

MAYOR & COUNCIL AGENDA COVER SHEET

MEETING DATE:

January 12, 2009

CALL TO PODIUM:

Michele R. Potter

RESPONSIBLE STAFF:

**Michele R. Potter, Director of
Parks, Recreation and Culture**

AGENDA ITEM:

(please check one)

<input type="checkbox"/>	Presentation
<input type="checkbox"/>	Proclamation/Certificate
<input type="checkbox"/>	Appointment
<input type="checkbox"/>	Joint Public Hearing
<input type="checkbox"/>	Historic District
<input type="checkbox"/>	Consent Item
<input type="checkbox"/>	Ordinance
<input type="checkbox"/>	Resolution
<input type="checkbox"/>	Policy Discussion
<input checked="" type="checkbox"/>	Work Session Discussion Item
<input type="checkbox"/>	Other:

PUBLIC HEARING HISTORY:

(Please complete this section if agenda item is a public hearing)

Introduced	
Advertised	
Hearing Date	
Record Held Open	
Policy Discussion	

**TITLE: Report and Recommendations
From the Ad Hoc Senior Center Committee**

Presentation from the Ad Hoc Senior Center Committee Regarding Findings and Recommendations Pertaining to the Future Needs of a City Operated Adult Recreation Center

SUPPORTING BACKGROUND:

A Resolution was approved on August 4, 2008, by the Mayor and City Council, establishing the Ad Hoc Committee to Determine the Requirements for the Senior Center and Explore the Recreation Trends for Active Older Adults. The Committee met in the months of September through December and is prepared to give their findings and recommendations.

Tonight, Mrs. Jean Mitchell and Mr. Clyde Horton, members representing the Ad Hoc Senior Center Committee, will present the final report and recommendations to the Mayor and City Council. A power point has been prepared.

- The Agenda for the Presentation will entail the following:
- Assessment of the current, City Senior Center and its programs;
 - Description of the 'older adults' population growth and trends;
 - Sharing of the Committee's research conducted and evaluated;
 - Discussion of funding and location options;
 - Summarization of the recommendations for a new Adult Activity Center.

Upon conclusion of the presentation, staff is seeking guidance on the following specific issues:

- Commitment in the form of a vote to authorize a feasibility study on proposed sites;
- Be open to any new location which may arise;
- Pursue avenues of funding.

Attachments:
Copy of Work Session Power Point Presentation

**DESIRED OUTCOME:
Receive Presentation and Provide Staff Guidance**



**Ad Hoc Committee to Determine the
Requirements for the Senior Center and
Explore the Recreation Trends for
Active Older Adults**

Report to Mayor and City Council

January 12, 2009



OUR CHARGE

- Research local, regional and national trends for adult activity programs
- Identify current and future recreational needs of active older adults in Gaithersburg area
- Evaluate current facilities to determine ability to meet needs and challenges
- Review current and future requirements and provide recommendations for a new Senior Center
- Identify and explore funding opportunities and partnerships with government and private agencies

WHO WE ARE

- Brian Feldman (Chairman, Montgomery County House Delegation)
- Charles Ferrell
- Burton Goldstein
- Clyde Horton
- Blanche Keller
- Dolly Kildee
- Michael Knapp (Montgomery County Council)
- Nancy King (Senator, District 39)
- Henry Marraffa (City Council Member & Senior Liaison)
- Catherine Matthews (Director, Upcounty Regional Services)
- Jean Mitchell
- Jeannie Pizzonia
- Yale Wiesberg

THE PROCESS

This committee

- Researched trends for older adults
- Visited other Senior Centers to learn best practices
- Polled our current senior members for their preferences
- Consulted with senior facilities across the country
- Prioritized the requirements for a new Adult Activity Center
 - Interesting discussions
 - Value voting
- Is now prepared to share recommendations

AGENDA

- Assess *current* Senior Center facility and programs
- Describe 'older adult' population growth/trends
- Share committee's research and decision making
- Discuss funding and location options
- Summarize priorities for new Adult Activity Center
- Make recommendations for City Council action

