



Communities for a Lifetime Age-Friendly Action Plan 2018-2021

CFAL Committee Members

Jose Rodriguez, Chair

Council Liaison

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Executive Summary

In March 2016, the Town proudly became the first municipality in South Florida to join the AARP Network of Age-Friendly Communities. The AARP Network of Age-Friendly Communities is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. The program has participating communities in more than 20 nations, as well as 10 affiliates representing more than 1,000 communities (www.aarp.org). This designation reaffirms the Town's commitment to actively work toward making Cutler Bay a livable community for people of all ages.

The Town's journey to becoming an age-friendly community began in 2010, when Cutler Bay joined the Florida Department of Elder Affairs' Communities for a Lifetime Initiative. Town Council approved the establishment of a Communities for a Lifetime Advisory Committee (CFAL), consisting of five (5) community members and one (1) Town Council Liaison. The CFAL Committee actively 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.

Although much has been accomplished, there are opportunities for improvement. With the development of this document, the Town has expanded our core areas of interest from four (4) key domains to eight (8) key domains. We have analyzed the feedback received from residents and key stakeholders, and laid out a plan of action to address the community's concerns and suggestions. We are pleased to share this living document With you as the Town strives continuously to remain an excellent place to live, work, and play.



Town Council and CFAL Committee accept AARP Age-Friendly Communities Program Plaque.



Community Profile



Miami-Dade County has the largest number of older adult residents in Florida (nearly half a million are age 60+), and that number is expected to double in the next 25 years. (Source: agefriendlymiami.org)



74% have lived in Cutler Bay for 10 years or longer



74% view "Social Inclusion" as Very Important



78% drive themselves to points of interest

Data from the Town's Senior Needs Assessment and 2017 Age-Friendly Survey guide the Town's efforts to maintain an active Communities for a Lifetime Committee, increase the social activities provided to Older Active Adults, and incorporate Complete Streets principles into every roadway improvement project.

Incorporated
November 2005

Location
South Miami-Dade County
Florida

Fun Fact
Miami-Dade County's
Youngest Municipality

Age-Friendly Journey Began
April 2010



Community Profile

Town Profile

The Town of Cutler Bay was formed in November 2005 and is the newest incorporated municipality in Miami-Dade County. The Town operates under a Council-Manager form of government in which the Town elects five council members, one of whom is the Mayor. Except for the initial election and terms of office specified in the Town Charter, Councilmembers are elected for four year terms. The Town Council determines the policies that guide the Town's operations and hiring a Town Manager to implement and administer these policies on a full-time basis. The Town of Cutler Bay provides a full range of municipal services including police, parks and recreation facilities, building and zoning, planning, code enforcement, and public works. The Town has been successful in providing a high "quality of life" for its residents, by enhancing the level of services being offered.

Geographical Boundaries

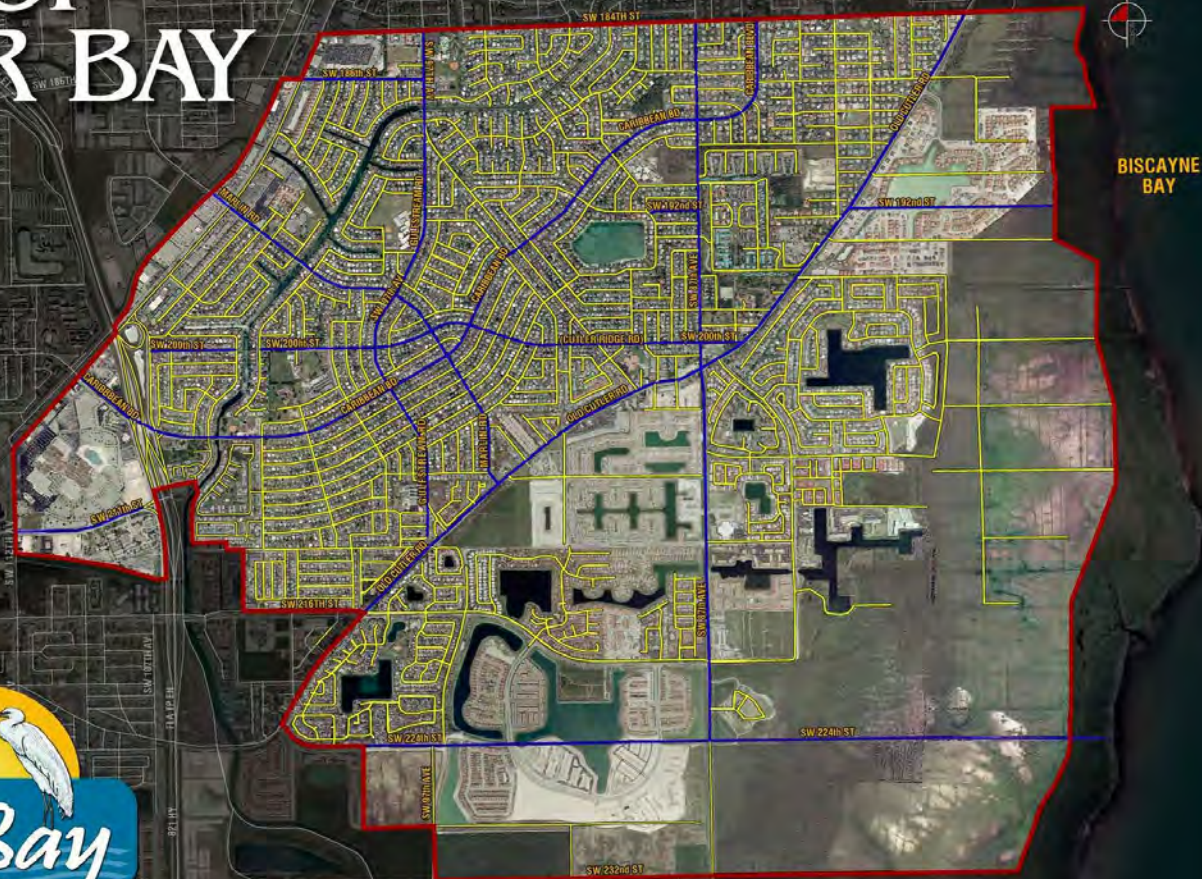
The Town is bordered on the north by the Village of Palmetto Bay and on all remaining sides by unincorporated Miami-Dade and the communities of West Perrine, South Miami Heights, and Goulds. The Town limits are generally SW 184th Street (Eureka Drive) on the north, the US 1 Busway on the west, SW 232rd Street on the south, and Biscayne Bay National Park on the east, forming a Town of approximately 10 square miles.

