

Senior Advisory Committee
Fiscal Year 2019 Annual Report
May 2018-April 2019

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

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

The committee met four 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.

CA's Watershed and Energy Management Assistant gave an informative presentation on Bugs that Bite. This information was shared with the Village Community Associations, and many scheduled presentations for the community. (3D,4D, Charge)

Sent a letter to the CA President about CA advocating to the County for a new East Columbia 50+ Center and several members attended the County's presentation of the plan. (7B, Charge)

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 2019 Implementation report is attached for your information. (Charge)

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

Had a presentation about CA's Watershed plan and current efforts to mitigate stormwater.(4D, Charge)

CA's Tennis General Manager gave a tour of Long Reach Tennis facility and provided an overview of tennis programs for seniors and the pickleball programs. (4B,E; 5B,9, Charge)

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)

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, Charge)

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

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, Charge)

Members were asked to complete CA's strategic plan survey and received email and verbal updates as to the progress of the strategic plan. (8)

Members had a presentation from the Howard County Health Department on Howard County's opioid crisis and received NARCAN training. (7C, 8)

Recruited new members to the committee from Villages that previously did not have representation. (Charge)

Encouraged use of the Senior Events Shuttle to the Village in Howard participants through the monthly newsletter and presentations. (Charge)

Received information about the Millennial workgroup and discussed the report.

Recommendations:

1. Fund a grant to The Village in Howard in the next budget cycle and increase it 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: _____

(The Older Adult Implementation report update for 2019 begins on the next page)

Older Adult Plan - Implementation Update: April 2019

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. Much progress has been made through the years and many programs have become operational and reported in previous years! The following report highlights the progress on the implementation of the Older Adult Plan that occurred during the fiscal year 2019, May 1, 2018- April 30, 2019.

1. Mobility:

C. Senior Events Shuttle: 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 Columbia Community Exchange Events, The Village in Howard, Parkview, Miller's Grant, Dorsey Hall. Participated in outreach at 50+ Expo, Greenfest, other events throughout Howard County. Reaffirmed collaboration with Vantage House during the year. 454 riders participated in 64 trips during the fiscal year.

D. Neighbor Ride Support: Grant provide of \$5,000 in FY19. 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 the CA website and added information regarding Home Repair program, a Howard County Office on Aging operated program and referred people to the County.

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

The Columbia Community Exchange and The Village in Howard provide minor home repair services that are available to members of the respective programs.

F. Informational programs about services for older adults are part of the Columbia Community Exchange and the Village in Howard. Columbia Community Exchange has 285 members in FY 19.

G. CA awarded the Village in Howard a grant of \$25,000 in FY 19, that was supported by the Senior Advisory Committee.

3. Social/Cultural & Educational Activities

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

centers and public libraries. Implemented the monthly International Book Club (average 20 participants), Culture Cafes (average 200 people) and Culture Fest (average 500 participants).

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 Community Association facilities.

D. Lifelong Learning: Columbia Community Exchange (CCE) has hosted mini workshops, known as skillshare fairs, which are member led and teach do-it-yourself skills. Also, CCE had 17 technology training sessions where participants brought their own device. Programs were free to the public and only cost was utilizing existing staff that were regularly scheduled.

Sister Cities: The Artist Exchange with Columbia's sister city in France, Cergy-Pontoise in September 2018 was a great success with artists traveling to France with their artwork, hanging their works at Grouchy Castle in Osny (one of the villages of Cergy-Pontoise). The 13-member artist delegation participated in exchange activities for 10 days, along with artists from Cergy-Pontoise's sister cities in Germany and Spain.

Other International Exchange programs in 2019 that older adults participated in:

- Artist Exchange with Cergy-Pontoise (France), Sept 2018
- Signing of Liyang (China) Sister Cities Agreement in Columbia, Sept 2018
- Africa CultureFest, Oct 2018; celebrated 13 of the many countries and cultures on the continent with about 500 participants
- Haitian cooking class and dinner, Jan 2019; cooking demo and dinner with 28 participants
- Lunar New Year Celebration at Columbia Mall, Feb 2019
- Liyang Middle School Visit, Feb 2019 (adult volunteers)
- 2nd Annual *Explore Columbia's Sister Cities* Event, March 2019;
- French Cooking Class, Elkridge Furnace Inn, April 2019; 38 people
- World Languages Cafe - 12 meetings on the 4th Tuesday of the month; Average attendance is 80 - 90 people, and 16 - 19 languages were offered during the year.
- International Book Club - 12 books on 2nd Wednesday of the month; 73 members, but attendance at meetings to discuss books usually runs between 10 and 18 people.

