



PARTNERSHIPS FOR
**HEALTHY
AGING
IN PLACE**
ALLAPATTAH

Project Overview & Results

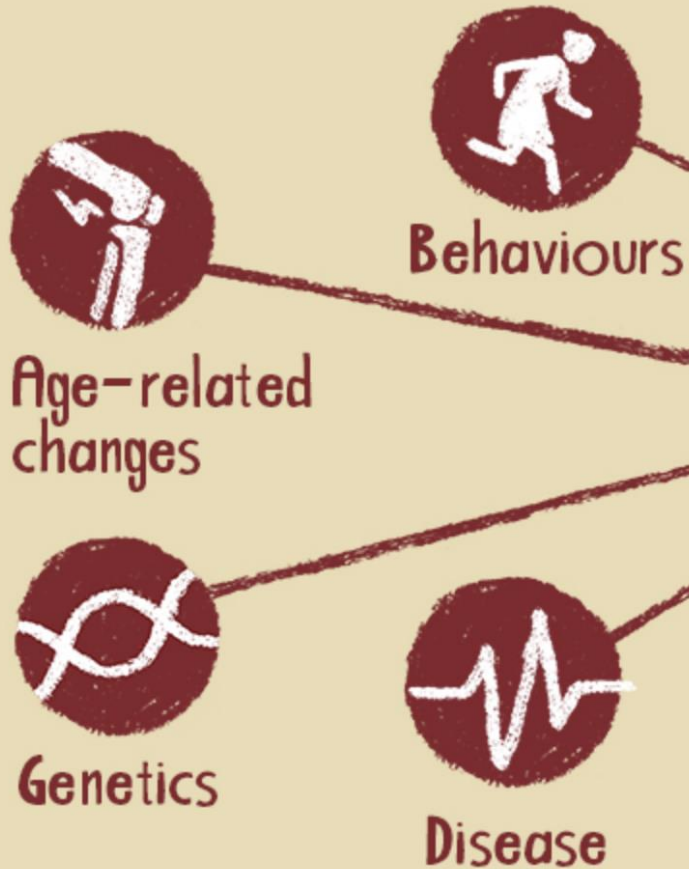


HEALTHY AGING

**BEING ABLE TO DO THINGS
WE VALUE FOR
AS LONG AS POSSIBLE**

▶ WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL



ENVIRONMENT THEY LIVE IN



Intrinsic Capacity

Enabling Environments



Healthy aging can be supported by:

- Connecting multiple sectors that provide supports, services, and infrastructure to promote healthy aging
- Coordinating existing supports and services to identify gaps and increase access;
- Collecting data to assess needs and inform interventions; disseminating findings; and
- Complementing existing supports and services.

The Allapattah Community

La Comunidad de Allapattah



- Zip codes: **3136, 33125, 33127, 33142**
- Area: 4.208 square miles
- Population: **47,966**
- Average age: 40 years
- Older Adults: Average in Miami 10.3% to 18.6%
 - **This area: over 20.1%**
- Diabetes affects **over 13%** of the population.
- Median household income:
 - **Allapattah: \$25,700**
 - Miami: \$34,901
- Non-English Speakers:
 - **Allapattah: 36.2%**
 - Miami: 30.6%
- Population below poverty level:
 - **Allapattah: 35.9%**
 - Miami: 24.9%