Demographics

Current population estimates (as of April 1, 2017) from the University of Florida, which provides the official population figures as used by the State of Florida, indicate an estimated 45,222 residents. At the time of incorporation, the Cutler Bay area population was estimated at approximately 32,000 residents indicating approximately forty percent (40%) growth rate since incorporation. Estimates of future growth indicate a population of 55,000 by 2020. *Land Use Distribution*

The Town is a dynamic community that includes a diversified mix of single and multi-family, residential, commercial, and public uses. The Town is characterized by established and developing residential communities and commercial development along both US-1 and Old Cutler Road.

TOWN OF CUTLER BAY





Introduction to the Plan

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.

What is the Age-Friendly Process?

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. Once a community joins the Network, there are three additional phases. (1) Planning (Year 1-2): The community conducts public involvement sessions to assist with the development of a three (3) year plan of action. (2) Implementation & Evaluation (Year 3-5): Once the action plan has been approved by the World Health Organization (WHO), the community will have three years to begin implementing the activities identified in the Action Plan. A progress report is provided to the WHO at the end of year five. (3) Continuous Improvements (Year 5+): the community will continue to implement the activities identified in the Action Plan and update the plan as necessary with new goals and initiatives.

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



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.

How the Action Plan was developed

The purpose of the Cutler Bay *Communities for a Lifetime Age-Friendly 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 in collaboration with Town Staff. It is the result of various public involvement meetings and public surveys over the course of four (4) years. The Town's journey began with in 2013 with the Senior Needs Assessment (SNA). The SNA provides the framework for the policies and services offered by the Town. Residents expressed a desire to engage in a wide range of activities and maintain their independence. Next, the Town updated the Strategic Master Plan which included eight (8) listening sessions, including three (3) held at local senior housing facilities (offered in both English and Spanish).

The CFAL Committee compiled the feedback from the Senior Needs Analysis and Strategic Master plan and began to identify specific activities that the Town can implement to immediately improve the lives of our older adults. For example, the expansion of service hours and new stops at WalMart and the Transit Way for the local circulator bus. Once the Town joined the AARP Network of Age-Friendly Communities, the CFAL Committee decided to host additional listening sessions to expand the Town's age-friendly initiatives. The CFAL Committee held two (2) additional meetings at local senior living facilities, set up information booths at Town sponsored community events, advertised their monthly public meetings, and participated in the development of the Miami-Dade County's Age-Friendly initiative by canvassing the community to collect surveys from residents. In the end this project was developed as a result of feedback from over 400 written surveys, and verbal feedback collected during multiple listening sessions and outreach events.

Special Thanks: **Current CFAL Members**– Jose Rodriguez, Marilyn Rams, Wendy Kirby, Charlotte Marvez, Elena Felipe and CFAL Committee Liaison - Vice Mayor Sue Loyzelle. Former CFAL Members: Gilda Chang, Dolores Dimetrou, and Heather Frasier **“Senior Needs Assessment” Committee**: Alan Ricke, Colin Wells, Jean Logan, Alison Austin, Thamara Labrousse, Dr. Herb Marlowe, Dwight Danie. **AARP Liaison**: Victoria Funes. **Town Staff**: Rafael Casals, Lakeesha Morris , Etienne Bejarano, Janelle Marzouka. Community Residents and Volunteer Students.



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 Eight (8) Domains of Livability.

- I. Outdoor Spaces and Buildings
- II. Transportation
- III. Housing
- IV. Social Participation
- V. Respect and Social Inclusion
- VI. Civic Participation and Employment
- VII. Communication and Information
- VIII. Community and Health Services

For each domain, the Town identified several goals. The Town developed a chart that lists each Objective, Activity and Metrics/Measurements required to reach the identified goal(s). The Town will realize each objective by completing the "Activities" listed. Finally, the Town has established "Metrics/Measurements" in order to monitor how effectively the Town is implementing the Age-Friendly Action Plan.



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, of which (2) were 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).
May 2018	the Town was recognized for its participation and accomplishments in The Department of Elder Affairs' Communities for a Lifetime (CFAL) Initiative and AARP Network of Age-Friendly Communities at the First Annual Sharing Symposium in St. Petersburg, Florida.

