Age Positive
Ideas for an Age-Friendly Future

Innovative Program Ideas

May 12, 8:30 a.m. to 4 p.m.
Kauffman Foundation Conference Center
Program Ideas And Resources

This document contains examples of innovative program ideas, as well as local and national organizations that are excellent resources. This list is not inclusive — however, it represents the beginning of a collection of “cool ideas” and resources that you might consider in your programming.

If you or your organization has a successful program, we want to include it. Please send a brief description of the program, along with contact information to Cathy Boyer-Shesol, cboyer@marc.org. This document will be updated on a regular basis, and made available on the Age Positive Conference section of the KC Communities for All Ages website, www.bit.ly/1UcoZwk.

AGING AND DRIVING PROGRAMS

Americans For Older Driver Safety (AFODS)

Americans For Older Driver Safety, a non-profit based in Leawood, Kansas, offers an educational program called Driving Safety For Older Adults. Included in the two-hour class are educational booklets and handouts that provide information on local resources to assist older drivers and on locally available alternative transportation. In addition to education classes, AFODS can speak to groups of health professionals, businesses and organizations working with older adults, law enforcement officers and families about how driving is affected by aging and how to assist adults with difficulty driving safely. Please contact AFODS for further information at scohen@afods.org or by calling 443-520-9716.

ARTS AND MUSIC PROGRAMS

ArtsSOS©

This community outreach project engages persons who are isolated or under-connected because of health-related or housing restrictions. It involves homebound older adults in intergenerational arts experiences. To inquire about sponsoring or partnering on this project, call 816-835-6734 or email info@ArtsandAGEingKC.org.

Creative Aging Consultation: Educational Workshops and Presentations by Arts and AGEing KC Creative Aging Specialists

Arts and AGEing KC provides training and consultation for arts organizations and senior communities for the design and implementation of best practice arts programming.

We lead high energy, participatory workshops for groups and organizations and give educational presentations on a variety of topics pertinent to the rapidly growing hybrid field of arts and aging. Call Deb Campbell at 816-835-6734 or email info@ArtsandAGEingKC.org to schedule consultations, workshops or presentations.
Dancing With Crow’s Feet®

This community outreach project involving visual and performance art focuses on women’s narratives of aging. Older women throughout the metro area come together in story-gathering sessions, sharing in a meaningful exchange and in collaborative arts processes that give voice to experiences of growing older. The project is inspired by ancient myths about crows and uses crow symbolism to uncover stories that resonate. It will premier in July, 2016 and is currently scheduling performance workshops at a variety of venues in Greater Kansas City area. For more information, call 816-835-6734 or email info@ArtsandAGEingKC.org.

Forever Young

Forever Young is a senior rock ensemble inspired by the documentary Young@Heart. Unlike many traditional senior choirs, Forever Young learns contemporary and classic rock songs that are unfamiliar to many members. Audiences at a Forever Young concert are more likely to hear the choir perform songs by Mumford and Sons or Queen, rather than You Are My Sunshine and Bicycle Built for Two. Adult children and grandchildren that are first time attendees come to support their family member. However, they are usually shocked and pleased to hear music from their current collection performed by the ensemble. Forever young assists choir members in bridging the generation gap through music. The choir performs two concerts a year at the University of Kansas Medical Center. The choir is open to all that are 60 years or older. To participate, or get more information, call Myra Hyatt at 913-588-2365.

New Horizons International Music Association

New Horizons Music programs provide entry points to music-making for adults, including those with no musical experience at all, and those who were active in school music programs but have been inactive for a long time. Many adults would like an opportunity to learn music in a group setting similar to that offered in schools, but the last entry point in most cases was elementary school. We know that for most of the last century, about 15-20 percent of high school students nationally participated in music. From that, we can estimate that at least 80 percent of the adult population needs beginning instruction in order to participate in making music. New Horizons Music programs serve that need. For information, visit www.newhorizonsmusic.org.

