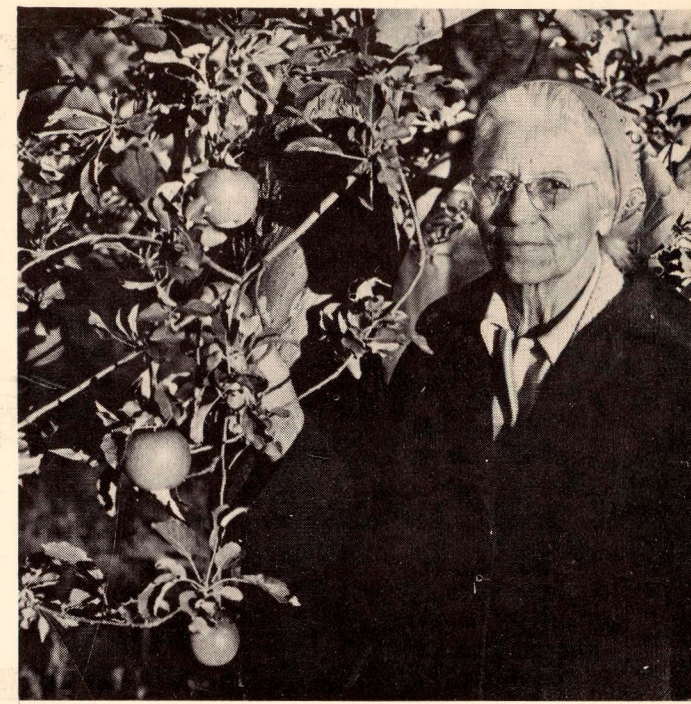
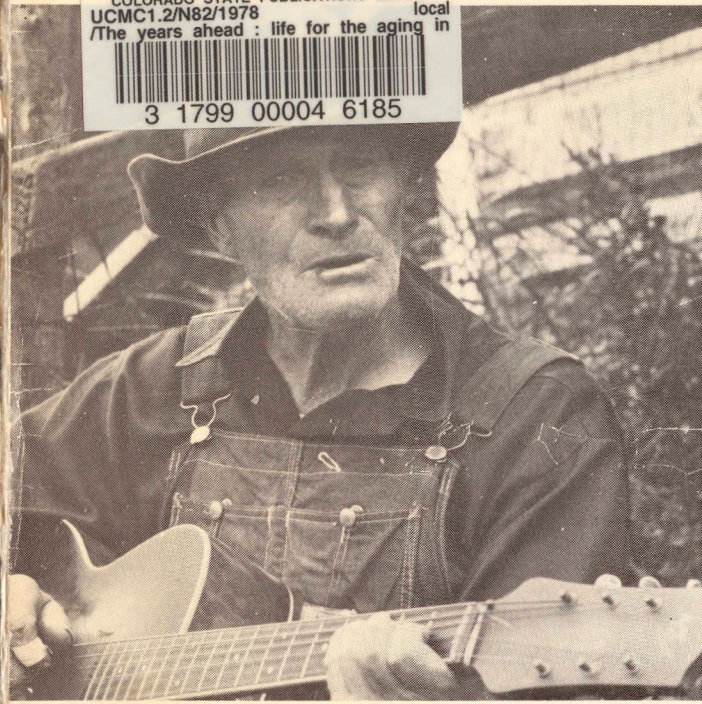


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"THE YEARS AHEAD:

LIFE FOR THE AGING IN NORTHWEST COLORADO"

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February 13, 1977

The Colorado Humanities Program
855 Broadway
Boulder, CO 80302

Dear Committee Members,

In our society, over 65 is over the hill. Senior citizens become second-class citizens who have outlived their usefulness. Our youth-oriented culture condemns the aged and forces them into retirement. After an active, vital life, older people are not met with respect, but with disregard.

"The Years Ahead: Life for the Aging in Northwest Colorado" will examine the particular problems older people face in a rural area. For too long, senior citizens have been stereotyped into rocking chairs and out of worthwhile careers. Mandatory laws and restrictive social attitudes isolate the elderly whose personal problems are thought to be behind them.

For the senior citizen, the years ahead may often be a lonely, grief-stricken time after the loss of a mate. Fixed incomes and higher costs of living squeeze the elderly to the limits of their finances. Environmental audits of oil shale and coal-producing counties, often neglect the impact of area growth on senior citizens. Quiet retirement in a small mountain town might become a bizarre ordeal as communities double in size because of sought-after recreation or natural resources.

Our intention is to produce a positive, sensitive project which will deal with those problems which affect the elderly. By combining the efforts of our sponsoring organizations and humanities scholars, we hope to synthesize this project into a viable program that will result in community action.

In the spirit of the Colorado Humanities Program, our objective is to clearly present issues which affect the elderly, and to enhance respect and regard for the aged.

Sincerely,
Andrew Gulliford
Randall Teeuwen
Andrew Gulliford
Randall Teeuwen

"The Years Ahead" is a documentary on the heritage and contributions of senior citizens in rural Colorado. Difficulties currently facing our elderly will also be featured in this slide/tape program. Seminars will be held in twelve Northwest Colorado communities by humanities scholars Arnold Dollase, Gene Minor, and Bob Whitehouse from Colorado Mountain College, Robert Dey from Colorado Northwest Community College and Dave Norman from Rocky Mountain Area Agency on Aging.

SEMINARS SITES

Grand Junction
Glenwood Springs
Paonia, Kremmling
Rifle, Walden

Oak Creek
Steamboat Springs
Craig, Dinosaur - Rangely
Meeker, Maybell - Elk Springs



“WE’RE STILL DOING IT TODAY”

lyrics by Stephanie Moran /music by Dan Talenske (c) 1977

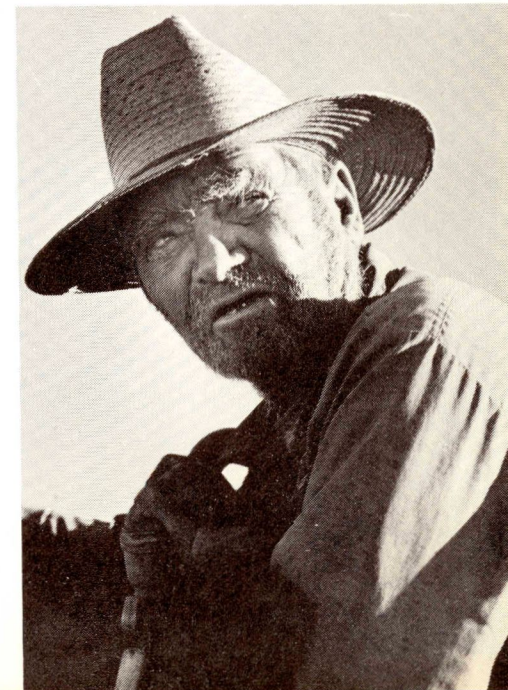
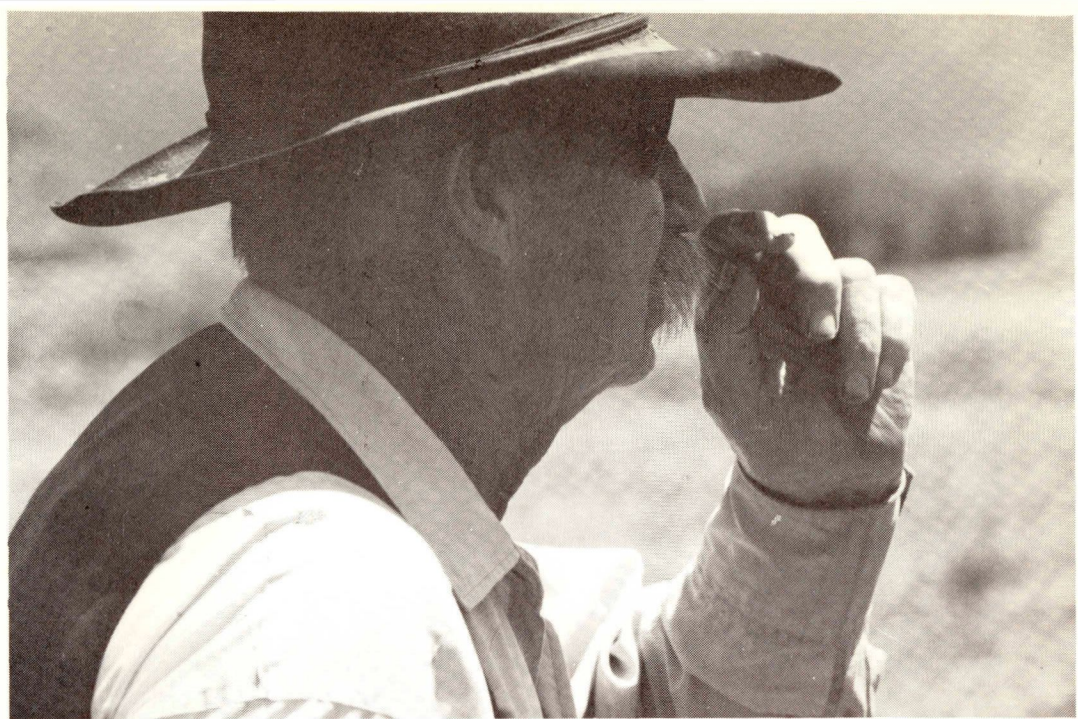
We’re the old ones who raised up America,
We’re the old ones who helped her grow.
We plowed up all her fields,
We cut her acres of hay,
And we’re still doin’ it today.

We’re the old ones who built up America
We’re the old ones who helped her stand.
We ran the railroads.
We mined the silver lodes,
And we’re still doin’ it today.

We’re the old ones who grew with America
We’re the old ones who gave her strength.
We worked the ranches and farms
With the might of hearts and arms
And we’re still doin’ it today.

We’re the old ones who gave birth to America
We’re the old ones who brought up the kids.
We baked the pies and milked the cows,
drove the tractors and fed the sows,
And we’re still doin’ it today.

We’re the old ones who love our America.
We’re the ones who always worked for peace.
We used our skills and tools
to build the churches and schools,
And we’re still doin’ it today.





