



## **Town of Cutler Bay Communities For a Lifetime Committee (CFAL)**

### **AARP Network of Age-Friendly Communities Application Process**

#### **2014-2018 CFAL Committee Members**

Heather Fraser (Chair)

Gilda Chang  
Craig Emmanuel

Marilyn Rams  
Jose Rodriguez

**Council Liaison**  
Sue Ellen Loyzelle

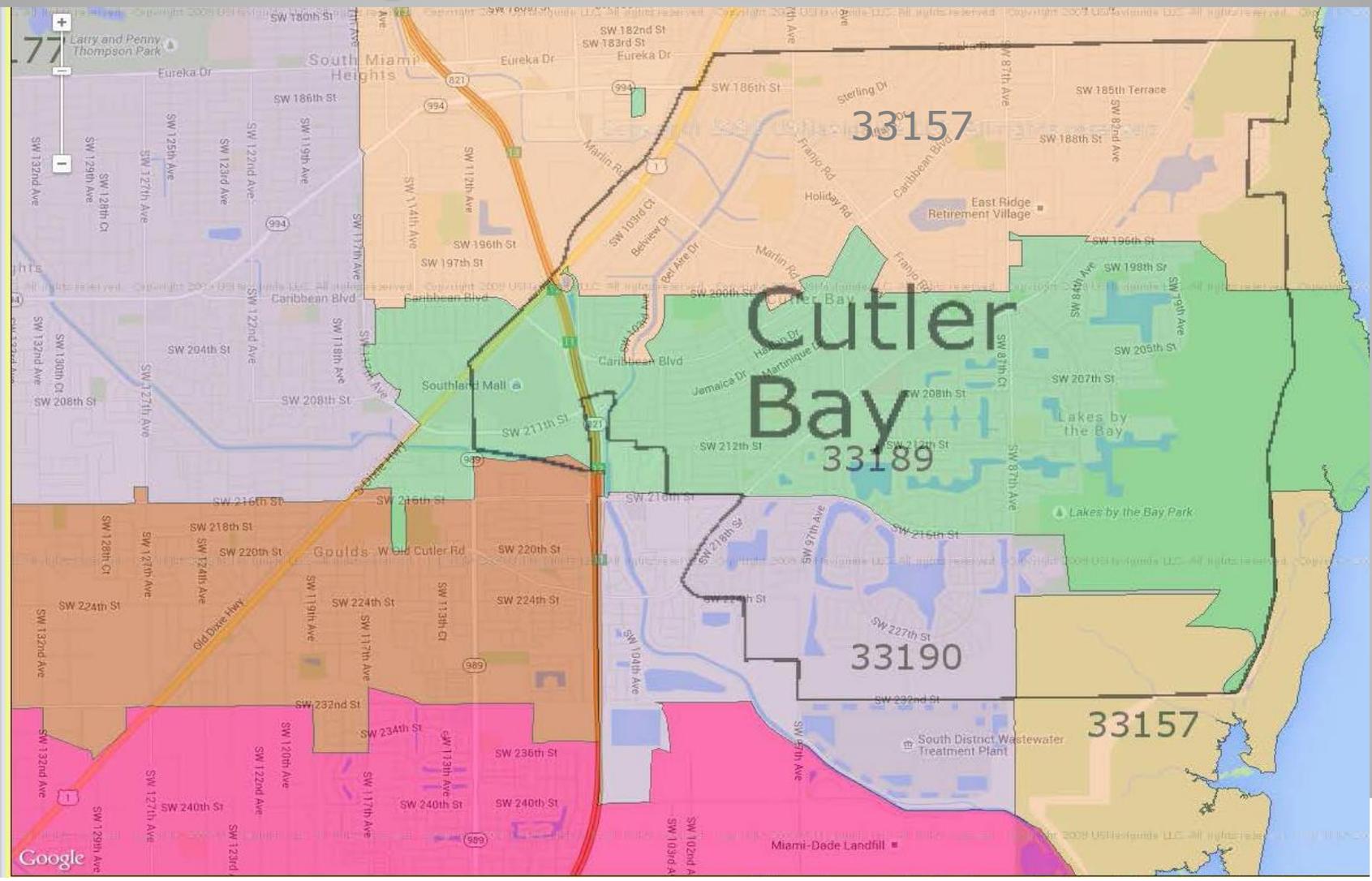
## **Cutler Bay Mission Statement**

The Town Council will work to make Cutler Bay an excellent place to live, work and play. Cutler Bay's government will be creative, responsible and respectful in providing innovative and cost effective services to the community. (Resolution #12-64)

## **Town Departments involved in this process**

- Office of the Town Manager
- Planning and Zoning
- Public Works
- Parks and Recreation
- Building and Code Enforcement
- Police Department

# Town Zip Codes & Boundaries



# What is the AARP Network of Age-Friendly Communities?

The AARP Network of Age-Friendly Communities helps participating communities become great places for all ages by adopting such features as safe, walkable streets; better housing and transportation options; access to key services; and opportunities for residents to participate in community activities.

Well-designed, livable communities promote health and sustain economic growth, and they make for happier, healthier residents — of all ages.



# What are the benefits of Joining the Network of Age-Friendly Communities?

- Access to a global network of participating communities, as well as aging and civil society experts
- Access to key information about the program, such as the latest news and information about best practices, events, results, challenges and new initiatives
- Opportunities for partnerships with other cities, both domestic and international
- Mentoring and peer-review evaluation by member cities
- Public recognition of the community's commitment to become more age-friendly
- Speaking engagements at conferences and events hosted by AARP and promotion through AARP's media channels