Unraveling AGE©

This project is geared toward middle school and high school students and is meant to engage youth in conversations around aging. Dynamic and interactive workshops involve youth in arts-inspired processes that challenge notions about aging, and dispel myths and stereotypes about what it means to grow old. Unraveling Age is an innovative, unique and fun way to address ageism and to get students to see “their future selves.” For more information, call 816-835-6734 or email info@ArtsandAGEingKC.org.
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Teaching Artists Partnerships (TAP)
Arts & AGEing KC will launch Teaching Artists Partnership (TAP) in fall 2016. It involves creative aging specialists educating and training artists, and connecting them to creative aging opportunities in the community. For more information, call 816-835-6734 or email info@ArtsandAGEingKC.org.

FALLS PREVENTION

Centers for Disease and Control and Prevention (CDC)
Preventing Falls: A guide to implementing effective Community evidence-based Falls Prevention Programs. The CDC provides organizations with the building blocks of effective fall prevention programs by providing examples, resources and tips. The guide also describes the resources needed to implement and sustain fall prevention programs. More information at www.cdc.gov/homeandrecreationalsafety/falls/community_preventfalls.html.

MaineHealth Partnership for Healthy Aging (PFHA) — Matter of Balance program
PFHA has successfully developed and distributed the Matter of Balance Volunteer Lay Leader Model throughout Maine and 36 other states. For information, visit www.mainehealth.org/mh_body.cfm?id=432&fr=true.

National Council on Aging (NCOA)
NCOA’s National Falls Prevention Resource Center supports the implementation of evidence-based falls prevention programs and serves as a national clearinghouse of tools and best practices. Visit www.ncoa.org/healthy-aging/falls-prevention.

Senior Falls Prevention Coalition of Clay and Platte Counties
The mission of the Senior Falls Prevention Coalition of Clay and Platte Counties is to reduce falls in the senior population through awareness, education and access to effective falls prevention programs and resources. Visit www.seniorfallsprevention.org.

HEALTH AND WELLNESS

Blood Pressure Self-Monitoring
Blood Pressure Self-Monitoring is an evidence-based program that may lower blood pressure. Includes personalized support from a Healthy Heart Ambassador, up to eight one-on-one meetings, weekly check-in calls from a Healthy Heart Ambassador, four nutritional education sessions, and an easy-to-use portable self-tracking tool. For more information on partnership and referrals, please contact Jessica Velazquez, JessicaVelazquez@KansasCityYMCA.org, or call 816-360-3342.
**Enhance Fitness**

Enhance Fitness is a therapeutic arthritis exercise class focused on dynamic cardiovascular exercise, strength training, balance and flexibility — everything older adults need to maintain health and function as they age. For more details, contact Jessica Velazquez, JessicaVelazquez@KansasCityYMCA.org or call 816-360-3342.

**LIVESTRONG at the YMCA**

LIVESTRONG is a 12-week wellness program for adult cancer survivors that meet two times to focus on building muscle strength and endurance, flexibility and stability. The program also focuses on the emotional well-being of survivors and their families. For more information, contact Jessica Velazquez, JessicaVelazquez@KansasCityYMCA.org or call 816-360-3342.

**YMCA Diabetes Prevention Program**

YMCA Diabetes Prevention Program is an evidence-based approach to help overweight adults at risk for type 2 diabetes reduce their risk for developing the disease. The program provides a supportive environment where participants work together to achieve the program goals of reducing individuals’ weight by 7 percent, and building up to 150 minutes of moderate physical activity per week. The program is delivered over a 12-month period in a classroom setting and can be offered in any community location. For more details, contact Jessica Velazquez, JessicaVelazquez@KansasCityYMCA.org or call 816-360-3342.

**INTERGENERATIONAL PROGRAMMING**

**Generation Exchange**

Generation Exchange is an intergenerational storytelling (oral history) project designed to increase social interaction between youth and older adults, and offers the opportunity to preserve and carry on local history to future generations. Working with area libraries, Generation Exchange offers a program kit with everything you need to record and share stories with friends, family, organizations and, if you choose, on the Generation Exchange website. Through Generation Exchange, older adults in the Kansas City region have the opportunity to share their stories and exchange viewpoints with their young interviewers. The goal of this project is to create a collection of stories that document memories and experiences related to neighborhood life, historical events and cultural experiences that shaped the lives of previous generations. For more information, visit www.generationexchange.mymcpl.org.

