



Agenda Item #:



Staff Report

City of Manhattan Beach

TO: Honorable Mayor Aldinger and Members of the City Council

THROUGH: Geoff Dolan, City Manager *GD*

FROM: Richard Gill, Parks and Recreation Director
Eve Kelso, Recreation Services Manager
Jan Buike, Older Adults Program Supervisor

DATE: March 18, 2008

SUBJECT: Discussion of Parks and Recreation Department Older Adults Program

RECOMMENDATION:

Staff recommends that City Council discuss the Parks and Recreation Department Older Adults Program and provide direction as appropriate.

FISCAL IMPLICATION:

There is no fiscal impact associated with this report.

BACKGROUND:

City Support to Clubs

For over forty years, activities in Manhattan Beach for older adults were coordinated by city staff through two senior citizen clubs, the Joslyn Club and Heights Club. The city had a very limited budget for staff and supplies to assist with the activities of these two clubs and to develop older adult programs. Staff has worked with the two clubs and assisted them with offering:

- Monthly business meetings (both clubs)
- Weekly or monthly bingo and games; monthly potluck (both clubs)
- Sandwiches/hot dogs once a month (Joslyn)
- Weekly socialization (both clubs)

In 2005 another senior group called the Senior Resources Committee (SRC) was formed as a grass roots organization to bring a greater awareness to the City and community about senior issues and the need for expanded programs and services. SRC also organizes and proposes various programs at Heights and the Joslyn Center.

The Senior Citizens Advisory Committee (SAC) was established by the City of Manhattan Beach Parks and Recreation Department in January 2007 to serve as a channel of communication between the staff, the senior clubs/older adult program participants, and the older adult community at large. It provides ongoing input to the City on the provision and delivery of various senior citizen recreation, social, educational, health and community services. Chaired by

former Mayor Walt Dougher, the Committee consists of nine community representatives. These representatives include members from both Joslyn and Manhattan Heights Senior Clubs, The Senior Resources Committee, and members at large from the senior community. Meeting monthly, the Committee's objectives include:

- Recommendations to the staff regarding the delivery of older adult programs
- Receiving and evaluating input from the community
- Acting as a liaison for older adult issues to other governmental, non-profit, and private organizations

City Support for Older Adult Programs

To meet the needs of the growing population of older adults in the City of Manhattan Beach, the City Council has significantly increased the budget for older adult programs during the past two years. The budget two years ago for older adult programs was \$24,775. The current budget is \$181,141. Two years ago, one part time staff member was dedicated five hours per week to administer older adult programs. Following Council approval of a full-time Older Adults Program, the City hired the Older Adults Program Supervisor, Jan Buike and Senior Recreation Leader, Alma Connors, who both have a Masters of Behavioral Science - Gerontology. Ms. Buike has worked with seniors in Manhattan Beach for over 17 years and the Ms. Connors managed the senior program for the City of Gardena for over 10 years. The Parks and Recreation Manager, Eve Kelso who oversees the Older Adults Program has a Bachelors in Social Work and Masters in Public Policy and Administration. The Recreation Leaders II whose primary role is to staff OASIS all have previous experience working with older adults.

In order to gain feedback regarding needs and interests from the older adult population, staff developed a survey in September 2006. This survey included questions on: activities for older adults sponsored by the Manhattan Beach Parks and Recreation Department that respondents had participated in; specific activities respondents were willing to participate in; groups they would be willing to join; preferred days and times for activities; and ways to increase their participation. Staff analyzed the City's existing senior programs, and added a variety of programs and classes in order to meet the needs of the community as outlined in the survey. Programs have been implemented that address eleven of the fourteen most frequently cited areas of interest in the survey. The following lists programs that have been augmented or added since the survey:

- Movies
- Health and Fitness
- Computers and Technology
- Arts and Crafts
- Discussion/Workshops
- Table Games
- Outdoor Activities
- Drama
- Literature
- Creative Writing
- Dance

Programs, including those relating to the three other areas of interest are currently being explored as new programs to be implemented in the next year.

