



Communities for a Lifetime Age-Friendly Action Plan 2017-2020

CFAL Committee Members

Jose Rodriguez, Chair

Wendy Kirby, Secretary
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Marilyn Rams , Vice Chair
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Introduction

About Cutler Bay: The Town of Cutler Bay (Incorporated, 2005) is the youngest municipality in Miami-Dade County. With an estimated population of 44,321, the Town has made great strides to improve the quality of life for all residents. In 2010 the Town joined the Florida's Communities for a Lifetime (CFAL) Initiative (Town Resolution #10-21) and formed a volunteer CFAL Committee that consists of five (5) community members and one (1) Town Councilmember. The CFAL Committee works with Town staff to organize events throughout the year that target older adults. Some activities include; Annual Intergenerational Cultural Arts Program, Annual Senior Games, Cutler Bay Bus Party to promote the Town's circulator bus, Falls Prevention, Safe Homes, and Health & Wellness Workshops, Scam Jam Document Shredding, Social Outings to local attractions, live performances, Car Safety Education, and Nutrition & Aging Workshops.

What is an Age-Friendly Community?: On January 20, 2016, the Town adopted Resolution #16-10 supporting the World Health Organization's Age-Friendly Cities and Communities Program and approving the Town's application to enroll in the AARP Age Friendly Communities Initiative. The Town's application was accepted in March 2016, making Cutler Bay the first municipality in South Florida to join a global movement to create age-friendly cities. These age-friendly cities offer enhanced opportunities for citizens of all ages to enjoy healthy, active lives with the security, social participation and community support that allow a high quality of life. In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.

The CFAL Age Friendly Action Plan: The purpose of the Action Plan is to identify opportunities to integrate age-friendly principles into all aspects of the Town's planning and service delivery. This living document was developed by the CFAL Committee following a series of public involvement meetings while developing the Town's Strategic Master Plan, public CFAL Committee Meetings, and a Senior Needs Assessment.

***Please note:** the words *senior, active adults and older adults* are used interchangeably throughout this document.



Senior Needs Assessment Kick-Off Meeting, 2013

Cutler Bay CFAL Committee Mission Statement

The mission of the Cutler Bay Communities for a Lifetime (CFAL) Committee is to help Cutler Bay become a better place for older adults (ages 60+) to live, work and play. We will do this by providing all residents the opportunity to contribute to the betterment of this community in five (5) focus areas: *Health & Wellness; Communication & Education; Transportation; Volunteerism, Community Service & Senior Employment; and Housing.*



1. **Health and Wellness:** Improvements in medicine, public health, science, and technology have enabled today's older adults to live longer and healthier lives than previous generations. Older adults want to remain healthy and independent at home in their communities. Health promotion, disease prevention, and injury prevention activities and programs are a priority for older adults, their families and the health care system.

