



4.1

DEPARTMENT OF PARKS AND
RECREATION

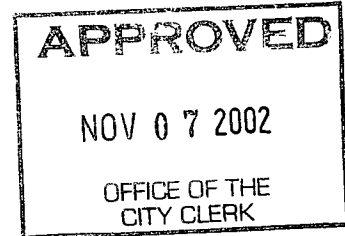
CITY OF SACRAMENTO
CALIFORNIA

1231 I STREET
ROOM 400
SACRAMENTO, CA
95814-2998

ROBERT G. OVERSTREET
DIRECTOR

ADMINISTRATION
916-264-5200
264-8329 FAX

October 22, 2002



City Council
Sacramento, California

Honorable Members in Session

SUBJECT: Reportback on the Department of Parks and Recreation's Older Adult Services and Results of the Public Forum Conducted by the Citizen's Advisory Committee for Parks and Recreation on the Utilization of the Ethel McLeod Hart Senior Center and the Triple R Program

LOCATION AND COUNCIL DISTRICT: 27th and J Streets in Council District 3

RECOMMENDATIONS:

It is recommended that the City Council:

- 1) Accept this reportback on the Department of Parks and Recreation's Older Adult Services;
- 2) Accept the findings and determination from the Parks and Recreation Citizen's Advisory Committee on the uses of the Hart Senior Center and the appropriateness of the Triple R program at that site, and
- 3) Affirm the Triple R Program is effective in responding to the needs of the older adult population and that the program is an appropriate use of the facility and shares it effectively with other programs.

CONTACT PERSON: Ralph Pettingell, Recreation Manager, 277-6173

FOR CITY COUNCIL MEETING OF: November 7, 2002

SUMMARY:

The City Council requested a report from the Department of Parks and Recreation on services for seniors in the community, which is attached as Exhibit A. The Parks and Recreation Citizen's Advisory Committee (CAC) was asked to conduct a public forum on the programming and utilization of the Ethel McLeod Hart Multi-Purpose Senior Center and the Triple R Program. This background information section of this report covers the findings and recommendations of the CAC.

COMMISSION/COMMITTEE ACTION:

This report entails the outcome of a public forum conducted by the CAC at the Ethel McLeod Hart Senior Center on October 3, 2002.

BACKGROUND INFORMATION:

On June 18, 2002, the City Council received and filed an overview of the Department of Parks and Recreation's services for older adults. The report is attached as Exhibit A. A variety of programs and services for this growing section of our population are provided citywide at various community centers. As well, there are recreation, education, health and wellness, arts and crafts, through programs such as the 50+ Wellness Program, Caring Neighborhoods, School Crossing Guard and the Elder Craftsman, at sites in addition to the centers.

Of particular interest to many seniors in our community is the Ethel MacLeod Hart Senior Center located at 27th and J Streets. Use of the center is growing and, in response, Department staff continues to review an appropriate mix of activities with input from the Ethel MacLeod Hart Center Program Advisory Committee, and leverages programming by expanding to additional sites. An annual attendance summary by type of program from 1998 - 2001 is attached as Exhibit B.

Some of the seniors who utilize the Hart Center have expressed concerns regarding the appropriateness of operating the "Triple R" program at the site. The Triple R program is a supervised, daytime recreation program for memory impaired older adults. An added benefit of the program is that it gives much needed respite to family caregivers while loved ones are enjoying program activities. With Council support, this program is also growing and is being leveraged to other sites in Sacramento, including Woodlake Elementary School and the Asian Community Center.

In response to concerns, the Parks and Recreation Citizen's Advisory Committee (CAC) was asked to conduct a public forum at the Hart Center. The forum was conducted on Thursday, October 3, 2002 at the Hart Center. In addition to notification on the City's website, media releases, and mailing lists for CAC meetings, the public forum was noticed at the Hart Center,

and was mailed to the Hart Center Program Advisory Committee and the Hart Trust Fund Advisory Committee.