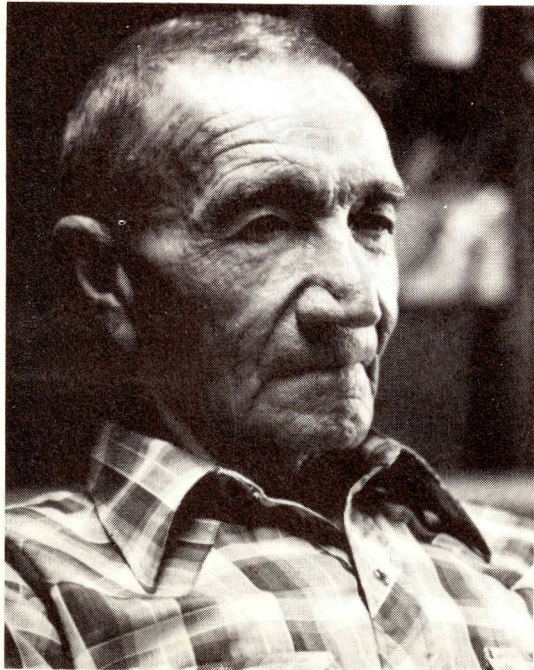
November 13, 1977

In the hundreds of miles traveled, the photographs made, and the people interviewed, we have learned a great deal about the elderly. Our senior citizens are as strong and independent as the mountains that surround them, yet they are sensitive and concerned about the world they live in. The elderly lead active, meaningful lives and have few reservations when voicing their opinions.

As photographers/interviewers we have been accepted into people's homes to share their lives. Often the people we talk with remember two world wars and the Great Depression and have lived more than three fourths of a century. Not only have historical interviews been collected, but we have been allowed to enter a realm of thoughts and emotions seldom shared with strangers. Interviews become poignant personal encounters when a man breaks down and cries about the death of his wife, or face to face someone grits their teeth and says, "Social Security is not enough. It takes everything, but I get by."

To be sixty or seventy or eighty is to have no more illusions about yourself or about life. For the elderly there is time to reflect, and time to contemplate. It's a time of reckoning with yourself, your values, and those dreams which started you off and running so many years ago.

As project directors we are proud that "The Years Ahead: Life for the Aging in Northwest Colorado" has been so well received. Oldtimers have shared their lives with us, and we look forward to sharing with them the programs and the seminars. With the combined efforts of our sponsoring organizations and humanities scholars, we now wish to return what was so graciously given to us.



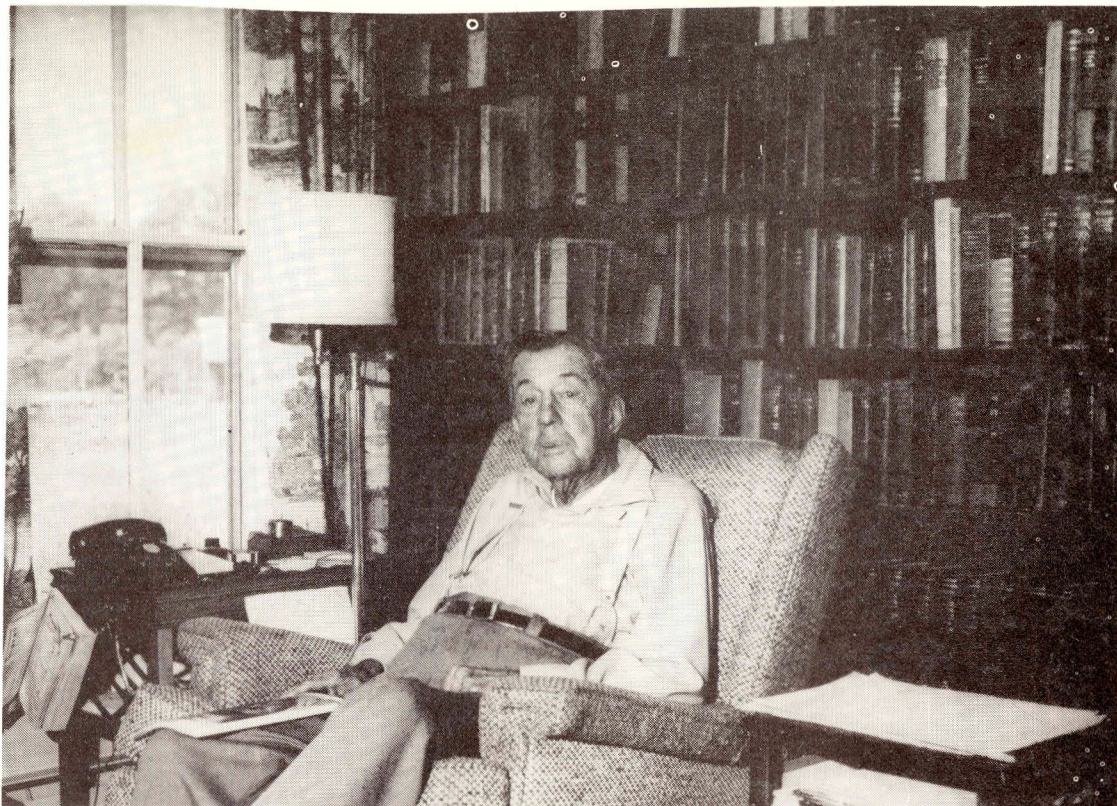
Sincerely,

Andrew Gulliford

Randall Teeuwen

Andrew Gulliford

Randall Teeuwen



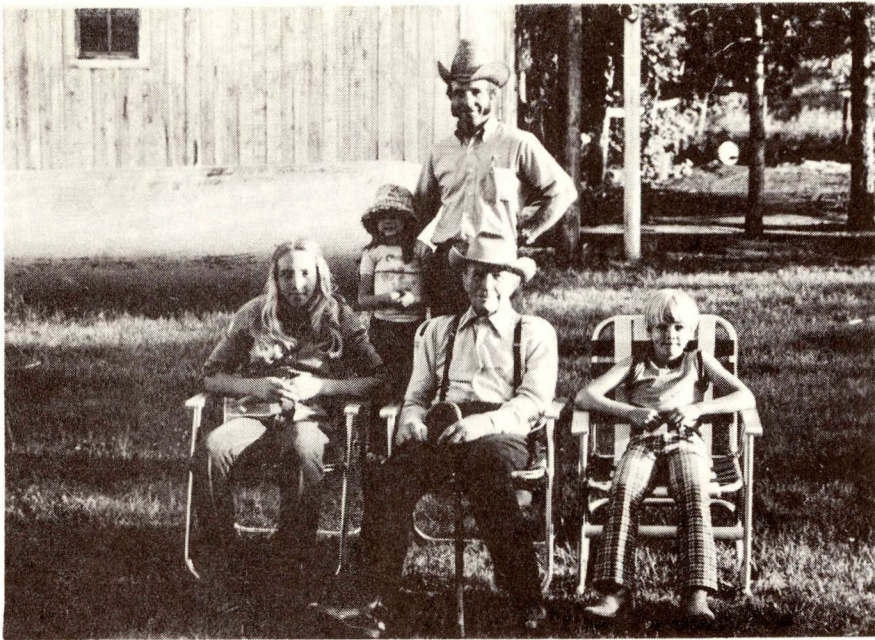
“Let us recognize ourselves in this old man or that old woman. It must be done if we are to take upon ourselves the entirety of our human state.”

Simone de Beauvoir

“Well, there is a significance in growing old because your perspective on life in general and your perspective on yourself changes radically. You just have to explain it by the process of aging. You don't think anything of the task or yourself when you're young. You're looking forward all the time and when

you get old, why, you look backward as much as you look forward. That gives you a different idea. Gives you a different value. Things that you thought were very important when you were young don't amount to a damn. And other things that you didn't think anything of when you were young now are very, very important.”

FR Carpenter, 91 yrs., Hayden



“Well, I’ve got six children, 13 grandchildren, 16 great grandchildren and one great, great, and that’s my life. My youngest is 50 year old. He called me the other day. “I’m 50 years old!” I said, “Isn’t that just too bad that you’re 50 years old.” I said, “Wait til you’re my age and then you can howl.” “I’ll never see that!” I said, “How do you know?” Nobody knows. Doesn’t the Bible say, “You know not the hour when the son of man cometh?” You bet it does.”

Lulu Englemann, 90 yrs., Craig

When I was younger I’d look at a man 35 or 40 and I’d say Jesus that man is getting old. I got up there and then I looked at a man 45 or 50 and I’d say Jesus that man is getting old. I got up there and then I looked at a man 70 or 75 and I’d say Jesus that man is getting old. Well now I’m up there at 65 or 70 and I say look at this man 90 and I say boy he’s getting pretty old.

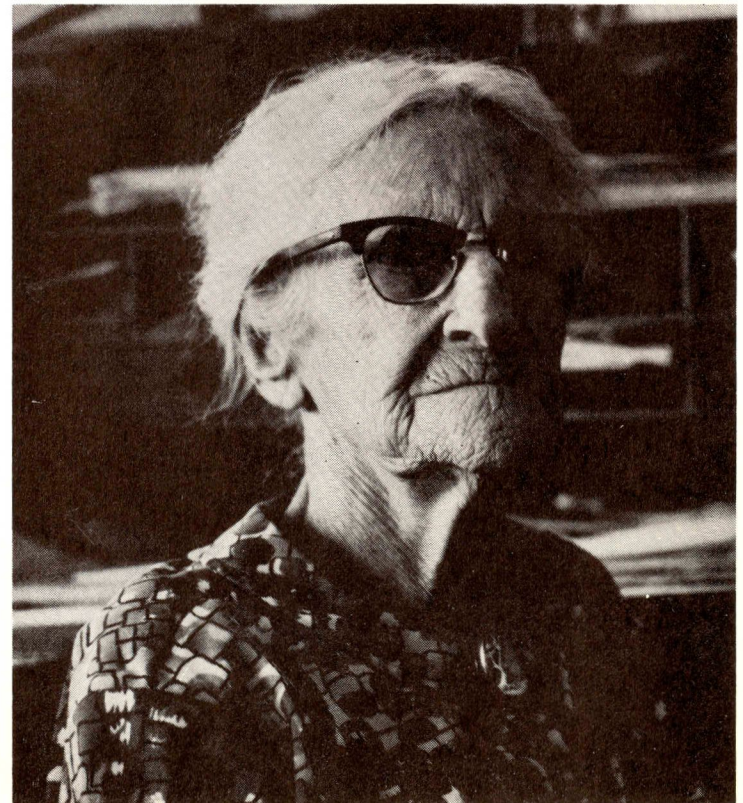
Willis Kenney, 74 yrs., Carbondale

“We have our own ideas and we have our little fights, yes. But we’ve never, in all the years we’ve been married, we’ve never gone to bed mad. Sometimes it’s a bawlin’, squallin’, cussin’ fight, but we’ve never gone to bed and had to get up the next morning mad about the same thing we went to bed about. And like my one sister says, “I know how I got every gray hair I’ve got on my head and I’m not ashamed of ‘em.”

