

**ADVISORY COMMITTEE ON AGING  
MEETING SUMMARY  
September 21, 2018**

**Members Present**

Bob Brocker	At Large Denver
Dawn Perez	Adams County
Donna Mullins	Jefferson County
Houston "Tex" Elam	At Large Arapahoe County
Joyce Gallagher	Adams County
Larry Strock	DRCOG Board
Mary Ellen Makosky	Gilpin County
Perla Gheiler	City and County of Denver
Phil Cernanec	At Large Arapahoe County
Ruth Starr	City and County of Denver
Sharon Perea	Gilpin County

**Guests Present**

Lea McMahon – Disability Law Colorado, Daniel Dick – Federal Heights

**Others Present**

Rich Mauro, Doug Rex, Sharon Day, Kelly Roberts, Heather Kamper, Shannon Gimbel, Amy Pulley, Heather Porreca, Erin Iserman, Sarah Dodson, Nancy Ferrier, Kyra Lanphier, Jennifer Reeves, Mindy Patton, Jayla Sanchez-Warren, Clarice Ambler and Sarah Haggerty.

**Call to Order and Introductions**

Phil Cernanec – Called the meeting to order at 12:05 p.m.

**Public Comment Period (Non ACA Members)**

No Public Comment

**Approval of the August 17, 2018 Meeting Summary**

Sharon Perea made the motion to accept the summaries, Tex Elam 2<sup>nd</sup> the motion, summaries were approved.

**DRCOG Transportation Update – Ron Papsdorf**

Ron introduced himself as the new Director of Transportation at DRCOG.

Ron provided an overview of the Transportation program at DRCOG. His presentation is attached at the end of this meeting.

- The AAA will be working closely with the transportation group on the Human Service Transportation program.
  - The program will receive \$4 million (1 M over the next 4 years)
  - The new set-aside is to improve service and mobility options for vulnerable populations.

- The focus will be on new resources and expansion of services to vulnerable populations to help leverage AAA programs.
- The Human Service funds will be allocated to providers through Calls for Projects, a solicitation application for funds that help implement the goals to be achieved.
  - o First solicitation is anticipated to go out next summer and will cover the first 2 years.
  - o The last solicitation will go out in 2021 for the remaining funds.

**Question:** Does the set-aside money have to go to these populations only?

**Answer:** Yes, the intent is to spend the funds within those service programs as allocated and approved by the DRCOG Board.

**Question:** How do jurisdictions plan on dealing with electric bike safety?

**Answer:** Local partners are trying to deal with the issue. There is a state statute that regulates small motorized scooters as toys and are required to travel on sidewalks. Also, some jurisdictions are wrestling with whether there should be a maximum speed limit on bike paths.

**Question:** How are we planning for accessibility to grocery stores that may be 3, 5, 7 miles away?

**Answer:** We do not have any regulatory roll at the regional level around land use. There is a private market that responds to market conditions to pursue development. The Community Mobility plan is an effort to link land use and transportation decision making at the local level to try to create more complete communities. Sometimes local regulations get in the way of the plan and the market. The public can aide in trying to promote the development. DRCOG works on a broader scope and gives the local governments the tools to collectively help in planning. The goal is to make those types of accesses available.

**Question:** What does the human services transportation entail? What age group?

**Answer:** It is geared toward leveraging the resources that DRCOG receives through the Older Americans Act (OAA) bringing more resources to the table to expand services. The OAA dollars are for 60 and over we look to expand services to those with disabilities and those seniors under 60 by using the transportation dollars. The goal is to move from a survive population to a thrive population.

**Question:** With these set-aside programs do the counties or municipalities bid for these funds in the same way they do the TIP funds?

**Answer:** Yes, they do other than the Air Quality Improvement set-aside. That is a direct contribution through DRCOG to the Regional Air Quality Control Commission. All others are allocated out through Calls for Project.

**Question:** Are their monies for projects such as Uber and Lyft to try to step into that gap?

**Answer:** We don't know the answers to those questions yet. Jayla and Ron are working to find a way to remedy those shortfalls. Jayla is currently working on a voucher program. Many transportation service companies are having a hard time getting drivers so even if they receive more funds they may not be able to fill the need.