CURRENT FACILITY

- 1st floor of a converted, multi-story hotel
- Shared site with Diamond Square Apartments
- Limited, shared parking spaces
- Total of 10K sq ft (7600 sq ft programmable)
- 5 full-time staff; 1 employment agreement; 2 part-time
- Space completely maximized
- Operating budget - \$700K



CURRENT PROGRAMS/ SERVICES

- Fitness/Exercise programs
- Wellness seminars
- Music/Cultural programs
- Educational opportunities
- Entertainment
- Transportation
- More than 6,000 lunches/year served



CURRENT CENTER PARTNERSHIPS

- Montgomery County Government
 - \$100K Operations
 - On-site case management worker:
 - Medicare/insurance issues/questions
 - Housing and county services
- Federal Government
 - \$40K Nutrition Program

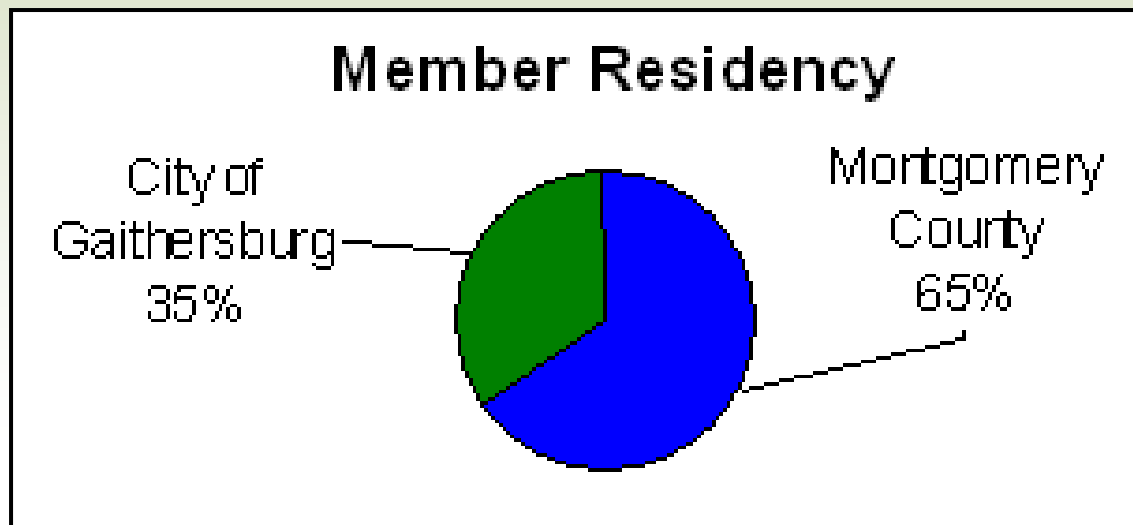
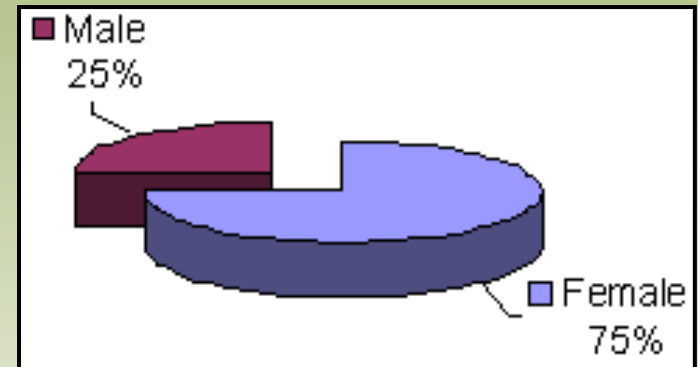


CURRENT CENTER PARTNERSHIPS

- Montgomery College, Suburban Hospital, Adventist Health Care:
 - Free monthly blood pressure checks; nurse available 1 day/week
 - Host life-long learning classes; reduced tuition for programs
- Contracted counselor (from Child Care & Adult Services):
 - Personal/family conflicts
 - Depression
 - Identify beginning stages of dementia or other problems