Goal 1.1: Foster a healthy and health conscience aging population			
<u>Objective</u>	<u>Suggested Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
To increase participation in Healthy Eating, Physical Activity (HEPA) and socialization.	Host recreational activities at Senior Living Facilities to include dances, field trips, cultural arts, and intergenerational activities.	The Town regularly organizes community outings. Most recently; SMDCAC Events, Marlins Games, Zoo Miami, Seaquarium,	The Town currently sponsors 2-4 Adult Field Trips per year at a cost of approximately \$1,000 total. <u>No additional fiscal impact is expected.</u>
	Establish a Town Community Center to offer recreational and healthy living activities during the week such as computer classes, smart phone classes, art activities, wellness classes, etc.	Short Term: Adult Ed. Classes offered at Cutler Bay High starting Jan. 2017 Long Term: Buildout of 1 st Floor at Town Hall for the Community Center.	The Town currently sponsors courses at a cost of \$30/student for 18 weeks. During the first semester, 38 adults participated. <u>No additional fiscal impact is expected for Short Term Goal.</u>
	Increase mosquito control activities and services so older adults can engage in outdoor activities. Increase awareness of mosquito eradication.	Public Works Dept. collaborates with Miami-Dade County PW Dept. on Zika Task Force.	Town currently conducts outreach activities and hosts meetings in collaboration with Miami-Dade PW Dept. <u>No additional fiscal impact.</u>
	Ensure older adult participation at planning sessions related to developments in the town, i.e.: pool design, town center plaza, other public hearings and input at meetings.	Hosted ten (10) public meetings for planning of Aquatic Center and Town Center Plaza.	Town Council voted to place this project “on hold”, pending the identification of an ideal location through vacant property search.
	Increase participation in Senior Games, educational, intergenerational and recreational activities offered by the town.	2016 Senior Games received a record 80 registrants.	The Town currently hosts the Senior Games Event annually. Parks Dept. Staff will work with Senior Games State Committee to promote and increase participation. <u>No additional fiscal impact.</u>
	Provide opportunities for workshops on Diabetes prevention, nutrition education, falls prevention and other relevant topics.	Town partnered with local providers to host workshops and a Health Fair.	Parks Dept. Staff is working with the Alliance for Aging and other Partners to host various health workshops. <u>No additional fiscal impact.</u>
	Provide older adults with Identification Cards that include emergency contact information, medication, etc.	In 2017, will work with Police Dept. to implement an ID program.	Town’s Police Department has an ID Machine and recently purchased cards and a card printer through the FY17 Byrne Grant. <u>No additional fiscal impact.</u>



2. **Communication & Education:** The goal of the Communities for a Lifetime initiative is to provide outreach, information and referral, and stakeholder development and technical assistance for elders. This is accomplished through; maintaining and enhancing outreach efforts to ensure that older adults are aware of support services, facilitating access to needed support services, and developing and maintaining stakeholder collaboration.

Goal 2.1: Develop a process to integrate CFAL initiatives with the Town's Activities			
<u>Objective</u>	<u>Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
To promote and increase participation & awareness of activities and services for Active Adults.	Develop a CFAL brochure with Cutler Bay contact information, email and phone number as well as goals of committee.	FY17-18 CFAL Committee to develop a customized brochure targeting Town Residents.	Printing Cost for Tri-Fold Color/Glossy Brochures <u>Approximately \$1,000</u> (Budget Line Item = Design and Printing).
	Further communication and outreach for local circulator bus when changes/routes are adjusted.	FY2016-Town coordinated with Miami Dade Transit to adjust route to include Transit way Access.	Town Public Works Staff is coordinating with Miami-Dade Transit to increase enrollment in Golden Passport Program for older adults. <u>No additional fiscal impact.</u>
	Invite Age Friendly local Health Care & other service providers to Town Events	Hosted Age-Friendly Workshop (AARP), and Falls Prevention Workshop (Alliance for Aging)	Town staff will continue partnerships with local providers. <u>No additional fiscal impact.</u>
	Provide CFAL flyers at all Town events, i.e.: CFAL brochure, activity flyers, educational workshops, giveaways, and other flyers/brochures targeting older adults.	CFAL Committee actively participates in reoccurring Town Events (i.e. Chili Day, HealthSouth Health Fair).	Town Staff and/or CFAL Committee Member(s) will distribute brochures at Town Sponsored Community Events. Brochures may be obtained at no cost from the Florida Department of Elder Affairs. Committee Members will have shirts, tags/cards, and outreach supplies. <u>Fiscal Impact \$650 (Budget Line Item = Committee Members PLUS \$1,350 (Budget Line Item = Outreach Event Supplies)</u>
	Build awareness by creating multi-lingual flyers promoting e-mail opt-in, website use, etc. thus encouraging more participation.	FY2017-18 Town Staff to develop informational post-card promoting enrollment into the Town's E-Notification program.	Town staff is currently in the process of developing post cards promoting e-mail opt-in that will be mailed out to every household. <u>No additional fiscal impact.</u>
	To promote CFAL activities, information relevant to older adults on the Town's CFAL Committee Webpage, local newspapers, and press releases, etc.	The Town purchased the center page of the Cutler Bay News (published monthly) and will use this space to highlight CFAL activities.	Town staff to continuously update CFAL Webpage, and will develop an Active Adult Events Report that will be posted to the website. <u>No additional fiscal impact.</u>