The Allapattah Community





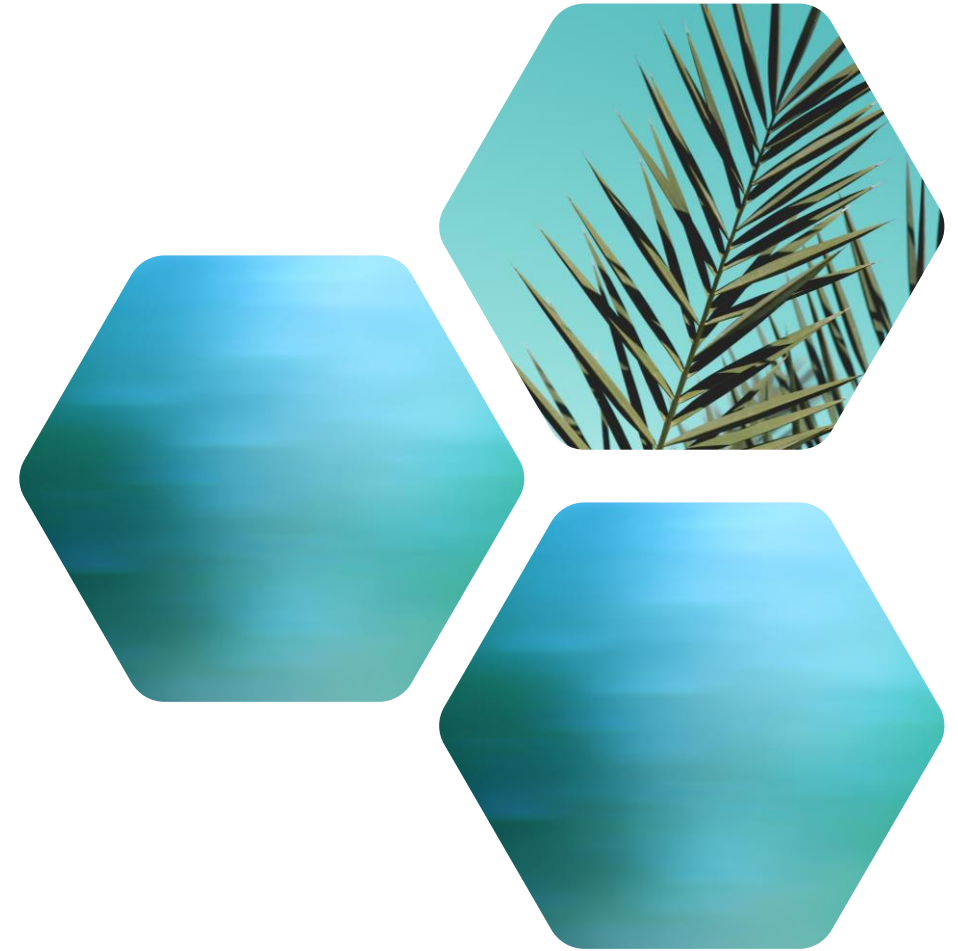
PARTNERSHIPS FOR
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ADDRESSING HEALTHY AGING IN ALLAPATTAH

About the Project



PARTNERSHIPS FOR
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ALLAPATTAH



aetna[®]
FOUNDATION



UHP
Urban Health Partnerships



The goals of this project were to:

- engage older adult residents of the Allapattah community,
- empower them to identify barriers and opportunities for active aging in place,
- develop a mini action plan outlining key strategy suggestions to make age-friendly changes based on community feedback,
- connect residents & YMCA to local organizations to address barriers and opportunities in the livability of the Allapattah community,
- engage residents and connect them to local resources and opportunities, and
- increase overall community support and engagement among residents of Allapattah.



How?

1. **Assessment** through Walking Audits, pre- and post-survey, engagement boards, and evaluations at events.
2. **Engagement** to integrate older adults in Allapattah to provide feedback about the barriers and opportunities for age-friendliness in the community.
3. **Vision** to develop a mini community action plan and the local connections to address the barriers and opportunities identified.
4. **Support** from YMCA Community Health Workers to connect to local resources and opportunities.
5. **Evaluation** of the results, accomplishments, lessons learned and recommendations.

COMMUNITY HEALTH WORKER MODEL

COMMUNITY HEALTH WORKERS

These individuals work closely with the community to engage and educate the Community about the services that are available to them.