**Question:** What is the process for setting the numbers for these programs.

**Answer:** Through the evaluation of the programs, historical funding and work through, various internal processes, the Transportation Advisory Committee, Regional Transportation Committee and the DRCOG Board. We make recommendations to these committees based on need, expenditures and applications with DRCOG Board making the final decisions. There is always more demand than funding available.

**Question:** How do you gage the effectiveness of the program?

**Answer:** We have federal requirements, performance standards, targets to achieve and evaluate the performance. Every year before set-asides are done for each program we ask each representative from the set-aside to explain what they used the funds for, what the value of the resources were, and the improvements done based on the projections outlined in the cycle. Federal guidelines are performance based and require that improvement and value was reached.

To contact Ron Papsdorf

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rpapsdorf@drcog.org  
303-480-6747

**A Life Worth Living: The Advocate's Perspective – Lea McMahon, State PACE Ombudsman and Jennifer Reeves, DRCOG AAA Ombudsman**

DRCOGs Jennifer Reeves Ombudsman Supervisor and Lea McMahon State PACE Ombudsman with Disability Law provided a presentation. This presentation is attached at the end of these meeting minutes.

- Person centered thinking is building off of people's strengths, looking at what they are good at and coming from a solution focused approach.
- Knowing their personal story, treating them with respect and dignity.
- Reframing old institutional language, terms such as facility, behaviors, noncompliant into more dignified terms.
- Seeing them for who they truly are and not looking at physical and mental capabilities.
- Promotes the choice, direction and control of their life through supports that they need.
- Ombudsman program is federally mandated for assisted living and nursing homes.
  - Their role is as expressed interest advocates.
  - Meaning they first solicit information from the client...what do you want, how do you want this problem solved, what do you want me to do about it.
  - Make sure to have consent from the individual.
- Ombudsman program was extended to include the PACE program in 2016.
- Includes 4 PACE organizations in the front range.
  - True Community serving Boulder, Lafayette and Longmont
  - Innovage with 4 centers in the Denver Metro area, 1 in Loveland and 1 in Pueblo and is the largest PACE organization and are a for profit organization.
  - Rocky Mountain PACE in Colorado Springs
  - Volunteers of America in Eckert and Montrose

- The possibility of a new organization opening in Grand Junction next year.
- PACE is the program of all-inclusive care meaning the physical site is the adult day center, they receive transportation to the health center and any needs regarding health similar to an HMO. Social and emotional activities are required.

**Question:** Does PACE go into people's homes?

**Answer:** Yes, they go into nursing homes, assisted living and people's private homes.

**Question:** Where does realism come into play with the persons expectations?

**Answer:** It is a balance of what is import to those people which are those creature comforts that we all do in our ordinary life with what is important for them. Important for them will be their safety and wellbeing. Important not to set them up for failure.

**Question:** How do you recruit an ombudsman?

**Answer:** You need to have a background in human or social service, must have a passion for the population, and online training to take a test and become certified. Some AAAs do use volunteers they need to go through a certification process and take a test and volunteers must be overseen by a staff member. Jayla said we have close to 500 facilities and have 12 staff to cover them. PACE program serves 3,700 people in Colorado.

Lea played a video that interviewed 3 people talking about their life before they needed services and then what they experienced now that they have services and what they hoped life would be like in the future.

There is data that supports person centered care and the positive outcomes. Change is slow, but they want to keep the dialog going.

Contact information:

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Leah McMahon, State PACE Ombudsman  
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[lmcmahon@disabilitylawco.org](mailto:lmcmahon@disabilitylawco.org)

### **Voting for new Chair and Vice Chair**

Due to several members who were unable to attend the September meeting the vote was postponed until the October meeting.

### **Directors Report – Jayla Sanchez-Warren**

- DRCOG Board workshop
  - Jayla was able to bring in the AAA Director from Virginia to the workshop.
  - Virginia has had a lot of success with private/public partnerships such as contracting with insurance companies
  - This was a new concept for the board