Pat Brannan, 59 yrs., Maybell

Most of us are physically handicapped. We’re not as sharp as we used to be. We’ve had our dreams and fulfilled them. Whoever called them the Golden Years should be shot.

Mary Warrender, 66 yrs., New Castle



"My old partners and all, practically all the boys that I worked under - of course they were older than I was, most of them - they're all gone. Most of my classmates that I went to school with are gone. Everytime we bury one, or I go to the funeral, I just kind of feel like they're going away and leaving me. I don't know if I can describe it. It's just sort of a strange feeling. Maybe its the feeling that you yourself are getting closer to the rim. You're pretty close to the edge."

Deyoe Green, Silt



"The Bible gives you four score and ten years and that's supposed to be the end of the show. I've used it all with quite a bit on top. Old. . . well, that's just a natural process. It's something when you come into this world and you develop and grow up and there's a period of time where you're more or less at your best, supposed to be best mentally and physically, and then you start going downhill. Of course, you're getting old. It happens to every man. but sooner or later, some of them get older quicker than others. Their ideas are old and their thinking is older.

Mills Craig, Craig

"People give you a certain amount of respect that you wouldn't get if you were younger, just on account of your age. The age of people, particularly men, are divided into three classes: "young men," "middle-aged men," and "You're looking well." That's the third age. Everybody tells you that you're looking well. I suppose 9/10 of the people that I say how do you do to, they say, "Oh, you're looking well." Then I know I'm old."

FR Carpenter, 91 yrs., Hayden

Old-Timers Have the Know How

What is the process of aging like in Northwest Colorado? We're finding a diverse response to this and other questions as we meet with people on the project "The Years Ahead: Life for the Aging in Northwest Colorado." Comments and answers to many questions about aging have become the basis for the slide/tape presentations, discussions, and seminars in many communities.

There are many facts, and myths about aging here that leave us with many more questions. We propose no set answers, but ask your help in finding a better way to cope with aging. Many facets are being explored, such as economic conditions, housing, taxes, values, resources, and growth factors for older citizens.

The people who have lived and adapted to a rural environment and lifestyle have shown their hardiness, and in the process, have given many important contributions to our value structure including: strong pride, feelings of independence, devotion to the work ethic, and beliefs in the goodness of our fellow man.

We live in a former Ute Indian reservation. Many chicanos have lived here for years, and prominent among early settlers were Italians, Englishmen, Basques, and Germans. In contrast to the conveniences found in our towns along the highways, rural home and ranches have until recently been pioneer in their characteristics. Home electrification did not come to the Divide Creek area south of Silt until 1941.

How about contributions made, and new horizons explored right here?

The return of wood and coal stoves, has presented a problem---few know how to properly install and operate them. It is the "old timers" who have the know-how.

A man interviewed recently says that he's foot-loose, family free, and ready to serve with his special skills. He just returned from teaching diesel mechanics in Chile and is leaving for Libya. Without family ties he can be of help whenever and wherever he is needed.

The classroom furniture and imaginative play materials for a Montessori pre-school were sturdily and cheaply made by RSVP members.

Foster grandparents succeed in Grand Junction at the State Home and Training School.



One woman had a stroke and was unable to be on her feet for any time. Rather than spend her retirement money on a nursing home and a wheelchair, she bought a motorhome. With her grandson driving, they have explored all over the United States. They are alert, alive, sharing, and growing together.

Older citizens are providing a vital function in classes from preschool through college---sometimes as resource visitors, sometimes as volunteers, sometimes as students, and sometimes as instructors.

"Things to do for Single Senior" is a book put together by those who know first hand.

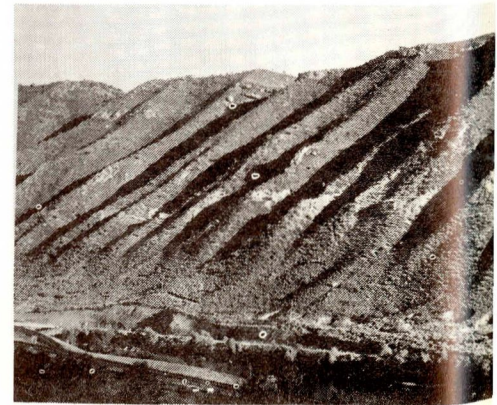
Personal history, "Roots", and autobiographies are springing up all over to help us know where we have come from.

"Gray Lady" volunteers have for years helped at the hospitals.

Recently, members of AARP held an unusual garage sale. They, (A) donated

the materials for the sale, (B) conducted the sale, (C) donated some of their own cash and, (D) donated the proceeds to needy college students.

A key executive of an international organization moved here for retirement. That organization has had the foresight to keep him on retainer. He works part-time for them so they can still benefit from his years of experience.



Many of the hardships experienced by immigrants and ethnic groups during the Depression on the 1930's have forged a will and a stamina where adaptation is the key to survival. Those who have successfully dealt with the drought and depression have much to share with us today in facing loss of loved ones, financial strains, retirement, and changes in morality.

Rapid changes are taking place in the world of the elderly, especially in this region of Colorado. The area has been deluged with an influx of energy-related industries like coal and oil shale. The tax structure has been altered drastically, and the prospects for a life of ease and luxury are fading rapidly. Housing, retirement income, and taxation are no longer commensurate with the lifestyles familiar to the elderly.

We can not fault those who have carefully planned for their retirement only to find that inflation and the rapidly changing area have destroyed their planning. In such critical times can people afford to retire? People can stretch a retirement income only so far. How far does Social Security go in today's economy? Is the energy boom and inflationary tax structure forcing people off the land? Where will all of the problems lead (or force) the elderly? Is the only solution a nursing home or starvation? How should society meet the needs of older people?

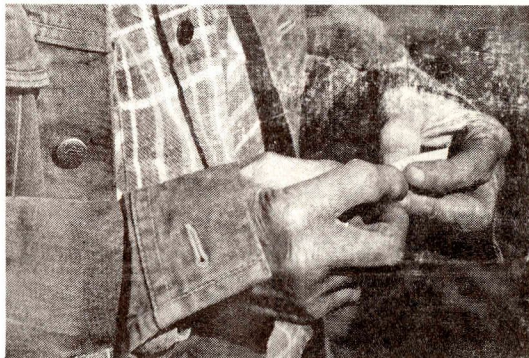
Many young people today speak longingly of living off the land and often have no idea of how to do it. Do they really know what they would be facing? Would those who have already lived off the land do it again? Young Americans are searching for the same basic values of past generations and they are turning to older Americans for answers.

The first era of the aged is coming to be. Partially as a result, society is

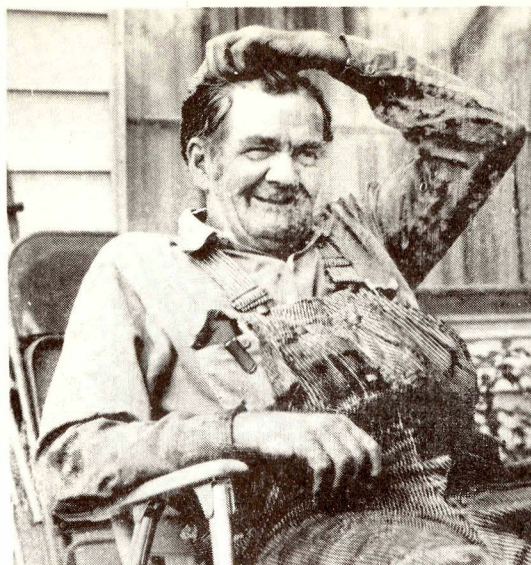
beginning to change how it views the aging process. We are beginning to value wisdom and experience. We now know how to keep memory intact and how to prolong life further and to allow for dignified death. In the near future, to be considered old will not be a time to be 'shelved.'

Both the challenge and the opportunity are present. It's the time of transition that is difficult. Will you join us in lending our best to helping with the future?

Gene Minor
Bob Whitehouse
Arnold Dollase
Colorado Mountain College



I think active involvements of various kinds are extremely important. If you simply shelve someone because he's no longer a part of the profit-making productive process, and you say therefore you're no longer useful to us. You turn them out to pasture and say you've lived out your usefulness to society. We've lost so much as a result of this. These people have so much to offer. In working with the Rocky Mountain Area Agency on Aging and the aging locally here in Rangely, I've learned that they have so much to offer.



There is concern on their part about getting involved in various ways, and they do if given the opportunity. Some of us that are younger think that we have to do for the elderly, that they're no longer capable of doing for themselves. This is totally untrue in most cases. They don't want us to do everything for them. I think that many of the ideas that senior citizens have about themselves are really conditioned by society. In a youth-oriented society we say youth is beautiful, and we have all the cosmetics and emphasis on youth. If your hair begins to gray use Grecian Formula. Don't convey to people the idea that you're growing old, because there's something wrong with that. What older people feel about themselves is to a large extent conditioned by a youth-oriented society.

There's an accumulated wisdom here, a reservoir of wisdom, which has in our society remained largely untapped. It's about time that we recognize this and begin to appreciate what senior citizens can do if given the opportunity to do so. We are seeing an awakening on the part of youth, a response to this idea that yes, here is a resource that remains largely untapped. I can see that in my

work with college students. I can see it in my own youngsters--a greater appreciation of what senior citizens can offer. We need to try to understand the aging process. So many things that have been accepted in our society for so long have been proven to be myths. One of the problems is that we have separated senior citizens from the rest of society. We've set them apart and said you've lived out your usefulness now, and no longer is there any need for your input. Until we overcome that we're missing the most valuable untapped human resource that we have available to us. As we begin to better understand who they are and what they have to offer, then through our response to the elderly we will see them become more responsive, more active, more involved. That's a two-way street. Youth has to understand the older individuals and they in turn have to recognize that youth has an important place in society. It doesn't have to be one or the other. Together we can create a better society.

