

2007 SIERRA MADRE SENIOR MASTER PLAN

2014 SCORE CARD

Recommendation 1. RENOVATE HART PARK HOUSE / SENIOR CENTER

DESIRED OUTCOME: Design building improvement plan utilizing existing Proposition Maintenance and Service Funds. Also to meet the Senior Master Plan Goals #1, #3 & #5.

ACCOMPLISHMENTS:

- Renovation of the Hart Park House Senior Center was completed and the grand opening was December 2011.
- Items have been purchased to furnish the kitchen
- The storage room addition was approved by City Council in February 2014. The plans for this storage room addition were developed by Public Works and will be reviewed and approved by the Planning Commission.
- A new 70" large screen TV was purchased for the Hart Park House in December 2013
- New signage for the Hart Park House exterior and Memorial Park was installed in April 2014.

FUTURE ACTIONS:

- A donation policy be established for items which individuals/companies would like to donate to the Senior Center.
- Designate and improve exterior space for programming such as bocce ball and horse shoes.
- Make the kitchen functional by installing a stove for cooking flexibility.
- Investigate shade options for the patio.
- Furnish the Senior Center with comfortable seating
- Re-evaluate the chess table.

Recommendation 2. PROVIDE FULL-TIME CITY STAFF FOR SENIOR CENTER

DESIRED OUTCOME: Full-Time City personnel assigned to senior services and to establish a work area for staff at the Hart Park House - Senior Services Desk. Also to meet Senior Master Plan Goals #3, #5 & #6.

ACCOMPLISHMENTS:

- As of July 2013, a Recreation Supervisor oversees the Senior Center which comprises 1/3 of her responsibility time.
- A part-time Recreational Specialist (960 hours/yr.) was hired in December 2012. She is designated solely to the Senior Center. The position was vacated in May 2014 and is currently frozen due to a City-wide hiring freeze.

FUTURE ACTIONS:

- Explore one full time coordinator
- Create volunteer staffing, specifically a reception/resource person.

Recommendation 3. IMPROVE & MAXIMIZE EFFICIENCY OF TRANSIT PROGRAMS

DESIRED OUTCOME: Safe, reliable transportation to local services and programs and to meet the Senior Master Plan Goal #4.

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ACCOMPLISHMENTS:

- The days and hours of the Gateway Coach have been updated and revised and published.
- The hours of Dial-A-Ride have been increased.
- American Association of Retired Persons (AARP) offers 55 Alive Safe Driver classes each year.
- A Lunch and Learn presentation was hosted by Metro to discuss available transit options for Sierra Madre residents.
- Gateway Coach is currently free to use.

FUTURE ACTIONS:

- Review the Ad Hoc Committee's recommendations for possible items which can be currently implemented.
- Establish an On the Move Rider's club at the Senior Center. This program is designed to pair those comfortable using public transit with those who are not.
- Create a volunteer driver program where individuals volunteer to drive others for errands (is this a possibility with the first transit contract)?
- Partner with Kensington to utilize any vehicles they may have

Recommendation 4. IMPROVE SENIOR AND HANDICAP SAFETY

DESIRED OUTCOME: Senior & handicap access to local city services and programs and to meet the Senior Master Plan Goals #1 - #5.

ACCOMPLISHMENTS:

- Automatic doors have been installed at City Hall.
- Lunch & Learn programs with the SMPD to address current scams. Also addressed in Senior Moments.
- Lunch & Learn programs on such topics as fall prevention and hoarding.

FUTURE ACTIONS:

- Host Specific Needs Awareness Planning (SNAP) sign-ups. SNAP is a volunteer disaster registry that helps emergency personnel find people who may need additional assistance in a disaster.
- Look into the possibility of increased handicapped parking on Hermosa or areas close to the Center and Sierra Vista Park
- Additional handicapped parking in front of restaurants along Sierra Madre Blvd.
- Better education on handicapped parking such as green zones, driveway in front of Center, drop off points.
- ADA accessibility of City Hall lobby public restrooms

Recommendation 5. EXTEND SENIOR CENTER HOURS OPERATIONS

DESIRED OUTCOME: Increase use of the center and additional program offerings to meet the Senior Master Plan Goals of #3 & #5.