CURRENT USAGE

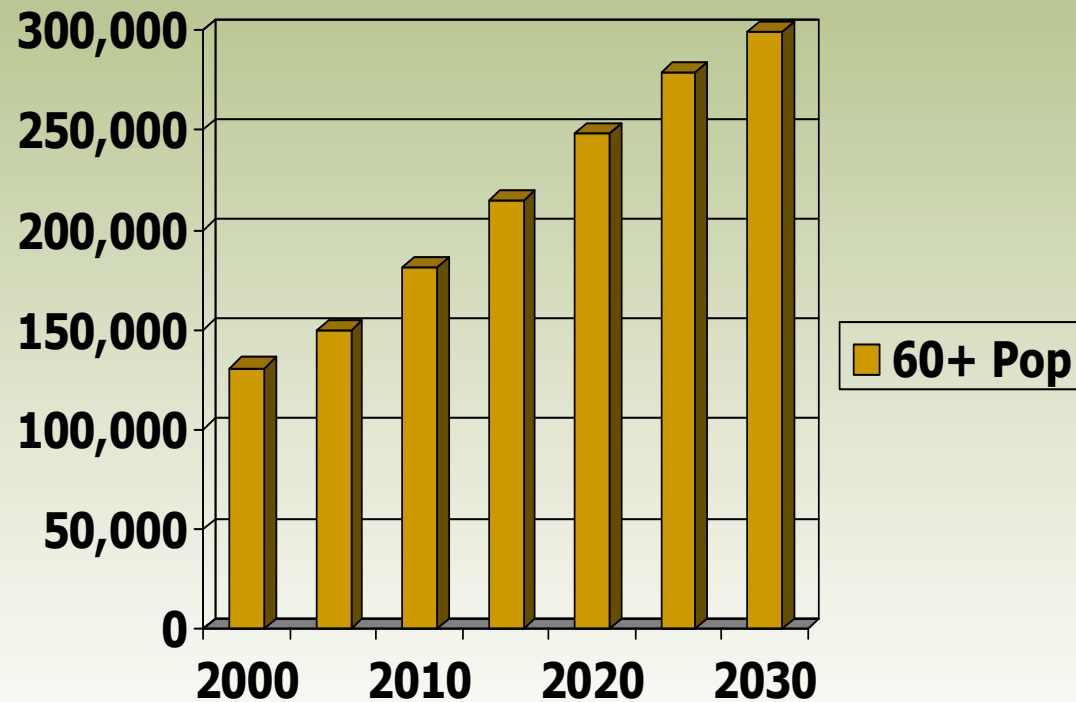
- Members are ages 55 and older (average 75)
- Currently 820 members
 - up from 400 members 5 years ago
- FY08 – 69K scanned participants
 - estimate 2,500-3,000 did not scan card



MONTGOMERY COUNTY TRENDS

- Life expectancy for a child born today in Montgomery County is 81.3 years
 - #1 US county for “Long Life”
- ‘Younger’ older adults who participate in programs/services early in life have fewer age-related problems when they become ‘older’ older adults
- Education and Early Prevention programs/services are key for aging ‘well’
- Senior Centers are integrated with community centers

MONTGOMERY COUNTY'S AGING POPULATION



REGIONAL TRENDS

- Dayton, Ohio
 - Encouraged inter-generational activities
 - Broke stereotypes that encourage seniors to interact with only seniors
 - Corrected misconceptions that younger people tend to have about older people