During the forum, testimony was received both for and against the utilization of the Hart Senior Center as a Triple R program site. Upon conclusion of the workshop, the CAC met in public session, discussed the testimony, and voted unanimously to affirm that the Hart Center was being used appropriately and effectively, that the Triple "R" Program is an appropriate use of the facility and that an Action Plan provided by Department staff to mitigate usage issues at the Hart Center was appropriate. They based this decision on society's move towards inclusive programming (not separating the disabled population from the rest of society), that the Center is a public facility for use by all taxpayers, and that those who opposed the Triple R Program did not express any reason for their opposition other than not wanting to share the facility with memory impaired older adults.

Department staff requests that City Council accept the findings and determination from the Parks and Recreation Citizen's Advisory Committee on the uses of the Hart Senior Center and the appropriateness of the Triple R program at that site, and affirm the Triple R Program is effective in responding to the needs of the older adult population and that the program is an appropriate use of the Hart Senior Center and shares it effectively with other programs.

FINANCIAL CONSIDERATIONS:

There are no financial considerations with this report. Staff continues to leverage funding for program services from sources other than the general fund including partnerships with community agencies and providers, fees, donations, sponsorships, grants, and the Hart Endowment Fund.

POLICY CONSIDERATIONS:

The appropriateness of addressing the recreational and support needs of memory impaired older adults in a senior center setting is at issue. At the public hearing the CAC concluded that the housing of the Triple R program at the Hart Senior Center is appropriate and consistent with the programming guidelines utilized by the Department of Parks and Recreation for all of its community facilities, and that the program is an appropriate response to the recreational needs of memory impaired seniors residing in the community.

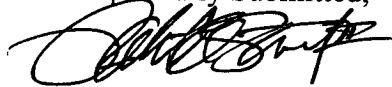
ENVIRONMENTAL CONSIDERATIONS

The proposed actions in this report are administrative and do not constitute a project under CEQA.

ESBD CONSIDERATIONS

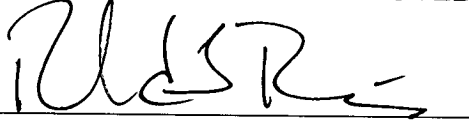
No goods or services are being purchased as a result of this report.

Respectfully Submitted,



Robert G. Overstreet,
Director of Parks and Recreation

RECOMMENDATION APPROVED:



ROBERT P. THOMAS
City Manager

Attachments:
Exhibits A & B

DEPARTMENT OF PARKS AND RECREATION OLDER ADULT SERVICES

PROGRAMS AND SERVICES

This report provides information on the various programs, services and facilities that the City of Sacramento operates for Senior Citizens (Older Adults) as well as the availability of the E.M. Hart Trust Fund to support these programs.

Older Adult Services is responsible for the majority of the current programs and services for Older Adults sponsored by the City of Sacramento. The Community Centers unit is responsible for senior programs within the centers. Other units of the Recreation Division provide some programs and activities specifically targeting older adults and other programs and activities, while not targeted to seniors, are utilized by people 50 + (Sports, Aquatics, Classes, City-Safari Tours, etc.) generally on a fee-for-service basis.

Contained within this report is a brief description of each of the various program components including their staffing and funding source. Unless specifically identified otherwise, the funding source for staff and operations is from the General Fund.

COMMUNITY CENTER UNIT

Each of the Community Centers offer some sort of senior programs and activities based on community interest and available staff resources. In general the Program Supervisor responsible for each Center devotes 10% of their time for older adult related issues and assign other staff as necessary to monitor the programs. Note: Some of the Community Center activities have been affected by the reduction in the County sponsored Senior Nutrition Program.