Bob Dey, Colorado Northwestern Community College



Our Rich Heritage



In the olden days we had to dry everything. We dried the meat, we dried vegetables, chiles, peas, beans, everything green we used to dry. This is the way we did it, to store it for wintertime. Our soap, we used to make our soap too. The root of the yucca, we call it amole, and you get that and you smash it really good and put it in a tub of water. It would make all these beautiful suds and you can wash your hair in it. This is what we used to do because we didn't have the money. God gave us things so that we could survive if we really know how to use them. In drying the food, washing with the plant root, a lot of things, medicine, that is a part of our culture. We used a lot of herbs. We didn't run to a doctor. In fact, we didn't have a doctor where I was raised. So we gathered herbs we knew were good from our ancestors, they knew what was good. This is the way we took care of ourselves. Now nobody knows.

Juanita Ulibarri, Grand Junction

I farmed a 110 acres and never had a tractor on the place, just five head of good workhorses.

Anybody that was farming, thirty, forty acres could farm it so damn much cheaper with stock. It'd take you three head of horses to do it. If that's all you had that's all you'd need around. Stack your hay instead of bailing it. Get you an old buckrake and you ain't out no money to speak of--just a man to stack it, you know.

You go out here and you buy a tractor, and it would cost you a lot of money. A good tractor would cost you a pile of money, and you've got too much money invested for just sitting around doing nothing most of the time. Pretty quick when you do do it, but hell all you've got to do is do it yourself anyway so just take a little longer and it won't cost you nothin'.

Everybody used to laugh about it and talk about it up there on that creek. Those damn fellas that do it all with horses, they're the first ones through and going to help everyone else finish up!

Anymore it's a good thing that they got machines because it's a lost art. Driving a team is just like driving a car or anything else. If you can't do it right you just better not do it. It's a damn lost thing anymore, there's so many people if they went out to work these horses the damn horses wouldn't work for them because the horses know more than they do.



“We Accept Great Things, And Move On Too Quickly”

“It was a very nice feeling when you knew everybody you were dealing with and didn't hesitate to give anybody credit. Anytime there was sickness or tragedy in the community a town without a doctor had a druggist which was the nearest thing. You became a very vital link in the community.

During the Depression we took care of our customers whose income was their cream check. An average five gallon can of cream brought from \$1.39 to \$1.56 and that was their spending money. They bought their groceries, kids' shoes, and medicines all out of that. I've said, 'Johnny has a cold and a cough.' So I'd put out five cents worth of epsom salts in a paper sack, and I'd give them some turpentine. I would probably charge them five cents---maybe ten cents, but it was a ten cent bottle. We went behind every day, but in either store we never turned anybody away without medicine.

That's how you get close to your community. It's doing for somebody else and they were doing for us. The good times don't make you friends; we're at the height of that right now. Nobody needs to be beholden to anybody. But if there comes another depression, it takes the whole community to pull everybody through.

Doris Flynn, 81 yrs., New Castle



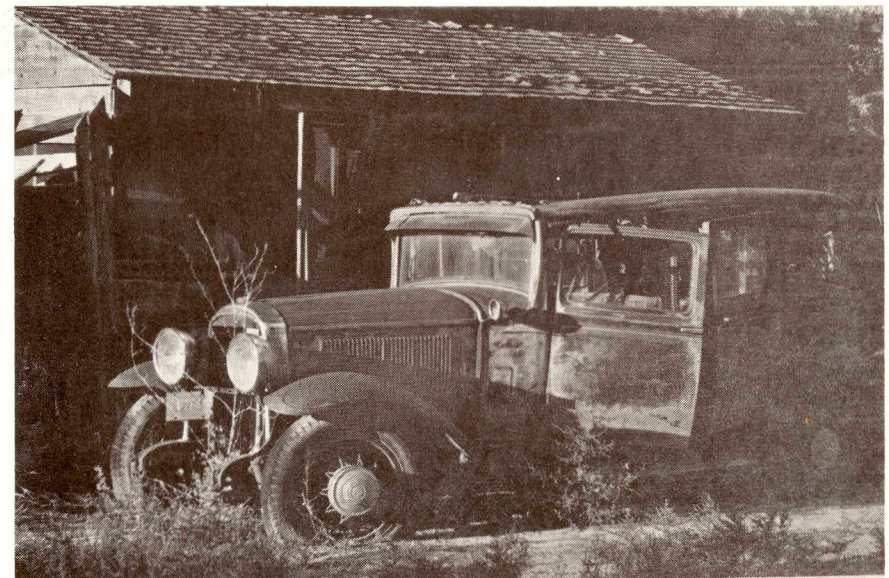
“I taught through the depression, and we had to help each other. That is one of the things that we have lost, because during the depression we did help each other all the time. Anybody that I ever did anything for did much more for me in many ways. I have always said that I cast my bread upon the waters and it came back cake. Forty years later a man came to do a day's job for me and said with a twinkle in his eye, 'No, I won't take money from you. I remember what you did for us once.' 'Oh!' I said. 'That was forty years ago and you've restored my faith in human nature, but you have to take this money for the work you did.' I wonder if we'd do that again if we had a depression.”

Esmá Lewis, Silt
Retired at the age of 80
after teaching for sixty years.

There was time. Time to be alone. I hear kids today saying I've got to find out who I am. That never occurred to us. We knew who we were. If you wanted to just sit and watch the birds, or listen to the wind in the trees or the wheat wave---you could. Children don't have that opportunity now. We had a greater sense of values. Maybe it was from part of the church, the home, and the school. I think there was time and space on the farm that became part of us.

The thrill of Lindbergh was fantastic. All of us just couldn't take it all in. It was almost too much for us to understand. I think I've lived in one of the most wonderful eras of all time. Like going to the moon. We knew they couldn't do it---that was impossible. The moon was made of green cheese; everybody knew that. So when Neil Armstrong stepped on the moon we thought our hearts would burst!

Mary Warrender, New Castle



Retirement For Senior Citizens

"I was ready to retire when the time come. I never missed the job one bit when I retired because of my (other) interests. If i drop one interest I pick up something else. I can always figure out something to do. I reverted back to the horse game. Working with stock. I knew kind of what I was doing. I rode race horses and worked with them years ago. I'm luck that I am that active, and ftraveling the horse circuit and working with them helps to keep it that way. It's not too strenous.

"Well I'll tell you what I really think. If when I retired, if I'd went home and sat down and quit, I'd have been dead 10 years ago. That's just the way I feel about it. And so many of them I've seen do that. And after they retire, they don't last four or five years, if you don't keep active. As long as they keep active, keep going, and I think that's what keeps them going, is keeping them doing something."

Willis Kenney, 74 yrs., Carbondale

I'm retired and 75 years old in forced retirement. Nobody wants to hire your when your're that old you know. They just kick you out and let you go. You're just too darned old. They don't want you. After your reach 65 there's no taxes until you make \$3,000. I don't see how alot of these old people even get by, especially when they draw \$159.20 a month social security. Alot of people can't even eat on that. I'm not hurting, but I could always use a little more money. I can't savy how alot of these old folks in town are getting by. And they own their own property, too. I'm just getting by, let me put it that way.

Leonard Montgomery, 75 yrs., Craig

"You give up something that you have to work for all the time and that's really what keeps people going. I've seen too many people retire and they just kind of go to pieces. Well, it's a natural thing. If what keeps you going is your interest in something and if your interest contracts until all you think about is what you're gonna have to eat and when you're gonna sleep and who's gonna call on you, and those things are non-consequential, and pretty soon you're living in a contracted little world and you lose a desire to live, If you got to work to make your living, well that keeps you on the treadmill, you know. If I let up here, in a little while, we wouldn't be able to pay for our groceries here. I've gotta keep this going."

FR Carpenter, Hayden



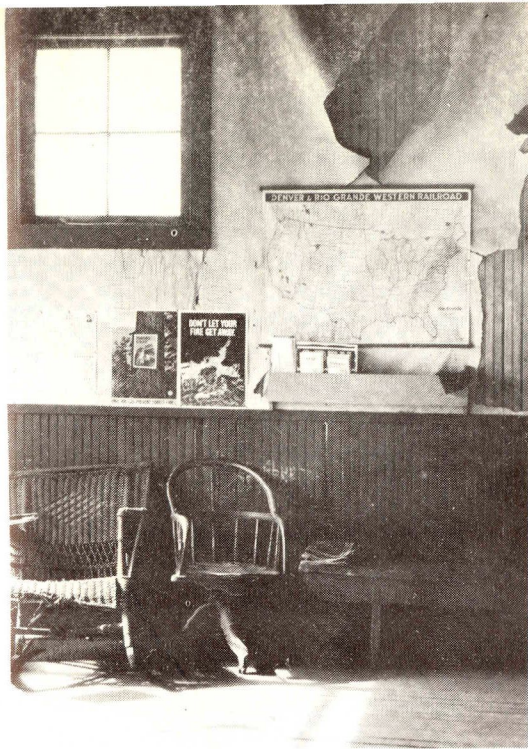
Retirement in many occupations is now mandatory in the United States, but those laws may soon be changed, Senior citizens would rather work than retire. They would rather wear out than rust out from inactivity.

My husband is retired and I'm retired. We've had bigger places, and I wanted a smaller one. I wanted to be with people. I'm tired of living where I had no neighbors. I wanted some place where I knew people and I could associate with them. Get out with my own age. When you get old you can't mow your lawn. You gotta have somebody chop your weeds. You gotta have somebody come in and do this and do that and you can't afford it. Not on a fixed income. There's no way that older people can live that way.

He got tired of mowing lawns, and I got tired of watering flowers. We had a house in Rifle and it was on a hillside and we had a little lot. I imagine it was 50 by 50 and I couldn't keep that up. So we sold the house and bought us a trailer. We thought we had it made then. Well by the time you pay your taxes on the trailer and license and pay trailer rent, that's more than we pay here (Sunset Meadows). Plus you had your lights and gas extra out of that.