**KC Foster Grandparent Program**

The **KC Foster Grandparent Program** serves Jackson, Clay and Platte Counties. Foster Grandparents are role models, mentors and friends to children with exceptional needs. The program provides a way for volunteers age 55 and older to stay active by serving children and youth in their communities. Foster Grandparents serve from 15 to 40 hours per week in locations including schools, hospitals, juvenile correctional facilities and community centers. For more information, contact the YMCA at 816-360-3342.
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institutions, daycare facilities and Head Start centers. Volunteers receive pre-service orientation, training from the organization where they will serve, supplemental accident and liability insurance and transportation reimbursement. Volunteers who meet certain income guidelines also receive a small stipend. For more information contact Renea Nash, MSW, at rnash@rs3101.org or 816-777-0568.

MEMORY LOSS AND ALZHEIMER’S PROGRAMMING

Easels for Alzheimer’s©

In 2017, Arts & AGEing KC will launch Easels for Alzheimer’s, a fund-raising celebration event and ongoing project that recognizes older adult artists, along with community organizations, health care facilities, memory care centers, assisted living centers and senior living communities as participants in creative aging programming. For more information, call 816-835-6734 or email info@ArtsandAGEingKC.org.

Seven Stages, Seven Stories©

Seven Stages, Seven Stories is an original, interactive and intergenerational self-revelatory play that is both educational and entertaining. It gives voice to the experience of caregivers and to persons living with memory loss. It was created through a partnership with the Alzheimer’s Association Heart of America Chapter and inspired by life stories of persons living in the Greater Kansas City area. Because of its uniqueness and impact on the community, the play has garnered national attention from the National Center for Creative Aging and will be presented as part of the Creative Aging Leadership Institute. Seven Stages, Seven Stories is currently scheduling performances at different venues in the metropolitan area, and will continue to tour through 2017. Call, email or visit our website to learn about how your agency, organization or facility can sponsor or partner with Arts & AGEing KC to expand this theatre-infused community outreach project. Contact 816-835-6734 or info@ArtsandAGEingKC.org.

MISCELLANEOUS PROGRAM IDEAS

Age of Love (Speed Dating)

As explained by speed dating organizer Loretta in Gilroy, California, “It’s just a matter of getting people together — not that you’ll necessarily be dating anybody once the event is over. It’s just meant to break down doors to finding new friendships, new connections. You might meet someone you’ll be chatting with on the phone a lot and sharing thoughts with in the weeks to come, someone to make you feel good on a lonely day. Speed dating is not about getting married or wild romance, it’s just something you’ll have fun doing.” Learn more at www.theageoflovemovie.com.

Boomer Age — Lenexa Senior Center

Lenexa Senior Center offers “Boomer Age” programming, such as Learn How to be a Wine Snob 101 and 102, Design & Un-wined, Art & Wine Adventure trips, Wine Trolley tours, Homebrewing for Beginners, KC Brewery Tour and Bicycle Traffic Skills 101. For more information, contact Bettie Partington at bpartington@lenexa.com.
**Game Buddies KC**

Game Buddies KC offers games designed for maximum brain engagement, and fun for intergenerational play by boomers, their parents and families. Three original games are available for purchase, as well as a Games for Great Grownups kit with nine games and materials we have found to be particularly fun and mentally stimulating. Great for older adult communities, gathering places and activity directors. Game Buddies KC also offers site visits (game sessions) available for groups wanting to kick-start their mental fitness programs. Visit our website: [www.gamebuddieskc.com](http://www.gamebuddieskc.com). Email [gamebuddieskc@gmail.com](mailto:gamebuddieskc@gmail.com) or call Jackie Burt at 816-604-0293.

**Next Chapter Kansas City**

Retiring and/or leaving one's primary career is a major life transition that offers an opportunity for individuals to pursue purposeful aging and engage in ways that are beneficial, not only to themselves, but to others and their community. Learning about the “encore” time of life and its possibilities in conversation with one's peers can be very helpful for a person in discovering what’s next in their lives. Next Chapter KC offers monthly forums, a book group, an Aligning Passion and Purpose class and other ways of providing tools for this transition. A program of Shepherd’s Center of Kansas City, Kansas, Next Chapter KC collaborates with community agencies to accomplish its mission. For more information, contact Karen Hostetler, Next Chapter Kansas City Director, at [karenh@sckck.org](mailto:karenh@sckck.org).

