



2020-06

State Legislative Session Funding Request

Project: Cutler Bay Active Adults Services





OFFICE OF THE TOWN MANAGER

Rafael G. Casals, ICMA-CM, CFM
Town Manager

Cutler Bay Active Adults Services

Amount Requested: \$75,000.00 (50%)
Match funding available: \$75,000.00 (50%)
Total Project Cost: \$150,000.00

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Project Abstract:

The Town of Cutler Bay (the “Town”) is requesting \$75,000.00 to assist with the expansion of the Cutler Bay Active Adults Services Program. This project is a result of recommendations made in the Town’s adopted Communities for a Lifetime Age-Friendly Action Plan (Resolution No. 19-01).

The goal of this project is to assist the Town’s senior citizens in aging in place while enjoying an active lifestyle that will keep them connected with the local community.

Project Summary:

The Town has identified three (3) components to the program:

- *Community Outings:* The Town seeks to re-establish at least one (1) activity for seniors per month. The Town currently partners with local senior living facilities and South Miami-Dade Cultural Arts Center to cultural arts activities. Additional community outings include trips to sporting events, local tourist attractions, and restaurants. During the COVID-19 pandemic, the Town offered virtual events such as painting, cooking and photography classes. The Town will also engage in the annual Senior Games promoted by the Florida Sports Foundation.
- *Community Based Recreation:* The Town’s Senior Advocate/Program Coordinator will coordinate events to occur at the seven (7) Senior Housing Centers within the Town or at local parks to increase access to services for all participants. Recreational activities may include; dominoes, card games, educational workshops (i.e. computer skills, understanding technology, health management), low-impact exercise, etc.





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- *Education and Awareness:* The Town's Senior Advocate/Program Coordinator will develop a resource booklet for Active Older Adults to understand the services available to them and how to access these services in Cutler Bay. The Town has established itself as a trusted source for residents to remain informed. To support the State's COVID-19 response, the Town will collaborate with the State and County officials to distribute information about the COVID-19 vaccine and resources.

Project Benefits:

In 2018, the Town became the first municipality in South Florida to have a Communities for a Lifetime (CFAL) Age-Friendly Action Plan, approved by the Florida Department of Elder Affairs and World Health Organization. Surveys conducted during the development of the action plan found that Cutler Bay seniors are highly independent and capable of managing their lives with a minimum of supportive programs. The majority can meet their transportation needs, live in their own housing and can manage that housing, and are socially engaged. While most are on some form of medication, their overall health status is good, and they engage in regular health practices. Furthermore, the Town found that seniors were not aware of the services available to them in Cutler Bay and surrounding communities.

To address these needs the Town set the following goals/activities:

- Incorporate more activities for residents 60+ years old;
- Identify available resources/programs for Active Adults residing in the Town; and
- Conduct scheduled activities at Cutler Bay's Senior Retirement Facilities.

This project will serve the needs of the Town's active adult community while at the same time assisting them in building trust with other service organizations that will be able to assist them as they age and need additional medical care.

Match Funding Available:

The Town commits \$75,000.00 (50%) of the total estimated cost of \$150,000.00 as match funding. This funding is obtained through the Town's Parks and Recreation Budget.