I'm 62 and he's 67. We pay \$95 a month and that's it for the two of us. Anything goes wrong---they fix it!

Beula Miller, 62 yrs., Sunset Manor, Craig



A GROWING MINORITY

Currently numbering some twenty million, Americans aged 65 and over make up nearly one-tenth of the U.S. population, and their ranks have been expanding far more rapidly than the nation's population as a whole. Since 1940, the total number of Americans has increased by one-half, but the number of people 65 and over has doubled; those over 75 are three times as numerous as they were thirty years ago. With birth rates declining and expected to continue doing so, the aged will likely constitute an ever larger proportion of the population for decades to come.

GEOGRAPHY

In recent decades there have been sizable migrations of the aged to sun-belt Southern and Western states. Florida's over-65 population is now approaching one million and accounts for 15 per cent of the state's residents. California can count 1.8 million elderly, a large proportion of them recent arrivals. But while some of the more adventuresome and affluent aged have struck out for milder regions, the old as a whole have proven to be the least mobile major grouping in an intensely mobile society. Many areas in the country are being deserted by the young, the aged are being left behind. New York City's white population, for instance, is growing progressively older. A full 17 per cent of this population is now over 65. In many neighborhoods the proportion of elderly tops 20 per cent.

"I retired at an age when I didn't want to because I worked all my life. I worked ever since I got out of high school. I worked for an insurance company when I first got out and I worked for lawyers and, well, all the time up until I went to work for the court when he did and then I had to retire when I was 70 because, I don't know why, my age, I guess. Cause I could do the job just as easily now as I could when I first took it. And I don't like being retired. I don't like women's clubs. I don't like anything like that. I'd rather be working. Especially I don't like keeping house. But I'll never get a job again, I know. I hate staying at home. It just drives me crazy."

Mrs. George Martin, Dinosaur

We would like to grow old gracefully, but there are some who fight their heads terribly with it and are discontent because they can no longer be self-supporting on just their income. I think elderly people, if they do have some interests in life, I think they should be able to cultivate those interests and make a little money. I feel strongly about that. I think it's wrong that they are supposed to sit around and wait to die.

Once they are on welfare or social services, they don't allow you any outside income at all. If a person has interests that could bring in a little income on the side, they are not allowed to cultivate these. Basically it's saying sit down and do nothing. It's hard on those people who have worked all their lives, and it's really not fair.

Carol Green, Public Health Nurse, Elk Springs

"If you associate enough with older people who do enjoy their lives, who are not stored away in any golden ghettos, you will gain a sense of continuity and of the possibilities for a full life."

Margaret Mead



Saturday Review, April 8, 1972

What It Means To Be Older

"Aging is like being in an airplane in a wind. You're there so you ride it out."

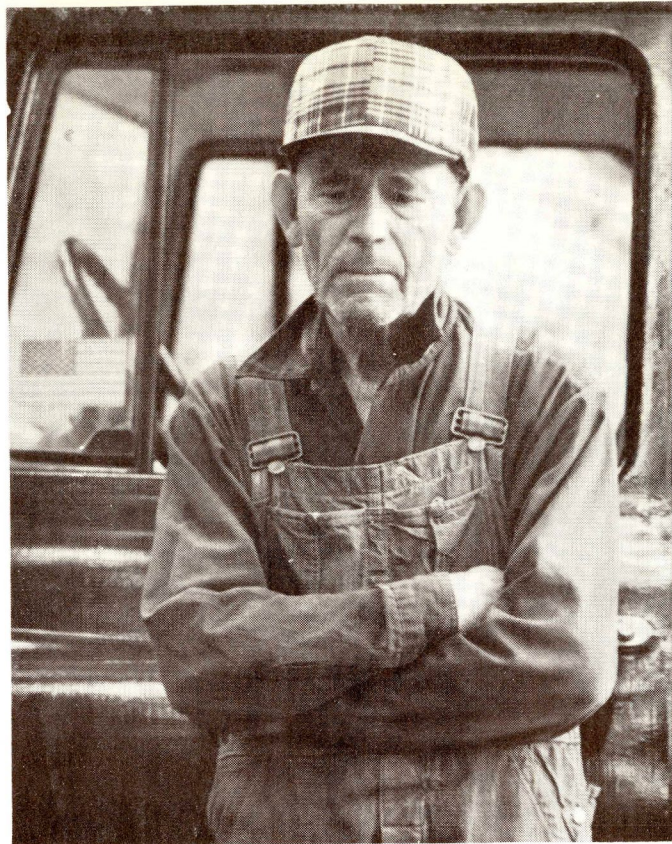
Golda Meir at 75 yrs.

"It's as though walking down an avenue as a fairly young person I was suddenly kidnapped, rushed into a theatre and made to don the gray hair, the wrinkles and other attributes of age and then reeled on stage. Behind the appearance of age, I am the same person with the same thoughts as when I was young."

J. B. Priestley

Now when the wife was alive and everything, we had people coming down here all the time. Friends and relatives. After she died nobody comes here. They dropped me like. . . After you're married and you live together as long as my wife and I, we got married in 1930 and she died in 1973. Count the years we were together. That's a long time you know and you know each other pretty well. My wife was always active, until about three years before she died. She'd get on a horse and ride with me all day long. She'd get out here in the hay field with me and work right along beside me. Of course she was always here. Boy! When you've lived with somebody like that for so many years, it's rough when suddenly they're gone. Your whole world just falls apart.

Elmer Burrows, 71 yrs., Burns



"There is no way you can share a husband's death with your children, at least for me there wasn't. I think you'll understand maybe in a few years what I mean. You'll know that there's a sense of loss that you can't convey to somebody else. And then a child's loss is different than a wife's loss. When you lose your husband, then you suddenly say 'Who am I? What do I want? Do I want to live in an apartment surrounded by older people? Do I want to continue to live over here and start a new life of my own, find out what it would be like to live on the western slope?' For me, it was like I felt hollow. There was just a shell. We had gone to school together since the time we were in second grade and known each other always, and it was just me, part of me, that was gone. I had to go back. I really had to go back and find out who I was, what I could do, what did I like, what did I want? He had been sick for a number of years and I tried to always do what he wanted to do. What foods he likes. Let's do the things that were most comfortable for him. And I really hadn't probably in a long time just stopped and said, 'Well, what would I like to do?'"

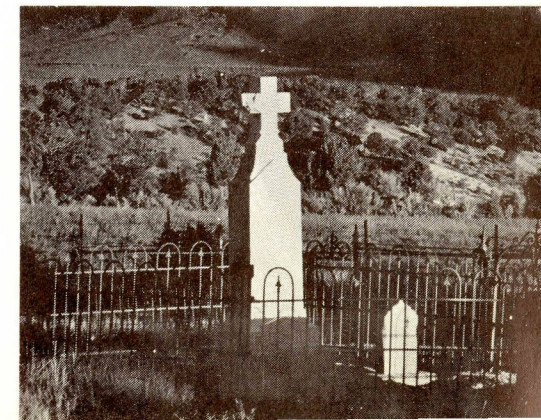
Mary Warrender, New Castle

"As long as I'm able to keep my home going I want to be by myself. I'm just that independent. I like to get up when I get ready and fix my meal. I'm usually up and pattering around here at six o'clock in the morning. Whereas other people stay and rest until eight o'clock. I think if I can go out and work in the garden while it's cool then if I have some time I lounge around in the afternoon.

When you creep up to 83 you know that a good many of your friends and loved ones have already gone. Just understand that that's the way of life. We all have to come to the place when we see our loved ones are ill and we have to say 'not my will, but thine, be done.' They are suffering, we know they can't get well. God knows best. We have to learn to accept things and go on as we can.

While we were young we were just ambitious and doing things and keeping our homes going. Now our families have finished school and are by themselves and we have to look forward to go on to our reward. I hope the time will come when we'll all be up there together, and I hope that Chester and the three boys are a busy building a little mansion up there for us. I don't want a big, big mansion, just a little home where we call all be together."

Nellie Johnson, Craig



"I don't smoke, I don't drink, and I don't chase women, they just chase me. I dance, play the fiddle, play the guitar and the piano and do a little on the mouth harp. And I sing awhile, I stomp my foot. Music keeps you young and your bones a kickin'. It's the best exercise for anybody. A rockin' chair will kill ya. I'm 73 and going strong, and intend on goin' strong from here on out. I'm goin' to dance tomorrow night and fiddle too! There's no better life than on the farm. If the sun shines and it don't storm and flood us away we'll still be here in twenty five years from now."

Frank Miles, 73 yrs., Oak Creek

"Carrots, potatoes, right out of the garden. That's the best medicine you can eat. A whole lot better than what you get at the supermarket. We're not buying that stuff; we're harvesting it ourselves. I think that the young people should know more about agriculture. How many people really know how to grow a potato?"

Melvin Branson, 76, Plateau Creek

"I wouldn't give you two bits for a fishing pole or none of that baloney. We got a place down there and we cut hay. We have a beautiful stream and everything. I never bother with it. Tony, my son, likes to go there. But I never see no thrill at driving 500 miles and letting mosquitos eat you alive and the bugs and everything. Bugs'll eat us here. We don't have to go that far to get eat by the bugs and flies. We got a good bunch of 'em here that eat ya."

Joe Clare, Meeker

"I'm a better man than I used to be. It doesn't take me all day to put in a day anymore. I work by the hour, and if I get too tired I can just come back tomorrow, but if I have a job that takes eight hours or ten I'll just go on and do it. I want to work until I'm a 100, and live until I'm a 108. Then I want to die. I believe that's long enough to live, don't you?"

Jim Farris, 72 yrs., Silt

"For age is opportunity no less than youth itself, though in another dress
And as the evening twilight fades away
the sky is filled with stars, invisible by day."

Longfellow



"There is many a good tune played on
an old fiddle."

Country Saying

Caring For the Aging

They set our rate as to what it costs us. It's \$18.41 a day which is a little ridiculous because you can't stay in a motel for that. So here they get their meals, their laundry, around the clock nursing service---all these things for \$18.41 a day. The government gets a ceiling so no matter what it costs you to operate you can't charge over a certain amount. So it's a real tight budget.

