

Senior Advisory Committee
Fiscal Year 2018 Annual Report
May 2017-April 2018

The Senior Advisory Committee members were Sharonlee Vogel (chairperson), Bernice Kish (vice-chairperson), Pearl Atkinson-Stewart, Roger Chang, John Eberhard, Elizabeth Johnson, George Laniado, Mary McGraw, Jean Salkeld, Kathryn Sunderman, Arleen Tate, Genie Wessel, and Paul Verchinski

Staff liaisons are Michelle Miller, Director Community Services and Patricia Dugan, Older Adult Programs Coordinator

The committee met nine times during the past year. Click on the attached link to review the minutes: <https://www.columbiaassociation.org/board-committee/senior-advisory-committee/>

Accomplishments: Each of the accomplishments ties directly to the SAC Charge or to an item in the Comprehensive Plan for Serving the Older Adult Community. The item number corresponding to the Comprehensive Plan is in parenthesis.

Monitored the progress and gave feedback regarding the Older Adult Plan through regular verbal updates at meetings and an annual written update. The Comprehensive Plan for Serving the Older Adult Community was completed in May 2014. All of the 51 total recommendations all have been started, 1 modified, and ongoing progress being made to most of the items. The 2018 Implementation report is attached for your information. (Charge)

Reviewed and monitored CA new Membership structure and advocated for a senior swim discount. (6 A,B)

CA's Director of Aquatics gave a presentation about CA pools and answered questions. He explained about the various programs occurring at the outdoor pools and Swim Center and handed out information on the schedules and new senior swim pass. (4 B,E)

Had a presentation from the Loan Closet of Howard County and discussed volunteer opportunities along with services that are offered to the community. (7A,B)

CA's Assistant Director of Sports and Fitness gave an overview of upcoming facility renovations in 2018, discussed the new Long Reach Tennis facility and the pickleball programs. (4B,E; 5E, 9)

CA's Assistant Director of Open Space Management presented on stream restoration, bridge and pathway renovations, and the Exploring Columbia walks (4D)

Dr. Robert McCallister presented on the Care of Alzheimer's and Related Illnesses and strategies to prevent or delay cognitive disorders. (8E)

Advocated to the CA Board that the all of the Contingency Fund money be returned to the Villages.

Continued to monitor the progress of the Village in Howard. Several SAC members have joined the Village and they share monthly about activities and membership information. Supported CA grant of \$25,000. (2G)

Had a presentation from Home Care Assistance about the Cognitive Therapeutics Method, which promotes brain health and helps improve people's quality of life. (8E, 7a)

Had a presentation and question and answer session from the Howard County Office of Consumer Protection, which assists people with questions or concerns about consumer transactions (7B, 8F)

The new Columbia Archives Manager presented about what information people can find in the Archives and about upcoming programs. (3D,E)

Received regular updates from the Howard County Commission on Aging, Maryland Commission on Aging. (7B)

At each meeting, each member shared with the committee on what they are hearing/what seniors want in their Village. (8F)

Through liaisons from the Columbia Association and Office on Aging the Committee was kept informed of the upcoming programs and services that would be of interest to Seniors. (7B, C)

Received updates on *Speak (Easy) Howard*, The Horizon Foundation's community collaborative about having a conversation about end of life wishes. CA is participating by helping to spread the word to older adults in Columbia. (8G, 9A)

Received updates from the Local Healthcare Improvement Coalition, which is focused on addressing health disparities and improving health and wellness in the community. (9A)

Participated in Columbia Association's FY 19 and FY 20 Budget process by submitting testimony. See attachment for testimony. (Charter)

Members wrote several articles for Village's newsletters about senior happenings in and around Columbia. (8F)

Had presentations from the Columbia Community Exchange about its programs and services for older adults. (3E,9B)

Neighbor Ride gave a presentation to the committee about its services, challenges and accomplishments since its inception in 2000. Supported CA \$10,000 grant. (1D)

The committee was briefed on the Columbia 50th Birthday Celebration planning and events scheduled. (7A)

Recommendations:

1. Increase grant to The Village in Howard from \$25,000 to \$50,000.
2. Increase the number of pickleball marked courts at CA tennis facilities and offer pickleball at good hours for older adults.
3. CA advocate to Howard County that the East Columbia 50+ Center be built on or near the current site.

Charge for FY19:

1. Visit various CA facilities and Village Community Centers to become more knowledgeable about the type of activities and opportunities offered for seniors and advocate for more classes and programs for seniors.
2. Work towards representation from every village on the Senior Advisory Committee
3. Reach out to make more seniors aware of the Senior Events Shuttle
4. Provide recommendations to the Columbia Association (CA) Board of Directors and CA staff on how CA can enhance its programs and facilities to better serve their respective group.

