

**GET *More* OUTTA LIFE**



# Senior Advisory Committee Updates

## May 19, 2014

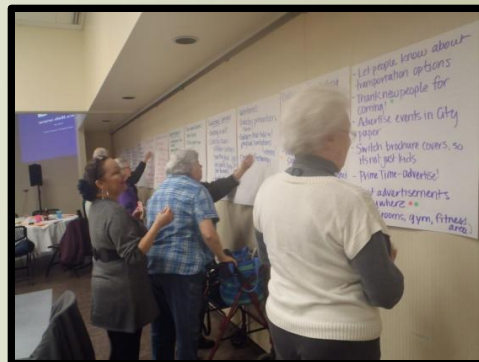
“Quality Community for a Lifetime”



# Older Adult/Senior Focus Group

## February 4<sup>th</sup>, 2014

- **20 participants and 5 staff 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, identifying gaps, as well as solutions for bridging those gaps which promote positive change, communication and participation.



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## **Program Committee –**

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

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



# Program Committee

## 2014 Goals

### 1. Programs

- Holiday meal donation program
  - >New and local caterer for 2014
- Expand drop-in programming
- ARTREACH

### 2. Events

- Work with Health & Wellness Committee on Forever Young event
- Plan event similar to popular “Elvis Bday”
  - >John Denver, Willie Nelson, George Strait

### 3. Trips

- Day trips to other Colorado communities
  - >Explore what they have to offer

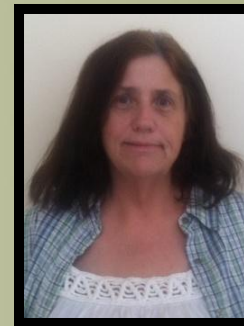


# Program Committee 2014 Goals

## 4. Education

### -Classes

- >Creating a Will
- >Technology/ Computer Training
- >Cooking Courses (health & wellness conscious)



## 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

## 2014 Goals

### 1. Outreach Events

- Marketing table at the following community events:
  - > Pancake breakfast
  - > 2 neighborhood outreaches (Reunion & Pioneer Park)
  - > Birthday lunches
  - > SACFD spaghetti dinner
  - > Derby Daze



### 2. Print/Media

- Ads in local newspaper, newsletters, and brochures
- Better signage and outreach at the recreation center
- Research and spread the word out C3 senior programs





# Outreach Committee

## 2014 Goals

### 3. Recruit New Participants

- “Thank you” postcard with incentive and survey to new participants
- Welcome packet for interested seniors
  - >Where to begin, Who’s who and what do they do, Programs, Health Wellness opportunities, Available services
  - >Orientation and involvement with all front desk staff
- Sub committee to develop a welcome committee

### 4. FAQ sheet for volunteer desk workers



## Health/Wellness Committee –

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

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



# Health/Wellness Committee

## 2014 Goals

### 1. Health & Wellness Programs

- Implement successful classes aimed at fun and pleasure while adapting to accommodate seniors
  - Low impact aerobics, dance classes, etc.

### 2. Forever Young event

- Fun games and healthy snacks utilizing recreation center activity room

### 3. Medical Idea Sharing

- Home remedies, cost effective drugs, best locations to purchase

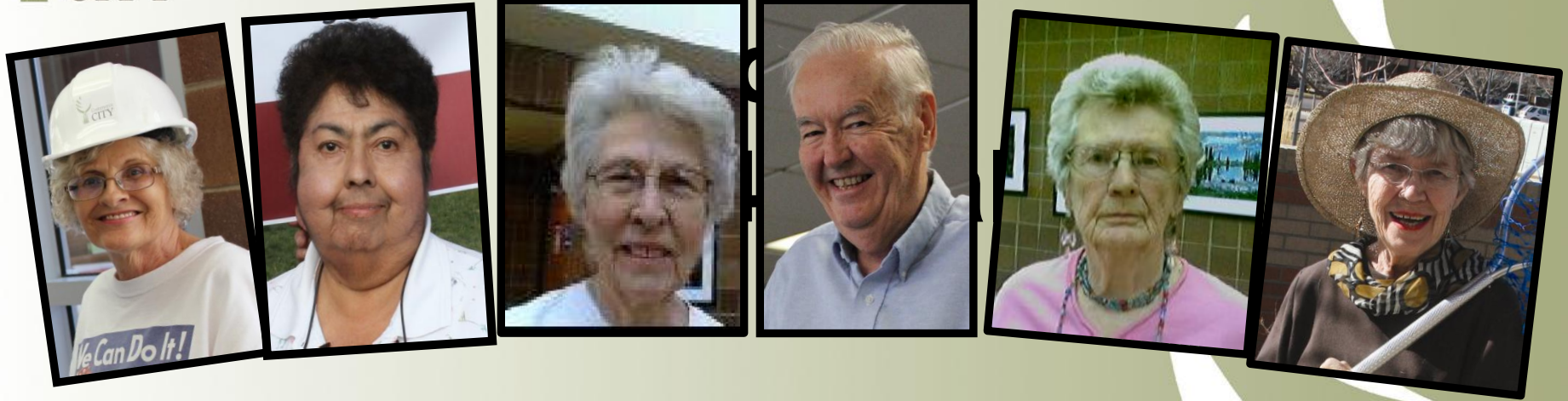
### 4. Dietician Tours

- Healthy grocery shopping @ King Soopers, etc.

### 5. Setting an example for senior community



# Umbrella Committee



## Umbrella Committee –

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

- 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 2014 Goals**

## **1. Review focus group information**

- Analyze and evaluate an action plan of committees
- Communicate new ideas to committee groups

## **2. Provide updates to City Council**

- May 19<sup>th</sup> 2014 and fall 2014

## **3. Enhance communication between all users, staff, council members, and advisory groups**



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