2. **Communication & Education (cont.):** The goal of the Communities for a Lifetime initiative is to provide outreach, information and referral, and stakeholder development and technical assistance for elders. This is accomplished through; maintaining and enhancing outreach efforts to ensure that older adults are aware of support services, facilitating access to needed support services, and developing and maintaining stakeholder collaboration.

Goal 2.2: To develop a strategy to become better acquainted with local Assisted Living Facilities (ALFs) and Group Homes in our community			
<u>Objective</u>	<u>Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
To work with the Agency for Health Care Administration (AHCA) and FL Assisted Living Association (FALA).	Invite AHCA, Ombudsman, guardianship program, and FALA to provide community workshops.	CFAL Committee members participated in HealthSouth's outreach event for ALFs on 10-20-2016.	Town will continue to collaborate with State and Local providers to host informational workshops/seminars. <u>Fiscal Impact \$2,250 for all events (Budget Line Item = Program Supplies).</u>
To educate CFAL committee and Town residents on ALFs, Group Homes, Hospice and other aging in place options.	Provide panel discussions, workshops etc. to town residents and committee members.	As a follow up to the ALF event on 10-20-2016, the Town issued a Press Release to local newspaper outlets on 10-26-2016.	Town will continue to collaborate with State and Local providers to host informational workshops/seminars. <u>No additional fiscal impact.</u>
To establish positive relationships with ALF/Group Homes to become a resource for Town wide events/activities.	Invite ALF residents to attend 2017-2019 Alliance for Aging Area Plan Meetings. Invite ALF/Group Homes to Town wide events/activities.	Town Staff to create a database of all permitted ALF's through the Community Development Department.	Town Staff to contact State Agency overseeing ALF's and schedule informational workshop/seminars. <u>No additional fiscal impact.</u>



3. Volunteerism, Community Service & Senior Employment: The Communities for a Lifetime initiative brings elders together with their communities to share their knowledge and experience. Volunteers enhance their own lives and the lives of those they serve. With committed volunteers, communities can offer a wider variety of services that would otherwise be unavailable.

Goal 3.1: Develop Senior Volunteer Corps

<u>Objective</u>	<u>Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
To increase Active Adult participation as volunteers to enhance well being and purposefulness.	Research opportunities for volunteer programs such as Telephone Reassurance, Seniors Never Alone, etc.	Town Staff has initiated conversations with Switchboard of Miami’s Seniors Never Alone Program for additional information about the program.	Town staff will promote the program to local residents. <u>The Town may opt to contract with Switchboard of Miami to secure slots solely for Town residents. 25 slots will cost approximately \$4,000 (Budget Line Item: Seniors Never Alone.</u>
	Provide opportunities for seniors to participate in community service projects. (Example: Environmental Clean ups, Beach clean-up, playground building, tutoring services for youth, mentoring, etc.)	Promote Volunteer Opportunities on the Town’s Website and through e-notifications or flyers.	The Town will invite older adults to volunteer during most Town Sponsored events. <u>No additional fiscal impact.</u>