- He said their success was from being able to partner with other AAAs in Virginia
- Washington DC
  - Ron, Mickey and Doug went
  - Talked about transportation issues
  - Older Americans Act and AAA federal funds
  - Went to all of Colorado offices except Tipton's
  - Senator Bennet's office used our stories for several months after last meeting
  - It helped having our board representatives go last time because they really heard our message.
  - DeGette's office also used our stories when testifying on the House floor for the Continuing Resolution.
  - Doug said that they also met with the National Associations of Regional Councils (NARC) to discuss Reauthorization, Transportation and Senior Services.
    - Doug felt that their senior services to be lacking but since they have seen the national recognition we receive they want to build out that portfolio.
    - He told the group that they could be a great advocacy for us especially if they partnered with N4A.
  - While in DC Jayla and Mickey met with Bob Blancato who was very impressed with what we are doing in Colorado.
    - He wanted to know more about the AHC Model.
    - Couldn't believe we were able to block the reauthorization of the OAA last time.
    - He would like to keep a dialog going with us and come to Colorado to meet with us and learn more about what we are doing.
- Transportation
  - As Ron mentioned the VTCLI grant is almost ready.
    - This program will improve coordination and access to transportation
    - Talking with Route Match to begin testing with staff internally to work out bugs in the system.
    - Early February or March for official startup
  - Beginning to get the infrastructure built for the voucher program to be sure it follows all state and federal regulations.
    - Pilot project to begin in January.
    - Consumer choice portion of the program will have prevetted providers which will assure they have background checks etc.
    - This will provide free rides for such things as doctor appointments, dialysis, church.
  - TIP funds will be available in October of next year
  - DRCOG will need to be responsible for handling all these new funding sources to make sure they are spent according to all regulations and that there are no service duplications
- Working on the 4-year plan

- This year Jayla has help, Kelly Roberts is doing the County Councils on Aging
  - These are the informed people.
  - She will get information and bring it back to us.
- Mindy is setting up meetings for me to connect with regular people
  - These are the uniformed population.
- Audits
  - Jayla and Sharon are preparing for state audit in 2 weeks.
  - There will be a DRCOG audit this year, a legal service audit and Ombudsman audit

There was discussion about the importance of keeping the folks in DC informed on issues that we need to have them address. Perlmutter's office wanted to know how to expand transportation in his area, he called Mickey our lobbyist to get more information showing that we are making a difference. Important to talk to representative staff because they will have the stability for any new changes after the election.

### **Chair Report – Phil Cernanec**

- Recognizing the election season, pay attention to see who is running for office and what their knowledge of senior issues might be.
  - Even if the current representatives do not get voted back in they may still be our future advocates.
  - Up to the group to make sure invitations are extended to the representatives to inform them on the issues once back in office they will be quite busy.
- Phil talked about his lobbying while in DC, there is a portion of your electorate that are interested in your issues.
  - Mayor Dick mentioned that ballots will drop in 3 weeks so there is a sense of urgency.
- Phil reminded everyone that our senior issues will only grow, we should be vigilant now in planning for the future.

### **Information Sharing – (ACA members)**

- Dawn Perez - Adams County Aging network is hosting a political forum in Adams County on 4<sup>th</sup> of October.
- Donna Mullins - Jefferson County and the Colorado Senior Lobby are having a political meet and greet on October 11<sup>th</sup>.
- Bob Brocker - October 3<sup>rd</sup> A Little Help is hosting a Breakfast gala. There will be a panel to discuss isolation, Bob Murphy, Wade Buchan and Jayla will be on the panel.
- Perla Gheiler
  - Denver Commission on Aging is looking for more commissioners, they have 6 positions open.
  - Perla was on a task force for tax relief for seniors and people with disabilities that the Mayor has approved and awaiting City Council final approval.
    - This will help with those who have low income but need to stay in their home.
    - It would be good for grandparents taking care of grandchildren.

- Jayla Sanchez-Warren
  - On Sept. 18 the Governor introduced the Lifelong Colorado initiative.
    - Colorado became the third state in the nation to be designated as age-friendly, joining AARP's Network of Age-Friendly States and Communities.
    - It will address the challenges of a growing population of older Coloradans and will significantly increase the number of age-friendly cities and counties in Colorado.
    - DRCOG contributed to this initiative and is adapting the Boomer Bond tool for use statewide.

**Adjournment**

Adjourned at 2:42 p.m.



*Presented by:*

**Ron Papsdorf**

September 21, 2018

# Transportation Planning & Operations Advisory Committee on Aging





## Quick refresher | DRCOG is:



- **Area Agency on Aging (AAA)**  
federal designation
- **Regional Planning Commission (RPC)**  
state designation
- **Metropolitan Planning Organization (MPO)**  
federal designation  
also: federally designated  
transportation planning agency



## Federally directed responsibilities

Federal **transportation authorization** acts define all aspects of federal surface transportation policy (Fixing America's Surface Transportation Act).