Belle Cooleage Community Center

Activities serving seniors at this Center are reserved by the entity conducting the program: Sacramento City USD Adult Education Sewing Classes; Older Adult Services exercise classes conducted by volunteers and a health assessment program and various leisure enrichment classes that are fee supported (Ballroom Dancing, Calligraphy); This center does not have dedicated staff for any Center operations;

Clunie Community Center

Fee supported leisure enrichment programs are offered;

Coloma Community Center

Fee supported leisure enrichment classes are offered;

George Sim Community Center

Offers a variety of senior activities (cards, crafts, socialization, etc.) three days per week; Current staffing of nine hours per week by a non-career employee is supported by a Weed and Seed Grant;

Mims-Hagginwood Community Center

Sharp Shooters Game Room is open daily as is the Senior Nutrition Program; Bingo is offered weekly; 20% of a Program Coordinator's time is used to support these activities and the Woodlake program.

Oak Park Community Center

Offers a one day a week Play Day Program and field trips.

Pannell-Meadowview Community Center

Offers weekly ceramics and arts and crafts program, daily nutrition program and various special events; Fee supported exercise, weight room and aerobics program; 20% of a Program Leader is used to monitor and organize these activities

Robertson Community Center

Offers a computer class, social club and ceramic classes two days a week;

Johnston Community Center

Offers a ceramics program two days a week; a Nutrition program on Thursdays and a weekly exercise class;

South Natomas Community Center

Offers a variety of older adult targeted leisure enrichment classes (fee supported) including use of the newly opened Computer Lab; A Program Coordinator spends 20% of time in developing these programs and a part-time staff person has been funded by the Hart Trust Fund at ten hours per week to support these programs.

NOTE: Robertson, Johnston and So. Natomas share an Arts & Crafts Specialist;

Woodlake Community Center

A social program plus field trips is offered weekly as is a Genealogy class run by a volunteer.

OLDER ADULT SERVICES

Older Adult Services is responsible for a comprehensive array of programs and services for the older adult population as identified below. This section also serves as the main link to the broader community network of agencies serving the older adult population. The unit provides training and program development support to the Community Centers upon request. A Strategic Plan related to the responsibilities of this unit is in the draft stage and will guide program development and operations for the next three year period.

Ethel MacLeod Hart Senior Center

This center is the focal point of aging services for the Sacramento community, offering a wide range of activities and services ranging from art and computer classes to health check-ups and exercise programs. About 7,000 seniors are served each month, coming from throughout the city and beyond. Many programs offered are conducted in collaboration with other agencies. A comprehensive report on Center programs and usage was recently distributed to the City Council.

Triple "R" Adult Day Program

This program addresses the recreational needs of seniors with memory loss while providing time off from caregiving duties for their spouses or adult children. This fee based program operates 7:30am - 6pm in order to serve the needs of working caregivers with sites currently based in midtown at the Hart Senior Center (6days each week), on Riverside Blvd. at Broadway at the Buddhist Church (2 days per week) and in Greenhaven at the new Asian Community Center (2 days per week). A site with opportunities for intergenerational programming will soon open at Woodlake Elementary School in north Sacramento and a program in collaboration with the Jewish Federation of Sacramento is in the planning stages. Opening a new program in south Sacramento within the next year is part of Triple "R"'s Plan for Growth endorsed by City Council in March 2001.

ARMS (Assistance, Referrals and More for Seniors)

This is a social service program to help seniors resolve complex problems by guiding them to various services, filling out forms, making phone calls, etc. The program is aimed at seniors with disabilities and limited English skills and is housed at Hart Senior Center. A satellite program operates at Pannell Community Center.

50+ Wellness Program

Provides opportunities for healthy older adults to remain active and to enhance their well being through educational programs and other healthy lifestyle activities. The program includes the California Senior Games (Olympic style athletic competition in more than 20 sports); Neighborhood Walk, sponsoring groups at a dozen sites in Sacramento; Senior Camp at Camp Sacramento; and weight training and exercise programs at several locations. In addition, health education workshops and lecture series are held at several locations. A Program Coordinator is responsible for all aspects of this program with participant fees and grants supporting the actual program components.

