



# Senior Advisory Committee Updates September 17, 2012



# Senior Focus Group update

March 30, 2012

- **40 participants provided feedback resulting in a number of action items assigned to the Senior Advisory Committees and staff.**
- 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, Diane Cruz,  
Al Federico, Maxine Galindo, Al Hardt,  
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 updates

- Develop an outreach plan
  - Research, identify and implement
- New marketing slogan

“GET *MORE* OUTTA LIFE”

- Community outreach exhibits
- Neighborhood outreach exhibits

# Outreach Committee



“Quality Community for a Lifetime”



## **Program Committee – Martha Applegarth, Thelma Cole, Terry Coon, Barbara Fahey, LeOra Richards, 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 Updates

- Special program event
  - Cooking with Marge
- Expanded/enhanced drop-in activities
  - Bunco and movie matinee
- Future implementation of new program ideas generated from focus group.
- Delivery of holiday dinners – 2011 and planning for 2012

# Program Committee



“Quality Community for a Lifetime”



## **Health/Wellness Committee –**

**Leona Heater, Janet Keesey, Dennis La Favre,  
Lois Heinrich-La Favre, George Maxey,  
Linda Rinelli, Beth Scott**

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

# Health/Wellness Committee Updates

- 3<sup>rd</sup> Annual Health Fair
- Implementation of new programs
  - N’Balance/Fall Prevention
  - Tai Chi
  - Healthier Living Colorado/Chronic Disease Management
- Annual incentive reward program



# Health/Wellness Committee



“Quality Community for a Lifetime”

# Senior Lobby Enhancements

Before



After



“Quality Community for a Lifetime”



## **Umbrella Committee –**

**Martha Applegarth, Liz Boyd, Sandy Carruthers,  
Terry Coon, George Maxey, 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 Updates

- Review focus group information
  - Create an action plan
  - Communicate/assign tasks to committee groups
- Provide updates to City Council



“Quality Community for a Lifetime”