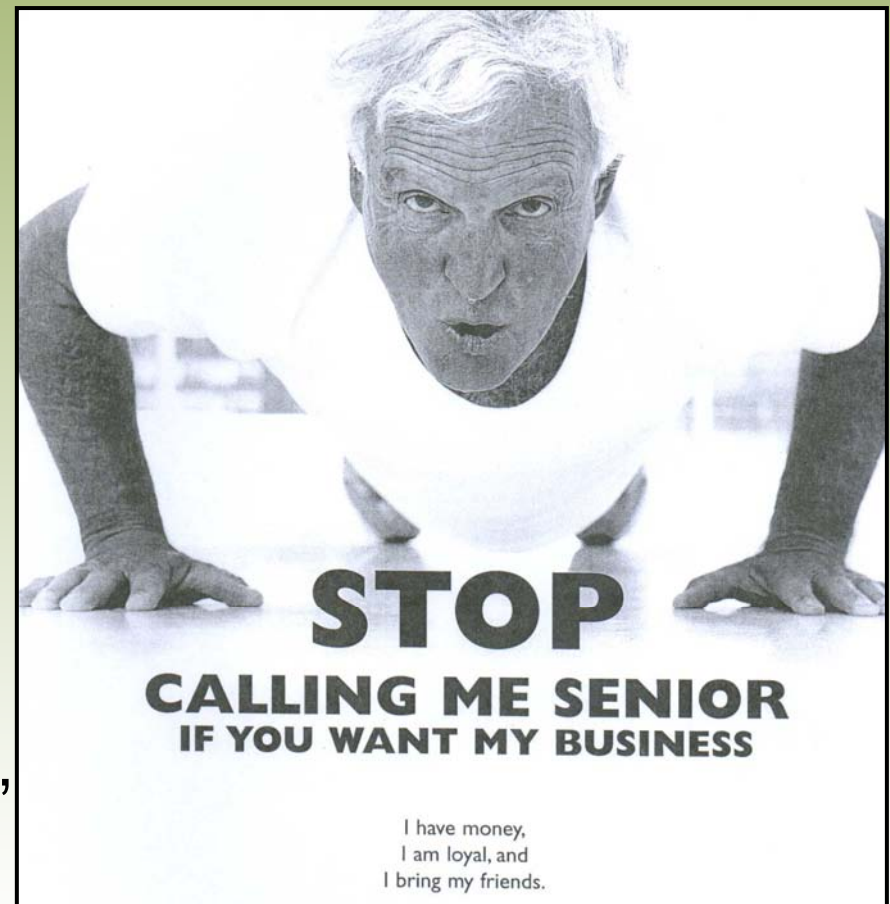
REGIONAL TRENDS (cont'd)

- New York, New York:
 - Senior Centers will transform to community and family centers in the future
- Boston, Massachusetts:
 - Senior Centers are integrated with community centers
 - Mix seniors with other generations so they do not feel isolated

NATIONAL TRENDS

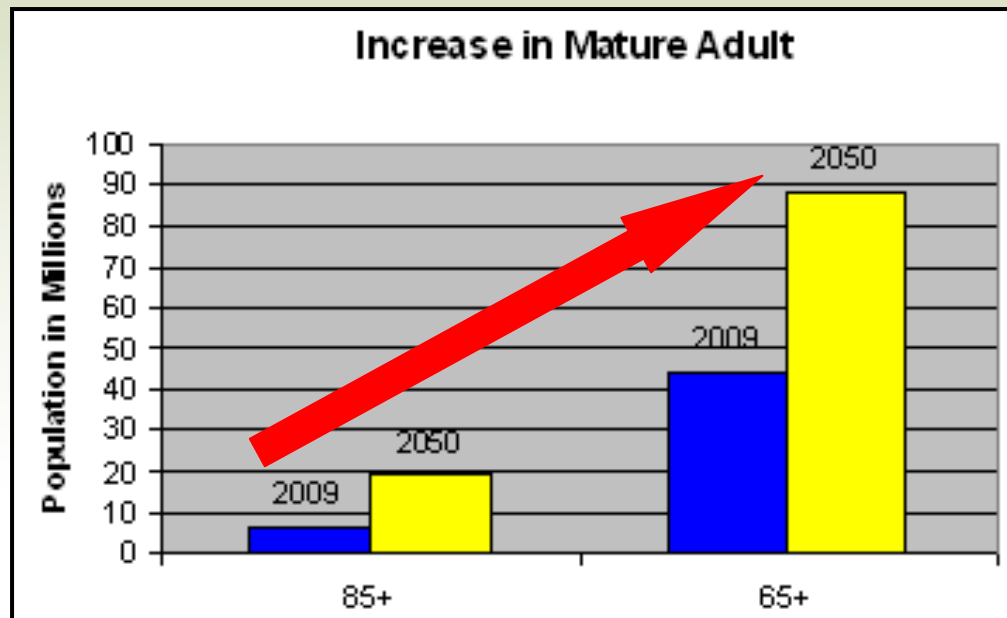
Current

- The group 'senior' is now commonly referred to as 'mature adult'
- 1 in 3 adults is a 'boomer': age 44-62
- Boomers feel 6-10 years younger than they are - and expect to live beyond 90 years of age
- Even though they *feel* young, boomers' health is not as good as their parents!
 - Mostly due to inactivity