City staff advertises the older adult programs through press releases, mailings to Dial-A-Ride and Senior Club participants, the Shipmates Group of Manhattan Beach Community Church and outreach presentations at the senior apartment complexes.

DISCUSSION:

Following is a summary of the programs and activities that existed prior to July 2007 and programs that have been added since July 2007.

PROGRAMS

Movies

Programs Offered Prior to July 2007:

- Movies to Enlighten – monthly movie at OASIS, followed by discussion. Recent movies have included: Strictly Ballroom, The Gods Must Be Crazy, and Miss Potter

Programs Added Since July 2007:

- OASIS Movie Club – weekly showing of current movies in OASIS. Recent movies have included: The Devil Wears Prada, Walk the Line, The Last King of Scotland and Michael Clayton.
- Sunday Screenings – a monthly encore presentation of selected OASIS Movie Club offerings

Health and Fitness

Programs Offered Prior to July 2007:

- Shape Up for Older Adults offered twice weekly at the Manhattan Heights Community Center in conjunction with South Bay Adult School
- People with Arthritis Can Exercise (PACE) offered twice weekly at the Joslyn Community Center in conjunction with the Arthritis Foundation
- Annual Flu Shot Clinic held in conjunction with the Los Angeles County Department of Public Health is offered in the fall of the year.
- Annual Senior Health Fair held in conjunction with the South Bay Family Health Care Center is offered in the spring of the year.

Programs Added Since July 2007:

- Blood pressure screenings are provided monthly courtesy of the Manhattan Beach Fire Department at the Joslyn Community Center and Manhattan Heights A brief workshop on what to do in an emergency and basic first aid was also provided at Manhattan Heights potluck.
- Monthly health related workshops presented by the Medicine Education Program of Behavioral Health Services. Topics have included: You and Your Prescriptions, How to Talk with Your Doctor, Dealing with Stress and Memory Enhancement.
- Bi-weekly “On Your Feet” Walking Club is facilitated by an Older Adults Program staff member which offers participants the opportunity to take a one-hour morning walk at a moderate pace through beautiful Manhattan Beach.

Future Programs

- Collaborative effort with Braille Institute offering a four week educational series for the visually impaired. The series, beginning in March assists those with visual impairment to live independently.

Computer and Technology

Programs Offered Prior to July 2007:

- Individualized computer and/or digital camera instruction offered for 6 hours on weekends once each month.

Programs Offered Since July 2007:

- Weekly Computer and Technology Instruction. Older Adults Program staff member is available one morning each week to provide one-on-one assistance to seniors in addressing their concerns regarding computers, digital cameras, cell phones, and other electronic devices.

Future Programs:

- *Technology for Successful Aging* workshop will be presented by a speaker from the Rancho Los Amigos National Rehabilitation and Training Center.
- Computerized Wii activities will be offered weekly at the Joslyn Community Center and at the Manhattan Village Senior Villas. This innovative technology allows seniors to participate, on an interactive level, in athletic endeavors such as golf and bowling and is viewed by many as a useful tool in maintaining basic skills such as hand/eye coordination.

Arts and Crafts

Programs Offered Prior to July 2007:

- Weekly drop-in crafts club
- Weekly Painting and Drawing class in conjunction with the South Bay Adult School

Programs Offered Since July 2007:

- Renewal Through Art for Seniors - 10 week free class offered by local artist Mary Jane Casey. Ms. Casey has her Master's degree in Art, has taught for over three decades, and her work is in the Library of Congress as well as private collections.
- Japanese Brush Painting Class – Returned in February to OASIS on weekends. Five week course taught by resident Beth Muir who has a certificate on the seven techniques of fundamental sumi-e Japanese brush painting.

