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COUNCILMAN'S RESOLUTION

RESOLUTION NO.

No. CR-15
Series of 2007

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A RESOLUTION SUPPORTING A GRANT APPLICATION FOR THE COLORADO TRUST HEALTHY AGING INITIATIVE FOR FUNDING TO IMPLEMENT A SENIOR WELLNESS PROGRAM

WHEREAS, the City Council recognizes that the Senior population in the City of Northglenn would benefit from a wellness program implemented through the Northglenn Senior Center; and

WHEREAS, the City of Northglenn has an active Senior population, and the City Council wishes to provide an opportunity for Seniors to take part in a wellness program; and

WHEREAS, the City Council believes that the "Happy & Healthy" program will enhance the Senior Center's current wellness programs and will provide the community's Seniors with new and expanded opportunities for physical, social, emotional and intellectual wellness; and

WHEREAS, the City Council supports the submission of the Colorado Trust Healthy Aging Initiative Grant Proposal to set the "Happy & Healthy" Senior Wellness Program into action.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF NORTHGLENN, COLORADO, THAT:

The City Council of the City of Northglenn is in full support of the Colorado Trust Healthy Aging Initiative Grant Proposal submitted by the City of Northglenn to establish the "Happy & Healthy" Senior Wellness Program.

DATED, at Northglenn, Colorado, this _____ day of _____, 2007.

KATHLEEN M. NOVAK
Mayor

ATTEST:

APPROVED AS TO FORM:

DIANA L. LENTZ, CMC
City Clerk

COREY Y. HOFFMANN
City Attorney

Colorado Trust Healthy Aging Initiative Grant Application Fact Sheet

Background

- In January 2006, a Letter of Intent was submitted to the Colorado Trust, outlining a basic plan to implement a Senior Wellness program within the Northglenn Senior Center.
- Letters of Intent were submitted by approximately 150 agencies across the state. Forty agencies were chosen to submit a full proposal, of which 20 projects will be selected for funding.
- In February 2006, the City was notified that the City of Northglenn has been selected to submit a full proposal to the Colorado Trust Healthy Aging Initiative

Grant Application

- Funding will be requested in the amount of approximately \$70,000 per year, for four consecutive years.
- Funding will be utilized to cover the cost of one “Wellness Specialist,” who will be employed via a contract for four years, at a rate of pay that is equivalent to the base salary of the “Recreation Specialist” position, with an additional 20% added to the base salary in lieu of benefits.
- The remaining funding will be utilized to contract with wellness service providers, both to subsidize direct service to individuals and group educational sessions. Examples of the wellness services that will be explored include Chiropractic Care, Acupuncture, Tai Chi, Nutrition Education and Massage. Some of these services are currently available at the Senior Center, the intent would be to expand upon existing services, as well as add a variety of new services and opportunities in the area of wellness.
- The sustainability plan will include training of existing staff, compilation of a resource and referral guide that will be utilized in future years, and creating an atmosphere in which the Senior Center participants are open to wellness opportunities. It is not intended that any additional funding will be asked of the City at the completion of the four year grant.
- The Colorado Trust requires support from the Executive Board, in the case of the City of Northglenn’s application this includes both the Northglenn City Council and the Northglenn Senior Organization Executive Board. This resolution would serve as intent to support this grant, should it be awarded to the City of Northglenn. A copy of the resolution would be included in the grant proposal, upon submission to the Colorado Trust.
- The required 20% match will be covered via in-kind contributions, including a portion of staff time from the exiting Recreation Supervisor for Generation Based Programs, Recreation Coordinator for Senior Programs and Guest Relations Specialist for Senior Services, as well as office space and the associated needs (i.e. computer, phone, office supplies).
- If funding is granted, the City of Northglenn agrees to participate in ongoing evaluation of the Healthy Aging Initiative program, including data collection and data reporting. All program participants will be notified of any program evaluations that are taking place. It is intended that this evaluation will include numbers of

participants, demographic information regarding participants, and program successes/challenges as perceived by both participants and staff.

Implementation Schedule

- If funding for this project is granted to the City of Northglenn, notification will occur on Thursday, April 26 and funding will be available from June 1, 2007 – May 31, 2011.