NATIONAL TRENDS Projections

- As a nation—by mid-century—we will
 - Be more racially and ethnically diverse
 - Live to be much older
- By 2030
 - 1 in 5 U.S. residents is expected to be 65 and older



NATIONAL TRENDS

Health Benefits

- Physical Activity can help prevent 5 of the 6 leading causes of death and disability – and lower health costs:
 - Coronary heart disease/cardiovascular Disease
 - Cancer
 - Stroke
 - Accidents (especially from falls)
 - Diabetes

NATIONAL TRENDS

Health Benefits

- Other benefits of Physical Activity:
 - Stress Relief
 - Coping with depression
 - Delaying/reversing osteoporosis
 - Improved self confidence and self esteem
 - Increased energy for daily activities



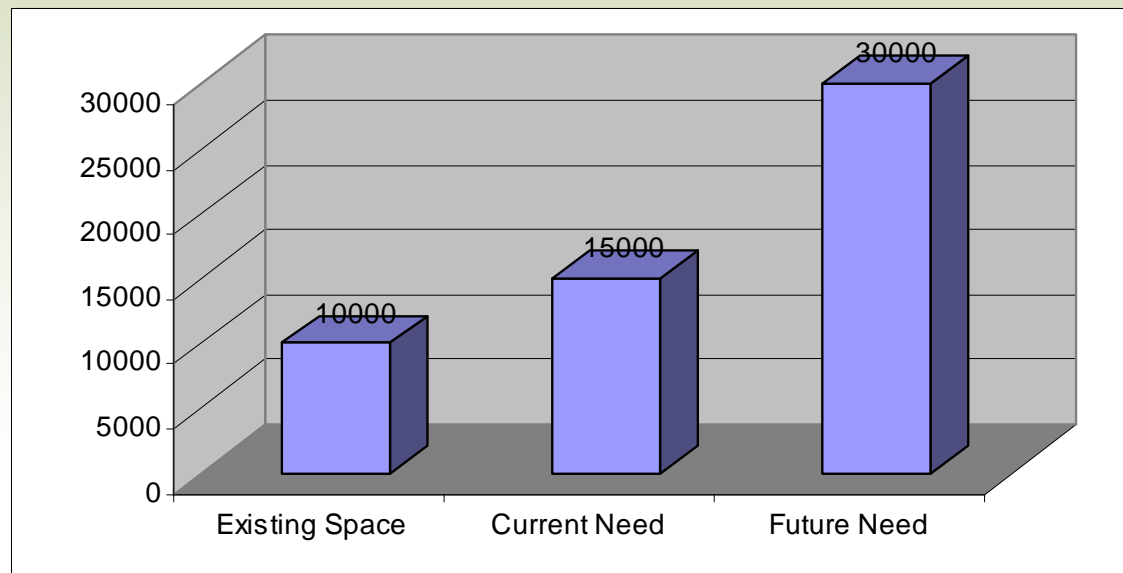
NATIONAL TRENDS

Benefits of Senior Center

- Survey – National Institute of Senior Centers:
 - 87% surveyed said they have developed close friendships at senior centers
 - 75% of these same individuals participate together – in activities outside the center
 - 90% said their health is better
 - 75% said that joining a center has helped them maintain their independence

FEASIBILITY STUDY

- Commissioned study with Colimore Gallow Architects 3 years ago
 - Data from 2000 Census
 - Current Senior Center is below standards
 - Building code and ADA issues were identified and addressed



FEASIBILITY STUDY

Projected Needs Assessment

- Facility may experience at least a 100% increase over the next 10 years
 - Daily member participation > 200/day
- Current facility cannot fully support *current* needs of Seniors
- Most certainly, cannot meet *projected* needs



