



## AGING AT ALTITUDE

Eagle County is proactive about providing both necessary and liberating services and accommodations to a population that wants to age gracefully

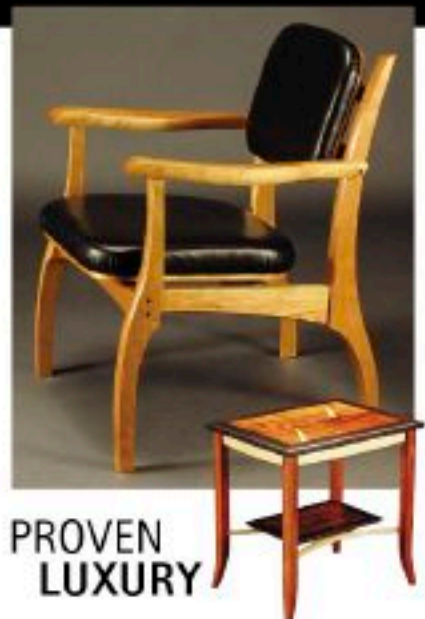
» BY JENNIFER GEISMAN

For many local residents, an active lifestyle is not just a goal, but a value.

**T**he notion of “live where you want to retire” rings true for many people. According to Eagle County Aging Well, Eagle County’s population of adults age 60 and over will quadruple by 2035. In layman’s terms, that means nobody wants to leave. For active seniors, communities surrounded by majestic mountains are replacing those signature beachfront retirement properties. Many aspiring retirees are choosing to live in Eagle County, and, while a quaint, alpine town has irresistible features, the proximity to programs geared toward seniors for the next phases in their lives is key to aging at altitude.




## TRUSTED CRAFTSMANSHIP



PROVEN LUXURY

CUSTOM DESIGNED AND CREATED

 Burgess Fine Woodworking

Located in Avon | 371 Metcalf Road  
[burgessfinewoodworking.com](http://burgessfinewoodworking.com)

## Professional Eye Care that suits your style



Dr. Matt Ehrlich is the Valley's only full time, board certified ophthalmologist, offering basic exams and screenings to the most advanced surgical procedures

LASIK | Cataract | Contacts | Exams | Screenings



970.926.7773 | [EyeCenterRockies.com](http://EyeCenterRockies.com)

## family

### FINDING RESOURCES

The 2017 Community Health Improvement Plan (CHIP), in conjunction with Eagle County's Public Health Agency, recently identified "independently aging in place" in Eagle County as a priority over the next five years. The strategy behind this initiative will help older residents improve their health and quality of life, including transportation, housing/home health and lifestyle.

Currently in Eagle County, there are more than 3,000 people over the age of 60. In response to that growing number, programs such as Eagle County Healthy Aging, Alpine Area Agency on Aging and Visiting Angels are focused on serving this demographic. For the past two years, Eagle County Healthy Aging has been at the forefront of leading a strategic planning initiative, the Eagle County Aging Well Initiative.

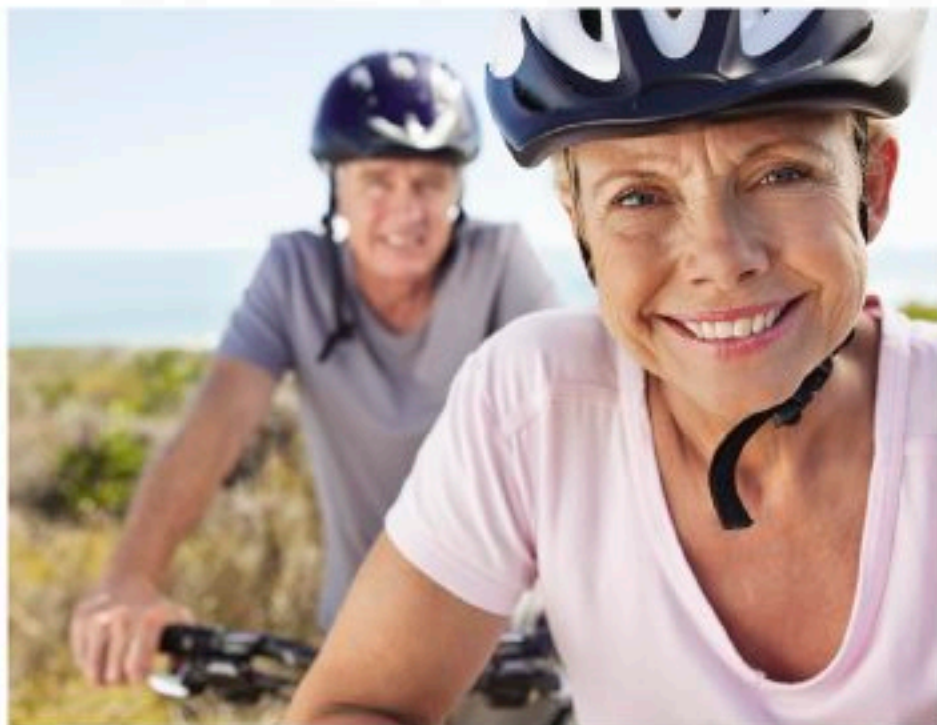
"Eagle County Aging Well Initiative looks at the gaps and opportunities that either hinder or help all aging residents remain in their own homes and communities for as long as possible," says Carly Rietmann, supervisor for Eagle County Healthy Aging Program.