The 8 Domains of Livability

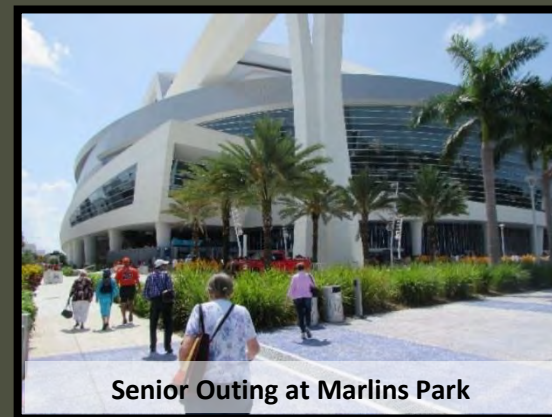
I. Outdoor Spaces & Buildings: People need places to gather indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

II. Transportation: Driving should not be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.

III. Housing: Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

IV. Social Participation: Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

The CFAL Committee Identified Goals and Activities Based on the Eight (8) Domains of Livability developed by the AARP Network of Livable Communities and World Health Organization.



Senior Outing at Marlins Park

Cutler Bay Residents requested
Community Outings



Senior Workshop at Pine Woods Villas

Cutler Bay Residents requested
Community Education

The 8 Domains of Livability

V. Respect & Social Inclusion: Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

VI. Civic Participation & Employment: An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.

VII. Communication & Information: Age-friendly communities recognize that not everyone has a smartphone or internet access and that information needs to be disseminated through a variety of means.

VIII. Community & Health Services: As some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it is important that care be available nearby, it is essential that residents are able to access and afford the services required.

The CFAL Committee Identified Goals and Activities Based on the Eight (8) Domains of Livability developed by the AARP Network of Livable Communities and World Health Organization.



Informational Kiosk Town Center Bldg.

Cutler Bay Strives to Keep Residents Informed



Residents Enjoy 2017 Tour de Parks

Cutler Bay Residents enjoy
Access to Outdoor Activities

Domain
#1

Outdoor Spaces & Buildings

Goal 1.1: Ensure accessibility to current and future development of Town's buildings and outdoor spaces.

Goal 1.2: Ensure that accessibility is considered in all Town modifications to existing indoor and outdoor spaces.



Cutler Bay High Students visit Award Winning
SW 212 St. Drainage Improvement Project



Residents have access to Eight (8) Community Parks



1. **Outdoor Spaces & Buildings: People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.**

Goal 1.1: Ensure accessibility to current and future development of Town's buildings and outdoor spaces.

Objective 1.1: To promote easy access to recreational facilities, activities and services where residents move easily indoors and out and can routinely experience the Town's natural resources.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Future: Town Center Plaza – accessibility to parking, seating along the way, shading, accessible bathrooms, smooth and level path (not cobblestone or bumpy)	2018-19	Town Manager's Office Parks & Recreation	\$13 Million	Possible funding source: General Obligation Bond Issuance
Future: Town Community Center / Senior Center, build out within Town Center Building	2019-20	Town Manager's Office	\$1 Million	Possible funding source: General Obligation Bond Issuance
Current: Active Adult Outdoor Fitness Equipment	Completed	Parks & Recreation	\$15,000 grant received from AARP	Accessible equipment is available at four (4) of the Town's parks. Cutler Ridge Park has a four (4) piece fitness circuit dedicated to active adults.

1. **Outdoor Spaces & Buildings: People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.**

Goal 1.2: Ensure that accessibility is considered in all Town modifications to existing indoor and outdoor spaces.

Objective 1.2: To provide a variety of accessibility options in the Town's public spaces

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Canoe / Kayak Ramp and Passive Park - (1) ADA accessible canoe/kayak ramp to access 21.5 acre natural lake; (2) Floating dock/fishing pier; (3) Pavilions with picnic tables; (4) pervious parking and walking path to canoe/kayak trail)	Tentative Completion 2018-19	Town Manager's Office Parks & Recreation	\$400,000 estimated costs: FRDAP Grant of \$200,000 Town Park Impact Fees \$200,000	Complete project on time and within budget
Installation of shade structure as well as access to an on-site shuttle at Lakes by the Bay so the elderly and disabled can access the ballpark seating, concession and bathroom areas.	FY2020-21	Town Manager's Office, Parks and Recreation, Public Works	Funding for courtesy shuttle options and additional shade structures.	The number of shade structures and shuttle options
Current Aquatics Center - shade, seating, chair lifts, free aquatic classes for Active Adults	Ongoing	Parks & Recreation	Continue to budget general maintenance and repairs	Increase Active Adult participation five percent (5%) each year
Conduct annual ADA Accessibility Checklists of all Town facilities and parks.	Ongoing	Property Management, Parks and Recreation	Continue to budget for general maintenance and repairs	Eliminate ADA barriers to Town owned facilities and parks.

Notable Accomplishments to Date

Outdoor Spaces & Buildings

- Accessible outdoor fitness equipment targeting active adults installed at Cutler Ridge Park (AARP Grant).
- Accessible outdoor fitness equipment installed at Blue Heron and Saga Bay Parks.
- Adoption of Complete Streets Master Plan to improve walkability along the Town's major street corridors.
- ADA Sidewalk and Facilities Improvement Project to ensure that all crosswalks have ADA detectible flooring, there is continuity of sidewalks, and installation of high visibility crosswalks.
- Plans completed for Lakes by the Bay Park's Canoe/Kayak Ramp to include ADA accessible launch and walkways for easy access to the passive park



Domain
#2

Transportation

Goal 2.1: Develop a senior friendly mobility plan of action

Goal 2.2: Ensure senior safety as they move about the community



Residents of all ages enjoy dedicated bike lanes during 2016 "Bike-B-Que" event



Public involvement meeting to assist with developing the Town's Traffic Calming Master Plan.



2. **Transportation: Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.**

Goal 2.1: Develop a senior friendly mobility plan of action.