**Note:** *There is no fee to join the AARP Network of Age-Friendly Communities.*

# What is the Process?



## AARP Network of Age-Friendly Communities Program Cycle

### STEP 1: ENTERING THE NETWORK

The purpose of the AARP Age Friendly Communities is to serve as a catalyst to educate, encourage, promote, and recognize improvements that make cities, towns, and counties more supportive not only of their older residents but for residents of all ages. Our intent is to provide American cities, towns, counties with the resources they need to become more age-friendly, tapping into national and global research, models, and best practices.

#### AARP's Value Added

- Providing an understanding or definition of the issue/need for change (framing the issue);
- Providing an understanding of economic and social benefit of a more livable community;
- Resources on [AARP.org/livable](http://AARP.org/livable) – Future Livability index (all phases)
- Success Criteria
- Streamlined admission into Network

### STEP 2: PLANNING PHASE (Year 1-2)

This step has four elements:

- Establishment of mechanisms to involve older people throughout the Age-Friendly city cycle
- A baseline assessment of the age-friendliness of the city.
- Development of a 3-year city wide plan of action based on assessment findings
- Identification of indicators to monitor progress

#### AARP's Value Added

- Decision making and organizational guidance
- Access to network of communities /Best Practices
- Assessment and survey Tools, identification of key community indicators
- Volunteer network to support/organize aspects of effort

### STEP 3: IMPLEMENTATION & EVALUATION (Year 3-5)

On completion of the planning phase, and no later than two years after joining the Network, cities will submit their action plan to WHO for review and endorsement. Upon endorsement by WHO, cities will then have a three-year period of implementation.

At the end of the period of implementation, cities will be required to submit a progress report to WHO outlining progress against indicators developed in Phase 1.

#### AARP's Value Added

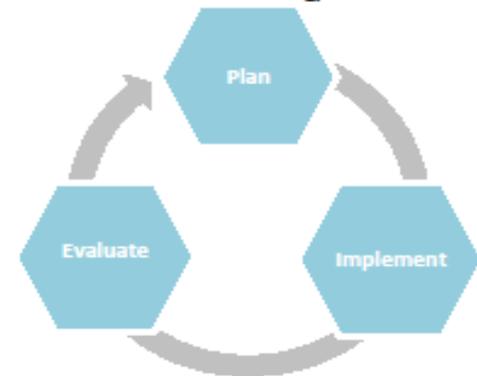
- Evaluation tools
- Organized training and networking events
- Resources on [AARP.org/livable](http://AARP.org/livable)
- Access to network of communities /Best Practices
- Volunteer network to support/organize aspects of effort

### STEP 4: CONTINUOUS IMPROVEMENTS (Year 5+)

Upon completion of phase 3, cities will be able to continue their membership to the Network by entering into further implementation cycles.