KEY TO SUCCESS

- ✓ Hire local residents (or from communities like the one they serve)
 - ✓ Provide workers with extensive trainings (related to health, and health inequity and disparities) to serve their own neighbors families, and friends
-
- They will recruit, assess, identified, and enrolled residents in programs
 - Community Health Workers connect residents to resources and community engagement opportunities
 - Responsible for supporting canvassing, local events, resource fairs, program promotion, recruitment of residents, reminders, engagements, etc.





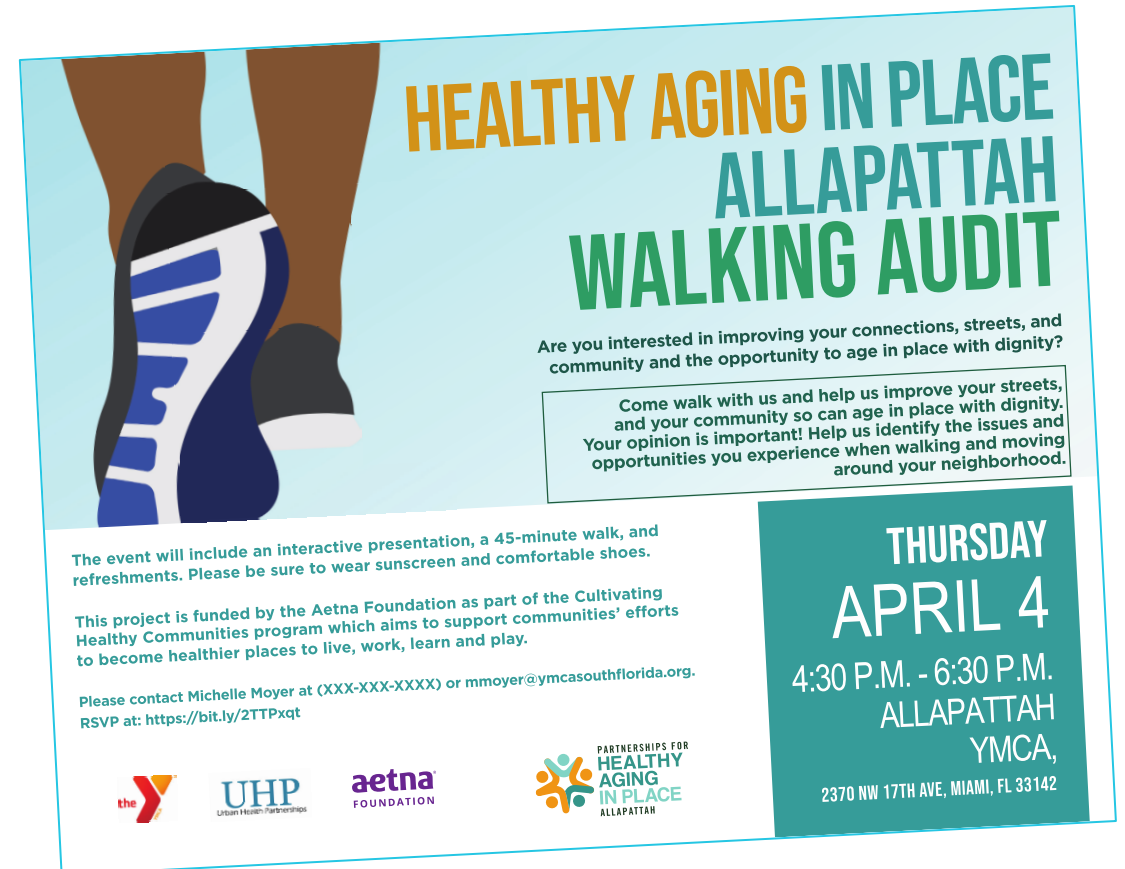
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PROJECT KICKOFF: WALKING AUDITS

Project Kickoff: Walking Audit



A walking audit is an assessment of the walkability or pedestrian access of the built environment in a community. It helps to identify concerns for pedestrians related to safety, access, comfort, and convenience of the environment.