Eagle County Healthy Aging operates within Eagle County's Public Health and Environment Department and looks at aging through more of a public health and prevention lens.

"We take a systems-based approach to looking at things like (the surrounding) built environment, housing, transportation and healthcare. We are passionate about the county's older adult population and helping them live independently for as long as they wish to do so. Our goal is to target prevention and wellness programs, and look at our older adults as important contributors to our communities," says Rietmann.

With three Healthy Aging sites in Minturn, Eagle and El Jebel, the program helps seniors find and understand local resources including community meals, which serves over 10,000 meals to seniors and disabled adults in each year, delivers meals for homebound adults over the age of 60, transportation, fitness classes and fall prevention and chronic disease self-management classes.

"We are a great one-stop shop for all things aging in Eagle County. With our public health slant, we look outside of the box for solutions and







"CASTLE PEAK ALLOWS THE PROFESSIONALS TO TAKE CARE OF YOUR LOVED ONE'S PHYSICAL NEEDS, SO THAT YOU CAN GO BACK TO BEING A LOVED ONE AND PROVIDING THE EMOTIONAL SUPPORT. YOU WILL DO A BETTER JOB AT THAT, IF YOU ARE NOT RESPONSIBLE FOR PHYSICALLY TAKING CARE OF AN ELDERLY PARENT." MONICA MCCARROLL, CASTLE PEAK

ideas to help older adults thrive," Rietmann says.

Healthy Aging is also a resource for families who are caring for aging parents or relocating loved ones to Eagle County.

"We act as a strong resource for family members working to navigate the world of aging with their loved ones," explains Rietmann. "We are

available to connect family members with diverse resources to best fit the needs of their situation. For example, Pat Nolan, our Healthy Aging Program Coordinator, runs a local Caregiver Support Group, with an emphasis on memory care support."

Alpine Area Agency on Aging provides seniors and their caregivers information and referrals

# CEMATI

## Boutique

*Lo Último de la Moda  
en Ropa Casual  
y de Vestir para Damas*

Accesorios, Calzado,  
Novedades y Mucho Más...

*¡Gracias por su Preferencia!*



**970-777-1340**

525 McGregor Dr. in Gypsum

**NEWLY REMODELED**  
*Dazzle Nails*

**FREE** Shoulder Massage  
with Any Pedi



**Nails  
Massage  
Waxing  
Facial**

Call us about our specials  
**(970)845-7272**

142 E. Benchmark Rd. #104, Avon  
Next to Copy Copy



for health and wellness programs throughout Eagle County. Additionally, the organization offers "options counseling," where individuals, family members and caregivers are supported as they develop a plan for addressing long-term services. With Visiting Angels, the organization works closely with individuals or their families to develop a customized care program ranging from bathing and dressing assistance to meal prep and light housekeeping to companionship, running errands and shopping.

#### LONG-TERM CARE

Figuring out what resources are available locally as you get older or as aging parents reach a point where long-term care is necessary involves tough decisions and transitions. The newly opened Castle Peak in Eagle offers a range of care (from short-term rehab and assisted living to skilled nursing and



simply massage

do something  
great for you!