NEIGHBORING COUNTY VISITS

- Glenwood Community Center
 - Cooksville, MD (Howard County)
 - 50K sq ft combination community center and senior center
- North Carroll Co. Senior & Community Ctr
 - Hampstead, MD (Carroll County)
 - 24.5K sq ft converted store front
- Westminster
 - Westminster, MD (Carroll County)
 - 27K sq ft stand-alone facility shared with the Bureau on Aging



LIKES (composite)

- LEED building
- Gym with indoor track
- Lots of windows in corridors, classrooms, lounge area
- Oversized storage closets, automatic doors and lights
- Stage for performances/entertainment
- Ample parking
- Interior courtyard and fireplace lounge
- Facility access control/check-in system
- Telephones in each room (security/emergency)
- Building could be partitioned off by zones

LESSONS LEARNED (composite)

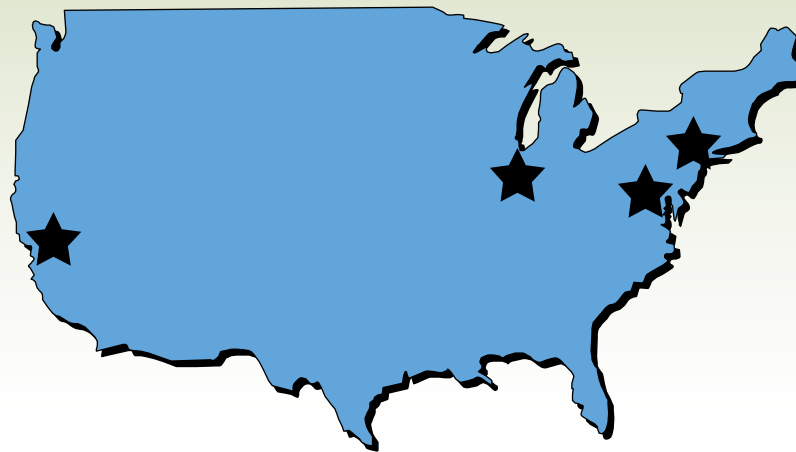
- Location and signage are important
- Recommend laminate or poured floor rather than carpeting
- Selection of chairs is a priority
- Fitness room needs to be large enough and have up-to-date equipment
- Exterior needs to be inviting (not industrial like)
- Entrance needs to be canopied and protected from the elements

LESSONS LEARNED (composite)

- Ample parking is a must
- High ceilings/windows can be difficult to clean/maintain
- Need for several unisex bathrooms throughout facility
- Multi-purpose, flex space is more desirable than rooms allocated to specific activity
- Plan for more storage than initially anticipated

ADDITIONAL SITE VISITS

- Individual committee members also visited Senior Centers in:
 - Cape Cod, MA (3 separate centers)
 - Chicago, IL
 - Dublin, CA
 - Rockville, MD



HIGHEST PRIORITY

Major Facility Elements

- Exercise/fitness room
- Double gym with walking track
- Multiple classroom space
- Room to expand in future
- Large computer room
- Woodworking shop
- Gathering area to accommodate 200 people
- Library
- Meeting/flex space
- Dining Hall
- Full commercial kitchen