#### AARP's Value Added

- Access to network of communities /Best Practices
- Volunteer network to support/organize aspects of effort
- Resources on [AARP.org/livable](http://AARP.org/livable)



A continuous cycle of improvement



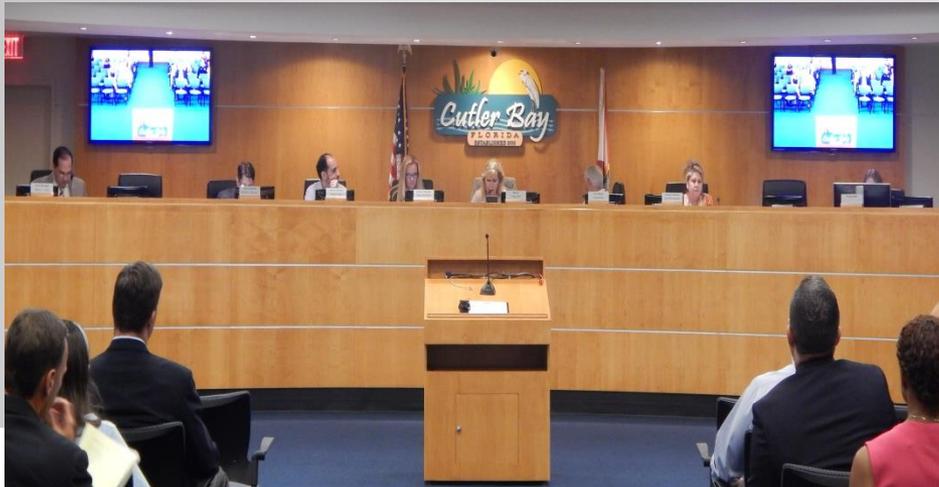
*2015 Senior Games Award Ceremony*

# Phase 1: Getting Started

# Step 1: Entering the Network

Cities, towns and other localities in the AARP Network of Age-Friendly Communities program commit to improving their age-friendliness and submit to a rigorous membership assessment cycle.

- ❑ Obtain the political commitment of the community's elected officials.
- ❑ Prepare and submit the Membership Application



**AARP** Real Possibilities

**Membership Application**  
To join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Cities and Communities

- If you have questions while completing this form, please email [flcuba@aarp.org](mailto:flcuba@aarp.org) or call 202-454-2420
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: [Click here to enter a date.](#)

**Section 1: COMMUNITY DETAILS**

NAME OF THE COMMUNITY:

STATE: Florida

POPULATION SIZE: 44,921

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 23%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Peggy R. Bell, Mayor

OFFICE ADDRESS OF THE SIGNER: 10720 Caribbean Blvd, Suite 105 Cutler Bay, FL 33189

**Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES**  
The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

NAME: Rafael G. Casals

POSITION: Town Manager

EMAIL ADDRESS: [rcasals@cutlerbay-fl.gov](mailto:rcasals@cutlerbay-fl.gov)

TELEPHONE NUMBER: 305-234-4262

Please describe the named person's role in the city or community's age-friendly initiatives:

Rafael G. Casals is the Town Manager for the Town of Cutler Bay. Mr. Casals is responsible for the day-to-day Operational & Administrative functions of the Town. This includes, but is not limited to, supervising the following Departments: Police, Community Development, Public Works, Administrative Services, Parks & Recreation, and Sewer and Utility.

Membership Application: AARP Network of Age-Friendly Communities - Page 1

# Step 2: Organize Stakeholders

A successful age-friendly initiative is based on broad collaboration. An ideal group of stakeholders would include representation from non-profit organizations, businesses, government agencies and community partners and, of course age-50+ residents.

