

GET *More* OUTTA LIFE



Senior Advisory Committee Updates November 3, 2014



Older Adult/Senior Advisory Committees

The Senior Advisory Committee's purpose:

- Advise and serve as an information source to senior participants
- Communicate requests to the Parks and Recreation Department
- Assist with fundraising
- Provide outreach services

Committee members are extremely valuable to staff by representing a range of interests and activities and serving in a variety of roles. They represent active members who are interested in working with City staff to help make this a *Quality Community for a Lifetime!*



Older Adult/Senior Advisory Committees

Four Senior Advisory Committees:

- Outreach
- Program
- Health and Wellness
- Umbrella

26 of the 27 seats filled in 2014



2014 Accomplished Goals

- Completed a total of **14** action items in 2014
- Ideas were generated by older adults and seniors at the annual February focus group meeting
- Advisory committee members organized and prioritized ideas
- Each advisory group then selected a few ideas from the list as 2014 committee action items



Program Committee –

**Martha Applegarth, Thelma Cole, JoAnn Hardt,
Jennie Loveridge, LeOra Richards, Shirley
Valentine, Tillie Villarreal, Vicki Masters (staff),
Zach Roth (staff)**

Purpose: Provide feedback, suggestions and program ideas regarding the older adult/senior program especially focused on the upcoming brochure.



Program Committee Accomplishments

1. Programs

Goal: Holiday meal donation program

Result: Timeline along with holiday meal sub-committee formed to research caterer, locate seniors in need, and help with other preparation.

Goal: Expand drop-in programming

Result: Programs returning to recreation center from Conter community center are seeing increased participation. New part-time coordinator at Conter hired.

Goal: Improve ARTREACH participation

Result: Volunteer coordinator and assistant have created new cost effective art opportunities and have seen increased participation numbers.



Program Committee Accomplishments

2. Trips

Goal: Create day trips to Colorado communities outside Commerce City

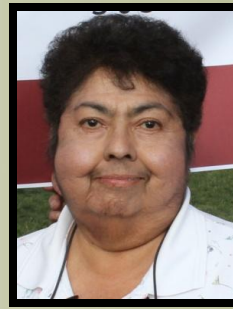
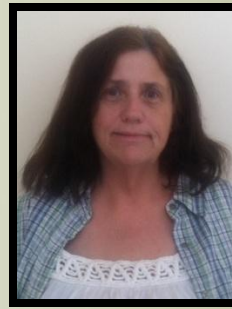
Result: New day trips were taken to historic Arkansas River Walk in Pueblo, shopping and lunch in Lyons, and Cheyenne Mountain Zoo in Colorado Springs.

3. Education

Goal: Creation of new classes

Result: Natural Grief Experiences and Pros and Cons of Prearrangement class in March





Outreach Committee –

**Liz Boyd, Sandy Carruthers, Sherri
Choromokos, Maxine Galindo, Al Hardt,
Linda Wulf, Frances Zacek, Derrick Tripp (staff)**

Purpose: Assists staff with planning, coordinating and leading outreach efforts to target older adults/seniors in the Commerce City area or Adams County at large.

Outreach Committee Accomplishments

1. Events

Goal: Market senior services area at local events

Result: Information sharing and 32 new “On the Move” newsletter recipients signed up at neighborhood outreach events.

2. Print/Media

Goal: Explore print/media marketing opportunities

Result: Senior center information added to appropriate public websites and print. Senior offerings advertised each month via “On the Move” newsletter.



Thank you for participating in one of the older adult programs through the Commerce City Senior Center. It was a pleasure having you, and we hope you will join us again soon!

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For more information on our upcoming activities or to sign up, please contact

Vicki Masters at 303-289-3764.

To receive a \$5 gift certificate and to learn more about our programs and services, contact Derrick Tripp, Senior Services Supervisor. 303-289-3761 or dptrippp@c3gov.com



3. New Participants

Goal: Create “new participant thank you” postcard

Result: Postcard sent to all new participants beginning September of 2014. Offers discount upon return to center and introduction from staff.

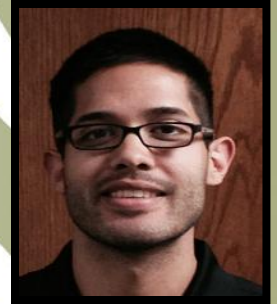
Outreach Committee Accomplishments

3. New Participants (continued)

Goal: Completion of “welcome packet”

Result: Welcome packet created to welcome new users to the senior center. Packet completed in October of 2014. Volunteer staff training and implementation to take place beginning of 2015.





Health/Wellness Committee –

**Leona Heater, Janet Keesey, Ollie Grimard,
George Maxey, Beth Scott, Glen Batista (staff)**

Purpose: Provide feedback, suggestions and input regarding the fitness and health program, specifically targeted for older adults/seniors.



Health/Wellness Committee Accomplishments

1. Programs

Goal: Implement successful classes aimed at fun and pleasure while adapting to accommodate seniors

Result: Low-impact Kickboxing, Low-impact Step, SilverSneakers courses



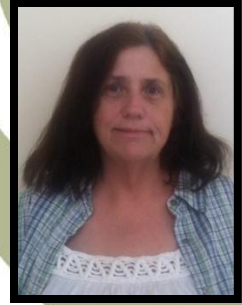
2. Education

Goal: Create “Shared Experience” group discussion

Result: Twelve seniors in attendance. Discussions involved exercise support systems, retirement, health, pain medications, etc.

Goal: Create “Shopping and Cooking for One” tour

Result: Tour of grocery store led by King Sooper’s nutritionalist. Provided good areas to shop and dietary things to consider.



Umbrella Committee –

**Sherri Choromokos, Ollie Grimard, Jennie
Loveridge, George Maxey, Shirley Valentine,
Linda Wulf**

Purpose: To enhance communication amongst standing and special project committees, represent their standing committee during quarterly updates, assist staff in the creation of meeting agendas, and participate in communication with City Council as well as outside organizations/departments.



Umbrella Committee Accomplishments

1. Communication

Goal: Enhance communication between all users, staff, and advisory groups

Result: Information from each senior advisory committee meeting was shared by umbrella members. Minutes and other pertinent information from each meeting is now being mailed to all members.

Goal: Share attainable goals with City Council and associated results each year

Result: Presentation to council in May of 2014 with committee goals.

Follow-up presentation in November of 2014 to present on 14 goals attained throughout the year.

Goal: Information sharing

Result: Representatives from the city and district were invited to come and share a little about what they do. Also, they provided updates regarding current topics of interest and answered questions from the group.



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