I think that every person should have the right to die, and I think it's gonna come to the point where people are going to sign papers to that effect. More and more we have it here and we have the signatures to not use any extra measures.

This little guy that sits out here and works the jigsaw puzzles was real ill about six months ago, and he had just stayed there at that table. He wanted to know why he couldn't die. Because you haven't got your jigsaw puzzle done I told him.

Mrs. Alta Blackmore, Director, E. Dene Moore Nursing Home, Rifle



I think people are afraid of getting old. Really afraid of dying and stuff. You see a lot of that around here. You have to be strong to cope with stuff like that. You work with them day after day and one day you come and they're not here. It's just part of life, I guess. You go to the hospital and see a baby born and you come over here and see somebody die the next day. Just like that.

I've never had any grandparents and my father died when I was young. So they're grandparents that I've always wanted but I never had. I think we have a really nice nursing home, and we really need them. A lot of their families never come up to see them and we see them from day to day you know. So we're what they live for. They really rely on us and they always say, "Will you be here tomorrow?" Loneliness is something on their face. You can tell. It's just kind of a pain. . .

Pam Hine, Nurses Aid, E. Dene Moore Nursing Home, Rifle

"If there is a separation of old people from family life, there is tragedy for both young and old."

Margaret Meade

"It is the Mexican-American way of belief that we should take care of our grandmas and grandpas and mothers and fathers, take care of them to the last day. We don't believe in taking them to the nursing homes, most of our people keep the elders at home until the very end. That's one thing I'm proud of my people. My grandmother to my mother, heritage, I guess you call it. My mother left it to me and I hope that I am leaving this belief to my children too.

Juanita Ulibarri, 65 yrs., Grand Junction



The thing that has affected the status of older people more than anything else was welfare and old age pensions and things like that. As I grew up, the older people were members of the family circle. They lived with you. If you had a grandmother that was a widow, she lived with you. The children grew up at her knee and she had all the time that she could devote to them, more than the busy mother could. She was an honored member of the family. Nobody would have thought of not having them. When we began putting out the relief and pensions, people thought it would be wonderful. But the pension didn't cover as much as you thought it would cover. Nobody had time for them anymore. The older generation has been crowded out of the homes of the younger ones.

Doris Flynn, New Castle



Ill-health almost invariably accompanies old age. Although they make up only one-tenth of the population, the elderly accounted for nearly one-quarter of the \$50-billion spent in 1970 on health care in the United States and for one-quarter of hospital usage. When older people enter hospitals, it has been computed, they are likely to stay for a longer time - an average of fifteen days per visit compared to only six days for the strongest and healthiest adults, persons aged 25 to 34.

Dial-A-Ride Bus Service is available to elderly who use the service enthusiastically. For the first time, seniors without cars have mobility without asking neighbors for continued assistance. An older man in Rifle, pushing 90, was losing contact with his 70-year-old son in Silt. Now through the Traveler bus service, they can see each other weekly. Similarly, a Rifle resident may now visit her husband at the Veterans' Hospital in Grand Junction at least once a month. For information on the Dial-A-Ride Service, as well as scheduled bus service through all of Northwest Colorado (including Meeker, Craig, Steamboat Springs, Grand Junction, Rifle, Glenwood Springs, Aspen, Carbondale, etc.), contact your local Information and Referral Service.

HOME HEALTH CARE - - Support services are available to enable seniors to stay in their own homes if they are ill. Home health care is provided to Medicare patients by doctor's orders through Clagett Memorial Hospital. It is the only hospital-based home health service in Colorado. Similar services are provided by the Aspen Valley Visiting Nurse Association and the Home Health Agency branch of county health departments. Physical therapists may be provided as well as home health aides for preparing meals, bathing, light housework, and taking trips to the doctor and grocery store. Nursing care includes changing dressings, taking blood pressures, and giving injections. Physical therapists can provide needed exercise for broken bones that are healing and for stroke patients. A new dimension in home health care is providing support services for critically ill patients who wish to die at home.

WELL-OLDSTERS CLINIC - - A screening clinic for elderly who might have medical problems is being successfully run in Rifle, Montrose, Rangely and Grand Junction. Services provided include: taking blood pressure and pulse, lung tests, blood tests for anemia (those elderly low on iron), urine samples for a diabetic count and nutritional weight control. The clinic promotes well health and refers the elderly to their doctor if a need arises. Oldsters get together to talk and share feelings, and a yearly physical is encouraged. Medical records on disease history, operations and use of medications is kept for instant referral. Blood pressure tests at organizational meetings is also provided along with hearing tests. Home visits for post-operative assistance and other nursing skills is another service, especially in Mesa County which has its own county physician.

RSVP - - The Retired Senior Volunteer Program focuses on the needs and interests of older persons serving as Senior Volunteers. The intent is to provide older persons opportunities to give of themselves in order that they may continue to be productive, needed persons in society. Meaningful opportunities for volunteers enables them to participate more fully in the life of their community. Throughout Northwest Colorado, RSVP is an active, vital link among the elderly.

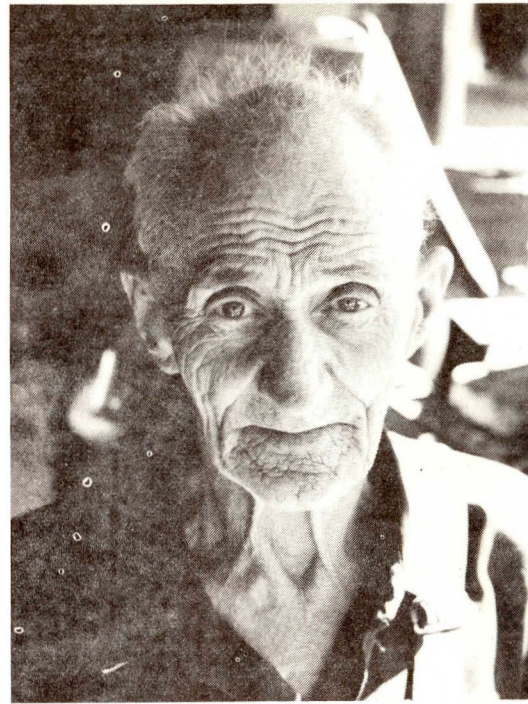
Nutrition Centers are open and serving Senior Citizens in Glenwood Springs, Rifle, Steamboat Springs, Craig and Kremmling. There are eight nutrition centers in the Grand Junction area.

Finances and the Elderly

I'll say one thing. I'm not knocking social security or this old age pension, but if I had to pay rent and utilities and everything why I couldn't make it on what I draw.

My biggest problem is money. I have to pay taxes on this place, and this year taxes on this five acres doubled. That's comin' up, and my electricity, but here I have always burnt wood and coal. I'm kind of old-fashioned that way. But I can't buy coal this fall because, you see I have to buy it down at the mines in Oak Creek and have it hauled up here. It's a long trip to pay. It's about sixty miles. But they tell me that coal this fall right at the mine is going to be \$35 a ton, then hauling it would come to \$45. A full winter here takes seven tons. So I can't afford coal this winter on my limited income. So I have to haul in wood. That way I get by. There ain't anything extra, it takes everything, but then I get by.

Elmer Burrows, 71 yrs., Burns

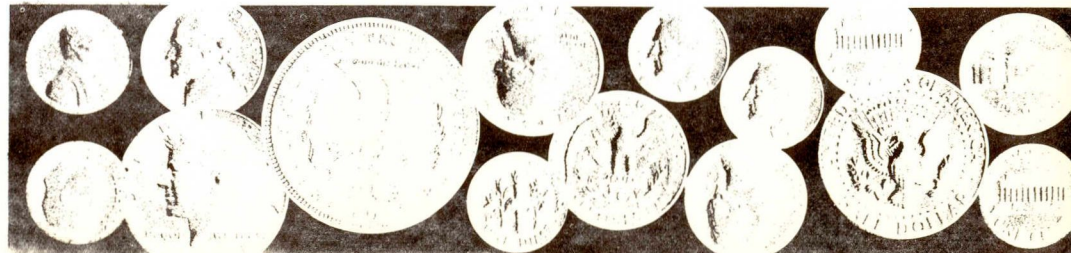
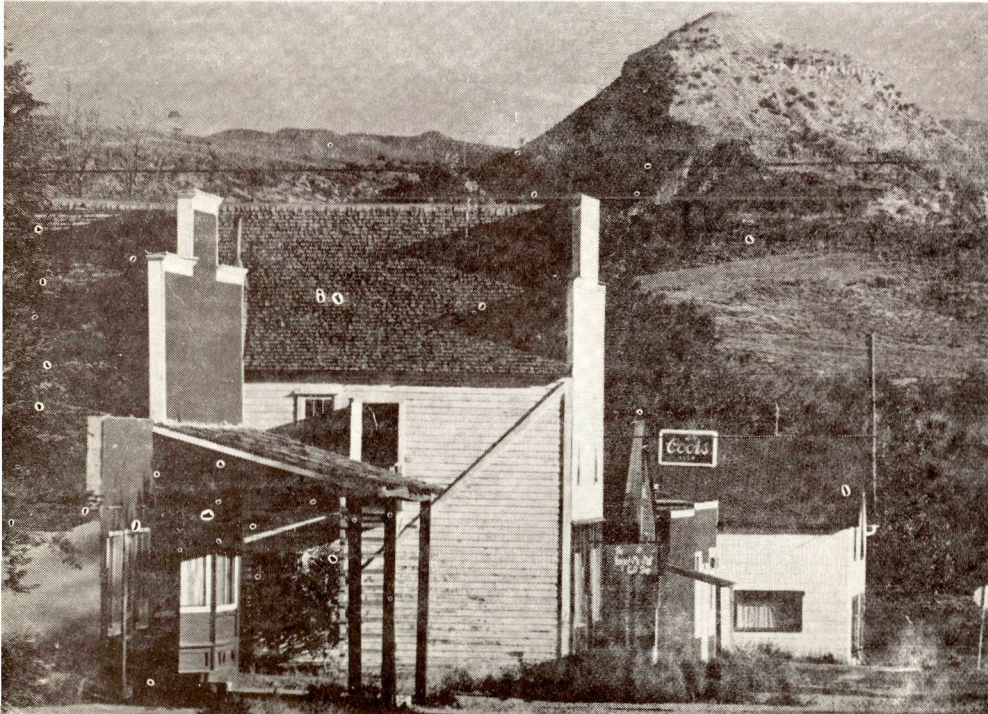


"I think your elderly in your small rural towns are a different class of elderly than your city elderly. They all went through the depression at the same time, but yet the people who lived on the farms had a different attitude. They made their living with their hands and their backs and they're very independent people. I think they're just different, the rural America and the city America. Five years ago they didn't see the need of the housing until this impact started and then the elderly were caught right in the middle. People were raising the prices of rent and the elderly just couldn't afford it. Plus the fact that even people who own their own homes, the high cost of utilities have made it almost impossible for them to keep their homes. The government set the market value on a one bedroom apartment. It's \$236 per apartment. Well if an elderly person's income is \$200 a month and they have no assets whatsoever, they pay 1/4 of their income per month in rent, so that would be \$50 a month. Well, then the government would come up and subsidize that apartment to their income and assets. If they make over \$6,700 a year total income plus 10 percent of all assets, then they are ineligible to move into this project. It is for low income elderly."