G. Outings: CA Tennis continues its partnership with the Washington Kastles, professional tennis team in DC and hosted a CA Community Night at a Kastles home match during the summer. CA Tennis is looking at adding a community day during the Citi Open, a professional tennis tournament in DC as well as a day trip to the US Open Tennis Championships in New York.

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. Average 20 participants.

B. Programming Change within Existing Facilities: Converted the footprint of two tennis courts which used to be under the bubble at Owen Brown into a 6 court, state-of-art new permanent pickleball facility. Lights for night time play are being added to this facility in the summer of 2019. During the summer, we offer senior swim M-F at Hobbit's Glen pool every morning till the pool closes in August. Variety of Senior Lap Hours at Steven's Forest, Bryant Woods and year round at the Columbia Swim Center in the afternoons.

- The Art Center offered several daytime classes targeted at older adults, including

Introduction/Advanced Watercolor with 15 students

Introduction/Advanced Acrylic with 12 students

Introduction/Advanced Pastel with 4 students

Three ceramics daytime classes with an average of 8 students per class.

The salon series, gallery talks and reading series also targeted older adults, and had an average of 50-75 participants per talk..

Of those who provided their age, the Art Center had 105 participants 65 yrs and older participating in all art classes. 302 people did not provide their age and many of those are older adults.

C. Program Monitoring: Pickleball continues to be in full flow year around at CA. Five coaches on CA's professional tennis staff got pickleball certified by the Professional Pickleball Registry. A comprehensive pickleball program was introduced, including instructional clinics, leagues, drop in clinics, private/semi private and group lessons and drop in open play. Tennis continues to offer weekly doubles round robin play at the different tennis clubs for seniors at reduced rates, which draws several participants. Group Fitness, in addition to existing programs such as Aqua Arthritis, Build Your Bones, and Joints in Motion added several new programs/classes geared towards older adults of all fitness levels such as - BodyFlow (classes that combine yoga, pilates, and tai chi in one class), BodyPump Start, Cardio Tone Barre (a non impact workout using a variety of props with ballet inspired movements), Fit Essentials (a class for all levels combining cardio and strength moves), and Hula Hoop classes.

D. Group Hikes and Walks: Exploring Columbia on Foot provided scheduled walks in 2019. Harper's Choice did a group hike along then Savage Trail in spring 2018.

E. Off-Peak Programming: Group Fitness class schedules are evaluated quarterly and adjusted to include classes during the non-peak hours.

5. Facilities - Design and Location

A. Facility Activity Hubs: The Columbia Athletic Club with a new featured lobby area successfully reopened on November 30, 2018 and was very well received by the community.

B. Universal Design: Incorporated into the Long Reach Tennis Club, Owen Brown pickleball facility 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.

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. An additional water fountain with a separate dog water fountain has been added at Lake Elkhorn.

6. Rates and Fees:

B. Financial Assistance: Ten percent senior discount continues 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 FY 2019 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 a CA facility.

8. Information, Training, Community Engagement and Coordination:

B. Older Adult Guide: Updated brochure in 2018 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: CA is currently revising its website to make it more user friendly. 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: Live streaming of CA Board Meetings is now in operation.. Recorded videos are posted on the website within 3 working days.

G. Older Adult Subject Expert:

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 and Fit Beginnings) with doctors offices and Howard County General Hospital and various medical practitioners.

B. Healthy Lifestyle: Ongoing and expanded program offerings, facility modifications and ADA accessibility at existing facilities and pools.

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

D. Medical Advisory Panel: Working with CA's medical director, Dr. Harry Oken, Dr. Jyothi Rao (Shakthi Health and Wellness Center), and Dr. Kevin Carlson (geriatric medicine) established a healthy eating series. The kickoff event reached more than 400 community residents. Planning is underway for future events.

E. Encourage Exercise: Marketing materials and campaigns have targeted those with an interest in warm water therapy and options that increase mobility and stability. Information on the Senior Swim Pass continues to be included in communications. Several magazine articles have included testimonials from older adults regarding program options that are therapeutic and results oriented.