



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

CFAL Committee Members

Jose Rodriguez, Chair

Marilyn Rams , Vice Chair
Gilda Chang , Member

Wendy Kirby, Secretary
Charlotte Marvez, Member

Council Liaison

Vice Mayor Sue Ellen Loyzelle



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.*



CFAL Committee Milestones

April 2010	Town joined the Florida Department of Elder Affairs' Communities for a Lifetime Initiative (Town Resolution #10-21).
January 2012	Town created the Communities for a Lifetime Committee (CFAL) to; (1) inventory and assess services important for senior independence and care; and (2) identify activities and opportunities for seniors currently available within the Town. The CFAL Committee meets monthly.
November 2013	Town completed a "Senior Citizen Surveys and Needs Assessment" based on input from 259 older adults living in Cutler Bay and ten local service providers in the Town.
Summer 2014	Town updated the "Strategic Master Plan"; a process that included eight (8) public involvement workshops, three (3) of which were conducted at local senior housing facilities, and (2) in Spanish.
August 2015	Town was honored by the Florida Council on Aging as the recipient of the "2015 Quality Senior Living for Service to Seniors by an Organization" Award.
January 2016	Town's CFAL Initiative was highlighted by Sam Verghese, Secretary of the Florida Department of Elder Affairs during a presentation to State Legislators on Florida Senior Day in Tallahassee, FL.
March 2016	Town became the first municipality in South Florida to join the AARP Network of Age-Friendly Communities Initiative; reaffirming the Town's commitment to actively work toward making Cutler Bay a great place for people of all ages (Town Resolution #16-10).

TOWN OF CUTLER BAY FACT SHEET



Cutler Bay Intergenerational Dance Program

Cutler Bay Residents desire to remain engaged in their community

Circulator Bus & New Bus Shelter on Old Cutler Road



Cutler Bay Residents enjoy Safe Transit Options

POPULATION BY AGE

< 5 YEARS	2,632	→	5 TO 9 YEARS	2,843
10 TO 14 YEARS	3,106	→	15 TO 19 YEARS	2,882
20 TO 24 YEARS	2,847	→	25 TO 29 YEARS	3,066
30 TO 34 YEARS	2,817	→	35 TO 39 YEARS	2,900
40 TO 44 YEARS	2,900	→	45 TO 49 YEARS	3,273
50 TO 54 YEARS	3,190	→	55 TO 59 YEARS	1,988
60 TO 64 YEARS	2,113	→	65 TO 79 YEARS	1,491
80 TO 84 YEARS	704	→	85 YEARS AND >	580





How to use this Book

In order to realize Cutler Bay's vision of being nationally recognized as being an "Age-Friendly" community, we must deliver outstanding results in each of the five different Focus Areas:

1. Health & Wellness
2. Communication & Education
3. Transportation
4. Volunteerism, Community Service & Senior Employment
5. Housing

For each focus area, the Town identified several goals. The Town developed a three column chart that lists each Objective, Activity and Milestone/Measure required to reach the identified goal(s). The Town will realize each objective by completing the "Activities" listed in the second column of the chart. Finally, the Town has established "Measures & Milestones" in order to monitor how effectively the Town is implementing the Age-Friendly Action Plan.

Definition of the Focus Areas

- 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.
- 2. Communication & Education:** 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.
- 3. 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.
- 4. Volunteerism, Community Service & Senior Employment:** To bring elders together with their communities to share their knowledge and experience. Volunteers and Senior Employees enhance their own lives and the lives of those they serve. With committed volunteers and senior employees, communities can offer a wider variety of services that would otherwise be unavailable.
- 5. Housing:** To encourage innovations that help to increase the stock of affordable housing and ensure that existing housing can adapt to the challenges we face as we age in place.

The CFAL Committee Identified Goals and Activities Based on the Focus Areas Defined by the Florida Department of Elder Affairs and AARP Network of Livable Communities.



Senior Outing at Marlins Park

Cutler Bay Residents requested
Community Outings



Senior Workshop at Pine Woods Villas

Cutler Bay Residents requested
Community Education

Focus Area #1

Health & Wellness

Goal 1.1: Foster a healthy and health conscience aging population



2016 Community Health Fair at HealthSouth



2016 Cutler Bay Senior Games





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>Activities</u>	<u>Measures & Milestones</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 organized several community outings. Most recently; SMDCAC Events, Marlins Game, Zoo Miami
	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.
	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.
	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.
	Increase participation in Senior Games, educational, intergenerational and recreational activities offered by the town.	2016 Senior Games received a record 80 registrants.
	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.
	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.

Focus
Area
#2

Communication & Education

Goal 2.1: Develop a process to integrate CFAL initiatives with the Town's Activities.

