

Age-Friendly Yarmouth – A member of the World Health Organization Age-Friendly Community Network



Community Team Update

12/16/14

Prepared by Kathi Bailey, MA, Director of
Senior Services, Yarmouth, Massachusetts,

USA

Meet the Age-Friendly Community Team



- Jan Hively – Mentor
- Kathi Bailey – Facilitator
- Connie Farley – Logistics Co-Chair
- Sharon Ladley – Logistics Co-Chair
- Janice Matheson – Home Care
- Robert Isadore – Council on Aging
- Toni Martin – Retired School Teacher
- Municipal Dept./Div. Heads (welcome)
- Kathy McPhee – Retired Social Worker
- Phil Morris – Yarmouth Fincom
- Mary Kilburn
- Linda Jean – Yarmouth Chamber of Commerce
- Bettie Garrison – Cape Cod Radio
- DY Highschool Junior Ambassadors
- Cape Cod Young Professional

The Big Idea in 4 Minutes Coming of Age in America

What will it mean for us all to grow up, live and age in a society where half the citizens are over the age of 50?

<https://www.youtube.com/watch?v=ZOA1v4-2Fos>



*Mission
Statement*

Age-Friendly Community Team

Using a lifespan view point, which is a “cradle-to-grave” approach for identifying and developing services and resources that focus on enablement and self-determination, the team will work to promote and facilitate inter-generational involvement in a Town that is friendly and welcoming to people of all ages.



The Town of Yarmouth is an Age-Friendly Community that provides and maximizes opportunities for health, participation and security for all residents of Yarmouth. The town supports active aging in an enabling community that maintains quality of life and well-being for everyone.



- Utilize the World Health Organization Toolkit and Network to benefit the Town of Yarmouth
- Educate and Inform the Community (Business, Government, Citizens) about the Eight Categories of an Age-Friendly Community
- Survey Yarmouth citizens aged 15 – 115 to capture the voice and minds of the stakeholders that live here
- Compile Research Reports and Existing Surveys relative to Eight categories of Age-Friendly Communities
- Analyze Survey data and report compilation
- Provide a Report to Town Leaders for continuous improvement
- Sustain an Age-Friendly Community Team

The Eight Categories

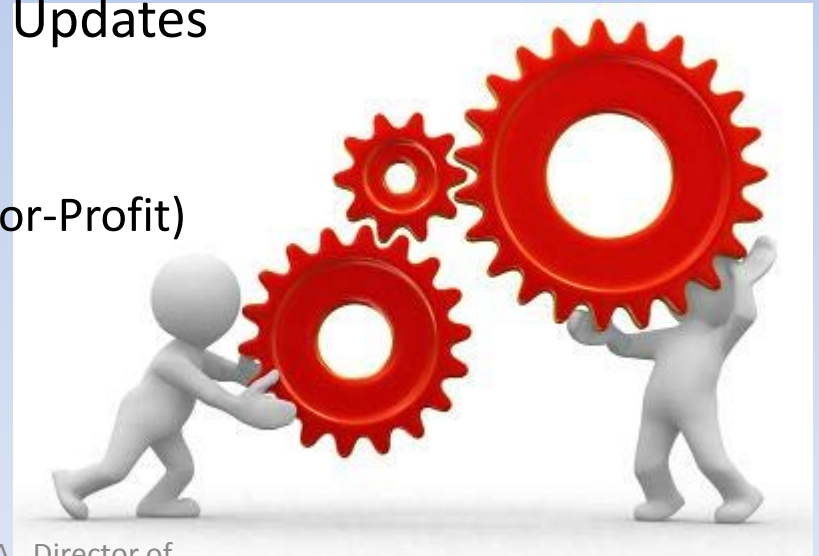
- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community and Health Services