ACCOMPLISHMENTS:

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- Current Senior Information and Referrals include services such as legal matters, transportation, housing, the senior meal program and tax assistance.

FUTURE ACTIONS:

- Increase the hours of operation of the Senior Center to 9am-5pm to accommodate the various senior groups and provide for new senior educational groups.
- Continue to build list of interested senior volunteers for special projects that will help support programs and assist with manning the phones during the regular hours of operation of the Senior Services Desk.
- Coordinate new programs to further meet the needs of seniors and work to develop programs in the evening and on the weekend to give options to working seniors.
- Partner with non-senior activities and host them at the senior center to bringing foot traffic to the senior center

Recommendation 6. IMPROVE COMMUNICATION FOR SENIORS

DESIRED OUTCOME: To provide seniors with reliable communication resources and publications to help meet the overall Senior Master Plan Goals.

ACCOMPLISHMENTS:

- Postal Alert programs in place & advertised.
- The Senior Moments is published monthly, and in large print.
- Senior information continues to be published in the Mt. Views News.
- Senior Moments is now posted on the City's website and offered as a PDF file that can be e-mailed to seniors homes.
- The Senior Resource Guide is nearing completion with updates and format revisions. It is scheduled for release in Summer/Fall 2014 timeframe.

FUTURE ACTIONS:

- Senior Community Commission to see how a social network via computers could work.
- Re-evaluate the Ear-to-Ear Program and see if there is a need
- Continue promotion of the Postal Alert program.
- Continue emailing the Senior Moments to interested seniors.
- Investigate the "senior" demographic definition.
- Establish an information table kiosk or desk at the Senior Center.
- Suggestion box to get feedback from senior centers
- Develop a publicity campaign to promote senior programs and services

Recommendation 7. IMPROVE EDUCATION AND RESOURCE AWARENESS FOR SENIORS

DESIRED OUTCOME: To increase educational opportunities and resources to promote to the seniors which will meet the Senior Master Plan Goals #5 & #6.

ACCOMPLISHMENTS:

- Partnership with Braille Institute of Los Angeles continues.
- The Senior Resource Guide is in the final stages of completion and is anticipated to be published within the next 6 months.

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- Legal and tax advice is offered at the Hart Park House/Senior Center on a regular basis.
- Lunch & Learn continues to be held monthly, hosting informative and enjoyable programs.
- An annual Community Health Fair is sponsored by the Senior Community Commission.
- The Public Library's Titles To Go program, delivering books to the homebound, has been implemented and is ongoing.
- Hosted hearing and memory screenings.

FUTURE ACTIONS:

- Encourage local organizations to develop and sponsor programs which are helpful to the senior community such as handyman services, driving to appointments, and housecleaning.
- Explore partnership with the Kensington Assisted Living once it has opened.
- Establish a kiosk desk where resource brochures would be made available to the senior community. Be sure to include items such as free days at local Los Angeles museums and gardens. Have the desk manned by a senior volunteer.
- Explore connecting with churches for resources.
- Engage more outside resources to provide additional resources to seniors (i.e. Medicare, Estate Planning, etc.).
- Collaborate with the new St. Rita Senior Ministry to provide additional speakers and activities to the seniors of Sierra Madre.
- Develop an On the Move Rider's Club at the Senior Center to provide educational information about using public transportation.
- Have regular monthly meetings which address healthcare issues such as HICAP (Medicare), pharmacists, other medical issues such as elder abuse.
- People Helping People – teens complete one chore and then socialize with seniors – (partnership with the YMCA, Kiwanis Key Club, Rotary Interact)
- Partner with colleges and community colleges and hospitals to provide health services

Recommendation 8. DESIGN AND IMPLEMENT NEW PROGRAMS

DESIRED OUTCOMES: To re-design or create new programs in the area of health, education, recreation, safety and arts which will meet the Senior Master Plan goals #1 – 6.

