that when I am done, I can step back and evaluate current situations with a more balanced perspective.

What role does communication play in effective leadership?

Communication is huge, and probably is the most important part of effective leadership. The way a leader can avoid crises and confusion is to effectively communicate with his or her team.

How do you get feedback from your staff? How do you provide feedback to your staff?

Since we are a small organization, I can just ask my partners about an issue and they will respond to me honestly. For larger organizations, safety is the most important part for having honest feedback from staff. It is important to create a safe space where people feel comfortable expressing themselves.

What is the most difficult part of being a leader and how do you think good leaders overcome that?

A lot of the difficulties of being a leader are in achieving the balance of short- and long-term goals and problems. Often an imbalance comes from dealing with personality conflicts or someone's strong feelings. A leader can easily get pulled into these situations due to emotions. To be a good leader is to try to find your own space and balance to respond to people without getting pulled into the emotional part of it. The way I do it is by stepping back, personally and emotionally. There is a time to pull emotions out and not make it personal, but a leader must pull out without being harsh or appear to be uncaring.

What is one challenge you faced in your career which required you to draw upon leadership skills? What did you learn from that experience?

Over the course of my career, I have been involved in several partnerships that have proved to be very difficult challenges. A lot of my leadership skills developed from being able to negotiate these professional partnerships. This challenge taught me how to deal with different attitudes and personalities. I learned not to take things too personally because it will cause you to be an ineffective leader.

Senior health care is evolving quickly. Why is it important for leaders to stay flexible in the midst of these changes?

Flexibility is important because it allows leaders to keep a focus on goals while solving immediate problems. If you are able to recognize the changes as they occur, you are able to adapt quickly. It is an expectation of leaders to stay ahead of changes and respond to them appropriately. If a person becomes overly consumed by problems, they won't be able to respond appropriately to the changes around them.

Classifieds

Activities Coordinator or Recreation Therapist - Seniors' Resource Center Adult Day and Respite Services. Full time with benefits for Adult Day Program. Plan activities for multiple groups, as well as implement & document activities with caring team of program assistants. Must be dependable, enthusiastic, outgoing, creative, professional & flexible. Two years of experience preferred, but will consider less experience with a degree or certification. Resume to Hiring@SRC Aging.org or fax to 303-238-8497 by 5/4/07. EOE

Frasier Meadows Retirement Community (FMRC), located in Boulder, Colorado, is seeking a **CFO** who is a seasoned, collaborative executive with proven leadership, management, and financial skills. This position reports to the CEO and is a member of FMRC's leadership team. The challenges are limitless, but so are the opportunities to make a difference! The CFO is responsible for the financial health, management and information technology for FMRC. Eight to ten years of financial management is required, with five years in a senior living/continuing care retirement community preferred. Qualified candidates must be a CPA and have a Master's degree in finance, accounting, or business administration. See www.frasiermeadows.org for position description and organizational information.

Resident Assistant - Friday, Saturday, Sunday - 12-hour night shifts assisting older adults with daily living needs. Must be a detailed-oriented individual with strong communication skills and the passion/ability to work with older adults and family members. QMAP certification required in most positions. Please contact Dottie Forwood, Director Human Resources, Eaton Senior Programs, Inc. Phone: 303-937-5074 Fax: 303-937-3090.

Assisted Living/ALFA News

ALFA Encourages Support for S.1107

The Home and Community-Based Services Copayment Equity Act of 2007 has been introduced in the U.S. Senate. This bipartisan legislation would eliminate co-payments for dual-eligible beneficiaries (those who qualify for both Medicaid and Medicare coverage) residing in assisted living communities and other home- and community-based settings.

ALFA is encouraging assisted living residents, family members and providers who are impacted by this legislation to contact their U.S. senators to support S.1107, the Home- and Community-Based Services Copayment Equity Act of 2007. This legislation would ensure that qualified assisted living residents receive the same relief from Medicare Part D co-payments that nursing home residents receive, meaning that all residents, regardless of their long-term care settings, would be treated equally under the Medicare Part D Prescription Drug Program. Despite the clear need and bipartisan nature of this issue, the Centers for Medicare & Medicaid Services (CMS) opposed this legislation last year. However, if enough senators support this legislation, it is possible to move it through Congress. For more information from ALFA about how to support the bill, visit <http://www.alfa.org/i4a/pages/Index.cfm?pageID=4147>.

Adult Day News

Brookdale Foundation Request for Proposals for New Dementia Day Programs

Brookdale National Group Respite Program has issued a Request for Proposals (RFP) for the start-up of social model group respite programs for people with Alzheimer's disease and their family caregivers. In November 2007, the Foundation will be awarding up to 15 seed grants for the development of specialized programs for people with memory loss. The grants are \$7,500 for the first year with an opportunity for a second year grant. Proposals are due to the Foundation July 6, 2007. To obtain the 2007 RFP and guidelines, call 510-540-6734 or visit <http://www.brookdalefoundation.org/respiteprogram.htm>.