Objective 2.1: To increase independence for older adults by improving transportation options.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Provide ADA accessible mini-bus for Town sponsored field trips.	Ongoing	Parks & Recreation	Funding allocation within Parks & Recreation Department	Parks & Recreation Department contracts out ADA accessible bus services for all field trips.
Explore feasibility of installing local charging stations for golf carts and hybrid vehicles at Town owned facilities.	2019-20	Town Manager's Office Parks & Recreation	Capital Funds	Apply for grants to install charging stations at all Town parks and facilities as measured by number of grants submitted and secured. To date: Town Center building completed.
Explore the feasibility of increasing the Town's current circulator bus route from six to seven days, adding an inner loop, and expanding hours of operation.	2019-20	Town Manager's Office	Additional funding allocation from Town's municipal surtax funds (PTP)	Perform a Town-wide survey of residents who would utilize the expanded services.
Increase bus stops to include Cutler Ridge Park, Southland Mall JCPenney entrance, Walmart and other locations of interest.	2019-20	Town Manager's Office	Cooperative agreements with Walmart, Miami-Dade County Transit-way, and Southland Mall.	Measured by the increased number of bus stops. To date: Two completed including Walmart and Transit-way.



2. Transportation: Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.

Goal 2.1: Develop a senior friendly mobility plan of action.

Objective 2.1: To increase independence for older adults by improving transportation options.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Extend Metrorail to South Dade and West of US1	Ongoing	Mayor & Town Council Town Manager's Office	Miami-Dade Board of County Commission needs to commit funds	The Town regularly advocates with the Miami-Dade TPO and State Legislators to provide funding to expand Metrorail South.
Analyze current Town circulator bus route to determine need for increased bus stops and covered shelters.	2018-19	Town Manager's Office, Public Works	Analysis of public transit routes and opportunities for enhancement. Town to coordinate this effort with Miami-Dade Transit Department to map out route and new opportunities.	Review ridership on a quarterly basis. Review comments from riders and bus operators. Conduct study by September 2019.
Explore other pay options for discounts to seniors (i.e. UBER, LYFT, etc.), and call assist for UBER and LYFT.	2019-20	Town Manager's Office	Miami-Dade County Board of County Commissioners are considering an ordinance change to use PTP Funds.	Conduct Public Transit analysis to identify number of increased options for first and last mile within the Town.
Work with Golden Passport program to offer sign-up events to assist with registration for seniors and the disabled.	Ongoing	Public Works Department	Town to coordinate this effort with Miami-Dade County Transit's outreach office	Document meetings on an annual basis.



2. **Transportation (cont.): : Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.**

Goal 2.2: Ensure senior safety as they move about the community.

Objectives 2.2: Integrate safety programs for mobility options.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Provide educational activities such as CarFit, Mobility Fair, Golf Cart/non-motorized vehicle (bicycles, wheel chairs, scooters) workshops/seminars/events.	2019-20	Police Parks & Recreation	General fund allocation to sponsor events, partner with CarFit providers, and colleges/universities.	Host at least three (3) mobility events per year to include at least one CarFit.
Increase number of CarFit Certified Instructors from 2 to 4.	2018-19	Parks & Recreation	Schedule Town staff to attend training sessions.	As measured by the number of Town staff certified as CarFit instructors
Assess the need for sidewalk repairs, curbs, crosswalk timing and countdown, ADA ramps, pedestrian signals, speed bumps, and or other traffic calming devices.	2018-19	Public Works	Funds include: \$50,000 TPO grant and \$20,000 Town match for a total of \$70,000.	Host public involvement meetings and develop Complete Streets Master Plan. Four (4) Public Involvement Meetings - Completed Adopted Complete Streets Master Plan (Res #17-60).



2. **Transportation (cont.): Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.**

Goal 2.2: Ensure senior safety as they move about the community.

Objectives 2.2: Integrate safety programs for mobility options.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Create mixed-use paths (biking, walking, golf cart riding).	Ongoing	Parks & Recreation Public Works	Grant funding for capital investment.	Review and update Parks Master Plan and Complete Streets Master Plan to identify opportunities for new paths.
Partner with Cutler Bay Law Enforcement and other agencies to promote safety awareness while moving about the Town.	Ongoing	Police Parks & Recreation	Budget funds for specific police details and park sponsored events.	Review effectiveness of police educational campaigns on an annual basis. Track number of safety awareness events held in the Town.
Increase golf cart awareness program to promote a golf cart friendly community. (Community Newspapers and signage).	2019-20	Parks & Recreation Police	General fund allocation to sponsor events.	Host at least two (2) outreach/educational events per year.

Notable Accomplishments to Date

Transportation

- The Town has an electronic vehicle charging station installed in front of the Town Hall Building as a result of an ARRA Grant
- FY2016 - Town Council approved an extended schedule of the Town circulator to six days per week including Saturdays
- FY2016 – Town Staff coordinated with Miami-Dade Transit to include stops at Walmart and Transit-way
- FY2016- Town has three (3) CarFit certified instructors
- FY2016 – CFAL Committee worked with Town staff to coordinate Golf Cart Rodeo and developed a Golf Cart Rules & Regulations Brochure
- FY2017 – Town hosted inaugural CarFit event in collaboration with FDOT
- FY2018 – Town received an Honorable Mention from the League of American Bicyclists for our efforts to create a safe environment for cyclists
- The Town has received a combined \$20 Million in grants and joint participation agreements for roadway, bicycle, and pedestrian improvements
- The Town adopted Complete Streets Master Plan (Resolution #17-66) and Traffic Calming Master Plan (Resolution #18-04)
- The Town has implemented two (2) multi-award winning Complete Street Projects (Caribbean Blvd & Old Cutler Road)
- FY2018-Town visits local senior living facilities to discuss the expansion of Town Circulator Bus operations to include transportation on Sundays.