ACCOMPLISHMENTS:

- Health
 - Tai Chi balance class offered at the Rec Center.
 - Walgreens Pharmacist discussed preventing negative drug interactions
- Education component continues to be met through monthly Lunch & Learn speakers.
- Recreation Programs
 - Hula class was held during the Fall 2013, and reinstated in Spring of 2014
 - Teen Tech Talk is held twice a month. This includes cell phone and tablet/laptop instruction.
 - A new Chair Yoga instructor has made Chair yoga so popular and successful that an additional class day during the week has been added.

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- Began a Balance Class in February 2013
- Safety component is continuing to be met with the continuous preparation and distribution of File of Life medical information packets which are distributed to Sierra Madre residents for free.
- CPR and AED class hosted by Sierra Madre Paramedics in January 2014

FUTURE ACTIONS:

- Increase collaboration opportunities between local organizations like Sierra Fitness to provide senior discounted fitness classes, Creative Arts Group for special art classes, the Arthritis Foundation for senior water exercises and more.
- Pursue more outdoor activities to be held adjacent to the Hart Park House, such as shuffleboard, bocce ball, and horse shoes.
- Explore partnership opportunities for programming with the Kensington Assisted Living facility being built across the street from Memorial Park.
- Explore more intergenerational programs with the local schools and youth organizations, e.g., music programs.
- Continue fundraising activities to introduce more free/low cost programs.
- Continue to schedule presenters for Lunch & Learn Series.
- Institute a hiking group/club to promote fitness and potentially draw the male demographic
- Cooking classes for men
- Partner with colleges and community colleges and hospitals to provide programs
- Create food programs where local restaurants and bakery donate day old items, partner with gardeners in the Community Garden to donate abundance of items.
- Explore utilization of the Rec Center facility, Kensington, and churches for offering drop-in programs, or classes.
- Create volunteer program to focus on providing services and programs and assist with Senior Community Commission.

Recommendation 9. BROADEN APPEAL OF SENIOR CENTER AND SENIOR PROGRAMS

DESIRED OUTCOME: To seek ways to introduce the senior services programs to the larger community and meet the Senior Master Plan Goal #6.

ACCOMPLISHMENTS:

- A monthly Senior Excursion program has been established that has been highly successful.
- The Senior Community Commission is sponsoring a yearly summer Concert in the Park which has been well received by the community. The Commission has a booth at this event where materials are available to the public, such as copies of Senior Moments, the File of Life, and other brochures and pamphlets pertinent to the Senior Community.
- Senior programs are announced at local civic and service organizations as well as being placed on the Community's Coordinating Council calendar.
- Hosted Wellness in the Park for the community.

FUTURE ACTIONS:

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- Redefine the image of a “senior” through publicity campaign
- Continue involvement with local civic and service organizations and promote Senior Programs at their meetings.
- Host an open house every quarter to inform people about the facility and the services and programs it offers.
- Marketing campaign for Seniors to “share their voice” attend council meetings.

Recommendation 10. IMPROVE SENIOR PROGRAM SUSTAINABILITY

DESIRED OUTCOME: Senior Services and the Senior Center are self-supporting by meeting the sustainability goals (both short & long term) listed in the 2007 Senior Master Plan.

ACCOMPLISHMENTS:

- The partnership with the LA County Surplus Program has continued and raised over \$100,000 for senior programs, services and facilities.
- Not as many week-end rentals as anticipated.
- Implemented successful yearly community yard sale which has grown with additional vendors each year.

FUTURE ACTIONS:

- Reevaluate how to more successfully rent the facility to private entities.
- Develop a Friends of the Senior Center with annual membership dues
- Explore other fundraisers: Bake sale, bingo event, opportunity or money drawing, holiday boutique, casino night
- Look into available grants and work with a volunteer to apply for them