JUSTIFICATIONS for REGAINING SENIOR CENTER USE of ANNEX
Stoughton Area Senior Center

Our Mission: We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services and volunteer opportunities.

Request: The Stoughton Area Senior Center requests to regain the use of the annex space in order to effectively address the increasing needs of older adults in our community.

Rationale: Programming is a vital part of what we do at the Senior Center. Space and parking needs continually present a large obstacle for current offerings and future expansion of much needed programs and services to a large segment of the community's population. Prior to 2008 a portion of the annex was used by multiple senior center-based groups and classes, as well as by other community agencies. Safety-wise the annex was an especially useful space for evening programs since one separate key could be loaned out for one confined space as opposed to the entire main building.

A. **Senior Center Room Use:** The annex could serve as a meeting room for a variety of larger groups and classes. Additionally, access to this extra space would open the possibilities for increased opportunities to offer in our current spaces. (See Appendix A).

B. **Space Needs:** There will be a need for increased staff time if renting spaces at off hours or other locations, as well as liability/insurance costs, and ADA needs accessibility requirements (See Appendix B).

C. **Participation at the Senior Center:** There are an increasing number of older adults who attend activities at the Senior Center (See Appendix C).

D. **Participant Voices Dictate Strategic Plans:** Survey findings, comments/testimonials, as well as strategic plan focus groups indicate needs and requests from community members (See Appendix D).

E. **Population Growth / Current & Anticipated Trends:** There are an increasing number of older adults to be served in our community, and the significant issues facing Stoughton's older adult population mirror national trends. (See Appendix E).

The aging population is increasing in size, its members are living longer, and their projected needs are becoming more pronounced and diverse. Consequently, our exposure to the community is more important than ever. Providing complete, comprehensive services for an expanding and diverse older adult population is becoming more and more difficult. Continuing to rent the Senior Center annex –City property in immediate proximity to a City department, downtown and Yahara River—poses not only a great deterrent for expansion of the Senior Center, but also to the expansion of other City departments.

APPENDIX A: Senior Center Room Use –Current

Dining Area

37 ’x 27’ (capacity: 60 people at tables, 10 for an evening movement class*)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Social Time	Social Time	Social Time	Social Time	Social Time
9:00 AM	Bridge				Coffee w/Mayor
10:00 AM	Wii				Wii/Chess
11:00 PM	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
12:00 PM	Site*	Site*	Site*	Site*	Site*
1:00 PM	Mahjong & Cribbage	Bunco/OTH Bingo*	Community Bingo*	Sheepshead & Train Dominos &	Movie
	Handiwork			Bridge	
2:00 PM	Group	Bingo*	Dime Jingle*		
		Line			
3:00 PM		Dancing			
4:00 PM					

* Bunco, 1st Tuesday, 1:00 PM
* Over the Hill Bingo 4th Tuesday, 1:15 PM
* Dime Jingle 2nd Wednesday, 1:00 PM
* Community Bingo 3rd Wednesday, 1:00 pm
* Coffee with the Mayor, 2nd Friday, 9:30 AM
* Movie 1st & 3rd Friday, 1:00 PM
* Luncheons, Tuesday Topics, Nutrition Talks, 11AM-2PM

Additional Entertainment –whenever it fits!

Downstairs / Yahara Room

32’ x 19’ (capacity: 20 people at tables, 10 for a movement class*)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Chair Stretch	Foot Care	Chair Stretch	Woodcarving	Chair Stretch
9:00 AM		8:30-11:30 am*	Rosemaling	8:00-10:00 am	
10:00 AM					Ping Pong
	Tai Chi				
11:00 AM					
12:00 PM					
1:00 PM	Tai Chi Advanced	QiGong, 6-week		Stepping On*	
2:00 PM	PALS, 10-week*		PALS, 10-week*		PALS, 10-week*
3:00 PM	Ping Pong		Ping Pong	Ukulele Group	
4:00 PM					
5:00 PM				City Band	

* Staff Meetings (2:00 PM) and Case Management Meetings (1:30 PM) alternate Mondays
* Physical Activity for Lifelong Success (PALS), 10-week
* Stepping On: Fall Prevention Class, 7-week