**Older Americans Month**

Every May during Older American’s month, Mid-America Regional Council (MARC)’s Area Agency on Aging offers a calendar for the month, and provides handouts and presentation materials corresponding to subjects such as nutrition, senior health, safety and elder abuse. The 2016 theme “Blaze a Trail” includes a map of “trails” — each representing one week in the month and offering a different topic, with corresponding presentation and handout materials available to senior center managers. Each manager has the opportunity to submit their own ideas to add to the trails throughout the month. For more information, or to request copies of the Blaze a Trail map, contact Michelle Brown, MARC Area Agency on Aging, at [mbrown@marc.org](mailto:mbrown@marc.org) or call 816-701-8265.

**SPORTS**

**Granny Basketball**

Granny Basketball seeks to promote a spirit of camaraderie, a model of sportsmanship and friendly competition. Learn more at [www.grannybasketball.com](http://www.grannybasketball.com).

**USAPA Pickleball**

The USA Pickleball Association (USAPA) was organized to promote the growth and development of pickleball, not only on a national but an international level. This organization provides players with official rules, tournaments, rankings, and promotional materials. The USAPA is committed to furthering the growth of pickleball among players of all ages and characteristics and
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provides official rules, sponsors tournaments and clinics, and communicates with its members via e-mail and newsletters. Learn more at www.usapa.org.

TECHNOLOGY

SenCom is an organization of seniors (50 plus) who choose to develop skills that allow them to use email, surf the internet safely, Google, use Facebook, use word processing, and do many other computer tasks. SenCom provides experienced teachers and an up-to-date computer lab, and offers small, hands-on workshops paced for seniors. SenCom partners with the Shawnee Parks & Recreation Department. For more information, visit www.kcseniornet.com.

TRANSPORTATION

Catch-a-Ride

Catch-a-Ride (CaR) is a volunteer transportation service through Johnson County Human Services, serving Johnson County residents who are 60+ years old, disabled or are in a life transition where transportation is not available. CaR drivers take individuals to medical appointments (pharmacy is an extra stop), grocery stores and social service agencies within the Johnson County area. Riders must be able to transfer in and out of a vehicle on their own or with limited assistance (hand to elbow). Riders may use a walker or cane, however, since drivers use their own cars they are unable to transport individuals who are in a wheelchair. CaR is donation based. CaR drivers attend a general orientation and a CaR orientation, and must pass a criminal and motor vehicle background check and carry current auto insurance. At least four business days’ advance notice is required for all ride requests. Riders may request up to three rides per week. Riders must complete an application process that includes signing a release of waiver and liability form.

For information, visit www.jocogov.org/dept/human-services/accessibility/catch-ride or contact Anna Collings at 913-715-8900 or Anna.Collins@jocogov.org.

JET Express

JET Express is a volunteer driver program through Jewish Family Services that helps older adults remain active and independent by accessing safe and reliable transportation with community volunteers. For details, contact Dawn Staton at dstaton@jfskc.org or visit www.jfskc.org/services/older-adult-services/jet-express-2/.

Northland Shepherd’s Center Transportation Program

Northland Shepherd’s Center offers supportive, door-through-door transportation in the northland. They serve adults 60+ who are unable to drive, yet still live independently in their own home. Utilizing community volunteers and their personal vehicles, rides are provided to medical appointments, grocery shopping and other vital business. A donation of $5 per ride is suggested. For information on program details, contact Rayetta Hutchison, Transportation Coordinator, Northland Shepherd’s Center at rhutchison@kc.rr.com or call 816-452-4536.
LOCAL PROGRAMMING AGENCIES/ORGANIZATIONS/GROUPS

Parks and Recreation

• Blue Springs Park and Recreation — www.bluespringsgov.com/240/Parks-Recreation
• Blue Valley Parks and Recreation — www.bluevalleyrec.org/
• The Heritage Center at the J — www.jewishkansascity.org/Get-Involved/Areas-of-Service/Senior-Adult-Services/Heritage-Center
• Johnson County Park & Recreation District www.jcprd/50plus.com
• Lenexa Parks and Recreation — www.ci.lenexa.ks.us
• Liberty Parks and Recreation — www.libertymissouri.gov/57/Parks-Recreation
• Mission Parks and Recreation — www.missionks.org
• Olathe Parks and Recreation — www.olatheks.org/parksrec/
• Shawnee Parks & Recreation — www.cityofshawnee.org