"Out of sight, out of mind is perhaps the most succinct description of the workings of institutional and individual forces on the elderly. More and more they are separated from the rest of society by a kind of geriatric segregation as consumers, residents, relatives, victims, and other roles which they choose or are compelled to choose."

Ralph Nader

Martha Navakovick, Director, Sunset Manor, Craig



The U.S. Census Bureau has reported that more than 18,000 couples over 65 listed themselves as unmarried and living together. The aged are increasingly pairing off in long term affairs. For some it is a way to preserve maximum social security benefits and "Widow's Benefits." For others it is a way of sharing chores and alleviating loneliness.

FROM A LOUIS HARRIS POLL:

"It is fair to conclude that senior citizens in the U.S. today feel they are simply not used by society as they ought to be. Nearly four in ten of all people over 65 would like to be actively engaged in work, either for pay or for free, which allows them to contribute to the mainstream of American society."

A lot of seniors don't seek medical attention because they don't have the money to pay for it. Medicare, Medicaid, pays within limits, but people don't feel they can pay the deductible part so they don't seek medical help. Others I have been in their homes in the winter when I was actually cold in there. In fact, I've had people tell me that their heating costs were so high that they kept their heat turned down, and put on more clothes. Maybe they're just right in fact, but it's kind of sad in a way. Older people usually need more warmth.

Carol Green, Public Health Nurse,
Elk Springs

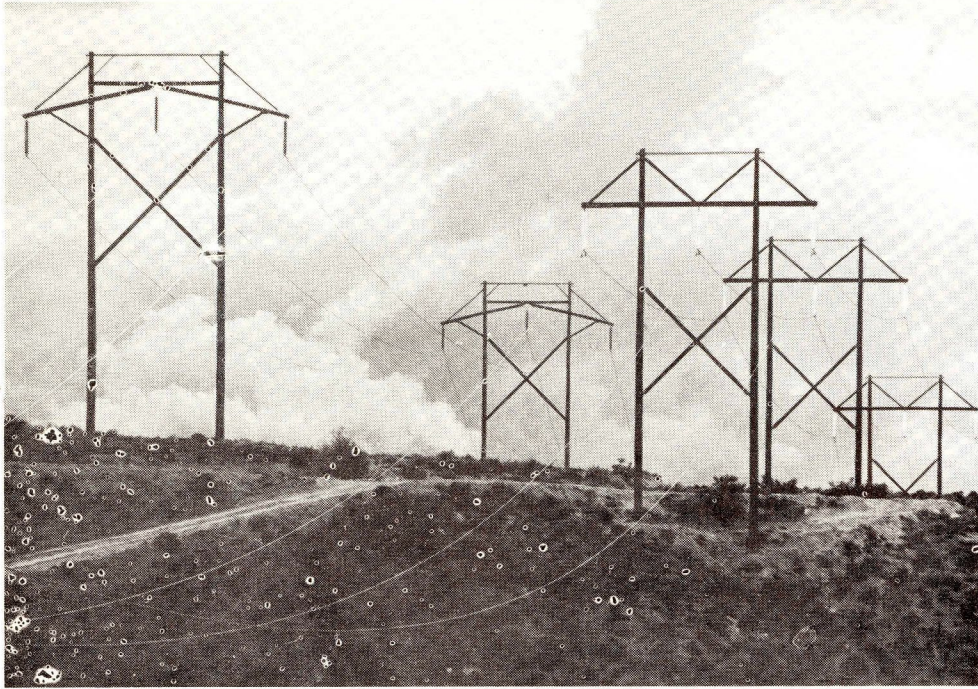


Income statistics for the aged from the 1970 census have not yet been collated and released, but those of the previous census showed the aged to be one of the most sizable segments of the nation's poor. The aged accounted, in fact, for fully one-third of the country's poorest families and for nearly one-half of the poorest one-person households. More than half of the 6.1 million families headed by a person 65 or older had incomes of less than \$3,000. Of the 3.6 million aged living alone, nearly half had incomes of less than \$1,000. The federal government once estimated that a retired couple needed between \$2,700 and \$3,400 a year, depending on location, to live modestly, meaning they could afford six eggs per week, fifteen meals in restaurants a year, and one new overcoat every nine years. The estimate and its uninflated dollar figures are thirteen years old, but even its very modest standards cannot be met by today's elderly.

Despite the massive amounts of public money being paid to and for the elderly - at least \$40-billion by the federal government alone - the old as a group survive in exceedingly precarious financial straits. Social Security, the financial bedrock for the nation's aged, provides only \$2,500 a year for the average retired couple - below the modest minimum standard of thirteen years ago. And while private pension plans are a growing part of old-age security, not more than a quarter of the elderly population is expected to be receiving benefits from such plans by the mid-1970s. The federal government, through Medicare and Medicaid programs, has diminished the threat of huge medical bills. Nonetheless, somewhere between \$5- and \$7-billion in medical outlays by the aged still comes from other sources, including the aged's own meagerly filled pocketbooks. The social insecurity of the aged gives rise to an unsettling paradox in American life. A growing variety of social and economic pressures are being applied to have the elderly retire from the labor market. But literally millions of the aged must, and do, continue to hold jobs - more than a quarter of those over 65 are still working full or part time - if they are to avoid ending their lives in severe poverty.

Saturday Review, April 8, 1972

Development in Northwest Colorado



“We came out here for the peace and quiet and no pollution, and it just seems like we’re walking right into it again. It would be nice if you knew that all the people who were going to move in here would be law-abiding citizens, but you know that isn’t going to happen. Some lady from Craig was telling me that for every two nice people they get in there they get four or five who are bad. The crime rate is going up here.

There are old people here in town that go away and leave their doors unlocked, leave their keys in the car because this is their way of life. They always left their homes open when they were on ranches for anybody that needed anything. They never had to worry about anything being stolen. And it’s going to be a very hard lesson for them to learn.”

Geraldine Short, Meeker

A great many people are coming here because of the things that we had, and they’re destroying the very thing they’re coming to enjoy by overpopulation. As more and more people come to live along the creeks there’s no fishing and there’s no place to go on a picnic. You can’t have a cabin anywhere. You can’t hardly pitch a tent until you get clear up on top, and it won’t be long before they won’t let you do that. Too many people for the amount of productive land. To live off the land you have to have crops as well as wild game. The wild game is getting very scarce. The cattlemen are being cut down on what cattle they can put on the forest. As I say, we’re just destroying it.

Doris, Flynn, New Castle

When I was younger there, punching cows or chasing wild horses, we used to run wild horses on that country where the Rangely Oil Field didn’t have a rig in the county. You could have bought the whole thing for a song. The first development was the Rangely Oil Field, and of course that made Rangely boom and made a small town out of it. It was just about a store, a post office and a saloon when I first started out.

Now the oil shale, they first started talking that in 1920-21 and every few years there’s a big to do about it, thinking the oil shale’s gonna boom you know. I think it’ll be another ten years before it does. What’ll happen I think is they’ll put in another pilot plant before they get it where it’s economical enough to go ahead and open up. That’s the way I look at it, and then they may not then, because by that time we’re liable to have another energy supply. Of course they’re passing up the biggest energy supply we’ve got---your solar energy There’s a big free supply and inexhaustible. They don’t put enough effort into that stuff, in my estimation.

Willis Kenny, 74 yrs., Carbondale

“... an awful job for us to get coal to burn here in our house to keep us warm. Of all the millions of tons they’re hauling out of here, they won’t sell it to individual or local people. It’s all under contract going somewheres. Some big operation and, well, I kind of think that today, here, you ought to have enough to keep warm with anyhow. I had to go clear in above Oak Creek to get coal for fuel for our stove for the winter. And as far as livestock operators are concerned here, all these people that they’re bringing in and all the big wages and all, it’s not gonna do us much good. In fact, it’s more of a detriment to the rancher.

People come out in the country and I don’t blame them for wanting to get out in the country. I like it out here, too, but they run across your land, they disrupt your livestock. They won’t leave them alone. Whether they know they’re doing something wrong or whether they don’t, I don’t know, but still, it happens. You disrupt the livestock and they don’t do as well and that comes back to our pocketbook.”

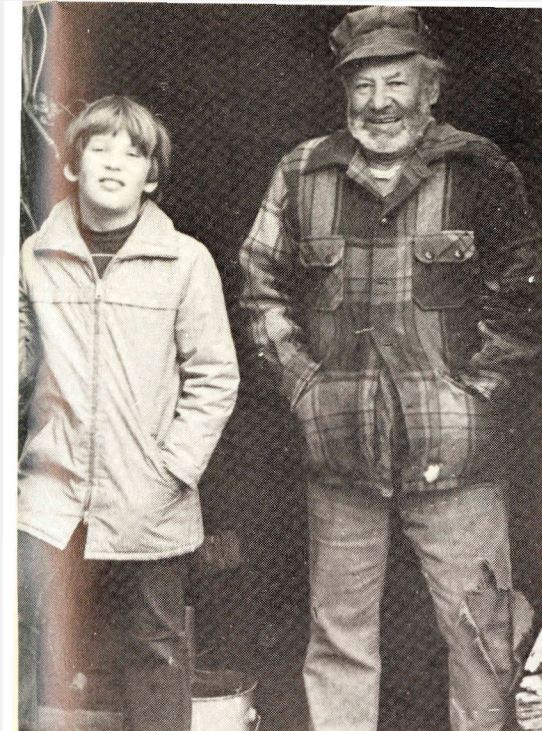
Art Brannan, Maybell

“I hate to see all this land tore up where used to be pasture you know. I still think if they tear it up they ought to level it out and reseed it again so it would look like something. You’ve seen that strip mine up there across the river from Milner. It sure looks like the dickens. I guess there’s coal under all this ground around here. Someday I suppose they’ll have it all tore up. I don’t like it, but I’m afraid it’s got to come.