	Skill Development		Social		Cards/Games
	Nutrition		Support Groups		Staff/City/Community Services
	Fitness/Wellness				

* Capacity based on the rooms’ structural and furniture constraints, and general area layout and equipment placement guidelines used by the Stoughton Recreation Department: bit.ly/AFP_layout

Mandt Room

16' x 23' (capacity: 12 people at tables, 6 for a movement class*)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM			Hardanger		
9:00 AM	Bridge	Presentations*	Presentations*	Bridge Group	Presentations
	QiGong			QiGong	
10:00 AM		M.S. Support*	Presentations*		Scholarly Scoop
11:00 AM					
12:00 PM					
1:00 PM	Euchre	Evidence-Based			
			Parkinson Group*		
2:00 PM					
3:00 PM				Tech Classes	
4:00 PM					

* M.S. Support Group 2nd Tuesday, 9:30 AM
* Parkinson Support Group 4th Wednesday, 1:30 PM
* Scholarly Scoop, presenters from UW-Whitewater, Fridays 10:00 AM, monthly
* Art Programs, Health & Wellness, Informational presentations, various times
* WIHA Evidence-Based 6 or 8-week smaller non-fitness courses like Healthy Living with Chronic Conditions, Mind Over Matter: Healthy Bowels, Healthy Bladder

Stoughton Room

14' x 25' (capacity: 10 people at table, no option to remove table)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					
9:00 AM			Norwegian		
10:00 AM					
11:00 PM		COA Meeting			
12:00 PM					
1:00 PM	Staff Meeting	Creative Writing	Page Turners*	Low Vision*	
	CM Meeting*				
2:00 PM				Caregiver Support*	
3:00 PM					
4:00 PM					

* Staff Meetings (2:00 PM) and Case Management Meetings (1:30 PM) alternate Mondays
* Commission on Aging Meeting 1st Tuesday, 11:00 AM;
* Creative Writers, last Tuesday, 1:00 PM
* Page Turners with Stoughton Library, 4th Wednesday, 1:00 PM
* Memory Loss Caregiver Group, 2nd Thursday, 2:00 PM
* Low Vision Group, 3rd Thurs. 1 PM

* Capacity based on the rooms' structural and furniture constraints, and general area layout and equipment placement guidelines used by the Stoughton Recreation Department: bit.ly/AFP_layout

Halverson Room

18’x12’ (capacity: 8 people at tables, 4 for a movement class*)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	***	***	***	Home Energy	Veterans
9:00 am				Office Hours	Affairs
10:00 am					Office Hours
11:00 am					
12:00 pm					
1:00 pm	Reflexology		Pinochle	Reflexology	
2:00 pm					
3:00 pm					
4:00 pm					
*** space for one-on-one volunteer tech help or family case management meetings					

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* Capacity based on the rooms’ structural and furniture constraints, and general area layout and equipment placement guidelines used by the Stoughton Recreation Department: bit.ly/AFP_layout

APPENDIX A: Senior Center Room Use, continued

Annex –proposed use

65’ x 35’ (capacity: 40-45 people for movement classes*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
8 AM	Chair Stretch		Chair Stretch		Chair Stretch
9	Senior Strength & Stretch	Gentle Yoga	Senior Strength & Stretch	Gentle Yoga	
10	Beginning Tai Chi	Chair Yoga	Ballroom Basics	Ageless Balance	Wii Bowling
11					
12 PM			Talks/Workshops Scholarly Scoop, Badger Talks, AARP		Talks/Workshops Scholarly Scoop, Badger Talks, AARP
1	Adv. Tai Chi	QiGong (6-week class)		Ukulele, Yahara Strummers	
2	Talks/Workshops Scholarly Scoop, Badger Talks, AARP	Fundamental Form Tai Chi	Evidence-Based Class (6-8 weeks) Stepping On, Living Well, Tools for Caregivers, etc.		Evidence-Based Class (6-8 weeks) Stepping On, Living Well, Tools for Caregivers, etc
3					
4					
5					

The Annex space would afford the Stoughton Area Senior Center to offer larger, less-crowded fitness and wellness classes, such as yoga, qigong, tai chi, stretch and strength, dance, as well as various classes and presentations that draw a larger crowd than what our Mandt and Yahara rooms comfortably fit (12-15 people). Additionally, the Annex would reduce the scheduling conflicts we run into in trying to find space for classes or groups requiring a quieter space. Often participants from classes involving concentration report difficulty with meeting next door to classes using woodworking equipment or music.