Letter of Intent: Healthy Aging Initiative “Happy & Healthy Project”

1. Applicant Agency Identification:

Agency Name: City of Northglenn Senior Center

Contact Person: Amanda J. Norconk, Recreation Supervisor for Generation Based Programs

Address: 11801 Community Center Drive, Northglenn, CO 80233

Phone: 303.450.8950

Fax: 303.450.8723

E-mail: anorconk@northglenn.org

Website: www.northglenn.org

Tax Exempt Status: Governmental Entity

2. Organizational Capacity:

The City of Northglenn’s Department of Parks, Recreation & Cultural Services is divided into four main sub-groups. One of the sub-groups is Generation Based Programming, which includes the Northglenn Senior Center. The Senior Center provides recreational, social and educational opportunities to members of the community ages 55 and over. The Senior Center is staffed by a part-time Recreation Coordinator, a part-time Customer Services Specialist and a full-time Recreation Supervisor who oversees all Generation Based Programs. The Senior Center staff operates the Senior Center in cooperation with two community groups, the Northglenn Senior Organization (NSO) and the Northglenn Senior Commission.

The Senior Center is located on the second floor of the Northglenn Recreation Center. The Senior Center staff plan and coordinate senior fitness classes, health and wellness opportunities, social gatherings and educational sessions. Some examples of activities that have taken place throughout the past year include massage, reflexology, chiropractic care, holiday parties and potlucks, nutrition classes, monthly breakfasts prepared by NSO members, Driver’s Safety classes, RTD Senior Ride day trips, multi-day travel, games, cards, community crafts, a scrapbooking club, a walking club, Bingo, Bunco monthly NSO Business Meeting & Luncheons, and participation in the Senior Games.

The Northglenn Senior Organization was founded in 1974, and is comprised of approximately 900 members, who are residents of Northglenn and the surrounding cities of Thornton, Westminster, Broomfield and Brighton. The NSO has an executive board consisting of 12 positions, including the President, Vice President, Secretary, Treasurer, Trips Chair, Hospitality Chair, Refreshments Chair, Membership Chair, Historian, Community Services Chair, Birthday Chair and the Senior Games Chair. Individuals who serve in these positions are elected by the general membership on an annual basis. The NSO makes recommendations regarding the daily operation of the Senior Center, and the activities and events that take place. This group provides many hours of volunteer service to the Senior Center, which allows for events to take place with minimal staff time. Members of the NSO Board organize fundraisers, coordinate special events (including monthly birthday parties), maintain bylaws, create a pictorial history and organize an annual Senior Games team. The majority of all activities that take place in the Northglenn Senior Center are funded through the NSO. The NSO collects payments for members for annual

dues, trip and activity fees, makes payments to all outside vendors and maintains their own financial records.

The Northglenn Senior Commission is a board consisting of 7 individuals, who must be 55 and over and reside within the City of Northglenn. This board acts in an advisory capacity to City Council regarding senior issues in the community.

The staff, NSO Board and Senior Commission have historically shown an ability to work together to provide the best possible programming for the seniors in the community, within the means available. Staff provides program supervision and coordination. The NSO Board and the Senior Commission, along with the membership as a whole, provide insight in the way that programs designed are carried out, as well as encourage other seniors to take part.

3. Community Issues:

The target population that is served by the Northglenn Senior Center is inclusive of all residents of the City of Northglenn ages 55 and older, as well as those in the surrounding communities of Thornton, Broomfield, Brighton and Westminster. The Northglenn Senior Center community also includes the families and care-givers of seniors, providing resources and information as needed.

Additional health and wellness opportunities for seniors in our community are needed. The Senior Center currently addresses some of the wellness and health concerns of our senior population, through the provision of massage, chiropractic care, nutrition classes and fitness offerings. Thus far, this has been done without a person on staff to identify and address the specific wellness needs of our participants, and the cost of the service has been passed along fully to the consumer. The list below outlines some specific needs our seniors have identified that our project will address:

- low-cost programs
- activities to help ease the aches and pains
- alternative pain management
- seniors want to stay active in the community
- social outlets for mental health
- help in setting and meeting fitness goals
- recognition as important contributors to the community as a whole
- information from knowledgeable, trustworthy sources for wellness programs and activities
- want to learn how to communicate with doctors (many meds, some distrust)

We have three main factors that contribute to the difficulty in providing the level of wellness programs and activities the Senior Center community needs. These are as follows:

- staff is generalized, doesn't have the specific knowledge to provide accurate health and wellness related recommendations to the population
- don't have all of the resources at hand

