

Tallahassee-Leon County
Positive Aging Community for a Lifetime Project
Senior-Friendly, Boomer-Ready
May 2001 – December 2007

Positive Aging Community for a Lifetime Contact Person

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(Leon County Board of County Commissioners funds Senior programs thru the TSC Foundation)

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Leadership Team

NAME	REPRESENTING
1. Judith Barrett	Executive Director, Ability First Center for Independent Living
2.	TSC Advisory Council
3. Ken Brummel-Smith	Chair, Department of Geriatrics Florida State University College of Medicine
4. Jerry Conger	Senior Representative, Blue Print 2000
5. Susan Davis	TSC Foundation/Leon County Grant Outreach Coordinator
6. Bryan Desloge	Owner, Desloge Home Oxygen & Medical Equipment Leon County Commissioner
7. Louise Engle	CoT Senior Services Caregiver & Volunteer Services
8. Angie Goodman	Seniors Real Estate Specialist Keller Williams Realty
9. Cynthia Hughes Harris	Professor & Dean of the School of Allied Health Sciences, Florida A&M University
10. Bill Wertman	Executive Director, Alzheimer's Project of Tallahassee
11. Jacquelyn Lloyd	Professor & Education Director Department of Geriatrics, FSU College of Medicine
12. Rosalie Miller	Director, Division of Occupational Therapy School of Allied Health Sciences, Florida A&M University
13. Sheila Salyer	CoT Senior Services Manager
14. Hella Spellman	CoT Senior Services Assistant Supervisor
15. Ann Westall	Public Benefits Manager McConaughay Law Firm
16. Janice Wise	Executive Director, Area Agency on Aging

Advisory Council Experts

NAME	REPRESENTING
1. Ross Aiom	City of Tallahassee Traffic Engineer
2. Bill Aldinger	Florida Housing Finance Corporation
3. Nancy Burns	Leon County Sheriff's Office
4. Jeri Bush	Leon County Volunteer Services
5. Lynn Cunill	Leon County Schools Adult & Community Education
6. Sue Dick	Greater Tallahassee Chamber of Commerce
7. Ashley Edwards	Tallahassee Parks & Recreation
8. Doris Malloy	Leon County Tax Collector
9. Joyce Martinez	Administrator, Tallahassee Housing
10. Jill McArthur	Victim Advocate, Tallahassee Police Department
11. Betty Miller	Leon County Extension Services
12. Helen Moeller	Leon County Library
13. Donna Peacock	Director of Para transit Services, City of Tallahassee
14. Gail Holley	Florida Department of Transportation
15. Wayne Tedder	Tallahassee—Leon County Planning Department

Tallahassee-Leon County Positive Aging Community for a Lifetime Project UPDATES

Local Governments Working Together

The Tallahassee-Leon County Positive Aging Community for a Lifetime project is committed to creating a community that values and benefits all residents, and offers individuals the opportunity to remain in their chosen community for a lifetime. The City of Tallahassee Senior Center has served as the focal point for senior programs in the Tallahassee area since 1978. In 2001, both the City of Tallahassee Commissioners and the Leon County Board of Commissioners resolved to support the Department of Elder Affairs Communities for a Lifetime initiative to make our community senior-friendly, thus a better place to live for all ages.

With both the City's and the County's commitment, senior services staff has worked with more than 70 other City and County staff, community experts, and volunteers the past five years to raise awareness of senior issues and to create an environment for seniors, caregivers, and families that encourages independence and the opportunity to age in place—with dignity, security and purpose.

The T-LC Positive Aging Community Project looked beyond a one-time assessment to a lifelong sustainable project – continuing to improve the quality of life of seniors and their families throughout Tallahassee and Leon County. They are dedicated to a long-range project that continues to make improvements in the areas of transportation, housing and medical services, just to name a few. By adding the facilitation of the PAC project to the job description of a senior staff person, it is guaranteed that the project will continue for several lifetimes and generations to come.