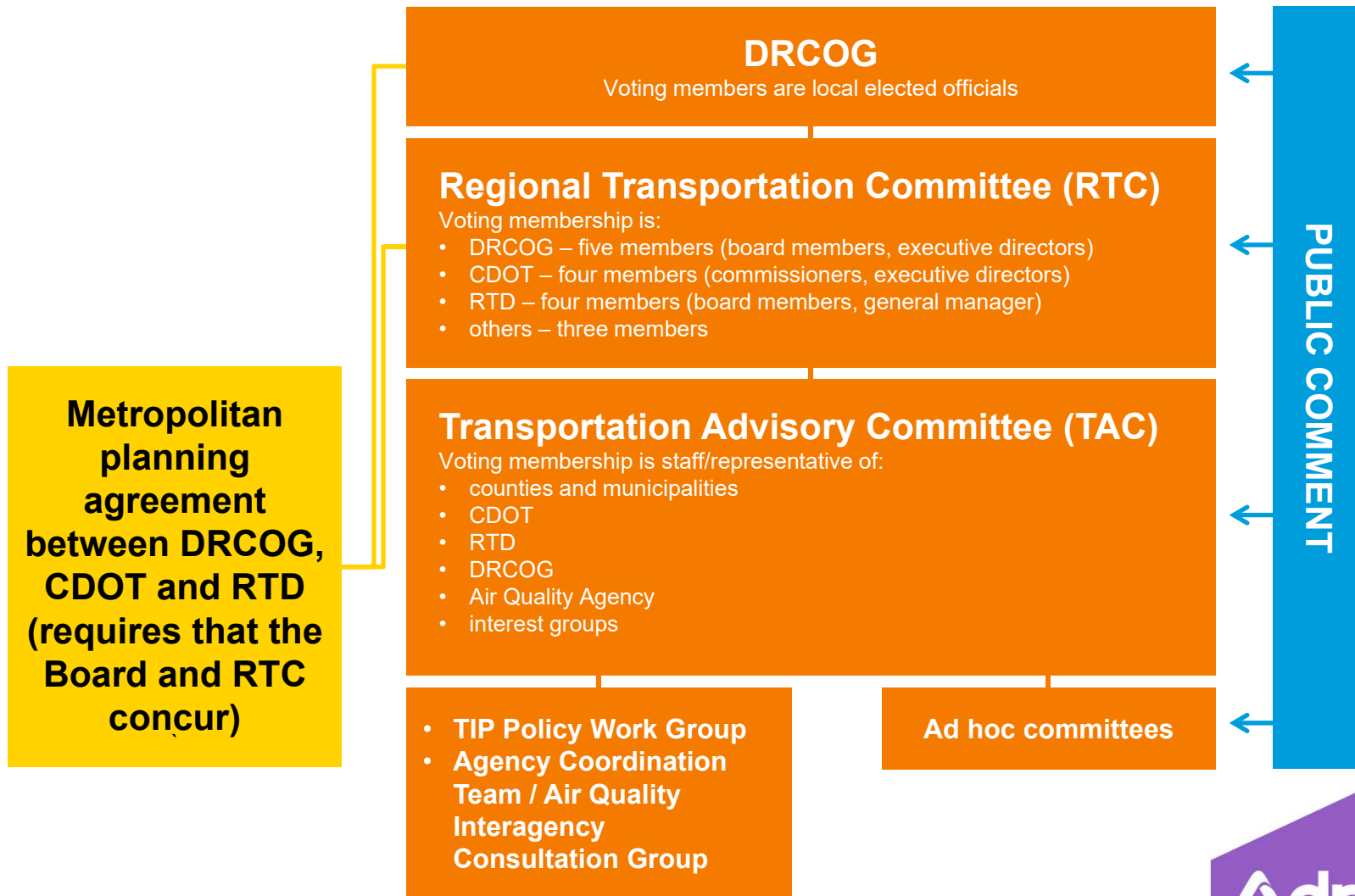
- MPO takes the lead in regional transportation planning in urbanized areas
- requires specific products and activities
- must consider specific projects, strategies and services in the planning process