Goal 2.2: To develop a strategy to become better acquainted with local Assisted Living Facilities (ALFs) and Group Homes in our community



2016 Chili Day & Golf Cart Rodeo Event



Florida Assisted Living Association Event at HealthSouth



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 & Milestones</u>
<p>To promote and increase participation & awareness of activities and services for Active Adults.</p>	<p>Develop a CFAL brochure with Cutler Bay contact information, email and phone number as well as goals of committee.</p>	
	<p>Further communication and outreach for local circulator bus when changes/routes are adjusted.</p>	<p>FY2016-Town coordinated with Miami Dade Transit to adjust route to include Transit way Access.</p>
	<p>Invite Age Friendly local Health Care & other service providers to Town Events</p>	<p>Hosted Age-Friendly Workshop (AARP), and Falls Prevention Workshop (Alliance for Aging)</p>
	<p>Provide CFAL flyers at all Town events, i.e.: CFAL brochure, activity flyers, educational workshops, giveaways, and other flyers/brochures targeting older adults.</p>	<p>CFAL Committee actively participates in reoccurring Town Events (i.e. Chili Day, HealthSouth Health Fair).</p>
	<p>Build awareness by creating multi-lingual flyers promoting e-mail opt-in, website use, etc. thus encouraging more participation.</p>	
	<p>To promote CFAL activities, information relevant to older adults on the Town's CFAL Committee Webpage, local newspapers, and press releases, etc.</p>	<p>The Town purchased the center page of the Cutler Bay News (published monthly) and will use this space to highlight CFAL activities.</p>



- 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 & Milestones</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.
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.
To establish positive relationships with ALF/Group Homes to become a resource for Town wide events/activities.	<p>Invite ALF residents to attend 2017-2019 Alliance for Aging Area Plan Meetings.</p> <p>Invite ALF/Group Homes to Town wide events/activities.</p>	

Focus
Area
#3

Volunteerism, Community Service & Senior Employment

Goal 3.1: Develop a Senior Volunteer Corps

Goal 3.2: Establish connections to Senior Employment Programs and Services



2016 "Ghostbusters" Movie Screening with AARP



Vice Mayor Loyzelle and Town Manager Casals, visit with the Secretary and Staff of the Florida Department of Elder Affairs



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 & Milestones</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.	
	Provide opportunities for seniors to participate in community service projects. <i>(Example: Environmental Clean ups, Beach clean-up, playground building, tutoring services for youth, mentoring, etc.)</i>	

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.	
	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.
	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.
	Work with AARP for sporadic or intermittent employment options to generate supplemental income. (UBER and LYFT)	

Focus
Area
#4

Transportation

Goal 4.1: Develop a Senior Friendly mobility plan of action

Goal 4.2: Ensure Senior Safety as they move about the community



Residents of all ages enjoy Dedicated Bike Lanes during 2016 "Bike-B-Que" Event



Residents assist with developing the Town's Traffic Calming Master Plan that will be adopted in Fiscal Year 2018



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 & Milestones</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.
	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.
	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.
	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.
	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.
	Look into other pay options for discounts to seniors (i.e. UBER, LYFT, etc.)	
	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.



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.

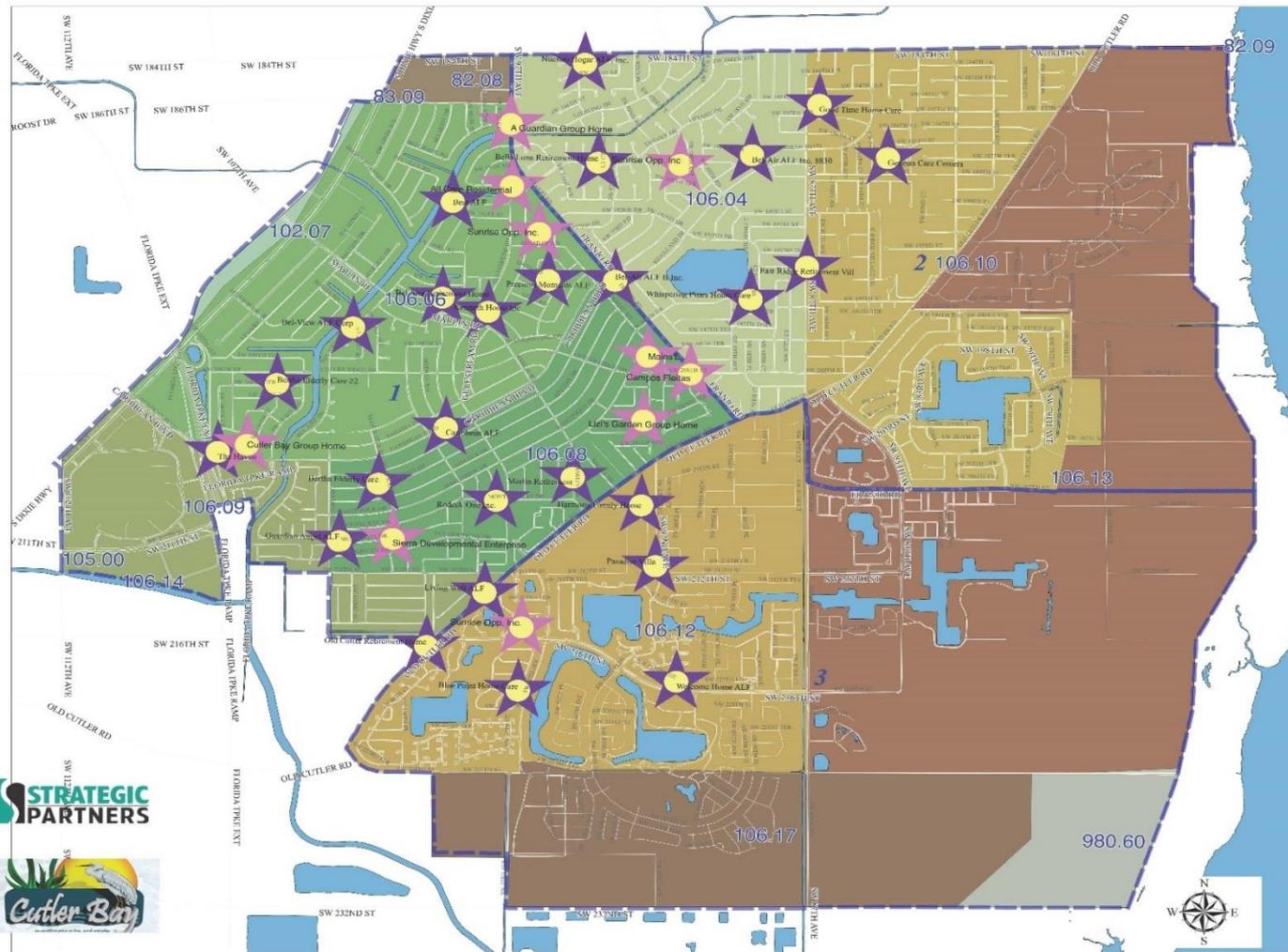
Goal 4.2: Ensure Senior Safety as they move about the community-