Goal 3.2: Establish connections to Senior Employment Programs (SEP) and Services

To provide opportunities for employment for older adults living in Cutler Bay.	Invite SEP providers to present opportunities for employment in our community or neighboring communities through workshops, seminars, etc.	Town Staff to develop relationships with local providers (i.e. AARP, Career Source South Florida, Alliance for Aging)	Town Staff will host Active Adult Job Fair with local partners. Town Staff has also hosted week long computer skills training program for older adults in collaboration with AARP. <u>Fiscal Impact: \$1,000 (Budget Line Item: Special Event)</u>
	Assist with recruitment of residents to be a part of the identified senior employment work programs.	The Town has partnered with the AARP Foundation’s Senior Community Service Employment Program (SCSEP) to provide Work Experience to Older Adults. This is at no cost to the Town.	Town will promote opportunities for enrollment in SCSEP Programs on the Town’s website, bulletin boards, and e-blasts. <u>No additional fiscal impact.</u>
	Provide opportunities for permanent employment to seniors in the community.	In FY2016, the Town hired a (SCSEP) participant to work part-time in our Parks & Recreation Department.	Town continues to be a work site for the AARP Senior Employment Program, and the participants are eligible to apply for positions with the Town as they become available. <u>No additional fiscal impact.</u>
	Work with AARP for sporadic or intermittent employment options to generate supplemental income. (UBER and LYFT)		



4. **Transportation:** Mobility and accessibility are essential for independent living, and transportation is the link that allows access to needed services and activities. Transportation plays a vital role in the lives of elder Floridians, and no single solution can meet all the mobility needs of Florida's senior population - rather, a variety of services and systems are necessary to do so effectively.

Goal 4.1: Develop a senior friendly mobility plan of action			
<u>Objective</u>	<u>Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
To increase feelings of independence for older adults by improving transportation options.	Recommend Town purchases an ADA Accessible mini-bus for field trips.	The Town rents ADA Accessible buses for all Active Adult field trips.	The Town's standard practice is to charter ADA accessible buses for field tips. <u>No additional fiscal impact.</u>
	Recommend Town provides local charging stations for golf carts and Hybrid vehicles.	The Town has an electronic vehicle charging station installed in front of the Town Hall Building as a result of an ARRA Grant.	Town Staff will explore grant funding opportunities in order to increase the number of charging stations.
	Expand the Town's current circulator bus route to seven days and add an inner loop for increased access for residents.	FY2016 - Town Council approved an extended schedule of six days per week to include Saturdays.	Town currently operating six (6) days per week. Any additional expansion would be at the request of the Council. <u>Fiscal Impact: To be determined by MDT</u>
	Increase bus stops to include Cutler Ridge Park, inside Southland Mall, Walmart and other locations	FY2016 – Town Staff coordinated with Miami-Dade Transit to include stops at Walmart and Transitway.	Completed
	Expand the Town circulator route to include a connection to the busway for access to other means of transit.	FY2016 – Town Circulator now connects to Transitway.	Completed
	Look into other pay options for discounts to seniors (i.e. UBER, LYFT, etc.)	FY2017-18 Support Miami-Dade County Legislation to allow use of PTP funds for this service.	Town Staff to collaborate with County Transit Staff in planning efforts, as needed. <u>No additional fiscal impact.</u>
	Work with Golden Passport to offer three events per year to assist with registration for seniors and the disabled.	Town staff is currently working with Miami-Dade Transit to schedule activities.	Town Staff is coordinating with County Staff to support this initiative. <u>No additional fiscal impact.</u>



4. **Transportation (cont.):** Mobility and accessibility are essential for independent living, and transportation is the link that allows access to needed services and activities. Transportation plays a vital role in the lives of elder Floridians, and no single solution can meet all the mobility needs of Florida's senior population - rather, a variety of services and systems are necessary to do so effectively.