Plus, with the use of the Annex, we would free up space for more offerings in our current rooms. In recent surveys we’ve received many requests for more art classes, specific hobby groups such as sewing or photography and more wellness activities and informational presentations.

* Capacity based on the rooms’ structural and furniture constraints, and general area layout and equipment placement guidelines used by the Stoughton Recreation Department: bit.ly/AFP_layout

<u>Appendix B</u>: Space Needs

When inquiring about space availability throughout the community we have several obstacles.

City Buildings:

- The Youth Center has no ongoing availability during the week day
- The EMS and Fire Department training rooms are not available for ongoing class needs. They may be (and have been) used for short one ~~day~~ or two-day classes or events
- The space in the lower level of the Opera House ~~are~~ is too small for our space needs

School Buildings

- Stoughton schools are not available during the school day
- Increased liability concerns*
- Increased staff responsibility**

Town Halls surrounding Stoughton

- There are concerns that there would be limited access to public transportation to surrounding town halls due to the City cab service to only 3 miles outside city limits.
- Increased liability concerns*
- Increased staff responsibility**

* **Increased liability concerns:** liability insurance needs may increase for offsite programming

** **Increased staff responsibility:** to facilitate the scheduling of multiple events in multiple venues with our current 32/hour a week staff position will be impossible to facilitate. This staff person is already busy with scheduling our space here and is also the volunteer coordinator. I believe we would be looking at additional staff time immediately if we have to continually look for space weekly for programming around the community

<u>APPENDIX C</u>: Participation at the Senior Center

Similar to national “Baby Boom” increases to the older adult population in the past ten and more years (see Appendix E), we have seen a similar increase reflected in our participation and building use.

Programs & Events*	Total Uses 2010	Total Uses 2019	Percent Change	Total People 2010	Total People 2019	Percent Change
Skill Development	4,389	5,534	26%	197	352	79%
Fitness & Wellness	3,551	3,836	8%	166	141	-15%
Social & Recreation	15,346	12,748	-17%	545	571	5%
Health Services/Meals/Meetings	5,597	7,052	26%	569	767	35%
TOTAL	**28,883**	**33,500**	**16%**	**897**	**1102**	**23%**

* **Programs & Events**: these are total number of instances in which individuals participated at the Senior Center as reported through self-sign-ins at our entrance. This number does not include unregistered guests who attended without signing-in (on average this is an additional 3,000 uses), or occurrences of case management or home delivered meal services.

The decrease in the fitness & wellness category, we believe can be explained due to us not being able to offer sufficient space for larger classes. For example, yoga is a class we offered back in 2010, but its increase in participants forced the instructor to seek a larger location. The decrease in the social & recreation category (which includes things like bingo, card groups, entertainment, movies and social time) may be due to a change in interests. While we still have a good following for these types of activities, we are seeing an increased interest in opportunities for learning (i.e. woodshop and classes for Norwegian language, handiwork, rosemaling, hardanger, ukulele, computer use and tech classes). Like the yoga class, many of these popular skill development classes are out growing our available space.

<u>Appendix D</u>: Participant Voices Dictate our Strategic Planning

In 2018, the Stoughton Area Senior Center was accredited both nationally (National Council on Aging, NCOA) and state-wide (Wisconsin Association of Senior Centers) based on responsiveness to senior needs in our community. In 2016, our Commission on Aging formulated a strategic plan to continue our service to community and area seniors, and every two to three years, a community survey is conducted to be sure needs are being met. All of these efforts produce recommendations for keeping up with current trends and needs. These recommendations become goals and action plans to be addressed by the Center staff, Commission on Aging and volunteers. It is a working document that guides decisions in all areas of the Center's activity.

Strategic Plan and Accreditation Goals 2016-2020

1. Streamline the Senior Center's processes for evaluation and planning to improve efficiency and effectiveness.
2. Improve the attractiveness of the Senior Center to area seniors and communicate with the general public
3. Meet the needs of participants and expand participation to younger senior community members while keeping track of the Senior Center marketing plan
4. Implement a secure electronic system for filing case management files.