Domain #3

Housing

Goal 3.1: Ensure safety as residents move about their homes

Goal 3.2: Increase stock of affordable housing by promoting programs that support affordable housing and aging in place.





3. **Housing:** Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

Goal 3.1: Ensure safety as residents move about in their homes

Objectives 3.1: Integrate life-safety programs for housing

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Promote partnerships with colleges, schools, and Fire Department to provide Aging in Place Assessments by Occupational Therapy Assistant (OTA) program, Physical Therapist Assistant (PTA) program, Building Department, and Fire Department.	Ongoing	Parks & Recreation Police	Coordination of community partners	Track the number of referrals to partners who conduct assessments.
Provide educational activities such as Falls Prevention workshops, seminars, and events.	Ongoing	Parks & Recreation	Town staff to coordinate with partner agencies	Host at least three (3) outreach workshops on an annual basis
Coordinate HomeFit initiatives for residents from various providers (ie: AARP, Alliance for Aging, Home Depot, local universities).	FY2018-19	Parks & Recreation	Town staff to coordinate with partner agencies	Track the number of referrals to partners who conduct assessments.
Explore opportunities for volunteer home repair programs.	Ongoing	Building and Code Compliance	Town staff to coordinate with local schools and community organizations, and others providing community service hours	Town staff to coordinate residents in need with resources.
Identify method to ensure first responders always have access to senior living facilities.	FY2018-19	Town Manager's Office Building and Code Compliance Police	Agreement with living facilities	Annual visit to each facilities to identify and resolve accessibility concerns in the event of an emergency.



3. **Cont. Housing:** Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

Goal 3:2: Increase stock of affordable housing by promoting programs that support affordable housing and aging in place.

Objective 3.2: Develop incentives for housing types to meet the future needs of seniors at all stages in proportionate to demand.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Explore funding opportunities to increase new development or rehabilitate existing development (i.e.: CDBG funding, Tax Credits, CRA funding, Habitat for Humanities, etc.)	Ongoing	Town Manager's Office Planning & Zoning	Town staff to continue promoting zoning incentives for senior housing	Increase number of housing units which target our aging community.
Ensure Land Development Regulations (LDR) that mitigate regulatory barriers or provide incentives for a variety of housing types.	Ongoing	Town Manager's Office; Planning & Zoning Department; Feedback from Private sector	Town staff to promote zoning incentives and Town demographics to potential developers.	Development and adoption of updated Land Development Regulations
Encourage development of housing types to include affordable, elderly, and special needs that are proximate to transit and employment centers. When development incentives are offered a special use approval process shall be in place to ensure that units resulting from the incentives remain affordable upon future transfer of ownership.	Ongoing	Town Manager's Office Planning & Zoning Department	Town Staff to continue promoting the need for affordable housing to potential developers	Development and adoption of updated Land Development Regulations , to include incentives.

Notable Accomplishments to Date

Housing

- East Ridge Retirement Village opened a new wing in 2016. The Three Palms Health Center features 125 independent living apartments, 60 skilled nursing suites, 26 memory care suites, 60 assisted living apartments. Construction completed 2017. Challenged by the Town of Cutler Bay to be certified with LEED classification, East Ridge exceeded the minimum requirement and received a LEED Platinum rating under the US Green Building Council's LEED for Home program. It is a premier example of sustainability in the Miami area, with features such as low Volatile organic compounds (VOC) emitting materials including carpeting and paint, as well as thermally efficient energy and water.
- Marilyn Hope's Place a 55+ mixed income residential community was completed in 2014 and has 101 units (50 - 1/1, 51 - 2/2). This facility is fully occupied with a three (3) year waiting list. In 2017 an adult day care program was opened at this location.



Domain
#4

Social Participation

Goal 4.1: Engage Seniors to participate more fully in community social activities



Residents Enjoy Movie Screening in Collaboration with AARP.



Residents Enjoy Day Trip to Miami Seaquarium



4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4.1: Engage seniors to participate more fully in community social activities.

Objective 4.1: Promote arts, recreation, leisure, and educational activities involving and targeting a wide range of older adults.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Develop a plan to reach out to as many seniors as possible; individual senior homes, senior housing complexes or and senior congregate living facilities to ensure that they are adequately notified of Town events/activities.	Ongoing	Town Manager's Office, Parks and Recreation	Town Staff, Public Information Officer	Increase number of seniors that report being well informed about Town events.
Create a robust social media presence to promote Town and senior events	Ongoing	Town Manager's Office	Town staff to continue promoting opt-in email listing, Facebook, and other social media	Increase active adult participation by five percent (5%).
Develop opportunities to promote inter-committee partnerships.	Ongoing	Town Manager's Office	Town staff to coordinate this effort with Council Committee Liaison	Coordinate an activity annually with each town committee to promote social engagement of seniors. Completed Parks and Recreation installation of active adult outdoor fitness equipment Town staff coordinated selection of equipment with CFAL and Parks & Recreation Advisory Committee.

Domain #5

Respect and Social Inclusion

Goal 5.1: Develop a plan to increase intergenerational activities within the Town.

Goal: 5.2: Ensure that the Town residents of all ages have ample opportunities to merge interests and participate with each other to improve intergenerational respect.



Residents engage in art and dance activities during Cutler Bay Intergeneration Cultural Arts Week.



5. **Respect and Social Inclusion: Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and feel good about themselves.**

Goal 5.1: Develop a plan to increase intergenerational activities within the Town.