Charges approved by CA Board: July 26, 2018

Older Adult Plan - Implementation Update: April 2018

The Older Adult Plan was approved by the CA Board and implementation began in May 2014. The plan outlines CA's commitment to older adult services over the next 20 years. The following report highlights the progress on the implementation of the Older Adult Plan during the fiscal year 2018, May 1, 2017- April 30, 2018.

1. Mobility:

A. Expand Transportation Options:

CA joined with many other community organizations and businesses to advocate for increased county funding to implement the county's bicycle master plan. As a result, the County Executive has recently announced that he will be increasing county funding to implement the bicycle master plan and will also be pursuing state grants.

C. Senior Events Shuttle: Senior Events Shuttle (SES) has received additional funding from Howard County transportation department to support more trips for residents in Howard County. The SES is looking at ways to reach a segment of the population that may be socially isolated by increasing outreach and awareness efforts and made presentations and shared information with at Parkview, Miller's Grant, Dorsey Hall, the Village in Howard. Participated in outreach at 50+ Expo, Greenfest, other events throughout Howard County. Reaffirmed collaboration with Vantage House. The Senior Event Shuttle served 576 passengers and complete 59 round trips.

D. Neighbor Ride Support: Grant provide of \$10,000 in FY18. The Volunteer Center is continuing the ongoing partnership with Neighbor Ride in which qualified seniors can use the service at half price for transportation to and from volunteer opportunities.

2. Helping Older Adults Age in Place

A. Home Repair and Modification Program: Updated CA website and added information regarding Home Repair program.

<https://www.columbiaassociation.org/health-and-fitness/mature-adults/programs-mature-adults/>

E. Home Repair Clearinghouse: CA investigated establishing a new clearinghouse and the decision was made to continue investment in The Village in Howard, Columbia Community Exchange and the Home Repair and Modification Program, all which have home repair services as part of their offerings, rather than start a new service.

F. Informational programs about services for older adults are part of the Columbia Community Exchange and the The Village in Howard.

G. CA awarded the Village in Howard a grant of \$25,000 in FY 18, that was supported by the Senior Advisory Committee. The Village in Howard currently has 130 paying participants.

3. Social/Cultural & Educational Activities

A. Village Association Cultural Events: Outreach to Korean and Chinese cultures through the CA Multicultural programs, held at various villages community centers and public libraries.

C. Village Association Workshops/Classes: Village associations have had art paint nights, Master Garden classes, senior luncheons and senior coffee, among other programs.

B. Informal Village Association Program Opportunities: CA has held Solar Cooperatives, Watershed and mosquito control workshops at the Village buildings.

D. Lifelong Learning: Various 50th Birthday events were held at Howard Community College such as Archives and Multicultural programs exhibits and Founders Day. Columbia Community Exchange has hosted mini workshops, known as skillshare fairs, which are member led and teach do-it-yourself skills.

G. Groups and Outings: CA Tennis continues its partnership with the Washington Kastles, professional tennis team in DC to host a CA Night at a Kastles home match for the community this summer. CA Tennis is also looking at putting together a community day during the Citi Open, professional tennis tournament in DC this summer. Columbia Community Exchange has hosted mini workshops, known as skillshare fairs, which are member led and teach do-it-yourself skills.

Art Center continued its field trip program to various art exhibits and had several local art workshops.

4. Programming - A Community for all Ages

A. Intergenerational Programming: Intergenerational programming continued with Teen Center, Library and Bain Center to teach older adults how to better use technology.

B. Programming Change within Existing Facilities: With the outdoor bubble coming down at Owen Brown, we are conducting a feasibility study to convert two of the tennis courts into permanent pickleball courts.

F. Program Monitoring: Older Adult program coordinator participates on Howard County Local Health Improvement Coalition (LHIC) Healthy Aging committee to promote CA's offerings and liaise with community partners to support healthy aging in our community. Pickleball continues to be in full flow year round at CA. We have also added line to the tennis courts in Oakland Mills to expand to other sites and have also bought additional equipment to possibly offer some

opportunities at the fitness clubs. We are also conducting a feasibility study to build permanent outdoor pickleball courts at Owen Brown once the bubble is taken down. Tennis continues to offer weekly doubles round robin play at the different tennis clubs for seniors.

C. Off-Peak Programming: Group fitness class schedules are evaluated quarterly and adjusted to include classes during the non-peak hours. Art Center continuing field trips and older adult programming at North Laurel 50 Plus Center.

D. Group Hikes and Walks: CA's 50th Birthday the Archives held several Exploring Downtown Columbia walks. Exploring Columbia on Foot is scheduled to have walks in 2018. Harper's Choice is doing a group hike along then Savage Trail in spring 2018.