Libraries

• Johnson County Library — www.jocolibrary.org
• Kansas City Public Library — www.kclibrary.org
• Kansas City Kansas Public Library — www.kckpl.lib.ks.us
• Mid-Continent Public Library — www.mymcpl.org
• Olathe Library — www.olathelibrary.org

National aging organizations

• **American Society on Aging** (ASA)
  Founded in 1954 as the Western Gerontological Society, the American Society on Aging is an association of diverse individuals bound by a common goal: to support the commitment and enhance the knowledge and skills of those who seek to improve the quality of life of older adults and their families. The membership of ASA is multidisciplinary and inclusive of professionals who are concerned with the physical, emotional, social, economic and spiritual aspects of aging. ASA sponsors an annual conference, including a workshop tract specific to senior programming. Learn more at www.asaging.org.

• **Grantmakers In Aging** (GIA)
  GIA is an inclusive and responsive membership organization that is a national catalyst for philanthropy, with a common dedication to improving the experience of aging. One of their initiatives, Community AGEnDa, seeks to help communities become great places to grow up and grow old. Find resources at www.giaging.org/programs-events/community-agenda.

• **International Council on Active Aging** (ICAA)
  ICAA’s mission is to promote Active Aging as a solution to improving the quality of life for older adults. Their efforts are directed at helping businesses excel in serving the 50+ population, and at helping that population serve itself. ICAA has been the prime architect of the Active Aging industry, a network
spanning 9,200 organizations managing 40,000 locations in 37 countries that cater to the health and well-being of older adults. Through ICAA, organizations that used to work alone now connect with each other in the common purpose of furthering the Active Aging movement: retirement communities with fitness clubs; government agencies with for-profit organizations; wellness professionals with university scholars. ICAA is committed to making positive changes in the way that older adults everywhere live and are included in society. Learn more at www.icaa.cc.

• National Park and Recreation Association (NRPA)

The National Park and Recreation Association is the leading non-profit organization dedicated to the advancement of public parks, recreation and conservation. Our work draws national focus to the far-reaching impact of successes generated at the local level. Leveraging their role in conservation, health and wellness, and social equity to improve their communities NRPA’s members of park and recreation professionals and citizen advocates are 50,000 strong and represent public spaces in urban communities, rural settings and everything in between. NRPA brings strength to our message by partnering with like-minded organizations including those in the federal government, nonprofits, and commercial enterprises. Funded through dues, grants, registrations, and charitable contributions, NRPA produces research, education and policy initiatives for our members that ultimately enrich the communities they serve. NRPA is a strong supporter of state side Land and Water Conservation Fund. (LWCF) and introduced legislation to fund urban parks. Learn more at www.nrpa.org.

NATIONAL PROGRAMMING AGENCIES/ORGANIZATIONS/GROUPS

• Generations United

Generations United’s mission is to improve the lives of children, youth, and older adults through intergenerational collaboration, public policies and programs for the enduring benefit of all. For nearly three decades, Generations United has been the catalyst for policies and practices stimulating cooperation and collaboration among generations, evoking the vibrancy, energy and sheer productivity that result when people of all ages come together. We believe that we can only be successful in the face of our complex future if generational diversity is regarded as a national asset and fully leveraged. Learn more at www.generationsunited.com.

• National Institute of Senior Centers (NISC | NCOA)

National Institute of Senior Centers is a national organization committed to supporting and strengthening the nation’s 11,000 senior centers through best practices, professional development, advocacy, research, and national standards and accreditation. The website offers many examples of program ideas implemented in senior centers across the country. Visit www.ncoa.org/national-institute-of-senior-centers.
Websites, blogs and publications

• The following link includes 100 of the top boomer blogs and websites: www.ourparents.com/care-topics/2011/03/10/top-100-senior-boomer-blogs-websites.


• Leisure Programming for Baby Boomers, by Lynda Cochran, Anne Rothschild, Jodi Rudick
Event partners

City of Liberty, Missouri; Clay County Senior Services; Jewish Family Services; Johnson County Park and Recreation District; KC Communities for All Ages; Mid-America Regional Council Area Agency on Aging; Johnson County Area Agency on Aging; Shepherd’s Center Central; Shepherd’s Center of Kansas City, Kansas.

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