Resources

Don't Forget the NPI

While CMS delayed the enforcement of the National Provider Identifier (NPI) standard, nursing homes and other providers still need to take action. New information, including FAQs, has been posted to the CMS website. More information is available under "Related Links" on the CMS website: <http://www.cms.hhs.gov/NationalProviderStand/>.

"Pain, the Fifth Vital Sign" Toolkit Available

The Joint Commission on Accreditation of Healthcare Organizations announced new pain standards in December 2006. The standards were developed over two years in conjunction with the University of Wisconsin, Madison School of Medicine, to ensure all patients the right to appropriate assessment and management of their pain. The standards indicate that organizations have a responsibility to develop processes within their settings to help support improvements in pain management. Both the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Veterans Health Administration have adopted pain as the 5th vital sign. You can get the toolkit for "Pain as the 5th Vital Sign" from the VA website at http://www.va.gov/pain_management/index.cfm.

CMS Releases Additional Whistleblower Staff Education Guidance Material

The Centers for Medicare and Medicaid Services (CMS) recently posted additional guidance for facilities required to inform their staff about the False Claims Act and whistleblower protections to comply with the Deficit Reduction Act (DRA). The DRA information requirements became effective on Jan. 1 and apply to health care providers who receive Medicaid payments totaling \$5 million or more per year. The new guidance also includes a summary of the False Claims Act from the Department of Justice.

Medicare Fee-For-Service (FFS) Contingency Plan Announced

FFS Medicare has announced its contingency plan. View the associated change request at <http://www.cms.hhs.gov/transmittals/downloads/R1227CP.pdf>, as well as the related "MLN Matters" article at <http://www.cms.hhs.gov/MLNMattersArticles/downloads/MM5595.pdf> on the CMS website. Please note that **these materials were recently revised**; please be sure to visit the links above for the latest information. This information will also be available soon on CMS' dedicated NPI web page. A national NPI Roundtable on the Medicare FFS Contingency Plan is scheduled for May 10, 2007 from 2-3:30PM EDT. Registration details to follow.

Finding HUD Contacts

For a list of key personnel and staff, including current Regional Directors, visit <http://www.hud.gov/about/keyhq.cfm>.

John Torres, executive director of Golden West, is a mentor in the CAHSA Next Mentoring Program. Here's what he had to say about mentoring.

Why did you get involved with the mentoring program?

I think the whole idea of CAHSA Next is a good one. Mentoring can be a big help to up and coming professionals in our field by giving guidance and support. It will add value to CAHSA overall.

What have you done with your mentee so far?

We spent time getting acquainted and we focused on some key things that would be helpful. At this point, I'm listening, asking questions, and putting together some resources for my mentee.

Has the mentoring been beneficial to you?

Mentoring is beneficial to me in that I feel like I can help someone bring more value to their organization and grow personally as a result of the experience. It gives me a sense of contributing in a different way than serving on the board and committees.

What have you learned from your mentee?

I've learned that there is an eager and committed person fairly new to our field who really wants to make a contribution, especially to the organization he works for and the elders that he serves. It is refreshing to see this enthusiasm from a "new" perspective.

What do you think the mentoring program adds to CAHSA?

I think this will help CAHSA by generating more interest in the "bigger" picture from our younger professionals and will hopefully cultivate future board members and leaders for CAHSA.



John Torres

Did You Know?

Urban Institute Report

Spending on seniors by federal, state and local governments is three times greater than spending on children. The share of domestic spending and tax breaks for children's programs declined from 1960 to 2007, and it is expected to fall further. Meanwhile, the percentage of the gross domestic product spent on adult programs has been rising. The percentage of the GDP spent on adults receiving Social Security, Medicare and Medicaid is expected to grow from 7.6 percent this year to 9.5 percent in 2017. To view the full report and other reports on senior issues, visit <http://www.urban.org/retirees/index.cfm?page=2>.

Study Suggests Baby Boomers Less Healthy Than Their Parents

According to a recent study by the University of Texas at Austin, baby boomers may actually be less healthy than their parents were at the same age. Even though baby boomers tend not to smoke as much and describe themselves as healthy, researchers learned that they are more likely to report difficulty climbing stairs, getting up from a chair and doing other routine activities. The study, which was reported in the *Washington Post*, shows that more boomers have chronic problems that include diabetes, high cholesterol and high blood pressure. Baby boomers tend to be less physically active than their parents and grandparents. Increasingly sedentary lifestyles and work routines are largely to blame, according to the report.

Life-Expectancy Gap Between Races Narrowed

According to a recent study in the *Journal of the American Medical Association*, the life expectancy of blacks and whites is now just 5.3 years apart. While the life-expectancy gap between blacks and whites in the U. S. widened between 1983 and 1993, it narrowed significantly over the next decade. The gap dropped from 7.1 years in 1993 to 5.3 years in 2003, according to data from the U.S. National Vital Statistics System, maintained by the National Center for Health Statistics. Lower death rates among blacks for homicide, HIV, unintentional injuries and heart disease have contributed to the narrower gap, researchers said.

People & Places

Jewish Family Service of Colorado will hold an executive luncheon on May 16 at 11:30 a.m. The luncheon will feature golf personality David Feherty. For more information or tickets, please call 303-597-5000 x365 or visit www.jewishfamilyservices.org.