Objective 5.1: Expand programs and services that engage and empower older adults.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Build a Community Center that can be used for intergenerational activities and has a dedicated “Senior Space” on the first floor of the Town Center Building	Ongoing	Mayor & Town Council Town Manager’s Office	Approximately \$1 million capital project.	“Conceptual” design plans completed.
Promote child/senior activities such as “Foster Grandparents.”	2019-20	Town Manager’s Office	Town staff to coordinate this effort with Miami-Dade County DHS/CAA elderly division.	Develop a flyer once approved by M-DCPS Participants may require Level II background.
Partner with senior living facilities for reading events with children.	2019-20	Town Manager’s Office	Town staff to coordinate with M-DCPS and Town’s Education Advisory Committee and with the Children’s Readiness Coalition PAL program.	Develop a flyer/program Work with the Town’s Education Advisory Committee.



5. **Respect and Social Inclusion: Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and feel good about themselves.**

Goal 5.2: Ensure that Town residents of all ages have ample opportunities to merge interests and to participate with each other to improve intergenerational respect.

Objective 5.2: Enhance awareness and the positive contributions of seniors by promoting interactions and by supporting participation in the community.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Promote intergenerational interaction and dialogue by expanding intergenerational activities.	Ongoing	Town Manager's Office, Parks and Recreation	Town staff to continue coordinating events that are open to all age groups.	Offer a minimum of two (2) trips/events per year that are promoted as intergenerational activities.
Expand senior and Town resident discount offers.	2019-20	Town Manager's Office	Town staff to coordinate this effort with the Cutler Bay Business Association (CBBA).	Develop a discount merchant card by working with the Town's Economic Growth Committee.

Notable Accomplishments to Date

Respect and Social Inclusion

- The Town partnered with South Miami-Dade Cultural Arts Center to coordinate intergenerational cultural affairs activities in collaboration with youth from the Mays Conservatory of the Arts, and BoysTown.
- The Town coordinates ongoing field trips that are free and open to adults of all ages (Zoo Miami, Marlins Games, Seaquarium, etc.)
- The Town hosts regular wellness classes for people of all ages to include fitness, self defense, and nutrition education.
- The Town hosts regular social outings to local restaurants or movie theaters.

The Town of Cutler Bay is proud to host a **FREE** wellness class offered by Adam Robbins of DNA Fitness. Adam will educate participants on the importance of diet, exercise and active living. Join us to learn more about the principles of nutrition and the key role proper eating habits play in one's overall health.

Thursday, April 12, 2018

10:00 AM – 11:00 AM

Cutler Bay Town Center

10720 Caribbean Blvd., Suite 440



For more information, please contact Janelle Marzouka in the Parks & Recreation Department at 786-573-5575 or jmarzouka@cutlerbay-fl.gov



Please join your friends and neighbors for a fun day at Zoo Miami

located at 12400 SW 152nd St, Miami, FL 33177

ACTIVE ADULTS FIELD TRIP

FRIDAY DECEMBER 16, 2016

11AM

FREE OF CHARGE

TRANSPORTATION INCLUDED

The bus will be leaving Cutler Bay Town Center at 10:30AM. You must register by Thursday December 1, 2016.

SPACE IS LIMITED!

Please contact Janelle Marzouka, Programs Coordinator, at 305-238-4166 or jmarzouka@cutlerbay-fl.gov to register.

This event is being sponsored by the Town of Cutler Bay.



Domain #6

Civic Participation and Employment

Goal 6.1: Develop a Senior Volunteer Corps

Goal 6.2: Establish connections to senior employment programs and services



Town celebrates the 12 graduates of the AARP Office Skills Training Program.



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





6. **Civic Participation and Employment: An age-friendly community provides ways older people can, if they choose to, work, volunteer, and be actively engaged in community life.**

Goal 6.1: Develop Senior Volunteer Corps.

Objective 6.1: To increase active adult participation as volunteers to enhance well-being and purposefulness.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Research opportunities for volunteer programs such as Telephone Reassurance, Seniors Never Alone, etc.	Ongoing	Town Manager's Office	Partnership with volunteer service organizations (i.e. Switchboard of Miami Seniors Never Alone project), Habitat for Humanity (Cutler Bay), Miami-Dade County Public Schools.	Provide access to directories of volunteer opportunities on the Town's website.
Provide opportunities for seniors to participate in community service projects. (Example: environmental clean ups, beach clean-up, playground building, tutoring services for youth, and mentoring).	Ongoing	Parks & Recreation	Town staff to coordinate with local agencies and faith based organizations.	Coordinate at least one (1) community service project each year and ensure that residents are recruited from all age groups.



6. **Civic Participation and Employment:** An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.

Goal 6.2: Establish connections to Senior Employment Programs (SEP) and services

Objective 6.2: To provide opportunities for employment for older adults living in Cutler Bay

Activities	Timeline	Lead Department	Resources Needed	Metrics/Measurements
Promote the value of older adults in the Workforce.	Ongoing	Town Manager's Office Parks & Recreation Department	Invite SEP providers to present opportunities for employment in our community or neighboring communities through workshops, seminars, etc.	Host at least two (2) outreach/training workshops per year. Offer courses through partner agencies in the areas of computer classes, language proficiency, customer service, etc. (i.e. AARP Work Readiness Course, Adult Education at Cutler Bay High).
Assist with recruitment of residents to be a part of the identified senior employment work programs.	Ongoing	Town Manager's Office Parks & Recreation Department	Partnerships with training programs and job placement providers (AARP, CareerSource South FL, MDCPS)	Town staff to invite local employment agencies to events.
Provide opportunities for employment to seniors in the community.	Ongoing	Town Manager's Office Parks & Recreation Department	Work with AARP for employment options (permanent or intermittent) to generate supplemental income. (UBER, LYFT, Customer Service at Home)	Host outreach/training workshops to introduce older adults to opportunities in the "gig economy" of contract and independent work engagements.