Other federal laws and regulations also apply, including: Title VI of the Civil Rights Act, National Environmental Policy Act, the Clean Air Act, Americans with Disabilities Act

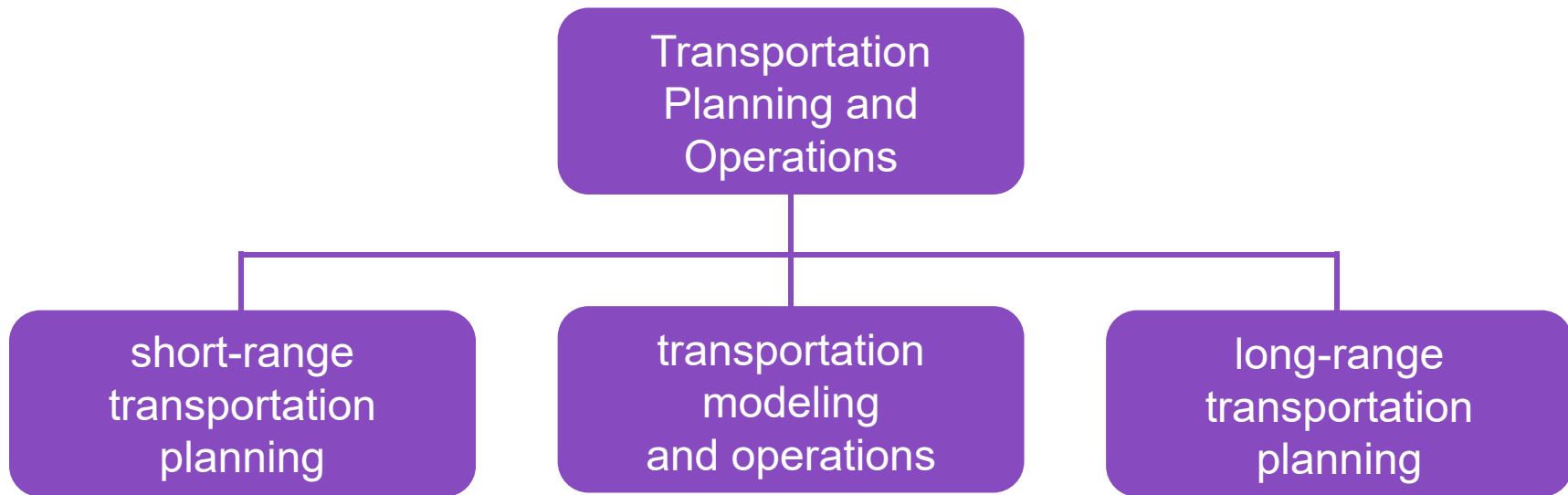


# Metropolitan Planning Organization structure



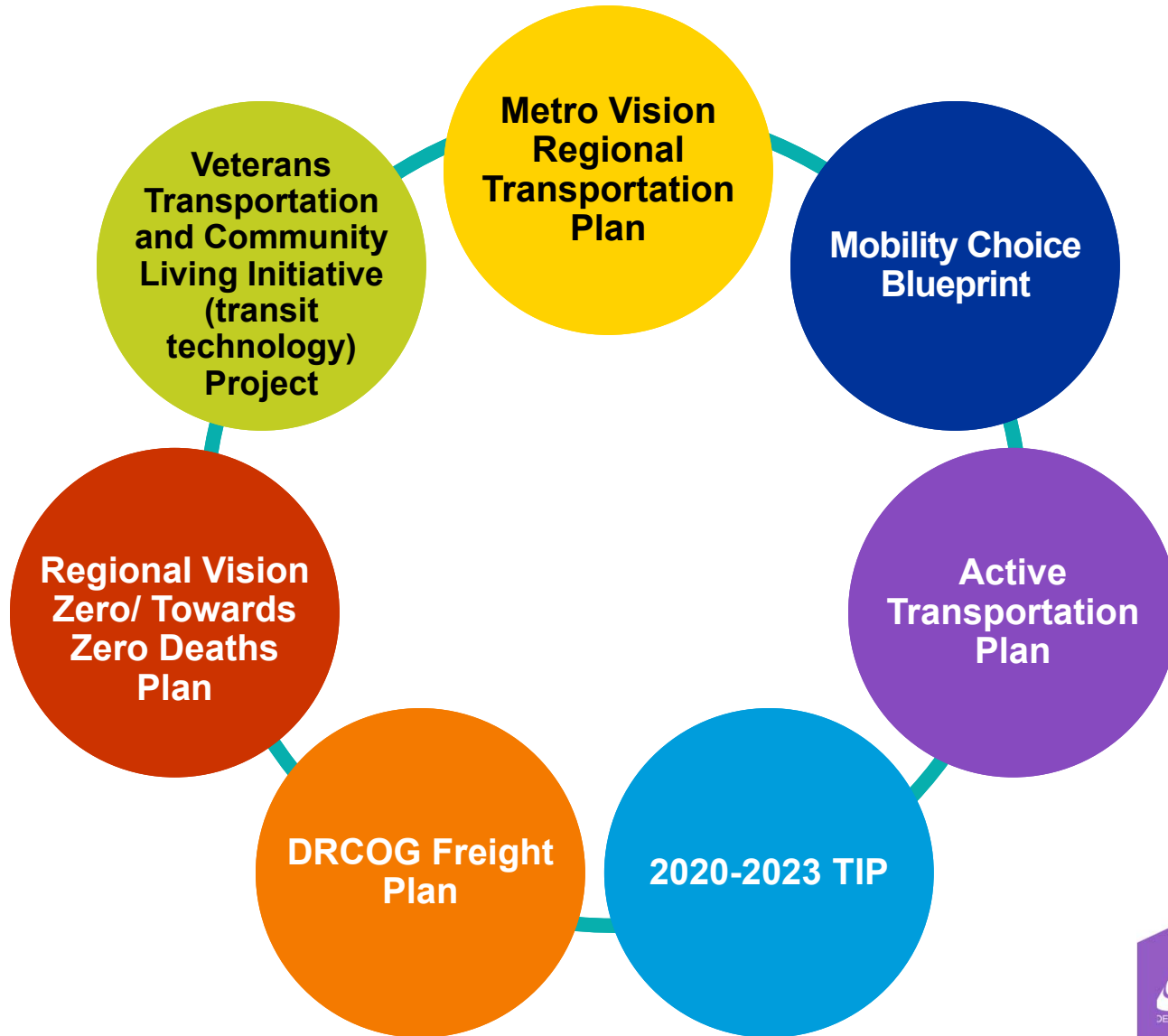


# Transportation Planning and Operations functions





# Major transportation planning activities





# Major DRCOG long-range plans

**METRO VISION**  
shared regional aspirations

**METRO VISION REGIONAL  
TRANSPORTATION PLAN (MVRTP)**  
needed transportation system

**FISCALLY CONSTRAINED REGIONAL  
TRANSPORTATION PLAN (RTP)**  
what we should be able to afford

**TRANSPORTATION  
IMPROVEMENT PROGRAM (TIP)**  
what we are building now

**REGIONAL AIR QUALITY CONFORMITY**





## Metro Vision refresher

8

Metro Vision is DRCOG's **regional plan** to ensure high quality of life for all ages, incomes and abilities, and it's organized around five overarching **themes**:

- efficient and predictable development pattern
- connected multimodal region
- safe and resilient natural and built environment
- healthy, inclusive and livable communities
- vibrant regional economy

**Transportation** is a big component of Metro Vision.





## Metro Vision: Transportation outcomes

- **Connected urban centers and multimodal corridors** throughout the region accommodate a growing share of the region's housing and employment.
- The regional transportation system is **well-connected** and serves **all modes of travel**.
- The transportation system is **safe, reliable** and **well-maintained**.
- The region has clean water and air, **and lower greenhouse gas emissions**.



