

GET *More* OUTTA LIFE



Senior Advisory Committee Updates May 18, 2015

“Quality Community for a Lifetime”



Senior Focus Group

February 3rd, 2015

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



Senior Focus Group

February 3rd, 2015



“Quality Community for a Lifetime”



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 2015 Goals

1. Programs/Trips

- Evaluation to determine the effectiveness of programs/trips offered. Also, to gather information regarding marketing, vehicles, volunteer drivers, etc.

2. Events

- New special event: evening dinner event (i.e. Talent Show, Karaoke, Dancing)

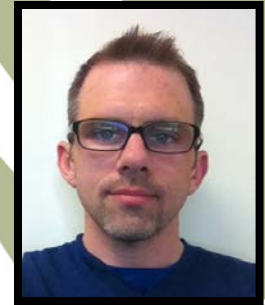
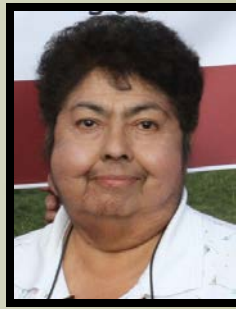
3. Classes

- New basic home repair and maintenance class

4. Holiday Dinners

- Continue to develop this program including donations, meal, applications, etc.





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 2015 Goals

1. SAC meetings promoted

- Advertise SAC meetings to the public.

2. Senior Services informational handout

- Creation of a card stock pamphlet (front/back) that includes basic information regarding the senior center services provided.

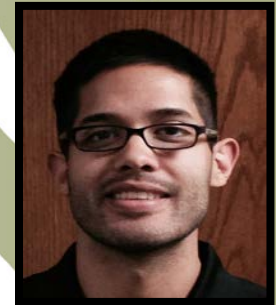
3. SAC flyer

- Handout to include information regarding the senior advisory committee to give the public a better understanding of who we are and what we do.

4. Senior services promo shirts

- New shirts that will promote the senior services area that can be worn by senior advisory committee and others to spread the word about Commerce City Senior area.





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 2015 Goals

1. Home Remedy discussions

- Continued improvements upon already established and successful program.

2. Tai Chi classes

- Explore if an interest exists for program and if so, create and implement a plan to offer to public.

3. DIY Home Solutions

4. Aging senior exercise class

- Exercise classes developed for the aging senior.

5. Dietary class

- New class discussing containers and storing food along with portion control.





Umbrella Committee –

**Sandy Carruthers, JoAnn Hardt, Jennie
Loveridge, George Maxey, LeOra Richards, Beth Scott
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. Enhance communication between all SAC committees

- All SAC meeting bi-annually (mid and end of year). Invitation to outside speaker, information sharing, brain storming, and establishing universal intent.

2. Idea sharing event

- A new event inviting the public to learn more about what the Senior Advisory Committee does. Also include an idea sharing period.

3. Meeting presenters

- Members providing someone to speak at the Umbrella meetings on variety of topics to give group a better understanding of what is going on throughout the community.

4. New member recruitment

- Continue to explore effective ways of marketing the SAC to the public to attract new members.



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