HIGHEST PRIORITY

Exterior Design

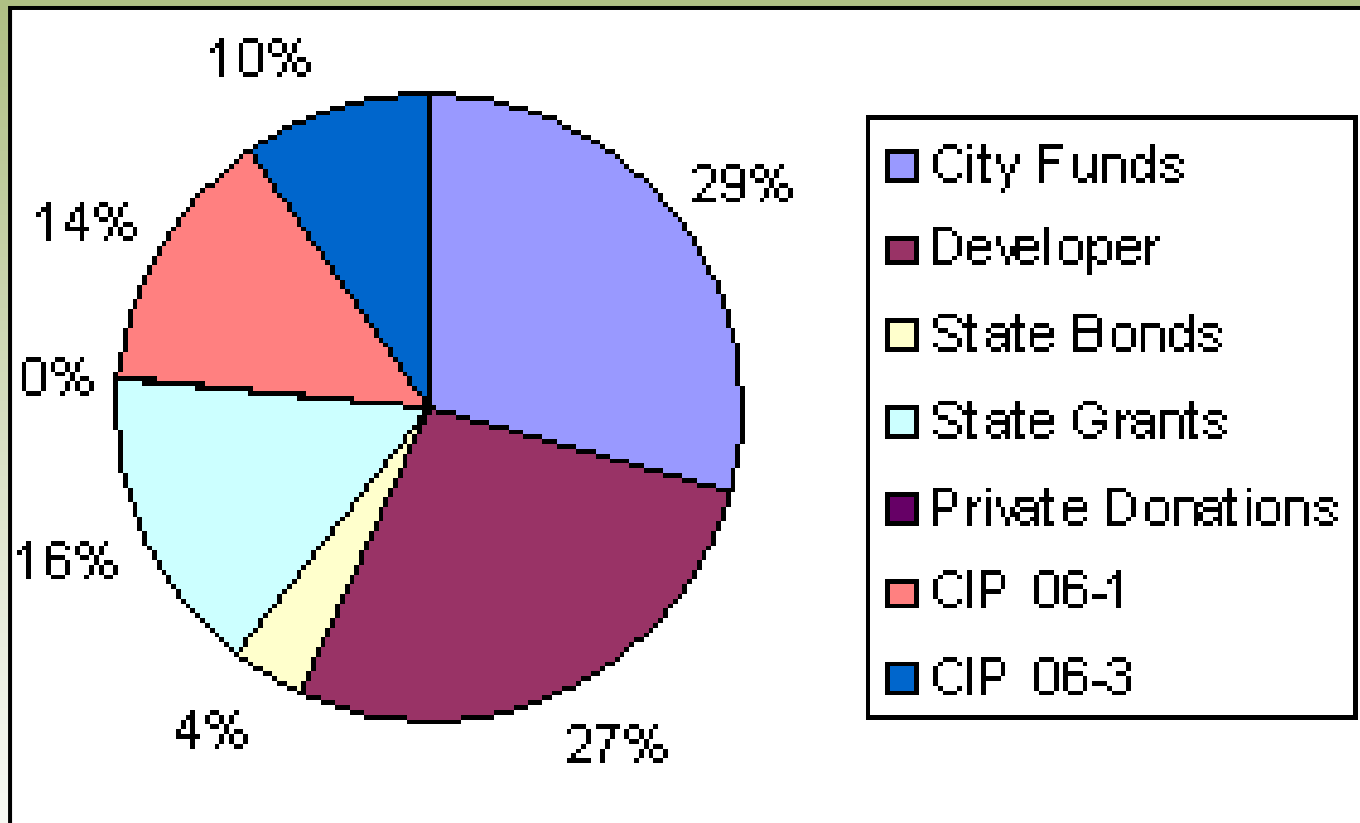
- Walking trails
- More handicapped parking than required by code
- Porte-cochere (covered area for bus)
- Benches and gathering areas with shade
- Few steps as possible from parking to entrance
- Courtyard
- No slope in parking and walking areas
- Security cameras
- Inviting architecture; not industrial looking

HIGHEST PRIORITY

Interior Design

- Dining hall with
 - Ramped stage
 - Near center entrance
 - Dividing doors to expand to more rooms
 - Coffee/drink alcove
- Wide hallways with windows looking into rooms
- Arts/crafts room with kiln, ceramics, sinks, natural lighting
- Diversity through décor and art
- Pull-down projection screen

IDENTIFIED FUNDING



TOTAL= \$5.1 M

POTENTIAL LOCATIONS

- Activity Center at Bohrer Park expansion
- Casey East at Watkins Mill
- Former NIKE site

The City will hire a consultant to perform a feasibility study at each location to determine the best site to match the committee's recommendations

- A traffic study would be part of this effort

ACTIVITY CENTER at BOHRER PARK

PROS/CONS

PROS

- Intergenerational
- *Existing* exercise rooms/
gym/indoor track
- Walking trails, outdoor
pool, miniature golf
- Expanded hours of
operation
- Appealing to boomers who resist
senior center image



ACTIVITY CENTER at BOHRER PARK

PROS/CONS

CONS

- Possible retrofit complications
- Potential disruption to programs during construction
- Concerns about proximity of high school
- Limited parking during large events
- Traffic and access concerns