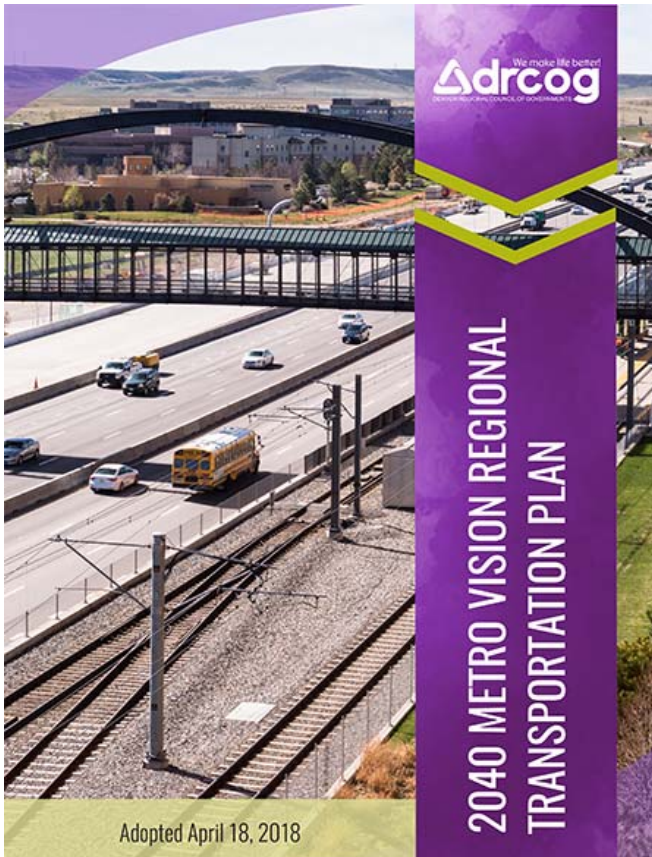


## Metro Vision: Transportation outcomes (cont.)

- The built and natural environment supports **healthy and active choices**.
- All residents have access to a **range of transportation**, employment, commerce, housing, educational, cultural and recreational opportunities.
- **Investments in infrastructure** and amenities allow people and businesses to **thrive and prosper**.



# Metro Vision regional transportation plan



## Integrates with Metro Vision

- Metro Vision framework (themes, outcomes and objectives)
- population, employment and other planning assumptions
- multimodal transportation system component profiles and strategies
- financial plan (costs and revenues)
- community engagement, environment and other topics



# Federal Highway Administration and state funding

## Federal funds

Surface Transportation Block Grant Program-Metro  
Transportation Alternatives Program (TAP)  
Congestion Mitigation and Air Quality (CMAQ)

## State funds

Highway Users Tax Fund (gas tax)  
Funding Advancements for Surface Transportation and Economic Recovery (FASTER) Act of 2009  
Senate Bill 09-228 (State General Fund transfers)  
Senate Bill 17-267 (State lease-purchase agreements)  
Senate Bill 18-001 (State General Fund transfers)



