

GET *More* OUTTA LIFE



Senior Advisory Committee Updates December 21, 2015

“Quality Community for a Lifetime”



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!*



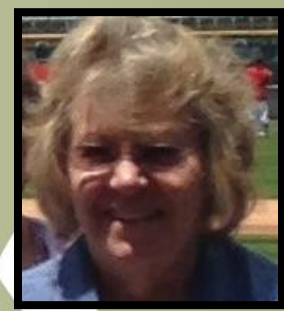
Older Adult/Senior Advisory Committees

- Four Senior Advisory Committees:
 - Outreach
 - Program
 - Health and Wellness
 - Umbrella
- *20 seats were filled for 2015 after extensive recruitment period in December of 2014.*



2015 Accomplished Goals

- Completed a total of **14** action items in 2015
- 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 2015 committee action items



Program Committee:

**Thelma Cole, Margaret Garcia, JoAnn Hardt,
JoAnn Vail, 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. Trips/Programs Survey

- Evaluation to determine the effectiveness of programs/trips offered
- Gather information regarding marketing, vehicles, volunteer drivers, etc.
- Unveiling of survey will take place in early 2016

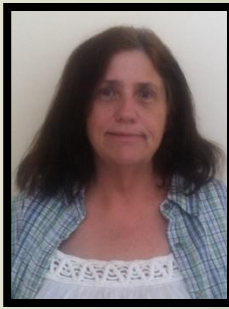
2. “Senior Centers Got Talent” Event

- Event was created and executed with assistance from all members of the committee
- Event included 10 talent acts (skits, song, comedy, etc.) along with desserts and drinks
- 46 in attendance

3. Holiday Meals

- Will provide 30 dinners on 12/23/15 to assist seniors in the Commerce City community
- Meals funded through Good Friends program and provided by Deno’s Restaurant (local)





Outreach Committee:

Sandy Carruthers, Sherri Choromokos, Maxine Galindo, Al Hardt, Jennie Loveridge, Linda Wulf, Frances Zacek, Jodi Hardee (staff), 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.

“Quality Community for a Lifetime”

Outreach Committee Accomplishments

1. Senior Center Brochure Handout

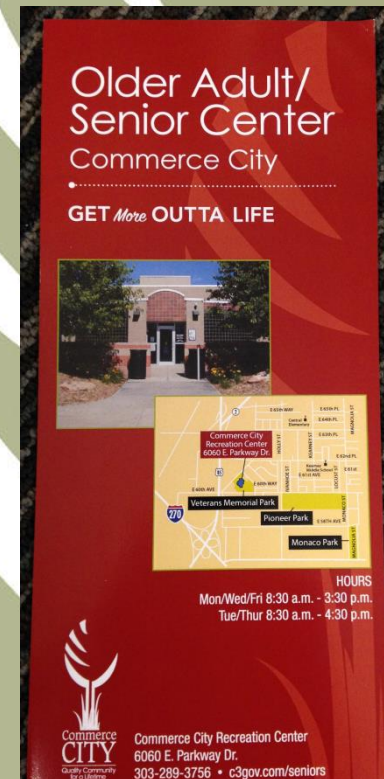
- Includes features, locations, programs, times, contact info
- Researched by gathering handouts from local centers and online
- Plan is being created to distribute fliers locally

2. New Senior Services Promo T-shirts

- Group wanted a more vibrant shirt to promote senior services
- Shirts were ordered for committee members and volunteers
- “Youth is the gift of nature, but age is a work of art”

3. Recognition of the Sick

- Created an outlet for the senior community to notify others of those who are sick or injured
- Information posted in brochures, monthly newsletter, and at the senior center





Health/Wellness Committee –

**Carole Harvell, Ollie Grimard, George Maxey,
Adelia Moreno, Domingo Moreno, LeOra Richards,
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. Senior Shared Discussions

- Continued improvements upon already established and successful program discussing common problems among senior populations
- Collaboration with existing “Life Isn’t Easy” monthly meeting

2. Walking Group/Nature Hikes

- Developed a monthly group dedicated to social health and promoting positive exercise habits
- New nature hike locations included Mudd Lake and Bluffs Loop Trail

3. “Debunked Weight Loss & Fitness Myths Unveiled”

- Presentation to help understand how to separate fact from fiction when dealing with health/wellness popular ideas and beliefs
- Specific questions were asked and answered at event as well





Umbrella Committee:

**Sandy Carruthers, JoAnn Hardt, Jennie
Loveridge, George Maxey, LeOra Richards, Beth Scott
Tillie Villareal, Linda Wulf, Derrick Tripp (staff)**

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

2015 Goals

1. Senior Advisory Workshop

- All committee mid-year event created that included information sharing, brain storming, and establishing universal intent
- Completed a group vision mapping project to figure out where we are and where we want to be
- Feedback was positive and will continue to hold workshop in future years

2. Meeting presenters

- Outside presenters spoke at Umbrella meetings on variety of topics to give the group a better understanding of what is going on throughout the community
 - ✓ Karen O'Donnell: Recreation Manager
 - ✓ Phyllis Hirschfeld: Colorado Gerontological Society



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Questions?