**HEALTHY AGING IN PLACE
ALLAPATTAH
WALKING AUDIT**

Are you interested in improving your connections, streets, and community and the opportunity to age in place with dignity?





Come walk with us and help us improve your streets, and your community so can age in place with dignity. Your opinion is important! Help us identify the issues and opportunities you experience when walking and moving around your neighborhood.

The event will include an interactive presentation, a 45-minute walk, and refreshments. Please be sure to wear sunscreen and comfortable shoes.

This project is funded by the Aetna Foundation as part of the Cultivating Healthy Communities program which aims to support communities' efforts to become healthier places to live, work, learn and play.

Please contact Michelle Moyer at (XXX-XXX-XXXX) or mmoyer@ymcasouthflorida.org.
RSVP at: <https://bit.ly/2TTPxqt>

**THURSDAY
APRIL 4**
4:30 P.M. - 6:30 P.M.
ALLAPATTAH
YMCA,
2370 NW 17TH AVE, MIAMI, FL 33142

Allapattah Walking Audit Result/Goal




- Shared understanding of how the built environment has impacts health and well-being of Allapattah residents
- Shared understanding of concerns for pedestrians, related to the safety, access, comfort, and convenience of the environment, especially for older adults
- Experience surrounding area as a pedestrian and identify opportunities for a walkable environment
- Identify barriers to a walkable/bikeable/transit friendly environment
- Identify opportunities for an age-friendly community

Allapattah Walking Audit Form



The audit form was specifically designed* to assess the built environment for older adult residents living in and around the community. The Walking Audit Form can be used for an entire corridor if the street segments are similar or multiple forms can be used for different segments.

*This tool was derived from the Walking Suitability Assessment Form developed by James Emery, MPH – UNC School of Public Health, Health Behavior and Health Education, the CDC-HAN Environmental Audit Tool, the CDC Built Environment Assessment Tool, the AARP Walk Audit Tool Kit, and the Walking Route Audit Tool for Seniors (WRATS) developed by Jacqueline Kerr, Ph.D. and Dori E. Rosenberg, Ph.D.



Allapattah Walking Audit Instructions

Walking Audit Introduction
A Walking Audit is an assessment of the walkability, bikeability and transit access of the built environment in a community and/or targeted area.




The Allapattah Walking Audit
This audit has been specifically designed* to assess the built environment for older adult residents living in and around the Allapattah community. The findings from this Walking Audit will be used to develop an action plan of key strategies that can be implemented to improve the built environment for Allapattah's older adult residents.

How to Use the Walking Audit Tool
The Walking Audit Form can be used for an entire corridor if the street segments are similar. In a situation where a Walking Audit route has street segments with different features (such as a shared-use path versus a narrow sidewalk, an urban setting versus a suburban, or a six-lane roadway versus a two lane, etc.) additional forms can be used. The use of additional form will allow the opportunity to document the varying condition of a route.

Each section of the form, except for the overall rating questions and the highlight section, should be filled out while conducting the walking audit. When returning to the meeting location after the Walking Audit, the team can discuss the overall ratings and the highlights of the corridor.

<p>Walking Audit Information Complete this section before beginning the audit.</p>	<p>Safety In this section, questions are related to attributes of the corridor that make the corridor more or less safe.</p>
<p>Crossing Streets/Intersections In this section, questions are related to the material attributes of the corridor related to crossing streets and intersections.</p>	<p>Level of Walkability This question is related to the extent the route was walking friendly.</p>
<p>Sidewalks In this section, questions are related to the state and condition of sidewalks of the corridor.</p>	<p>Additional Comments and Observations Please provide additional information on the corridor that you think is relevant, including age-friendly opportunities and/or challenges.</p>
<p>Amenities In this section, questions are related to material and social amenities of the corridor.</p>	<p>Strengths and Weaknesses In this section, describe the overall top three strengths and weaknesses of the route or segment if you filled out multiple forms.</p>

*This tool was derived from the Walking Suitability Assessment Form developed by James Emery, MPH – UNC School of Public Health, Health Behavior and Health Education, the CDC-HAN Environmental Audit Tool, the CDC Built Environment Assessment Tool, the AARP Walk Audit Tool Kit, and the Walking Route Audit Tool for Seniors (WRATS) developed by Jacqueline Kerr, Ph.D. and Dori E. Rosenberg, Ph.D.