Recommendations from NCOA Accreditation Board:

1. Display the mission statement more prominently at the Center.
2. Continue to work with the City for more space.
3. Continue to work with the City for more parking.
4. Continue to work with the City to fund the Program/Volunteer Coordinator position.
5. Work with community partners to possibly open an adult day program.
6. Look into the Aging Mastery Program to offer to participants and caregivers.

While most of the action plans are in progress or have been addressed, two issues that are heard many times is a lack of parking space, and a lack of space for larger, active groups. This was evident in the most recent community survey.

2019/2020 Survey Recommendations:

Our most recent survey showed that the SASC fills a niche for many seniors in the Stoughton Area. It is a community space that allows seniors to gather socially, receive support, find answers to questions and to be entertained. Many feel that it helps to improve their quality of life; being more active, meeting up with friends and making new friends. The current programs were all supported in the responses.

Programs people feel are important: 164 responses

Most participants indicated multiple answers on this question and many offered ideas for future programs. All of the programs listed had at least 31% support. The most popular programs include:

79% Case management	70.1% Transportation	62% Attorney office hours
76% Meals on Wheels	70% Medicare assistance	62% Blood pressure screens
75% Loan of adaptive equipment	63% Entertainment	60% Social Opportunities
	63% Lunch on-site	59% Support groups

When asked for suggestions for improvement, many suggestions for new programs including travel, both short and long distances, hobby-based such as sewing, a store to sell crafted items and even a style show.

This survey shows an increased interest in participation: 135 responses in 2017 compared to 164 in 2020. The responses seem to indicate enthusiasm for the programs and services that are provided. With all the current programs and the many that were suggested, the SASC, in collaboration with the city of Stoughton, needs to look for ways to expand the spaces that are available for these programs. Parking was an issue for many respondents and was listed as a reason that more people do not come to the center. This too will be given consideration.

APPENDIX E: Population Growth, Current & Anticipated Trends

Population Growth: According to 2019 population estimates from the U.S. Census Bureau, the 65-and-older population grew by over a third (32%) since 2010—no other age group saw such a fast increase. [1] By 2030, all baby boomers will be older than 65 years of age, expanding the size of the older population so that 20% of the population is projected to be of retirement age. By 2034, older adults will outnumber children for the first time in U.S. history. The U.S. Census projects the nation's 65-and-older population to reach 83.7 million in the year 2050, almost double in size from the 2012 level of 43.1 million. [2] Below is a profile graph of the five-year average of population data for Dane County, the City of Stoughton and some of the area townships and villages we serve.[3]

	Total Population	Population Over 60 Years	Percentage of Population Over 60
Dane County	529,843	97,575	18.4%
City of Stoughton	13,080	2,783	21.3%
Town of Albion	1,980	478	24.1%
Town of Dunkirk	2,013	614	30.5%
City of Edgerton	5,477	1,016	18.6%
Village of McFarland	8,492	2,067	24.3%
Village of Cambridge	1,201	387	32.2%
Town of Dunn	5,224	1,558	29.8%
Town of Pleasant Springs	3,363	807	24.0%
Village of Oregon	10,215	1,792	17.5%
Town of Rutland	1,957	561	28.7%

Physical Activity: Research indicates that older persons' engagement in physical activity can extend years of active independent life, reduce morbidity and mortality, and lower health care costs. However, only one in three adults meet the recommended level of physical activity (moderate intensity activity for at least 5 days per week, for at least 30 minutes per day).[4] There are a number of proven and effective evidence-based programs that increase older persons' levels of physical activity and subsequently, improve their quality of life.

Fall Prevention: One in four Americans 65 years and older fall each year—making falls the leading cause of injury and injury death in this age group.[5] Fitness and evidence-based self-management classes are proven to prevent or reduce falls. Stepping On falls prevention programs reduce fall risk by 31%.[6]

The Stoughton Area Senior Center offers chair stretch exercises, tai chi, line dancing, ping pong, QiGong, Wii Bowling, Physical Activity for Lifelong Success (PALS) and Stepping On: Fall Prevention. We must limit the size of these classes due to room size; some classes like Stepping On which requires a class size of at least 12 participants must do some of their activities in the hall. Other classes, like yoga, outgrew our space years ago. In addition to expanding our current popular classes, we hope to extend programming to address these continual and upcoming fitness and falls prevention needs.