William Brummett Architects announces the hiring of a new Senior Associate/Junior Partner, Architect **Eric Thuerk**. Eric brings 12 years of experience with high-end and resort housing, to expand the capabilities of the firm to service senior and specialized housing and care clients for the next generation of residents.

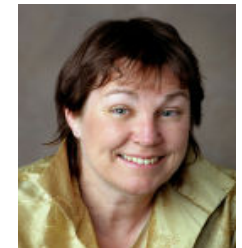
Wellspring Senior Foundation and **Eaton Senior Programs** are hosting a fund-raising event for the Eaton Senior Programs Endowment Fund on Sunday evening, June 10, 2007. You are invited to join us at Four Mile Historic Park for wine, beer, and hors d'oeuvres at 5:30 pm, with an elegant meal at 6:30 pm. Tickets for the event are \$60 per person and may be purchased online at Blacktie-Colorado.com or by calling or e-mailing Gayle Fitzgerald at 303-937-5107 or gfitzgerald@eatonterrace.org.



Sarah Meshak

The law firm of **Caplan and Earnest LLC** is pleased to announce that **Mark Wilkerson** has joined the firm as Special Counsel. Mr. Wilkerson's practice will focus on healthcare law as well as general business and real estate.

Sharon E. Caulfield and **Sarah E. Meshak** of **Caplan and Earnest, LLC** were named *2007 Colorado Super Lawyers*. This is the second time Ms. Caulfield has been named as a Colorado Super Lawyer and the first for Ms. Meshak. Congratulations!



Sharon Caulfield

Alliance Construction Solutions (ACS) has established an endowment to Colorado State University and the College of Applied Human Sciences in honor of its 25th anniversary. The endowment was established in direct context with the ACS mission statement, "committed to our partners; building excellence into the future," to provide scholarships for those students pursuing a degree in construction management. The award criterion was established to promote diversity, achievement and ambition.

The Lakewood Housing Authority celebrated the opening of its newest affordable senior housing community, Residences at Creekside, on April 12th. Creekside is located at 1700 Pierce Street in Lakewood and offers 117 apartments for active adults 62 and over. Creekside was built using energy efficient and environmentally friendly systems with a 25,000 watt photovoltaic system on its roof to provide electricity for the building. CASHA member **Donna Mullins** of **Mullins Youngdahl Design Company** was involved with this innovative community as the senior housing consultant.

Sixteen **Kentucky Circle Village** residents participated in a program entitled "Healthier Living: Managing Ongoing Health Conditions." The program was sponsored by the Colorado Department of Public Health and Environment, Consortium for Older Adult Wellness, Volunteers of America and **Kentucky Circle Village**. The program was a six session workshop designed to help with the challenges that face anyone living with an ongoing health condition. The program ran March 17 through April 21. For details about the program, contact Ann Lane at Kentucky Circle Village, 303-756-5218.

Christian Living Communities (CLC) hosted 265 guests for its second annual Aged to Perfection wine tasting and silent auction event on April 12, raising nearly \$32,000. The purpose of the event is two-fold - to raise funds for CLC's Residents Assistance Fund, helping seniors in financial crisis, and to recognize someone in the south Denver metro area who does an exemplary job of enriching lives in the community. This year's honoree was Dr. Gary Vander Ark, professor of Neurosurgery at the University of Colorado, who organized and today provides leadership for Doctors Care and The Colorado Coalition for the Medically Underserved. Guests enjoyed wines from Australia and New Zealand, South Africa, Chile and Argentina, and Colorado as well as hors d'oeuvres suited to the various cuisines. CLC employee and former Kenyan Adelaide Wamukoya and her children dressed in native garb and provided musical entertainment.

Golden West will host its 2nd Annual Talent Show on May 16, 2007. Last year's show, entitled "Us," featured more than 10 acts and was a huge success. For more information, contact Anna Ferry at programs@goldenwestseniors.com or (303) 939-0883.

Heritage Club at Denver Tech Center held a USO-style event in April and invited retired members of the various military branches throughout the Denver area. The event drew a nice crowd. A videographer captured words of encouragement from the audience which are now being compiled to send to a troop of soldiers in Iraq. The event was covered extensively by the Greenwood Villager.



Get more information
on these events from
our web site -
www.cahsa.org

The CAHSA Calendar

- May 17-18 CAHSA Annual Conference**
Vail Cascade Resort & Spa
- May 23 Transformations Committee Meeting**
12 - 3 p.m.
Location to be announced
- May 30 Leadership Development Committee Meeting**
2 p.m.
Seniors' Resource Center, Denver

IMPORTANT ANNOUNCEMENTS

Watch your email during the week of May 7 for your link to the
2007 CAHSA Members Survey!

We are currently seeking volunteers for the 2007 Golf Tournament Committee.
Contact Karen at the CAHSA office, 303-837-8834, to let us know if you are
interested. This year's tournament is August 30 at Thorncreek Golf Course.



There's still time to register for the convention!
Don't miss our great program,
"Listen, Learn & Lead"
at the Vail Cascade on May 17-18

See attached registration form