TAP  
CMAQ  
MMOF





# RTD and Federal Transit Administration funding

## Federal Transit Administration funding categories:

formula-urban areas  
New Start  
others



## Regional sales tax:

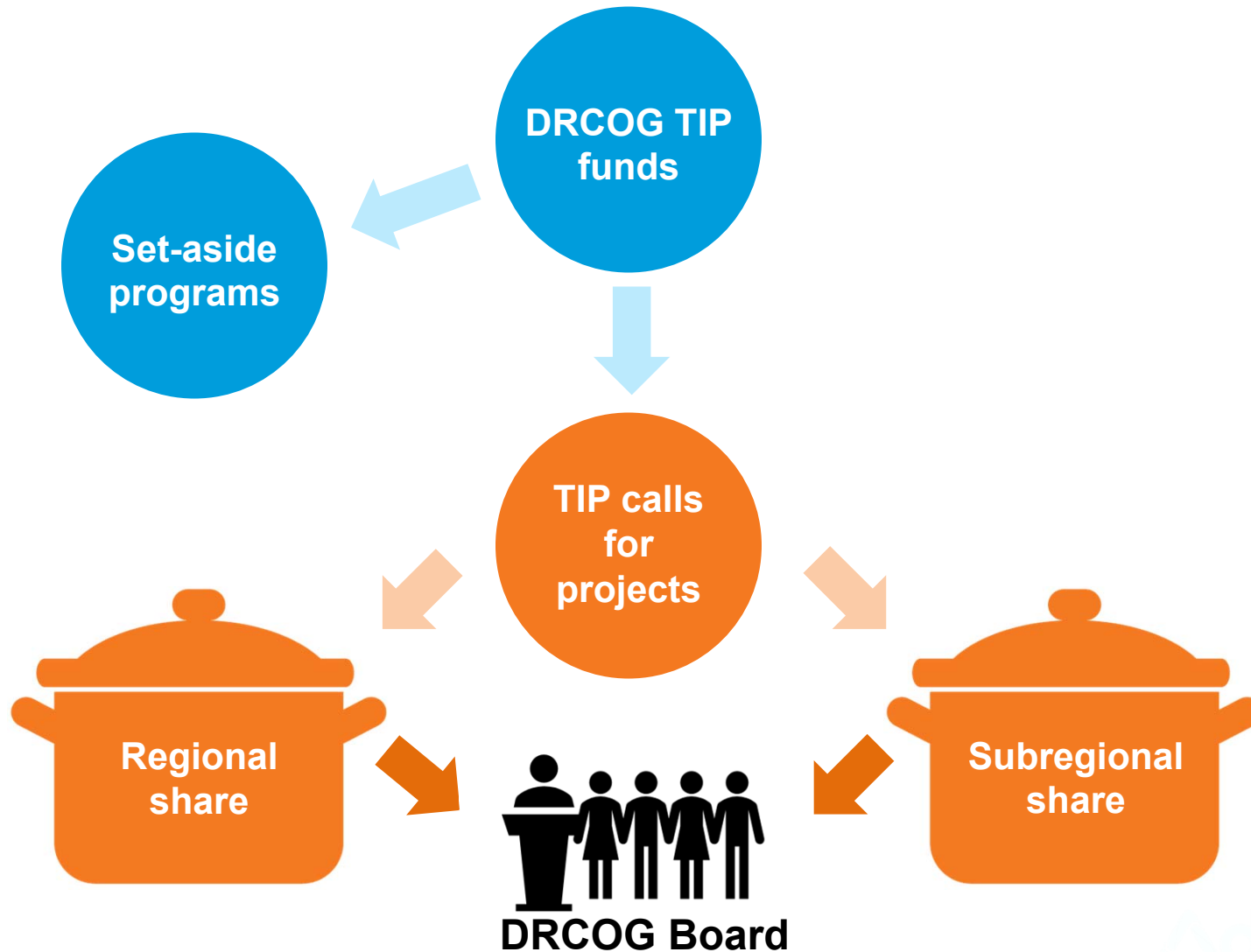
0.6 cent Base System (1983)  
0.4 cent FasTracks (2005)

5310 — Elderly and Disabled  
5311 — Rural/Small Urban





# 2020-23 TIP project selection process





## 2020-23 TIP Set-aside programs

**Community mobility planning and implementation: \$4.8 million**

**Transportation demand management services: \$13.4 million**

**Regional transportation operations and technology: \$20 million**

**Air Quality Improvements (to Regional Air Quality Council): \$7.2 million**

**Human service transportation: \$4 million**

- new set-aside to improve service and mobility options for vulnerable populations



THANK YOU  
QUESTIONS?

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# A LIFE WORTH LIVING: THE ADVOCATE'S PERSPECTIVE

Jennifer Reeves, LTC Ombudsman; DRCOG

Leah McMahon, State PACE Ombudsman;  
Disability Law Colorado



# INTRODUCTION

- Importance of ordinary life when receiving services
  - Choice
  - Autonomy
- Role of the ombudsman
  - PACE Ombudsman Program
  - Long-Term Care Ombudsman Program
  - (**Om** ⇒ **buds** ⇒ **man**)
- What does your ordinary life look like?

## WHAT WE ALREADY KNOW

- Where the rubber meets the road ...
  - What's working?
    - What isn't working?
      - Where are we headed
- Data and quality initiatives
- Ombudsman annual report findings (LTC)

## HOPE FOR THE FUTURE

- Resources and tools
- What are your hopes for the future of person-centered services?
- What else do you want to know or talk about today?

# FIND US!

Jennifer Reeves, LTC Ombudsman

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Leah McMahon, State PACE  
Ombudsman

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IT'S A TERRIBLE THING, I THINK,  
IN LIFE TO WAIT UNTIL YOU'RE  
READY. I HAVE THIS FEELING  
NOW THAT ACTUALLY NO ONE  
IS EVER READY TO DO ANYTHING.  
THERE IS ALMOST NO SUCH  
THING AS READY. THERE IS  
ONLY NOW. AND YOU MAY AS  
WELL DO IT NOW. GENERALLY  
SPEAKING, NOW IS AS GOOD A  
TIME AS ANY.  
— HUGH LAURIE