Leonard Lighthizer, 69 yrs.,

Grand Junction





“WE ARE IN A UNIQUE POSITION TO ASSESS THE Bill before you. In the first place, our 14,000 square mile area (larger than nine states in the union) is abundantly rich in energy resources. We have enough oil shale under the ground to meet the nation's oil demand (at current levels) for, by one estimate, eighty years. There is an estimated 29 billion tons of coal in reserve in the area, enough to operate almost all the power plants in the nation for twenty years. Oil is currently produced in our Region at the rate of about 55,000 barrels per day. There are additional reserves of natural gas and uranium.

All these reserves exist in a Region with little over 100,000 people, about 7 people per square mile. The average sized town in the Region is less than 3,500, with 40% of the incorporated towns having less than 1,000 people. My town, Grand Junction, the largest community in rural Colorado, has a

population of a little over 25,000. The Denver metropolitan area, which is dwarfed by other urban concentrations, has TEN TIMES as many people as does our Region.

Our greatest fear is that when energy development comes to our area, given the national demand and the extent of our reserves, the scale of development will be so overwhelming that the cities, towns and counties of northwest Colorado will literally explode. If all the plans, leases, and developments discussed in our Region were to materialize in the next ten years (not an outlandish hypothesis), the Region's population could easily double over this time span. Individual communities could grow by as much as nine hundred percent. We have seen communities such as Carbondale more than double in seven years due to coal mining, and Craig and its environs grown by approximately 80%. Needless to say, this stretches the infrastructure and the finances of small, rural communities to the breaking point.

What does this mean in terms of public service costs? The per capita costs of growth vary according to a wide range of variables. Estimates of capital per capita costs range from about \$4,000 to close to \$8,000. Operating costs per capita could reach \$1,200. Given large scale energy development in western Colorado, the capital costs alone would reach in the hundreds of millions of dollars.

The Council of Governments made a survey of expected and possible energy development in two of our four counties. If all these developments were to reach fruition, over 50,000 people would be added to the Region over and above those who live here currently and not including natural growth. This degree of growth over a seven to ten year period, would require about \$200 mil-

lion in capital facilities, given a \$4,000 per capita cost figure. Again, much of this money would be needed at the beginning of a boom.

Finally there is a question of equity. About 65% of all the land in our Region is owned by the Federal government. Most of the energy development will be occurring on Federal land. Most of the decisions relating to this land will be made by the Federal government. The energy which will be produced here will be used throughout the United States. As I mentioned earlier, this reserve is extensive. As we move toward greater energy self-sufficiency, if only for national security purposes, more and more energy development will occur in our Region. Since we will be engaged in serving the nation, the least the nation can do for us is to help in our time of need.

One final note. Local government is on the front lines of impact. We have to live with the day to day problems. We have to solve them. We are answerable, most directly, to the citizens of our communities, when they ask, 'How did things get so bad?' We live in western Colorado because we want to. We do not want to see our communities destroyed.

Local government also has the unfortunate role of being caught between every actor in this drama: state, federal, and industry, with but few financial resources and little power. We are forced to request outside assistance, but we surely cannot demand it. We believe that a bill such as the one before you is needed based on the facts and based on fairness. We can only hope you agree.

We, gentlemen, are supportive of energy development. But we do not believe that development has to be achieved at the expense of our communities which we worked so hard to build, of our way of life, which we have chosen because we believe it equal to none.

We believe that energy self-reliance and our high quality of life are compatible if only we plan and we receive the money required to serve the new population. You gentlemen, stand between us and disaster. We look forward to working with you.”

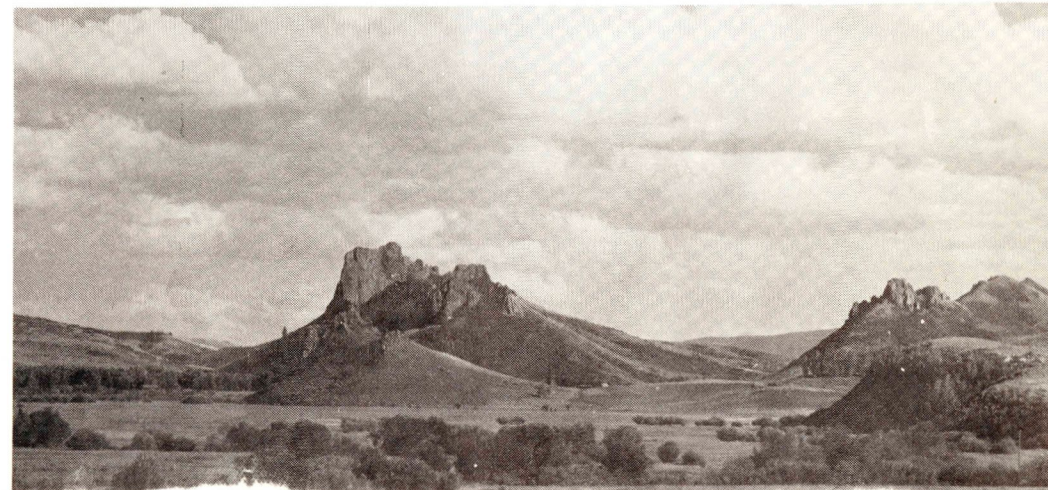
Larry Kozisek,

Mayor of Grand Junction

Vice Chairman of the Colorado West
Area Council of Governments

Speaking before the Subcommittee on
Regional and Community Development
of the Committee on the Environment
and Public Works of the U.S. Senate

August 2, 1977



"THE YEARS AHEAD: LIFE FOR THE AGING IN NORTHWEST COLORADO" and the involvement of Colorado Mountain College in its production and distribution is an important example of College commitment to the people of our area. Community involvement and service are priorities of Colorado Mountain College.

CMS helps dissolve the "generation gap" by bringing students of all ages into the classroom to share experiences. By offering classes free to those over 62 years of age, the College, and its students, benefit from the years of practical experience offered by senior classmates. Courses offered in nursing homes help integrate the isolated elderly with the community by sharing their heritage and the history of the area.

CMC helped initiate the beginnings of RSVP in the Garfield, Pitkin and Eagle Counties area in 1973. College involvement has grown over the years and now involves many citizens in the college district.

Colorado Mountain College will continue to lend its resources to the residents of our area. THE YEARS AHEAD is a valuable part in our attempts to meet the needs of ALL citizens of the District. The project points toward some new directions for Colorado Mountain College. We are proud of the individuals who contributed to this project and are grateful to the Colorado Humanities Program for their support in documenting "The Life for the Aging in Northwest Colorado."

Dr. F. Dean Lillie, President
Colorado Mountain College



An excellent source of information relating to senior citizens is the Community Services Senior Information and Referral Newsletter. The newsletter has everything from county news to items of national interest that directly affect the elderly. Of special interest are frequent items on medical insurance and "carryover" provisions of Medicare. The newsletter is funded by the Rocky Mountain Area Agency on Aging and it contains vital information on services and programs throughout Northwest Colorado. To get on the mailing list call 243-6712 or write Information and Referral, 526 Pine Street, Glenwood Springs, CO. 81601.

Most of you have heard of "youth hostels," mostly in Europe. This summer CMC will start a "senior hostel," a special class for travelling senior citizens from across the United States, as well as locally. For two weeks, class members will develop means for overcoming limitations and for developing "lifelong learning" skills, techniques and attitudes.

Internal Revenue Tax Forms (no charge)	800-332-2060
Internal Revenue Information	Glenwood Springs 945-9117 Rifle 625-1366
Tax Rebate Refunds	Glenwood Springs 945-9117 Rifle 625-1366
American Association of Retired Persons	963-2197
Retired Senior Volunteer Program	Glenwood Springs 945-9117 Rifle 625-1366
Social Security	Glenwood Springs 945-8608 Rifle - E. Dene Moore Nursing Home 635-1510
Social Services - Ron Johnson, Virginia Eiseman	945-9191
Sopris Mental Health Clinic	945-6760
Colorado Mountain College	Courses free to those over 65 945-7481
Senior Information and Referral Service	Glenwood Springs 945-9794 Rifle 625-1366

Discounts of 10% for senior citizens are available in a number of Glenwood Springs stores. For a discount card and list of participating merchants contact RSVP in Glenwood Springs or Information and Referral Service in Rifle.

Sopris Mental Health Clinic offers health seminars for senior citizens once a month. Weekly Intermediate Care for handicapped and/or senior citizens with crafts and recreation is available Wednesday and Friday. A foster grandparent program for preschool and kindergarten children in need of grandparents is also coordinated through the clinic.

For information and services outside of the Glenwood Springs/Rifle area contact the Rocky Mountain Area Agency on Aging in their new office at 1400 West Access Road, Rifle, CO. 81650.

BIBLIOGRAPHY FOR SENIOR CITIZENS

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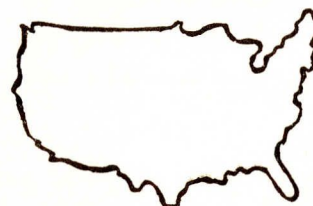


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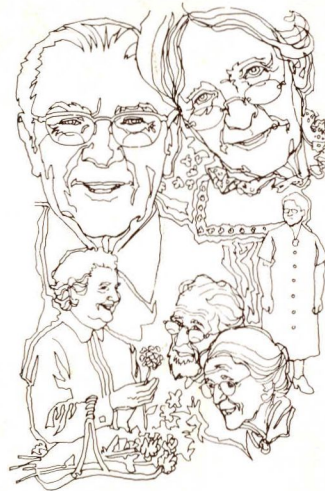
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