The Plan/Timeline

Educational Outreach

January – April, 2015

- Team expansion/inclusion and liaisons
- Host an Advocacy Leadership for Positive Aging Learning Circle
- 1:1 Conversations
- Small-Group Word Association Games
- Focus Groups at various community locations
- World Health Organization Portal Updates
- Special Events Targeting
 - Youth Groups
 - Business Groups (Non-Profit and For-Profit)
 - Young Professional Groups
 - Senior Citizen Groups
 - Faith Groups
 - Municipal Departments



The Plan/Timeline

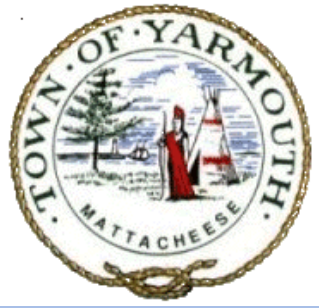
Compile Reports & Surveys to Include for Analysis January – April, 2015

- Parks & Rec Survey
- Library Survey
- Buildings Report
- Collins Report
- Housing Report
- CCRTA Transportation Reports
- Physical and Mental Health Reports
- Strategic Town Planning Documents
- Other Town & Regional Reports (TBD)



The Plan/Timeline 2016 - 2020





Yarmouth Senior Services

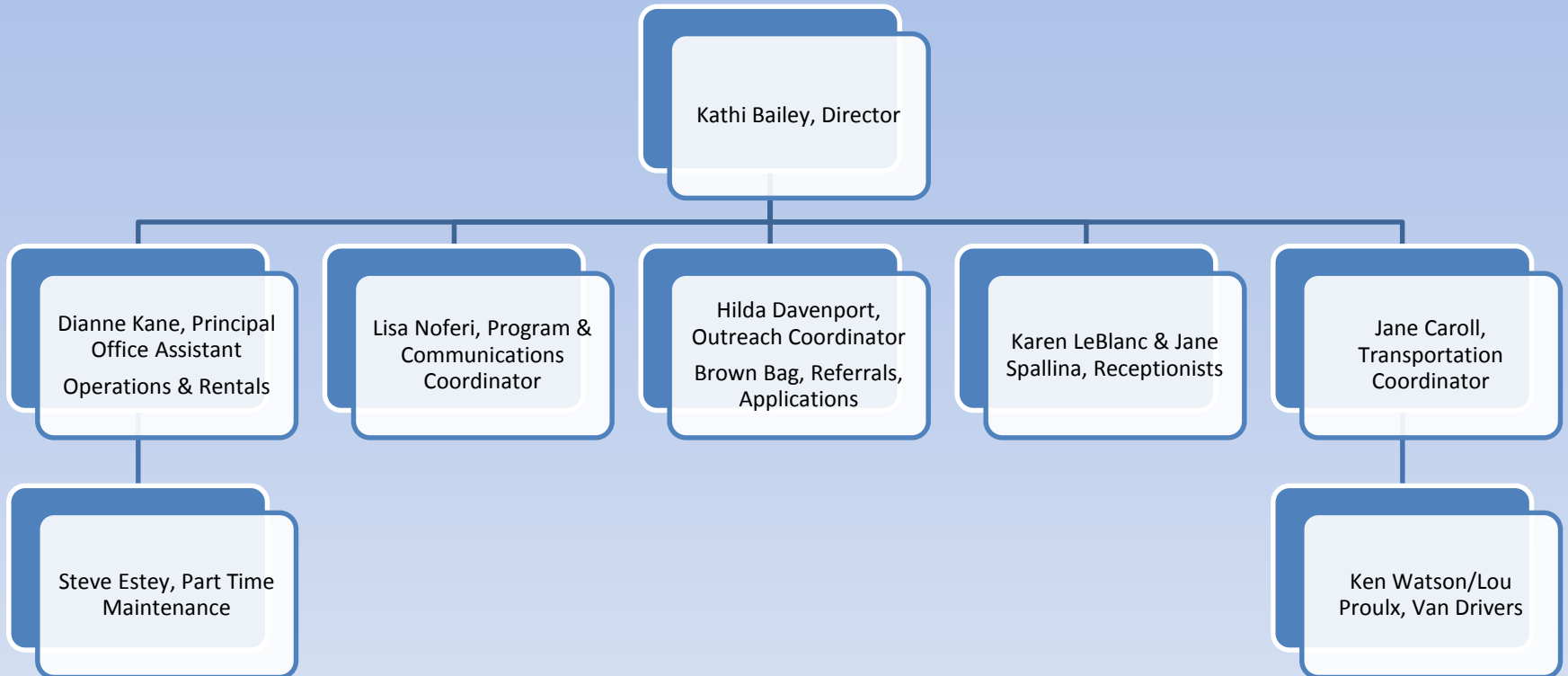
- The mission of the Town of Yarmouth's Division of Senior Services is to foster an Age-Friendly community that enhances the quality of life for the Town's older adults (60+) and their families by providing programs and services in a supportive and accessible environment that contribute to vital aging through mental, physical and financial wellness.