The Elder Craftsman

This unique operation is dedicated to the development and marketing of fine arts and crafts created by area seniors. Over 150 seniors currently make items each month to sell in the Elder Craftsman boutique in Old Sacramento. Through the ECHO (Elder Craftsman Helping Others) project, hand made crafts items are donated to hospitals and needy members of our community. Although a General Fund operation, annual sales receipts generally offset the total cost of staffing and facility costs for the program.

Caring Neighborhoods

This program works with groups of residents throughout Sacramento, encouraging them to keep a watchful eye on their elder neighbors and to work in teams to provide minor assistance so that seniors can maintain their independence in the community for as long as possible. Teams of neighbors perform such projects as yard care, shopping assistance, minor home repair and more for their elderly neighbors. In addition, Caring Neighborhoods staff creates and distributes informational materials on key issues in the lives of seniors (e.g. transportation, avoiding scams, etc.) so that the community at large becomes more educated about the issues of growing old. This program was originally initiated by the Sacramento County Adult and Aging Commission who attained a series of Vista volunteers to staff the program under our direction. Beginning with the 2000-2001 FY the City Council authorized a Program Coordinator position to sustain the program.

Kids Xing

This is an elementary school crossing guard program staffed by senior citizens who reside in the schools' neighborhood. The program currently operates at 31 sites within four school districts and is funded primarily by a state grant and the participating school districts.

Camellia City Center

The City provides some operating funds to this downtown Senior Center operated by Catholic Social Services. Serving primarily residents of hotels and boarding houses, this center is open six days a week providing an array of social services and socialization opportunities.

E.M. Hart Trust Fund

This section administers this fund with the assistance of an advisory committee appointed by the City Council. The fund must be utilized for city sponsored and/or operated programs for seniors and may not be used for on-going operating expenses.

The Fund is divided into two parts: an Endowment Fund, currently at \$1.4 million and an Operating Fund currently at \$643,000. Projects are funded from the Operating Fund with Endowment Fund proceeds programmed to contribute \$400,000 every five years to the Operating Fund. A copy of the Advisory Committee Guidelines and a current status report on the Operating Fund are attached to this report.

**Ethel MacLeod Hart Multipurpose Senior Center
Attendance by Program Category**

Program Category	1998	1999	2000	2001
Senior Clubs/Groups Alzheimer Support, Renaissance Society Programs, Grandmothers, Hearing Impaired, Manitos (Spanish Group), Mates & Dates (Blind), NARFE, OWL, Gray Panthers, National Coalition of Black Women, NOR-CAL Center on Deafness, Prime Pals, Senior Citizens Club, SIRS, Society for the Blind, Stamp Club, Stitchery Club, WAC Veterans, etc.	5,555	6,101	8,401	8,798
Services/Health 50+ Wellness, Brown Bag Pharmacy, Changes Support Group, 55 Alive Safe Driving Classes, Forms Assistance, Hearing Testing, HICAP, Hire A Senior Employment Program, Paralegal Services, SHARE, SNS Nutrition, Tax Assistance, TOPS (Taking Off Pounds Sensibly), Triple R Day Care, etc.	29,366	26,797	33,103	30,246
Leisure Programs/Activities Adult Education, Bingo, Bridge, Computer Classes, Creative Writing, Dances, Dance Classes, Discovery Class, Drawing Exercise (Stretching, Weights, Low-Impact Aerobics, Qigong, Tai Chi, Yoga), Great Books, Knitting, Life History Writing, Line Dancing, Oil, Tole & Watercolor Painting, Pancake Breakfast, Pinochle, Recorder, Spanish, Classic Movies, etc.	30,847	28,017	32,085	33,689
Community Groups (primarily seniors) Chess Club, Friendship Force, Health Care for All, Healthy Minds/Bodies, N.A.M.I. Woodturners, Woodworkers, ZONTA	12,788	19,568	23,769	20,182
TOTAL	78,556	80,483	97,358	92,915