<u>Objective</u>	<u>Activities</u>	<u>Measures & Milestones</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.
	Increase number of Car Fit Certified Instructors from 2 to 4.	
	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.
	Create mixed use paths (bikes, walking, golf carts)	The Town will incorporate opportunities for additional mixed use paths in the Complete Streets Master Plan.

Focus Area #5

Housing

Goal: To encourage innovations that help to increase the stock of affordable housing and ensure that existing housing can adapt to the challenges we face as we age.



TOWN OF CUTLER BAY

SENIOR NEEDS ASSESSMENT

ASSISTED LIVING FACILITIES & GROUP HOMES

Legend

-  Group Homes
-  ALFs

COUNCIL

CR_Tract

-  82.08
-  82.09
-  83.09
-  102.07
-  105.00
-  106.04
-  106.06
-  106.08
-  106.09
-  106.10
-  106.12
-  106.13
-  106.14
-  106.17
-  980.60





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 & Milestones</u>
Integrate safety programs for senior housing options.	Provide educational activities i.e. Fall Prevention Initiatives workshops/seminars /events.	
	Introduce House Fit initiatives from various providers (ie: AARP, Alliance for Aging, Home Depot)	
	Explore opportunities for volunteer home repair programs.	

Goal 5.2: Increase stock of affordable housing

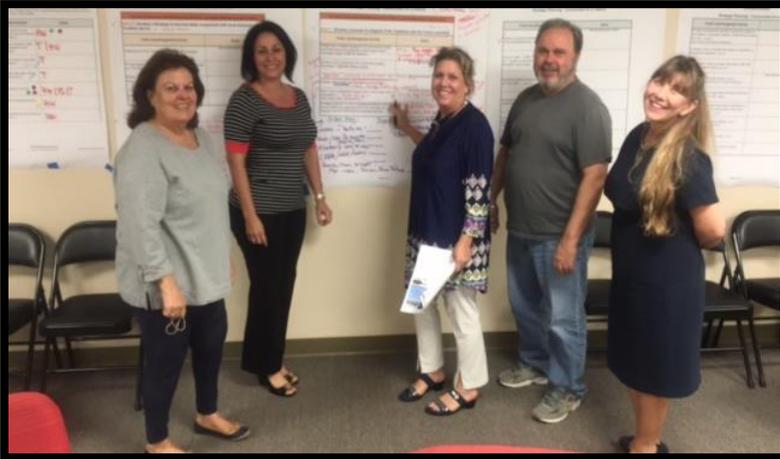
	Explore funding opportunities to increase new development or rehabilitate existing development (ie: CDBG funding, Tax Credits, CRA funding, Habitat for Humanities, etc.)	

Proposed Budget

Line Item	Description	Cost
Committee Members	Custom Polo Shirts (12x approx. \$37= \$440), Name Tags (6 x \$5=\$30), Promotional Cards (6 x\$30 = \$180)	\$650
Design and Printing	Develop and print official CFAL Brochure	\$1,000
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
Program Supplies	Promotional Items, Refreshments for Workshops, Educational Material for CFAL events	\$2,250
Training & Development	Registration for two members to attend annual Florida Council on Aging Conference (FCOA)	\$750
Travel	Travel and Hotel Accommodations, for members attending FCOA Conference	\$1,500
Total Cost		\$7,500



Special Thanks to the CFAL Committee...





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Councilmember

Sue Ellen Loyzelle
Vice Mayor
CFAL Committee Liaison

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