Goal 4.2: Ensure Senior Safety as they move about the community			
<u>Objective</u>	<u>Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
Integrate safety programs for mobility options.	Provide educational activities i.e. Car Fit, Mobility Fair, Golf Cart/non-motorized vehicle (bicycles, wheel chairs, scooters) workshops/seminars /events.	FY2016- Town Staff attended Car Fit Training and Workshop at Goulds Park. FY2016 – CFAL Committee worked with Town Staff to coordinate Golf Cart Rodeo and develop a Golf Cart Rules & Regulations Brochure.	Town staff to host one (1) Car Fit (Most Recently 5-9-2017), and one (1) Gold Cart Event per year. <u>No additional fiscal impact.</u>
	Increase number of Car Fit Certified Instructors from 2 to 4.	FY 2017-18 Add two (2) Certified Car Fit Instructors	Town staff to attend next car fit training workshop. <u>No additional fiscal impact.</u>
	Sidewalk repairs, curbs, crosswalk timing and countdown, ADA ramps and pedestrian signals. Assess and initiate speed bumps or other traffic calming devices.	The Town has received a combined \$20 Million in grants and joint participation agreements for roadway, bicycle, and pedestrian improvements. The Town is developing a Complete Streets Master Plan and Traffic Calming Master Plan.	Town staff to continue to seek grant funding for roadway and bicyclists/pedestrian improvements in accordance with current Master Plans. <u>No additional fiscal impact.</u>
	Create mixed use paths (bikes, walking, golf carts)	The Town will incorporate opportunities for additional mixed use paths in the Complete Streets Master Plan.	Town is currently developing a Complete Streets Master Plan funded in part by a Transit Planning Organization Grant (\$50,000). <u>No additional fiscal impact.</u>



5. **Housing:** To encourage innovations that help increase stock of affordable housing and ensure that existing housing adapts to the challenges older adults face as they age in place.

Goal 5.1: Ensure Senior Safety as they move about in their homes			
<u>Objective</u>	<u>Activities</u>	<u>Measures and Milestones</u>	<u>Current Status & Proposed Fiscal Impact</u>
Integrate safety programs for senior housing options.	Provide educational activities i.e. Fall Prevention Initiatives workshops/seminars /events.	Town Staff to continue to coordinate at least two events a year in collaboration with state and local providers.	No additional fiscal impact.
	Introduce House Fit initiatives from various providers (i.e.: AARP, Alliance for Aging, Home Depot)	Town will include this topic as a workshop/seminar in collaboration with state and local providers.	No additional fiscal impact.
	Explore opportunities for volunteer home repair programs.	FY2017-18 CFAL Committee will research this activity and will provide recommendations to Town Staff and/or Town Council.	Fiscal Impact Not Yet Determined
Goal 5.2: Increase stock of affordable housing			
	Explore funding opportunities to increase new development or rehabilitate existing development (i.e.: CDBG funding, Tax Credits, CRA funding, Habitat for Humanities, etc.)	FY 2017-18 Town Staff will explore ways to promote affordable housing. For example: incentives to builders that provide affordable housing, encouraging builders to provide affordable housing, applying for CDBG funding.	Fiscal Impact Not Yet Determined

Proposed Budget

Line Item	Description	Cost	Page # from Action Plan
Design and Printing	Develop and print official CFAL Brochure	\$1,000	4
Committee Members	Custom Polo Shirts (12x approx. \$37= \$440), Name Tags (6 x \$5=\$30), Promotional Cards (6 x\$30 = \$180)	\$650	4
Outreach Event Supplies	Pop-Up Sign (\$150), Table Skirt (\$200), and reusable “goodie” bags (500 x \$2 = \$1,000) with CFAL Logo and Cutler Bay Logo	\$1,350	4
Program Supplies	Promotional Items, Refreshments for Workshops, Educational Material for CFAL events	\$2,250	5
Switchboard of Miami	Seniors Never Alone (25 Adults will receive weekly calls)	\$4,000	6
Special Event	Active Adults Job Fair	\$1,000	6
Training & Development	Registration for two members to attend annual Florida Council on Aging Conference (FCOA)	\$750	Not Listed in Plan (Policy Decision)
Travel	Travel and Hotel Accommodations, for members attending FCOA Conference	\$1,500	Not Listed in Plan (Policy Decision)
Total Cost		\$12,500	