The enhanced position also allows staff to more visibly serve as the focal point in the City for senior resources and information and as the primary City Division responsible for administering services and programs for senior citizens.

Tallahassee-Leon County Community Demographics and Trends

- Tallahassee was listed as one of six retirement “hotspots” by Consumer Reports Money Advisor by 2015.
- In Leon County, the number of people age 65 and older will increase from 19,891 in 2000 to 43,024 in 2025, representing a 116% increase. (University of Florida, Bureau of Economic and Business Research)
- According to the 2000 Census, 8.3% of Leon County's population was age 65 or older. By 2030, it is projected that 16.3 % of Leon County residents will be older than 65.
- 29% of people in T-LC are already seniors, baby boomers or caregivers (age 45 and older).
- Between 2005 and 2030, the overall population of Leon County may grow by 1.4 percent annually, while the population age 65 to 79 will grow by 6.5 percent a year. The population of those older than 80 will grow at a rate of 5.9 percent a year.
- 90% of T-LC seniors are well and independent with no mobility or self-care limitations, making the Senior Center and its satellite sites vital services in helping individuals stay well and connected to their community.

Partial List of Goals and Objectives

- Educating seniors, caregivers and their families about available senior-friendly services and activities in the community, and making resources and services accessible to seniors throughout Leon County.
- Producing senior resource guides on essential and quality of life programs available in the community.
- Reporting to the City and County Commissions the gaps in services that create barriers to independence.
- Increasing awareness in City and County departments to consider senior-friendliness in future plans and retrofitting existing projects.
- Recognizing neighborhood associations for their efforts to become more senior-friendly by working with the Council of Neighborhoods Association (CONA).
- Encouraging and educating faith-based organizations to help keep their senior members involved in their congregations.
- Training businesses to be more accessible and affordable to senior customers, and more available to older workers.
- Playing a major role in influencing government decisions in regard to senior issues in our community.

New Programs 2007

- *Expansion of Senior Services* – Added three new satellite programming sites in new areas of the community: Bradfordville Community Center in northeast Tallahassee, Jake Gaither Community Center on the Southside, and Club50 Fitness Center, offering men and women additional fitness options.
- *Resources Inventoried* – Added new Resource Cards, including a Senior-Friendly Neighborhood card and a special “Be a Red Flag Hero” pamphlet for Code Enforcement Officers and good neighbors.
- *Networking Expos and Luncheons* – The project partnered with the Council of Neighborhoods Association to host a neighborhood networking expo and dinner.
- *Caregiver Services* – Submitted a proposal to the City’s Human Services Department to offer a course for employees and supervisors to help them be better prepared for caregiving and more understanding of caregiver employees.
- *Nationally Accredited Senior Center* – Submitted paperwork to become re-accredited by the National Institute of Senior Centers. Serving 22 percent of the senior population in T-LC, the Accreditation further highlights the 131 different opportunities each month offered at the Senior Center and its satellite sites.

Tallahassee for a Lifetime!

Senior Center to Host Neighborhood Networking Expo

Neighborhood experts will gather in Tallahassee for the first ever Neighborhood Networking Expo, with a primary emphasis on enhancing neighborhoods for senior residents. The **free event** takes place **Monday, Oct. 15 from 6-9 p.m. at the Tallahassee Senior Center**, 1400 North Monroe Street.

“This is a great opportunity for citizens to learn about resources available to help them stay in their neighborhoods, as well as for businesses and care providers to learn what residents want,” said Hella Spellman, assistant supervisor of senior services at the Tallahassee Senior Center.

Keynote speaker Elaine Griffin of Rhawnhurst, Pa. (a neighborhood in northeast Philadelphia), will talk about the formation and success of her city’s intervention to create a community where seniors can remain throughout their lives.

A panel discussion will present ideas for home modification, tips for downsizing, suggestions for volunteer programs that work to improve neighborhoods, and proven safety measures that are often overlooked. Panelists include Terry Ward of Terry Ward Consulting; Angie Goodman, a senior real estate specialist; Janine Rogers, Department of Elder Affairs’ Communities for a Lifetime; Amanda Phillips, Volunteer Leon; and Libby Lane, Tallahassee Lenders Consortium.