## Sample of Current Cutler Bay Stakeholders

- Cutler Bay Department Heads and Staff
- Cutler Bay Policing Unit
- County and State Elected Officials
- Local AARP Office
- Cutler Bay Business Association
- Florida Department of Elder Affairs
- Florida Department of Transportation
- Southland Mall
- South Miami-Dade Cultural Arts Center
- HealthSouth of Miami



Elder Affairs' Community Workshop

## Step 3: Conduct Needs Assessment(s)

AARP has developed a survey that can be adapted by communities to help assess available resources and what residents view as important for successfully aging in place. The survey is designed to capture information consistent with the eight (8) domains of a livable community as identified by the World Health Organization.

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services



CFAL Committee Outreach Event

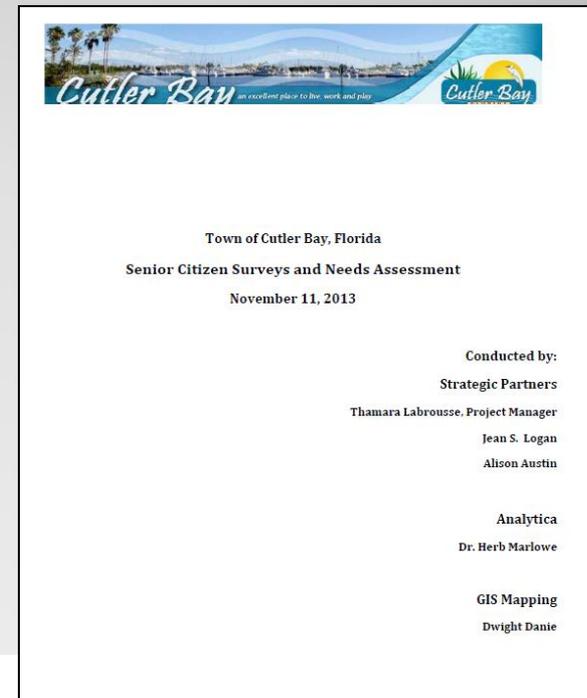
## Step 4: Establish Advisory Committee

April 2010 – The Town joined The Department of Elder Affairs' Communities for a Lifetime Initiative (Town Resolution #10-21).

- **Mission:** *"To foster an environment that promotes well-being for Florida's elders and enables them to remain in their homes and communities."*
- **Goal:** *To help Florida communities become better places for elders (ages 60+) to live, providing all residents the opportunity to contribute to the betterment of their communities.*
- **The *Focus Areas* Are:**
  - Elder Housing
  - Health Promotion and Disease Prevention
  - Volunteerism and Community Services
  - Senior Employment
  - Transportation

# Cutler Bay's Journey

**November 2013** – The CFAL Committee Completed the “Senior Citizen Surveys and Needs Assessment”. This was based on a survey of **259** seniors.



# Cutler Bay's Journey

**Summer 2014** – The Town conducted eight (8) Strategic Planning Community Workshops. These workshops included input from the Senior Community. *(see sample chart below)*



*Senior Housing Outreach meeting  
(English/Spanish)*

Town of Cutler Bay	
	
<u>Health &amp; Wellness</u>	
Strategic Planning: Communities for a Lifetime	
Public Input/Suggested Activity	Notes
Host recreational activities at Senior Living Facilities (i.e. a monthly "dance") and coordinate field trips (i.e. Zoo Miami) (Aug 7)	<i>This activity received 2 "votes"</i>
Provide recreational activities during the week (ex. Zoo Miami, Computer Classes, Smart Phone Class, Art, etc.) (Aug 8) <i>(Also listed under Transportation)</i>	
Establish a Community Center (June 9) <i>(Also listed under Volunteerism &amp; Transportation)</i>	<i>This activity received 3 "votes"</i>
Increase mosquito control activities/services (Aug 7)	<i>This activity received 1 "vote"</i>
Keep and update the swimming pool located at Cutler Ridge Park (June 9)	

# Cutler Bay's Journey

**July 2014** – The CFAL Committee held a series of visioning sessions to identify Focus Areas, Goals and Activities. These focus areas and goals were merged with the results from the Town's eight (8) Strategic Planning Sessions.  
(see sample chart below)

Input/Activities Related to Seniors

 This spreadsheet contains comments/input received during the Town's 2014 Strategic Master Plan Update Meetings that were conducted at local Senior Living Facilities.

