

Memorandum



Date: July 29, 2013

To: Honorable Chairwoman Rebeca Sosa
And Members, Board of County Commissioners

From: Carlos A. Gimenez
Mayor 

Subject: Senior Zones Feasibility Report – Directive 130601

At the May 7, 2013 Board of County Commissioners' (Board) meeting, resolution R-375-13 was adopted, directing the County Mayor or Mayor's designee to study the feasibility of designating areas at regional County parks as "Senior Zones" and report findings to the Board within sixty days. The analysis should include, but not be limited to, issues of capacity, demand, and cost of designating areas within regional County parks as Senior Zones and installing within those areas outdoor exercise equipment tailored towards senior citizens.

Outdoor activities provide both physical and mental health benefits to individuals of all ages including older adults and seniors. Miami-Dade County Parks, Recreation and Open Spaces (PROS) facilities provide a varied schedule of recreational programs that meet the needs of the entire community. PROS, in partnership with The Trust for Public Lands (TPL) and the Centers for Disease Control, Communities Putting Prevention to Work (CPPW), has already created opportunities for older adults and the elderly to participate in physical activities by providing several outdoor exercise areas within community parks. Parks were selected based on identified criteria that included: (1) areas where residents are more likely to be overweight, obese or to suffer from cardiovascular disease, heart attacks or strokes and (2) economically disadvantaged areas.

Outdoor exercise areas expand departmental resources and provide additional opportunities for all residents, including older adults and seniors, to exercise, get fit, stay active and remain healthy. These areas are further complemented by other fitness oriented amenities located at Miami-Dade County parks throughout the County, including vita courses, which are exercise trails with fitness/exercise elements along a pathway that can also be used for walking, running or skating.

PROS' facilities with outdoor exercise areas or Fitness Zones, as funded in partnership with the Trust for Public Lands (TPL) and outdoor exercise areas funded through CPPW, include the following 12 parks: Leisure Lakes Park, Martin Luther King Memorial Park, Marva Bannerman Park, Oak Grove Park, Olinda Park, West Perrine Park, Country Club of Miami South Park, A.D. Barnes Park, Gwen Cherry Park, Jefferson Reaves Sr. Park, and South Dade Park and the soon to be completed Fitness Zone at Concord Park. As funding becomes available, additional outdoor exercise areas are planned to be developed at the following parks: Blue Lakes Park, Goulds Park, Gratigny Park, Ives Estates Park, Tree Island Park and North Trail Park.

Currently, there is no identified funding to provide outdoor exercise areas regional parks. In addition to identifying the necessary funding for outdoor exercise areas, the general plans for these parks would also need to be revised.

The following are ongoing efforts and steps taken to enhance the quality of life for older adults and senior citizens residing in Miami-Dade County:

Mayor's Initiative on Aging

Together with public and private partners, my "Initiative on Aging," is advocating for some of the most vulnerable members of our community and making a difference in their lives. The initiative provides resources and information on programs and activities for seniors throughout the County and assists in coordinating educational forums for elders and professionals, health and fitness fairs to promote wellness and safety among older adults, and hurricane preparedness education and kit distribution. In addition, the initiative also discusses walkable communities, affordable housing, assisted living, elderly services, meals on wheels, transportation, **program and facilities in parks for older adults**, and the Golden Ticket Arts Guide.

Open Space Master Plan

The County's Open Space Master Plan (OSMP) is a 50-year vision for a more livable and sustainable Miami-Dade County through a framework of **great parks**, public spaces, natural and cultural places, greenways, trails and streets; along with the six guiding principles of beauty, access, equity, sustainability, seamlessness and multiple benefits that form the basis for all park and public improvement projects within the County. The OSMP principle of access and equity states that every resident of every neighborhood (urban, suburban or rural), in incorporated and unincorporated Miami-Dade County, should have equal access to places to walk, **to exercise**, to socialize and to engage in a healthy, active lifestyle regardless of age or ability. The Master Plan is a guide for existing and future development that improves the quality of life of residents by providing equitable access to parks and open spaces and increasing opportunities for residents to exercise and socialize with one another and live healthier and happier lives.

Other Age Friendly Older Adult Initiatives

As a part of the Pfizer Healthy Aging Project grant, PROS and the Department of Regulatory and Economic Resources (RER) were awarded funding through the South Florida Health Foundation to develop an Age Friendly Initiative aimed to improve the physical and social environments of the County through policy, programming and park infrastructure improvements that promote and facilitate independence and socialization for older adults.

RER has reviewed existing policies of the Comprehensive Development Master Plan (CDMP) and Evaluation and Appraisal Report (EAR) that pertain to the needs of older adults. If applicable, staff will draft proposed CDMP amendments containing provisions that address the needs of older adults.

PROS has identified and developed internal policies and practices to ensure that **park programs and infrastructure improvements are aligned to efficiently and effectively meet the needs of older adults**. Through the Pfizer grant-funded Miami-Dade Age Friendly Initiative, PROS has put into place a Program Action Plan (see Attachment A) at thirteen pilot park sites that identifies programs, activities and events to be offered specifically for older adults that include: (1) Walk for Life; (2) EnhanceFitness; (3) Matter of Balance; (4) Chronic Disease Self-Management; (5) Exercise Fitness Routine Rack Cards; (6) Regional and Community Health and Wellness Fairs and Workshops.

Miami-Dade County currently provides a number of services tailored towards older adults and seniors through PROS varied recreational programs' schedules, meeting the current needs of the young and young at heart community alike. If you need additional information, please contact Jack Kardys, Director, Miami-Dade County Parks, Recreation and Open Spaces Department at (305) 755-7903.