Brain Health: Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes, including participating in regular physical activity, staying socially engaged and maintaining good heart health.[7]

Visits to the Senior Center can help meet an individual's physical as well as mental health and social needs. The Center offers diverse skill development classes and social/recreational programs, and we hope to increase these offerings to support our increasing aging population.

Financial Issues: 18% of older Baby Boomers (55-59 years old) will have no retirement benefits from employers once they retire. The average 60 year old is expected to live to the age of 83, and many will live into their 90s. As a result, many individuals' retirements may last 20-30 years, nearly as long as their work life. 58% percent of people in this age group expect continuing debt in retirement.[8]

Conscious of these current and upcoming financial trends, it is our mission to continue to provide seniors with free or low cost programs and services. Building space is integral to reaching the increasing aging population.

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[1]U. S. Census Bureau. *65 and Older Population Grows Rapidly as Baby Boomers Age*. June 25, 2020. census.gov/newsroom/press-releases/2020/65-older-population-grows.html

[2] U.S. Census Bureau. *Demographic Turning Points for the United States: Population Projections for 2020 to 2060.* February 2020. census.gov/library/publications/2020/demo/p25-1144.html

[3] Wisconsin Department of Health Services. *The American Community Survey Statewide and County Aging Profiles, 2014-2018.* Data sources from:
U.S. Census Bureau. *American Community Survey, 2014-2018.* December 19, 2019.
census.gov/acs/www/data/data-tables-and-tools/data-profiles/2018/ and
U.S. Census Bureau. Population Estimates Program, July 2018 census.gov/programs-surveys/popest.html

[4] U.S. Department of Health and Human Services. *Healthy People 2010.*
cdc.gov/nchs/healthy_people/hp2010.htm

[5] CDC. *Keep on Your Feet—Preventing Older Adult Falls*. September 2020.
cdc.gov/injury/features/older-adult-falls/index.html

[6] Wisconsin Institute for Health Aging. *Facts About Falls*. 2020.
wihealthyaging.org/stepping-on-consumer

[7] Alzheimer's Association. *Brain Health.* 2020.
alz.org/help-support/brain_health

[8] "The Elder Boom: How Will it Impact the Aging Network?" Presentation to the Aging Advisory Council. Cindy Ofstead, Population Analyst, Wisconsin Department of Health and Family Studies, Bureau of Aging and Disability Resources. 9 May 2006.

MATSON
CUSTOM HOMES
INC.

1601 E. Main Street, P.O. Box 333, Stoughton, WI 53589 – 608-873-0500

Mr. Steve Kittelson
City of Stoughton Building Inspector
207 S. Forrest Street
Stoughton, WI 53589

Re: Senior Center Renovations

Steve:

Per your request I have viewed one unit in the annex to the City of Stoughton Senior Center and I have also reviewed the floor plan prepared by Tiki Design Studios. It is my understanding that the City of Stoughton is seeking budgetary costs to remove non-load bearing walls with the desired effect to create two large open spaces per the plan. In my discussions with Martin Briggs during our walk through he indicated the following should be considered:

Demolition and disposal of the existing non load bearing walls with framing as needed.
Removal and replacement of the existing suspended acoustical tile ceiling, grid system and light fixtures.
Make the required changes to the electrical and HVAC systems once walls are removed.
Adjust the wall framing in three of the existing bathrooms to make them ADA accessible.
Patching of the drywall damaged by removal of the walls.
Complete interior painting of same.
Provide and install new plumbing fixtures in all four bathrooms.
Installation of new flooring throughout the area which contains approximately 3,600 S.F.

Based on our preliminary cost estimates we would anticipate this project could have an anticipated cost in the area of $137,000.00. We have made several assumptions as to the type, style and materials to be utilized in the renovations. Those items once ultimately selected certainly can have an effect on the end cost. The projected cost listed above would include a flooring allowance of $31,000.00.

If you have additional questions, please feel free to contact me. We look forward providing the City of Stoughton a bid for this project.

Regards,

Tom Matson