



# GET *More* OUTTA LIFE



# Senior Advisory Committee Update

## November 7, 2016

“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

- Senior Advisory Committees:
  - Outreach
  - Program/ Wellness
  - Umbrella

*17 seats were filled for 2016 after extensive recruitment period in December of 2015*

# 2016 Accomplished Goals

- Completed a total of **12** action items in 2016
- Ideas were generated by older adults and seniors at the annual Focus Group meeting that took place in January
- Advisory committee members organized and prioritized ideas
- Each advisory group then selected a few ideas from the list as 2016 committee action items



## Program/Wellness Committee -

**Thelma Cole, Ollie Grimard, JoAnn Hardt, Carole Harvell, Clara McKee, LeOra Richards, Beth Scott, JoAnn Vail, Shirley Valentine, Tillie Villarreal, Glen Batista (staff), Zach Roth (staff)**

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

“Quality Community for a Lifetime”



# Program/Wellness Committee 2016 Accomplishments

## 1. Seniors Center's Got Talent Show

Tuesday evening, Nov. 29 @ Rec Center

- Entertainment provided by our very own seniors
- Possible acts include: comedy, song, skits, etc.
- Coffee/tea and desserts provided
- Unique centerpieces created by Senior Advisory Committee members

## 2. Holiday Meal Program

Senior Advisory Committee and local restaurant (Deno's 6 & 85) will work together to provide free holiday meals to homebound seniors in the community. Members will deliver meals on Friday, December 23.





# Program/Wellness Committee 2016 Accomplishments

## 3. Buffalo Run Golf Getaway

Golf lesson was provided by Garrett Hoffman to a group of seniors. Participants worked on driving, chipping, and putting. The group had lunch at Bison Grill following the lesson.

## 4. Educational Session

Natural Remedies for Better Health with Elizabeth Yarnell  
Wednesday, Nov 9, 10am @ Rec Center

## 5. One-on-one Fitness Technology Help

Scheduled one-on-one sessions provided by Fitness/Wellness Coordinator, Glen Batista, to assist with exercise tracker devices.



## Outreach Committee –

**Al Hardt, Margaret Garcia, Jennie Loveridge, George Maxey, Mae Madeles, 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.

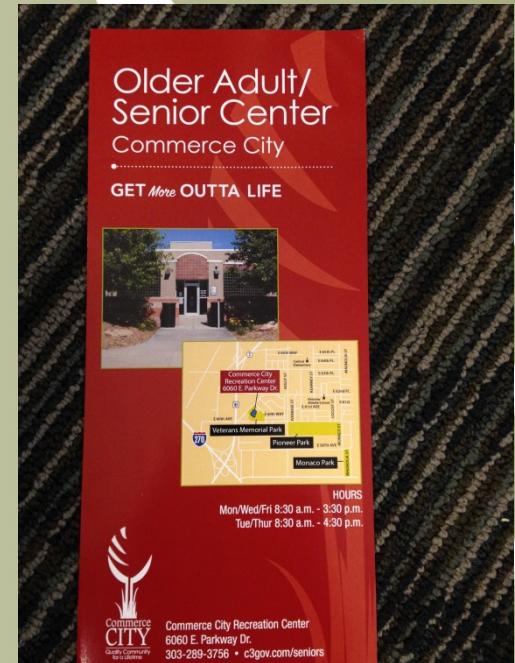
# Outreach Committee 2016 Accomplishments

## 1. Communication Plan

Comprehensive outreach plan facilitated by Communication Specialist, Jodi Hardee, to promote Older Adult/ Senior Center. Plan included: identifying goals, challenges, and target market. Develop messaging tactics and schedule for implementation. Establish a tracking and evaluation system.

## 2. Distribution of marketing material

Group of Senior Advisory members distributed senior center pamphlet to local businesses including grocers, health care providers, senior living facilities, and recreation centers.



# Outreach Committee 2016 Accomplishments

## 3. Participation in community events

Senior Advisory members participated in Memorial Day Parade, Community Pancake Breakfast, Neighborhood Outreach Events, and local park openings.

## 4. Promotional tools

Senior Advisory members will be working with senior staff to create metal name plates as well as promotional give-aways to utilize at future outreach events.





## Umbrella Committee –

**JoAnn Hardt, George Maxey, LeOra Richards, JoAnn Vail, 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 2016 Accomplishments

## 1. Senior Advisory Workshop

Mid year workshop was event created to bring all committee members together to discuss goal timelines, brainstorm new ideas, and gather information. The workshop took place and was catered by Bison Grill.

## 2. Meeting Presenters

Presenters were invited to attend our bi-monthly meetings to discuss topics such as Commerce City development plans, social security, and the new recreation center.

## 3. New Member Recruitment

2017 member recruitment is currently in progress. Existing members were assigned the task of finding a single individual to apply for a spot next year on a committee.



# GET *More* OUTTA LIFE

**Questions?**

“Quality Community for a Lifetime”