Discussion/Workshops

Programs Offered Since July 2007:

- Monthly "Lunch and Learn About Your City" informational series provides seniors the opportunity to participate in a forum with City leaders while enjoying a nutritious lunch. Guest speakers have included City Manager Geoff Dolan, Finance Director Bruce Moe, Fire Chief Dennis Groat, and Police Chief Rod Uyeda. Following the speaker's presentation, attendees are invited to participate in a question and answer session.
- Workshop regarding Elder Law issues presented by Healthcare Elder Legal Programs. (H.E.L.P.)

- Driver Safety Training – 8 hour program offered by AARP. Will be offered again in April.

Future programs:

- Weekly discussion group “Let’s Talk at OASIS” to encourage participants to engage in conversation about hobbies, current events, entertainment, and other areas of interest.

Table Games

Programs Offered Prior to July 2007:

- Thrice-weekly pinochle games
- Bi-weekly bridge games
- Weekly “Game Day” at OASIS and Manhattan Heights
- Bi-monthly Scrabble games

Future Programs:

- Bi-monthly outdoor games, such as horseshoes and croquet, will be facilitated by an Older Adults Program staff member.
- Computerized Wii activities will be offered weekly at the Joslyn Community Center and at the Manhattan Village Senior Villas. This innovative technology allows seniors to participate, on an interactive level, in games such as golf and bowling.

Drama, Literature, Creative Writing

Programs Offered Prior to July 2007:

- Bi-weekly Poetry Reading
- Monthly Short Story Discussion Group

Programs Offered Since July 2007:

- Play Reading on a monthly basis

Future Programs:

- Monthly Book Discussion Group to be facilitated by an Older Adults Program staff member. This group will give participants the opportunity to read and discuss classic and current literary works.

Dance

Programs Offered Prior to July 2007:

- Monthly Swing and Sway Dance

Bus Excursions and Luncheons on the Road

There are regularly scheduled Bus Excursions going to popular destinations such Palm Spring Follies, Rose Parade, and Medieval Times Dinner and Tournament. Luncheons on the Road, offered for several years continue to be popular and are scheduled almost on a monthly basis. Luncheons on the Road include locations such as Clifton’s Cafeteria, Plum Tree Inn in Chinatown, and Lawry’s.

Future Efforts

Nutrition Program: There has been a group of older adults encouraging the offering a lunchtime nutrition program in Manhattan Beach. A Senior Advisory Committee subcommittee visited various meal sites to check on menus, costs, and operations. A survey was conducted to assess potential participation. Staff has met with several organizations offering nutrition programs to explore the feasibility of expanding their already established programs to Manhattan Beach. As we look further into this possibility, we are finding that there may be some potential budget challenges, including facility improvements to meet health department guidelines, additional staff hours and funds for training.

Collaborative Fitness Programs: Beach Cities Health District offers programs at AdventurePlex that can be directed towards the specialized needs of older adults. Staff is exploring ways to collaborate on programs in the areas of exercise, nutrition counseling, and training on fitness equipment.

Dial-A-Ride: The Older Adults Program staff works to expand knowledge of transportation availability. Dial-A-Ride offers transportation for the weekend "mini" bus excursions. Dial-A-Ride is also flexible in providing transportation for special events. Additionally, staff has looked extensively into the existing Dial-A-Ride program. Recommendations to expand the current Dial-A-Ride program will be discussed at tonight's Council Meeting.

Financial Abuse Information: In cooperation with the office of Congresswoman Jane Harman, the Older Adults Program will offer a workshop on preventing financial exploitation of older adults. Scheduled for May 29, 2008, participants will include the Department of Consumer Affairs, FTC, SAIF, and KEEP-SAFE Coalition.

CONCLUSION:

The Older Adults Program will continue to strive to better meet the intellectual, leisure, health and creative needs of the older adult population of Manhattan Beach. This will be accomplished through continuing to work with the older adults on programming, and building partnerships/liaisons with other service organizations.