Notable Accomplishments to Date

Civic Participation and Employment

- The Town 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.
- In FY2016, the Town hired a (SCSEP) participant to work part-time in our Parks & Recreation Department.
- FY2017 – The Town partnered with AARP to conduct a week-long “Office Skills Training Program” for active adults 50+.
- Town partnered with MDCPS System to offer Adult Education Courses (English Language and Computer Skills) at Cutler Bay High at no cost to older adults.



Cutler Bay Senior Adult Education Program



New Classes for Active Adults 50+

Classes begin January 10, 2017

Class Schedule

Computer Skills ~ Tuesdays
English & Spanish ~ Wednesdays
Arts & Crafts ~ Thursdays

3:30 pm - 5:30 pm Each Day for 16 Weeks

Cutler Bay Residents: FREE
Non-Residents: Only \$30 Per Course



Cutler Bay Senior High School
8601 SW 212 Street
Cutler Bay, FL 33189
Phone: (305)235-1581

To Register: Call (305)235-1581, Monday - Thursday 3:30 pm - 6:30 pm

Domain #7

Communication and Information

Goal 7.1: Develop a process to integrate CFAL initiatives with the Town's activities.

Goal 7.2: 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



7. **Communication and Information:** Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

Goal 7.1: Develop a process to integrate CFAL initiatives with the Town's activities

Objective 7.1: To promote and increase participation & awareness of activities and services for active adults.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Develop a CFAL brochure with Cutler Bay contact information, emails, and phone numbers as well as committee goals.	2018-19	Town Manager's Office	Assign Town staff to this task, along with executive interns from Cutler Bay High.	Develop a one-stop brochure with contact information and website links.
Further communication and outreach when changes to local circulator routes are made.	Ongoing	Public Works	Town staff to continue promoting e-notification sign-ups. Consider an automated phone call/text system for special announcements.	Increase in e-notification enrollment.
Invite age friendly local health care & other service providers to Town events.	Ongoing	Parks & Recreation	Town staff to coordinate with local community partners.	Host an annual event at Town Hall, with all local providers.



7. **Communication and Information:** Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

Goal 7.1: Develop a process to integrate CFAL initiatives with the Town's Activities

Objective 7.1: To promote and increase participation & awareness of activities and services for Active Adults.

Activities	Timeline	Lead Department	Resources Needed	Metrics/Measurements
Provide CFAL flyers at all Town events, i.e.: CFAL brochure, activity flyers, educational workshops, giveaways, and other flyers/brochures targeting older adults.	Ongoing	Town Manager's office, Parks & Recreation	Printing and packaging of materials. Inventory of items.	Develop "go box" for CFAL Committee to pick up and carry to each outreach event.
Build awareness by creating multi-lingual flyers promoting e-mail opt-in, website use, etc. thus encouraging more participation.	Ongoing	Town Manager's office	Town General Fund allocation Town wide promotional mail-out	Mail out promotional post cards every two (2) years eNotification campaign.
To promote CFAL activities, information relevant to older adults on the Town's CFAL Committee webpage, local newspapers, and press releases, etc.	Ongoing	Town Manager's office	Town staff to continue to increase our outreach efforts and promote events	Continue to update the Town's Active Adult outreach brochure (post on website) distribute during events.



7. **Communication and Information:** Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

Goal 7.2: Develop a strategy to become better acquainted with local Assisted Living Facilities (ALFs) and Group Homes in our community.

Objective 7.2(a): To work with the Agency for Health Care Administration (AHCA) and Florida Assisted Living Association (FALA).

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Invite AHCA, Ombudsman, Guardianship Programs, and FALA to provide community workshops.	Ongoing	Parks and Recreation	Partnership with service providers.	Staff and/or CFAL members will attend at least one (1) training bi-annually to learn more about ALF programs.

Objective 7.2(b): To educate CFAL committee and Town residents on ALFs, Group Homes, Hospice and other aging in place options.

Provide panel discussions and workshops etc. to Town residents and committee members.	Ongoing	Parks and Recreation	Partnership with service providers.	Staff will coordinate one (1) training annually on aging in place options.
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Objective 7.2(c): To establish positive relationships with ALF's and Group Homes in order to increase resources for Town wide events and activities.

Invite ALF residents to attend 2017-2019 Alliance for Aging Area Plan meetings.	Ongoing	Parks and Recreation	Partnership with service providers.	Develop email list of local ALF facilities and send out notifications as they become available.
Invite ALF and Group Homes to Town wide events/activities.				

Notable Accomplishments to Date

Communication & Information

- CFAL Committee actively participates in reoccurring Town Events (i.e. Chili Day, HealthSouth Health Fair).
- Hosts ongoing Age-Friendly Workshop (AARP), and Falls Prevention Workshop (Alliance for Aging).
- The Town purchased the center page of the Cutler Bay News (published monthly) and will use this space to highlight CFAL activities.
- CFAL Committee members participated in HealthSouth's outreach event for ALFs on 10-20-2016.
- Seventy-five (75) press releases in 2017 have been posted on the Town's website, and sent to over 1,400 residents that are subscribed to the Town's eNotifications.
- Town staff completed a mass mail out of approximately 14,000 promotion cards to encourage residents to sign-up for the email opt-in.
- Town staff developed and maintains "go box" that CFAL committee uses for all outreach events. Purchased fitted table skirt for CFAL.