F. Access for seniors: A \$25.00 Senior swim pass will be offered separately as part of new membership restructure. Ten percent discount will continue to be available to seniors, as well as a 50% income-qualified discount.

5. Facilities - Design and Location

B. Universal Design: Incorporated into the Long Reach Tennis Club and major renovations to the Swim Center and the Athletic Club.

D. Walkable/Livable Communities: Staff advocated for funding of the Howard County Bikeway - a Horizon Foundation organized initiative to create a spinal network of bicycle pathways that would connect more than half of the county's residents to this network.

Hosted two speakers to address the community on "Enhancing Columbia's Neighborhoods: Learning from Best Practice." Paul Brophy and Mark Sissman spoke to the community about best practices, policies and tools to help older neighborhoods remain attractive and economically vibrant.

F. Park Furnishings to Serve Older Adults: The major pathways around the 3 lakes have benches installed since the plan went into effect. Some seating has been updated around the ponds.

A. Facility Activity Hubs: Athletic Club renovations will feature lobby area and will reopen in November 2018.

6. Rates and Fees:

A. Access to Facilities/Programs: New membership structure has been approved by the CA Board and rolled out in May 2017.

B. Financial Assistance: Ten percent senior discount will continue to be offered as well as a 50% income qualified discount.

7. Partnering and Cooperation:

A. Enhance Partnering: CA's Office of Planning and Community Affairs has continued to foster partnerships with Howard County Government (Columbia Market Study, Downtown Columbia to Patuxent Branch Trail Pathway Feasibility Study and Bike Share Feasibility Study, Complete Streets Implementation Team,) and the Horizon Foundation (Community Building Speakers Series and planning for the Open Streets event on Little Patuxent Parkway loop), among others.

The Older Adult Program Manager has partnered with the Horizon Foundation on Speakeasy, Howard County. Created bicultural conversations in Aging between Korean and English speaking seniors. Held a Sweetheart dance for older adults in cooperation with the Camps department.

Older adult focused grants in 2018 included the Korean American Senior Association, Neighbor Ride, and The Village in Howard. Older adults are participants in the Community Action Council and Festival of Arts. CA was a premiere sponsor of the 50+ Expo.

C. Educational Classes: Office on Aging holding chronic disease management classes at CA facility.

8. Information, Training, Community Engagement and Coordination:

B. Older Adult Guide: Updated brochure in 2017 as part of the 50 + Expo. Sponsorship of bags distributed at 50+ Expo; includes CA branding.

F. Community Engagement: Created information sheets and helpful links for Older Adults that is posted on CA's website. Programs and classes that are of interest to the older adult community are promoted in the 3x yearly Activities Guide, which is posted online, delivered free to residents, available in CA facilities, and placed at community locations.

C. Website: PDFs posted on CA's website are being processed through software that makes them ADA compliant. This will affect Board and committee documents and facility schedules. (However, this will not be possible with Archives files.)

D. Video and Live Streaming: Livestreaming of CA Board Meetings became available in May 2017. Recorded videos are posted on the website within 3 working days.

G. Older Adult Subject Expert: Offered multicultural event "A Bicultural Conversation on Aging in Community" in collaboration with Howard County Office on Aging and Independence and the Korean American Senior Association. Over 90 people attended the event that featured roundtable discussions, lunch, dancing and singing. Collaborated with CA's Camps Department

to offer a social event, the Senior Sweethearts Dance, Sixty seniors attended the February dance. Older Adult program coordinator participates on Howard County Local Health Improvement Coalition (LHIC) Healthy Aging committee to promote CA's offerings and liaise with community partners to support healthy aging in our community. Partnered with the Horizon Foundation on Speakeasy, Howard County.

9. Health Promotion and Services:

A. Health and Wellness Partnerships: Ongoing medical wellness programs (Optimal Health, Fit Beginnings and Baby&Me) with doctor offices and Howard County General Hospital and various medical practitioners.

B. Healthy Lifestyle: Expanded program offerings, facility modifications and ADA accessibility at existing facilities and pools as well as the newest facility, Long Reach Tennis.

C. Mind-Body Wellness: Ongoing yoga at Haven on the Lake. Addition of aqua yoga at Haven as well as restorative yoga classes.

D. Medical Advisory Panel: Working with Dr. Harry Oken and Dr. Jyothi Rao (Shakthi Health and Wellness center) to explore various mediterranean nutritional offerings

E. Encourage Exercise: Ad campaigns in 2017 & 2018 have targeted those with an interest in warm water therapy and options that increase mobility and stability. Information on the Senior Swim Pass has been included in communications. Magazine articles have included testimonials from older adults regarding program options that are therapeutic.