- lack of money for adding new programs with charismatic, knowledgeable, trustworthy speakers, instructors and care providers

4. Project Description:

The Northglenn Senior Center would like the opportunity to address program area five, “Healthy Lifestyles and Wellness,” to a much greater extent that is currently taking place. This program will encourage participants to be “Happy & Healthy,” and will expand upon the services that are already in place. Currently, fitness needs are addressed through the SilverSneakers program, Senior Yoga, Aquafit and a variety of other fitness opportunities. Social needs are also addressed through a variety of social gatherings that take place in the Senior Center. The one area that is lacking is wellness. Although there are some current opportunities, they are all fee-based and staff has limited knowledge as to what services might be best for a participant’s specific needs. The “Happy & Healthy” project will be coordinated by the contracted services of a specialist in the area of senior wellness. Project funding will also provide wellness incentives for senior participation in the program and help off-set the cost of new educational opportunities and for service providers.

The “Happy & Healthy” Wellness Specialist will be qualified to provide one-on-one consultations with seniors, identify existing programs that will benefit each participant and establish new educational opportunities and ongoing wellness services to meet participant’s wellness needs. The Wellness Specialist will work with the existing Senior Center staff to provide staff training, develop a resource guide, and bring in new speakers, instructors and service providers. This will facilitate the development of a strong and sustainable program. By the end of the grant period, staff will have been trained, a resource guide will have been developed and the senior participants will have been exposed to an alternative wellness program. The NSO and Senior Commission will be involved in the implementation of this program, kept informed of the program’s progress, and asked to provide ongoing feedback so that it can be adapted to best fit the participant’s needs.

The “Happy & Healthy” program will provide regularly scheduled low or no-cost alternative health and wellness educational sessions to be offered to seniors in the community, and will help off-set the cost of providing ongoing classes or services, such as Tai Chi, massage, chiropractic care, relaxation and yoga. In addition, this program will provide incentives to seniors to participate in wellness activities that they may not have taken part of previously. For example, a participant attends the one-on-one consultation, during which it is discovered that their stress level is high, and the recommendation is made that the participant explores relaxation options. Following the consultation, if the participant attends three different educational sessions regarding relaxation, they could earn a free one-hour massage. The program will encourage learning, and through that process the participant will become aware of what options are available for relaxation, have an ability to assess their own needs in that particular area, and then follow through participation in a relaxation service, the intent will be for the individual to choose to continue that service (or try something different if it did not work for them), form an open mind about the wellness opportunities that are available, and share that attitude and experience with other seniors in the community. Overall, long-term, we will develop a population that is looking out for their own physical and mental well-being, taking preventative measures to live a “Healthy & Happy” lifestyle, and will acquire expanded knowledge regarding

overall wellness throughout the aging process. This project will encourage seniors to make positive lifestyle changes, through exposure to wellness opportunities that they otherwise might not have had access to in the past.

Success will be indicated through participant's decreased use of prescription medication for chronic pain, ability to maintain independence, increased awareness of alternative health and wellness programs, increased social activity, increased interest and ability to take an active role in decisions affecting health and well-being, and improvement in overall health, measured by pre- and post-test self evaluation. Pre-tests will be conducted prior to the one-on-one consultation, with a post-test conducted six months following.

The proposed project approach is important to the communities and the senior population served, because it is a practical and cost-effective way to design and implement wellness programs and activities. Many of our senior participants regularly ask for advice regarding health and wellness; however we currently do not have the resources to provide that type of support at the Northglenn Senior Center. By providing one-on-one wellness consultations, participants will be able to choose the fitness and wellness programs to best suit their needs. These programs will help seniors reduce stress and depression, and make healthier choices. Incentives will encourage participation. Senior participants will be empowered to take on the responsibility for their own well-being. The goal of the project is to establish a wellness "culture" at the Senior Center.

The project will contribute to the improvement in senior services and the well-being of seniors in our community by expanding and enhancing the effectiveness of the Center's current wellness programs. Several key aspects of senior wellness will be addressed. These include:

- Physical
- Social
- Emotional
- Intellectual

"Seniors On The MoVE for Better Health: Motivated, Validated and Educated"

5. Agreement To Participate:

We look forward to working with The Colorado Trust to determine the effectiveness of the Healthy Aging Initiative and will fully participate in any requested assessment and technical assistance and training.