Domain
#8

Community & Health Services

Goal 8.1: Foster a healthy and health conscience aging population



Town hosts Health & Resource Fair in celebration of Older Adults Month (May 2018)



2016 Cutler Bay Senior Games





8. **Community and Health Services:** At some point, everyone gets hurt, becomes ill, or simply needs a assistance. While it is important that care be available nearby, it's essential that residents are able to access and afford the services required.

Goal 8:1: Foster a healthy and health conscious aging population.

Objective 8.1: To increase participation in Healthy Eating Physical Activity (HEPA) and socialization.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Host recreational activities at Senior Living Facilities to include dances, field trips, cultural arts, and intergenerational activities.	Ongoing – Annual Event	Parks & Recreation	Town General Fund Allocation Continue corporate sponsorship approach.	Continue to host regional and state Senior Games and highlight local athletes.
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.	2019-20	Mayor & Town Council, Town Manager's Office	\$2 Million Capital Improvements.	Town Council approval of project, and capital investment.
Increase mosquito control activities and services so older adults can engage in outdoor activities. Increase awareness of mosquito eradication.	Ongoing	Public Works	Town staff to coordinate proactive spraying with Miami-Dade County Mosquito Control.	Increase awareness during mosquito breeding season (summer months).
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.	Ongoing	Town Manager's Office	Town staff to continue promoting eNotification (opt-in) email list subscriptions.	Increase Active Adult participation five percent (5%) per event.



8. **Community and Health Services:** At some point, everyone gets hurt, becomes ill, or simply needs a assistance. While it is important that care be available nearby, it's essential that residents are able to access and afford the services required.

Goal 8.1: Foster a healthy and health conscious aging population.

Objective 8.1: To increase participation in Healthy Eating, Physical Activity (HEPA) and socialization.

<u>Activities</u>	<u>Timeline</u>	<u>Lead Department</u>	<u>Resources Needed</u>	<u>Metrics/Measurements</u>
Increase participation in Senior Games, educational, intergenerational and recreational activities offered by the Town.	Ongoing	Parks & Recreation	Funding (Town Budget and Grant Funding), Marketing Campaign.	The Town has increased the number of activities offered. FY2018 includes 4 ongoing programs, 9 annual events, and 4 new activities (Shred-a-thon, Resource Fair, Self-Defense Classes, Social Events/Meet-Ups).
Provide opportunities for workshops on Diabetes prevention, nutrition education, falls prevention and other relevant topics.	Ongoing	Parks & Recreation	Partnerships with AARP, Dept. of Elder Affairs, Alliance for Aging, and local medical centers.	FY18 The Town has scheduled three health related workshops, and is planning a Resource Fair in celebration of Older American's Month in May.
Provide older adults with Identification Cards that include emergency contact information, medications, etc.	FY18-19	Parks & Recreation	Partnership with Policing Unit.	Track number of medical cards provided by the December 2019.

Notable Accomplishments to Date

Community & Health Services

- The Town organized several community outings. Most recently; SMDCAC Events, Marlins Game, Zoo Miami.
- Public Works Dept. collaborates with Miami-Dade County Public Works Dept. on Zika Task Force.
- Hosted ten (10) public meetings for planning of Aquatic Center and Town Center Plaza.
- 2016 Senior Games received a record 80 registrants.
- Town partnered with local providers to host workshops and a Health Fair.
- The Town received a \$15,000 grant from the AARP to install universally accessible outdoor fitness equipment at Cutler Ridge Park.
- Town hosted first Health & Resource Fair celebrating Older Adults Month in May 2018.



Cutler Bay
FLORIDA

Please join the fun...

Official Ribbon Cutting Ceremony
Celebrating the new

Outdoor Fitness Circuit
at Cutler Ridge Park
10100 SW 200 Street Cutler Bay, FL 33157

Tuesday, February 27, 2018
9:30 am – 10:30 am

Food & Refreshments Provided

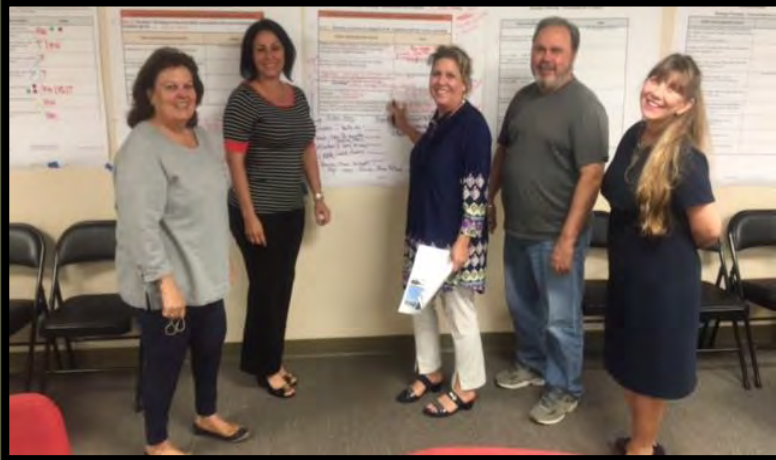
The Town of Cutler Bay is pleased to be the recipient of a 2017 AARP Community Challenge Grant. The installation of universally accessible fitness equipment at Cutler Ridge Park furthers the Town's commitment to provide access to exercise for residents of all ages and levels of ability.

For more information contact Janelle Marzouka
at jmarzouka@cutlerbay-fl.gov or 786-573-5575.

AARP
Community
Challenge



Special Thanks to the CFAL Committee...





Robert "BJ" Duncan
Council Member

Michael Callahan
Council Member

Tim Meerbott
Mayor

Sue Ellen Loyzelle
Vice Mayor
CFAL Committee Liaison

Roger Coriat
Council Member

For More Information Contact
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