

Seniors' Council of Douglas County

March 5, 2026

Philip and Jerry Miller Library

100 S. Wilcox St., Castle Rock

Started: 10:06 a.m.

Ended: 11:25 a.m.

Attendees: 45

Leadership Team Members: Val Robson, Tiffany Curtin, Jean Spahr

I. Opening Remarks

- Val welcomed everyone & introduced members of the Leadership Team.
- She promoted the Senior Life Expo, sponsored by the Castle Rock Senior Activity Center, which will be held on June 3rd at the Events Center at the Fairgrounds in Castle Rock.
- Val announced that the Seniors' Council is seeking volunteers to assist as greeters at our monthly meetings, to distribute our brochure to adult living communities and to serve on the panning committee for our fall ½ day event "Creativity and Healthy Aging".
- Tiffany shared library updates to include AARP Tax help at the Castle Rock, Highlands Ranch and Lone Tree branches, book signing events for authors Jack Carr at the Douglas County Legacy campus on May 16th at 5 p.m. one for Sandy Dallas & Mark Stevens at the Highlands Ranch Library on April 17th at 6:30 p.m.
- She then introduced our speaker Bobbie D'Addario, Senior Program Manager with the Alzheimer's Association.

II. Presentation: Alzheimer's Latest Research

- Brain health includes memory & thinking, social-emotional behavioral & mental health, sensory & movement.
- Neurons (nerve cells) are essential to human activity
- 100 billion neurons create a 'neuron forest'
- Brain changes can start 20 years before symptoms of dementia appear.
- Alzheimer's is one of several diseases causing dementia.
- Our hearts and brains are closely connected.

- Bobby recommended 10 healthy habits for good brain health:
 - ✓ Control your blood pressure
 - ✓ Manage diabetes
 - ✓ Maintain a healthy weight
 - ✓ Be smoke-free
 - ✓ Get moving – aerobic, strength & stretching are all important
 - ✓ Eat right - the MIND diet provides optimal nutrition
 - ✓ Sleep well – aim for 7 – 9 hours each night
 - ✓ Challenge your mind – get out of your comfort zone
 - ✓ Keep learning
 - ✓ Protect your head – helmets, reduce risk of falling, seatbelts
- Strategies for success
 - ✓ Set a flexible goal
 - ✓ Include other people
 - ✓ Use rewards that work
 - ✓ Speak positively
 - ✓ Complete logs to track progress
 - ✓ Build an action plan
- Additional resources & support
 - ✓ 24/7 helpline is 800-272-3900
 - ✓ www.alz.org
 - ✓ Education programs are offered in-person, online & virtual

III. Closing Remarks

- Val thanked the speaker for a very informative presentation.
- She indicated that this meeting's minutes will be posted on the goARDC website.
- She also thanked the attendees for coming and that we hope to see everyone next month.