Avon 970.748.1600  
next to Starbucks

West Vail 970.476.7223

call today or book online at:  
[simplymassage.com](http://simplymassage.com)



voted best massage  
since 2006

**\$75** 60 minute  
session

*ask about our package deal - buy 5 get 1 free*



memory care) and will help guide seniors and their families on the options available based on their needs.

"Castle Peak supports seniors on making the decision to leave their homes," says Monica McCarroll, Castle Peak's director of marketing. "We help with the transition, comparing the costs of living at home and hiring outside help vs. having everything all in one place. At Castle Peak, living is easy. Everything is covered and we provide a warm, inviting surrounding that is safe with caring support and promotes well-being."

Regardless of whether your time at Castle Peak is short-term or long-term, the facility and staff help make the big step of leaving home as smooth as possible. Castle Peak provides fully furnished accommodations, nutritious meals, housekeeping and laundry services and discounted WiFi and cable services (\$35 per month). Castle Peak also works with families to answer questions about Medicare and Medicaid eligibility and what that roadmap looks like. Castle Peak makes sure that your life doesn't miss a beat, as the residents can participate in many activities including card games, entertainment, parties, happy hour, movies and sporting events, walking paths and barber and beauty salon services.

"Whether you are 90 or you are just thinking about the future, it's always good to have that next step plan," McCarroll advises. "And, we want to help alleviate the guilt of moving Mom or Dad into a long-term care facility. Castle Peak allows the professionals to take care of your loved one's physical needs, so that you can go back to being a loved one and providing the emotional support. You will do a better job at that, if you are not responsible for physically taking care of an elderly parent."

Moving or relocating a loved one is not an easy decision. Castle Peak offers the appropriate experts to speak with families and provides ongoing counseling for anything family members need, including spiritual needs. Clergy from all faiths are available to visit residents.

"It is a lot easier to have this

conversation at the dining room table, than in the ER," says McCarroll.

#### INDEPENDENT AND OVER 60

Vail's mountain lifestyle means 60-, 70- and 80-year-old residents are, for the most part, both active and healthy. From hiking and skiing to an overall culture that places a big emphasis on wellness, it's an incredibly healthy environment.

Vail Resorts offers a 60+ Ski with Us program, which is a complimentary all-day mountain tour for advanced intermediate skiers or above through the National Ski Patrol Mountain Host program. The program offers an opportunity to ski with a Mountain Host guide who has acquired knowledge of Vail Mountain, its trails and ever-changing conditions to optimize the skiing experience. Tours are limited to the first 30 people, take various routes depending on the skiers' abilities and lunch at Two Elk where friends and family can regroup. For more information or to book a group of 10 or more, email Jeff Wiles at [JWiles@vailresorts.com](mailto:JWiles@vailresorts.com).

The Well & Wise Program, a project of Eagle County Public Health and a collaboration between Eagle County and the Consortium for Older Adult Wellness (COAW), provides a full calendar of activities for seniors to participate in and gives them the tools for living an independent and healthy life. All the evidence-based classes taught by COAW trained leaders empower adults to more effectively manage their symptoms and make healthier choices in their daily lives. Additionally, the program partners with local physicians to create a referral process for the classes including the Chronic Disease Self-Management Program (CDSMP). CDSMP is aimed at helping seniors become advocates of their health by working with physicians on creating optimal health and self-management plans. The Well and Wise classes include Matter of Balance, N' Balance, Tai Chi for Health and Healthier Living Colorado - CDSMP. For a complete calendar of events, visit [coaw.org](http://coaw.org).



**Aprisent Financial Group**  
Comprehensive Wealth Management

A local firm with national resources specializing in investment management, financial planning, retirement income & divorce financial strategies.



**Tracy Tutag,**  
Principal,  
CFP®, CDEA®

Riverwalk Center, Edwards, CO  
[tracy.tutag@aprisent.com](mailto:tracy.tutag@aprisent.com)  
970.926.6911  
[www.aprisent.com](http://www.aprisent.com)

Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Western Wealth Management, a registered investment advisor. Aprisent Financial Group & Western Wealth Management are separate entities from LPL Financial.



## MOVING MOUNTAINS

at R|K|V Law

Family Law | Estate Planning  
Mediation | Probate

Contact Amy  
970-315-2365 | [amy@rkvlaw.com](mailto:amy@rkvlaw.com)