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**For release: May 5, 2008**

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## **Arapahoe County programs support Older Americans Month**

*Arapahoe County provides variety of services that support continued independence for seniors*

**Littleton, Colo.** --- May is Older Americans Month, which brings attention to the fact that the U.S. is nearing the start of a tremendous demographic shift.

Beginning in 2011, the first of 78 million baby boomers (people born 1946 - 1964) will start transitioning into retirement, kicking off an expansion in the number of senior citizens that will continue for decades, according to the U.S. Census Bureau. One out of every nine baby boomers will live to be at least age 90.

Our nation will benefit greatly from a larger population of older adults. These adults support our society by providing millions of hours of volunteer, community and civic service. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our history.

An expanding older adult population also spotlights our responsibility to ensure the well being of our aging citizens. Arapahoe County is working diligently to address the needs of older adults through a variety of programs, such as:

- Homemakers and Chore Services programs help seniors maintain their homes by providing ongoing or seasonal house cleaning chores to help older adults avoid placement in nursing homes and remain at home as long as possible.
- Our partnership with First Ride provides transportation services to seniors who need help reaching doctors appointments, receiving meals, getting to the grocery store and more.
- Healthier Living: Managing Your Ongoing Health Condition classes help seniors make behavioral changes in their lifestyles that can reduce affects of disease, disability and injury.
- Our newest program, Adopt-a-Senior, matches community volunteers with an older adult who is in need of companionship since family and friends may be too far away.

While there are no fees for these services, donations are appreciated as they help Arapahoe County serve more people. To learn more about Arapahoe County's Senior Resources, call 303-738-8080 or e-mail Pam Dean at [pdean@co.arapahoe.co.us](mailto:pdean@co.arapahoe.co.us).