Public Input/Suggested Activity	Votes
Provide Identity Theft Prevention Classes (Aug 8)	HW
Provide weekly correspondence/mail translation service (English to Spanish) (Aug 8)	HW / VI / CE
Continue to monitor FPL's plan to install power lines along the US#1 Corridor (June 9)	<del>HW</del>
Establish a dedicated bus stop in front of East Ridge Retirement Village (June 9)	T
Increase awareness/access to AARP Services and other agencies (Aug 8)	HW / E / VI / C
Provide an exercise program (Aug 8)	HW
Provide Fall Prevention Classes (Aug 8)	HW

 **Town of Cutler Bay**  
Health & Wellness  
**Strategic Planning: Communities for a Lifetime**

The items below were identified during the CFAL Committee Meeting on July 10, 2014

**Goal 1: Develop a process to integrate CFAL Initiatives with the Town's activities**

Public Input/Suggested Activity	Notes
Prepare list of reliable contractors for seniors to contact when they need improvements made to their home <i>(Also listed under Communication)</i>	
Prepare list of reliable lawn maintenance, house cleaning agencies, etc. for seniors to contact	

**Goal 2: Develop a Strategy to become better acquainted with local Assisted Living Facilities (ALFs)**

No Health & Wellness Related Comments were received for this Goal.	
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# Strong History of Creating and Implementing Master Plans

In addition to the Senior Needs Assessment and Strategic Master Plan, the Town has a long history of creating and successfully implementing Master Plans and Assessments to improve the quality of life for all citizens. These include; but are not limited to;

- 2008 Stormwater Master Plan
- 2008 Street Tree Master Plan
- 2009 Parks Master Plan
- 2009 Pavement and Sidewalk Assessment Report
- 2011 Bicycle & Pedestrian Master Plan
- 2012 Updated Land Development Regulations
- 2012 Police Department – Community Policing Plan
- 2013 Safe Routes to School Assessment
- 2014 Updated Transportation Master Plan



# **Sample of Recent Projects & Accomplishments**

# Award Winning Projects & Special Recognition

## **Senior Services**

- 2015 Florida Council on Aging "Service to Seniors by an Organization" Award

## **Complete Streets Projects**

- Three (3) Industry Awards for Old Cutler Road Improvements
- Two (2) Industry Awards for Caribbean Blvd. Road Improvements
- Guest Speaker at "2015 Complete Streets Forum"

## **Street Trees**

- Tree City USA Designation since 2009
- Growth Award each year since 2012

## **Cutler Bay is Going Green**

- Silver City Designation from the Florida Green Building Coalition
- Florida League of Cities "2012 Environmental Award"
- Government Finalist – 2015 Best Practices Award from Sustainable Florida

# Past CFAL Committee Events

- Annual Intergenerational Cultural Arts Program
- Florida Senior Games (2014 & 2015)
- Cutler Bay Bus Party
- Falls Prevention Workshop
- Safe Homes Workshop
- Health & Wellness Workshops
- Scam Jam Document Shredding
- Social Outings



# Transportation Improvements

- Town Circulator Bus (Monthly Riders: 3,000)
- Old Cutler Roadway Improvements
- Caribbean Blvd. Road Improvements
- SW 212 Drainage Improvements



# Bicycle and Pedestrian Safety

- Walkable Communities
- Bicycle Lanes
- Bus Pull Out & Bays (Caribbean & OCR)
- Townwide ADA Sidewalks