CASEY EAST at WATKINS MILL

PROS/CONS

PROS

- Dedicated land
- Opportunity to design/build – not retrofit
- Perceived attainable funding
- Location/central access
- Perceived safety - next to Police Station
- Nearby restaurants, shopping and mature adult housing
- Walking trails are on site plan
- Developer will grade site, run utilities and construct parking lot

CASEY EAST at WATKINS MILL

PROS/CONS

CONS

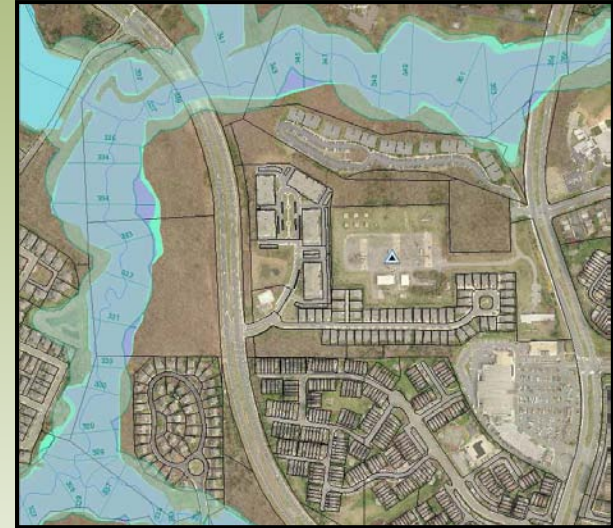
- Site may limit square footage
- Traffic and parking
- Economy-dependent
 - Developer control
 - Infrastructure needed



FORMER NIKE SITE PROS/CONS

PROS

- Large site – 13.1 acres
- Expandability
- Accessible to shopping centers
- Low-traffic volume
- Opportunity to design/build
– not retrofit



CONS

- NIST use – unavailable for 18 months
- Environmental questions remain
- Limited Access (Muddy Branch Road)
- Cost of existing structure demolition = \$800K

SUMMARY

Position Adult Activity Center to provide and address:

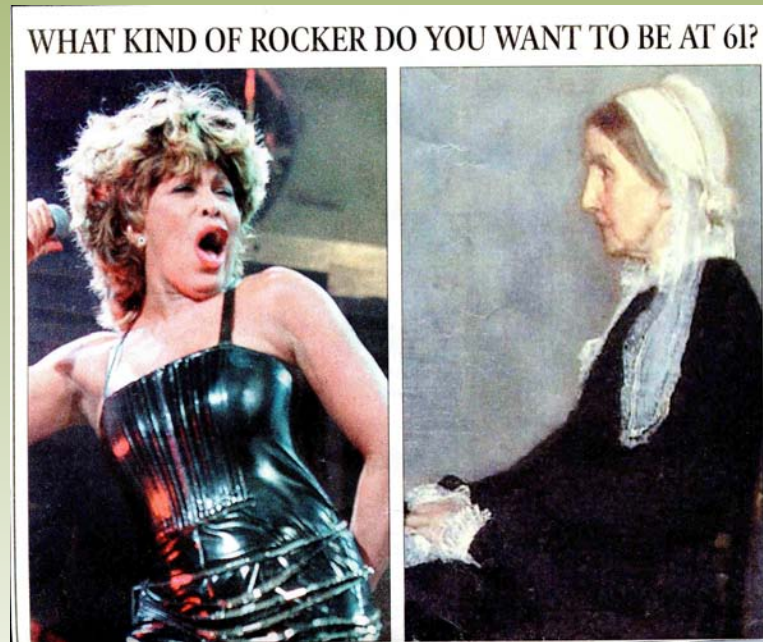
- Physical Activity/Fitness Programs
 - Prevent 5 of the leading causes of death and disability
 - Lower healthcare costs
 - Enable age-in-place living
- Community Outreach
- Education
- Mental Health and Wellness
- Recreation
- Enhanced Transportation
- Diversity

RECOMMENDATIONS

- The City Council's vote to authorize a Feasibility Study on proposed 3 sites based on the Committee's recommendations
- Be open to alternative location sites
- Pursue avenues for funding
- Move project forward as quickly as possible

TODAY versus YESTERDAY

Senior Center



Adult Activity Center