

GET *More* OUTTA LIFE



Senior Advisory Committee Updates

May 20, 2013

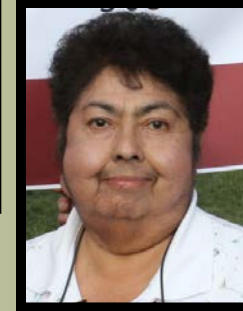


Older Adult/Senior Focus Group

February 5th, 2013

- **17 participants and 7 staff provided feedback resulting in a number of action items assigned to the Senior Advisory Committees and staff.**
- New presentation format, open floor discussion, utilized individual voting “clickers” which allowed older adults to voice opinions privately.
- The purpose of the focus group was to involve interested seniors in small group discussions, identifying gaps, as well as solutions for bridging those gaps which promote positive change, communication and participation.





Outreach Committee –

**Liz Boyd, Sandy Carruthers, Sherri
Choromokos, Maxine Galindo, Al Hardt,
Linda Wulf, Frances Zacek**

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 2013 Goals

1. Outreach Events

– Marketing table at the following community events:

- Pancake breakfast
- 2 neighborhood outreaches
- SACFD spaghetti dinner
- July birthday lunch
- Derby Daze



2. Update volunteer desk welcome packet

3. FAQ sheet for volunteer desk workers

4. Outreach committee evaluation form



Program Committee – Martha Applegarth, Thelma Cole, Jennie Loveridge, LeOra Richards, George Maxey, Shirley Valentine, Tillie Villarreal

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



Program Committee 2013 Goals

1. Summer Brochure

- Day trip ideas
- Dinner out/meal locations
- Museums
- Tours

2. Special Events

- Classes/Seminars

3. Holiday Dinner Delivery

- Financial donations
- Recipients
- Delivery

4. Senior Lobby

- Suggestions
- Improvements





Health/Wellness Committee –

**Leona Heater, Janet Keesey, Dennis La Favre,
Lois Heinrich-La Favre, Ollie Grimard,
Linda Rinelli, Beth Scott, Karen Smith**

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



Health/Wellness Committee 2013 Goals

1. Health & Wellness Seminars

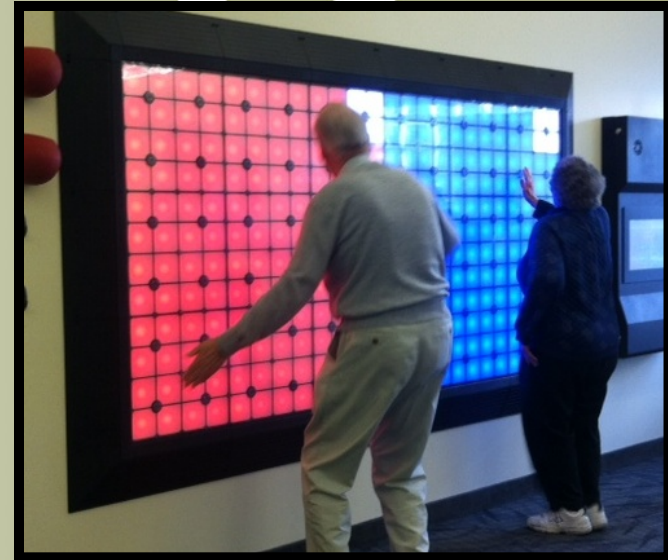
- Implement successful seminars focused on the following topics:
 - Low vision/hearing, diabetes, high blood pressure, high cholesterol, arthritis, fall prevention

2. Forever young event

3. SilverSneakers® welcome flyer

4. Collaborating with community events/programs

- 9Health Fair, Weigh & Win, LiveWell Colorado





Umbrella Committee –

**Sandy Carruthers, Maxine Galindo, Ollie Grimard,
George Maxey, LeOra Richards, Beth Scott**

- 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 2013 Goals

1. Review focus group information

- Create an action plan for committees
- Communicate new ideas to committee groups

2. Provide updates to City Council

- May 20th 2013 and fall 2013

3. Enhance communication between all advisory groups

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