Yarmouth Aging Demographics

- Total Population ~23,793
- ~8862 Seniors >60 (37%)
- ~7038 Seniors >65
 - 43.9% 65-74
 - 41.6% 75-84
 - 14.5% 85+
- 32% of those 65+ living at or below Economic Security Standard (\$24k single elder, owner w/o mortgage)
- 11% suffering from mental illness
- 32.4% living alone
- Car Dependent Community

Yarmouth Senior Services

Monday – Friday 8:30 – 4:30



Programs

Physical Wellness: Fitness, Chair Fitness, Dance Fit, Tai Chi, Line Dancing, Yoga, Zumba

Mental Wellness: Bird Carving, Bingo, Bocce, Cape Cod Bonsai Club, Cape Cod Civil War Round Table, Co-ed Choral Group, Contract Bridge, Crafters & Quilters, Crafty Capers, Cribbage Group, Dominoes Group, Duplicate Bridge, Low Relief Carving, Men's Poker, Scrabble, Men's Sports club, Swedish Weaving, Travel Club, American Legion, Arts & Crafts classes, Emergency Preparedness Lectures, IPAD classes, Cooking classes, End of Life information

Outreach – Physical, Mental & Financial Wellness Connection to Resources

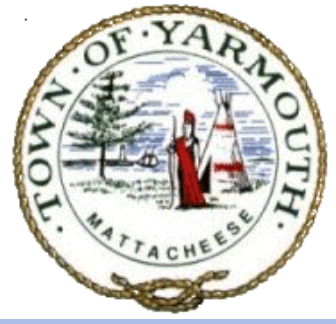
- Caregivers Support Group
- Brown Bag Food Program
- Elder Services Congregate Lunch
- Meals on Wheels
- NU-Voice Club
- Neuropath Support Group
- Sight Loss Support Group
- Suicide Prevention Lifeline
- SNAP Food Program
- Fuel Assistance Enrollment
- SHINE Counseling
- AARP Tax Preparation
- Transportation
- Alterations
- Bereavement Support Group
- Blood Pressure Clinic
- Consumer Assistance Council
- Legal Advice
- Medical Equipment Loans
- Routine Foot Care
- Benefits Checkup
- Social Security Enrollment Advisement

FOYCOA

- Friends of the Yarmouth Council on Aging
 - Fundraising non-profit supporting the programs and capital needs of Yarmouth Senior Services
 - FY14:
 - New Patio, Tables & Chairs
 - Bocce Courts
 - Salary support for part time receptionist
 - Special Events
 - ½ Newsletter Postage

Volunteers Wanted

- Volunteer Group wanted to expand Outreach to insure all eligible Seniors are enrolled in SNAP! Nutrition is the gateway to good health.
- Individual Volunteers Needed for administration work, website developer, FOYCOA fundraising team , afternoon maintenance, special events, Age-Friendly Community Team,
- Volunteers wanted for other Town Departments – See Cape Cod Volunteers to find your fit!



Yarmouth Senior Services

Welcome

to

Age Friendly Yarmouth

For a day or a lifetime!

Questions or Comments ?