Exhibitors representing neighborhood services, senior care, volunteer recruitment and local public safety departments will be on hand to answer questions and distribute information. Some of the exhibitors include the Tallahassee Senior Center, Terry Ward Consulting, Keller Williams Realty, DOEA Communities for a Lifetime and the Florida Neighborhood Conference, which Tallahassee will host for the first time in summer 2008.

“Leon County’s senior population grew by more than 40 percent over the last decade,” Spellman said. “Tallahassee continues to prepare for the influx of physically active and able retirees. The newest generation of seniors is more apt to challenge their learning skills, stay more fit, travel, interact within the community, and even continue to work.”

Reservations for the dinner buffet are required, though there is no cost for the meal. To RSVP, call Spellman at 891-4007.

The Tallahassee Senior Center is operated and maintained by the City of Tallahassee’s Department of Neighborhood and Community Services (NCS). The Neighborhood Networking Expo is sponsored by Tallahassee Senior Services and hosted by NCS and the Council of Neighborhood Associations (CONA). For more information on this and other happenings at the Senior Center, visit the City’s Web site at ***Talgov.com***.

Discovery Area: Community Development/Safety/Senior-Friendly Neighborhoods

Issues: In a community for a lifetime seniors feel safe living in their homes and neighborhood. This is the responsibility of many local service partners, law enforcement officers, and good neighbors.

Challenges & Needs:

- Awareness and coordination of first responders with social service agencies
- A coordinated Gatekeeper program
- Provide neighborhood associations with tools and resources to help their senior neighbors and caregivers remain living in their community

Suggestions on How DOEA or the State Can Help

- Support the local initiatives by working with state-level first responders, law enforcement officers and disaster workers
- Work with state and federal agencies to ensure senior safety issues are a high priority

Time Frame	Actions/Accomplishments
2003	➤ Conducted inventory of safety service providers, law enforcement programs, Red Cross and first responders and published in <i>Active Living</i> magazine
2004	➤ Developed Resource Card on Safety and First Responder services for public distribution
2004	➤ Hosted First Responders Expo to connect them with senior services and seniors with their services
2004	➤ Two TPD officers have completed Attorney General’s senior training program
On-going	➤ TPD staffs a Victim’s Advocates Office and works closely with Senior Services
2005	➤ Leon County Sheriff’s Office partners with Alzheimer’s Project to provide Project Lifesaver tracking bracelets for individuals with dementia or other disability that may cause wandering
2005	➤ The Tallahassee Senior Center hosts a Seniors vs. Crime office
On-going	➤ The Fire Dept. supplies and installs smoke detectors for seniors, and conducts blood pressure checks at Fire Stations
On-going	➤ The LCSO conducts home safety inspection and is especially sensitive to senior residents
On-going	➤ Provide regular safety, prevention and disaster preparedness education to senior groups
2006	➤ The Leon County Senior Outreach program partnered with VolunteerLeon to provide disaster kits to seniors in rural areas
On-going	➤ Continue to work with law enforcement officers to raise awareness of senior issues vs. criminal situations, and improve communication
2007	➤ Trained code officers on senior sensitivity & services
2007	➤ Developed “Be a Red Flag Hero” pamphlet for code officers, police officers, and good neighbors to help identify signs that an older person may need assistance
2007	➤ Hosted a Neighborhood Networking Expo
2005 to present	✓ Work with the Council of Neighborhood Associations to increase awareness of senior issues—conducted survey of neighborhoods to assess senior-friendly amenities
2007	✓ Provide educational presentations at neighborhood association meetings
2007	✓ Recognize and present a “senior-friendly neighborhood of the year” award at the annual CONA banquet
2008	✓ Meet with faith leaders and Jewish services to explore identification of NORCs and formal services in those communities