Attachments

c: Lisa M. Martinez, Senior Advisor, Office of the Mayor
Jack Kardys, Director, Parks, Recreation and Open Spaces Department

Approved _____ Mayor
Veto _____
Override _____

Agenda Item No. 11(A)(15)
5-7-13

RESOLUTION NO. R-375-13

RESOLUTION DIRECTING COUNTY MAYOR OR MAYOR'S DESIGNEE TO STUDY THE FEASIBILITY OF DESIGNATING AREAS AT REGIONAL COUNTY PARKS AS "SENIOR ZONES" AND INSTALLING WITHIN THESE AREAS OUTDOOR EXERCISE EQUIPMENT FOR SENIOR CITIZENS AND TO REPORT FINDINGS TO BOARD WITHIN SIXTY DAYS IN WRITTEN REPORT

WHEREAS, Miami-Dade County has a large population of elderly residents; and

WHEREAS, being outdoors and in County parks provides both physical and mental health benefits to persons of all ages; and

WHEREAS, the County's senior citizens and elderly residents would benefit from being more active and healthy in an outdoor setting; and

WHEREAS, one way to encourage and facilitate outdoor exercise and activities for senior citizens would be to designate in each of the County's regional parks, provided space is available, an area for senior citizens ("Senior Zones") and to develop and install within these Senior Zones outdoor exercise equipment that is tailored and geared towards the elderly population; and

WHEREAS, these Senior Zones would be akin to the popular tot lots the County has at parks for young children, except it would be tailored towards senior citizens; and

WHEREAS, the concept of Senior Zones is popular in European parks and Senior Zones in County regional parks, based on the European model of an open area, no shelters or structures with covered roofs, and low-cost equipment, would be in the best interest of the County; and

WHEREAS, therefore, this Board desires to have the County Mayor or Mayor's designee study the feasibility, to include but not be limited to, issues of capacity, demand, and

cost, of designating areas at regional County parks as Senior Zones and installing within these areas outdoor exercise equipment tailored towards senior citizens,

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF COUNTY COMMISSIONERS OF MIAMI-DADE COUNTY, FLORIDA, that this Board directs the County Mayor or Mayor's designee to study the feasibility, to include but not be limited to, issues of capacity, demand, and cost, of designating areas at regional County parks as Senior Zones and installing within these areas outdoor exercise equipment tailored towards senior citizens and to report the findings and results of the feasibility study to this Board within sixty (60) days of the effective date of this Resolution via a written report.

The Prime Sponsor of the foregoing resolution is Senator Javier D. Souto and the Co-Sponsor is Chairwoman Rebeca Sosa. It was offered by Commissioner **Sen Javier D. Souto** , who moved its adoption. The motion was seconded by Commissioner **José "Pepe" Diaz** and upon being put to a vote, the vote was as follows:

	Rebeca Sosa, Chairwoman	aye
	Lynda Bell, Vice Chair	aye
Bruno A. Barreiro	aye	Esteban L. Bovo, Jr. aye
Jose "Pepe" Diaz	aye	Audrey M. Edmonson aye
Sally A. Heyman	absent	Barbara J. Jordan aye
Jean Monestime	aye	Dennis C. Moss aye
Sen. Javier D. Souto	aye	Xavier L. Suarez absent
Juan C. Zapata	absent	

The Chairperson thereupon declared the resolution duly passed and adopted this 7th day of May, 2013. This resolution shall become effective ten (10) days after the date of its adoption unless vetoed by the Mayor, and if vetoed, shall become effective only upon an override by this Board.

MIAMI-DADE COUNTY, FLORIDA
BY ITS BOARD OF
COUNTY COMMISSIONERS



HARVEY RUVIN, CLERK

By: Christopher Agrippa
Deputy Clerk

Approved by County Attorney as
to form and legal sufficiency.

MAG

Monica Rizo

Attachment A

MDPROS PROGRAMS FOR ACTIVE ADULTS 55 +											Attachment A	
PARK NAME - Address	CONTACT	PHONE NUMBER	Walk With Ease	Walk for Life	Enhanced Fitness	Baptist Hospital Partnership	Fitness Zone	Other - Zumba, Comms, Painting, etc.	Hot Meals	Monday - Friday - Contact park for various times		
South Dade Park - 28151 SW 164 Street	Lesonja Davis-Miller	305-247-9453	X	X	Apr-13		X	X		X		
Goulds Park - 11350 SW 216 Street	Victor Jenkins	305-255-2399	X	X	X			X		X		
West Perrine Park - 10901 SW 170 Terrace	Julie Banks	305-235-2053	X	X	Apr-13		X			X		
Deerwood-Bonita Lakes Park - 14445 SW 122 Avenue	Daryl Miller	305-234-1660	X	X		X				X		
Continental Park - 10000 SW 82 Avenue	Joe Fernandez	305-274-9666	X	X	Apr-13			X		X		
Westwind Lakes Park - 6805 SW 152 Avenue	Mercy Morgan	305-980-9106	X	X	Apr-13		X	X		X		
Tropical Estates Park - 10201 SW 48 Street	Lerida Delgado	305-226-5782	X	X						X		
North Trail Park - 780 NW 127 Avenue	Francisco Yanes	305-207-2420	X	X				X		X		
Country Village Park - 6550 NW 488 Terrace	Linda Baker	305-622-2594	X	X	Apr-13			X		X		
Highland Oaks Park - 20900 NE 24 Avenue	Dentise Tezanos	305-992-2164	X	X	Apr-13			X		X		
Arcola Lakes Park - 1301 NW 83 Street	Trenise Henderson	305-836-5095	X	X	Apr-13			X		X		
Green Cherry Park/TEC Center - 7080 NW 22 Avenue	Bobby Johnson	305-694-4889	X	X	Apr-13		X		Pending	X		