Walking Audit Team Roles



- » Walking Audit Facilitator
- » Form Recorder
- » Map Recorder
- » Photographer
- » Thermometer Recorder
- » Team Observers
- » Time Keeper



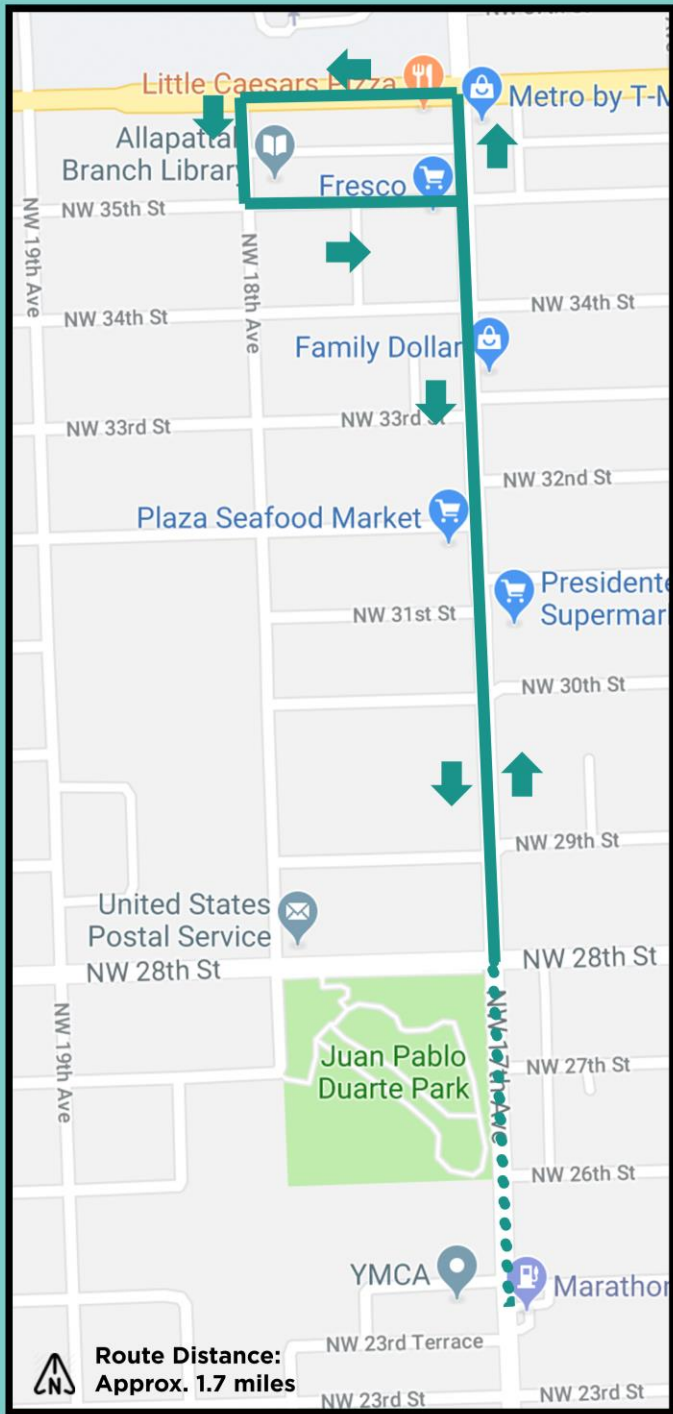
Walking Audit



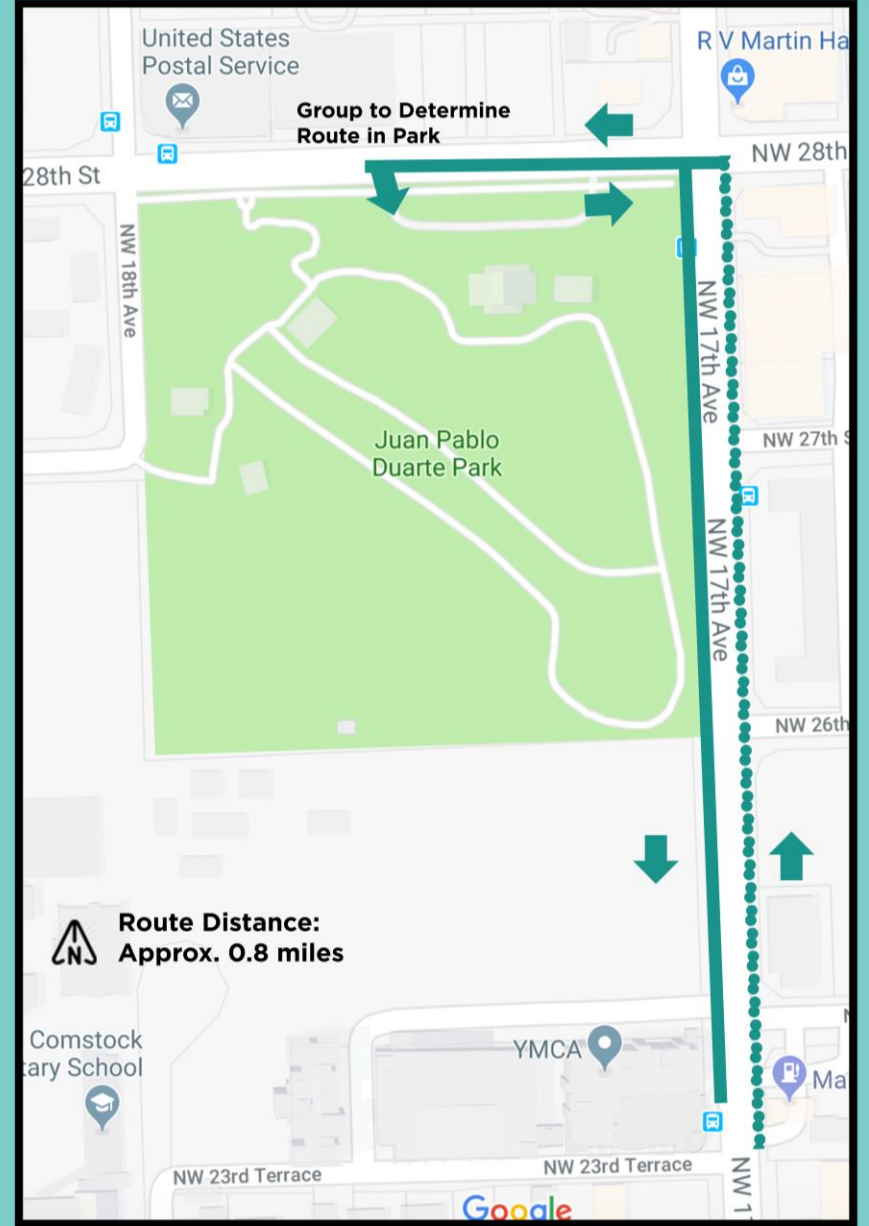
- ▶ Look at the **physical conditions** of the corridor
 - ▶ Are there poorly maintained sidewalk sections?
- ▶ Look at the **social conditions** of the corridor
 - ▶ Are other people visible? What are they doing?
- ▶ Review the **level of walkability**
- ▶ Note observations on the map
- ▶ Age-Friendly **Opportunities/Challenges**
- ▶ Take the **temperature** of the pavement with and without shade
- ▶ *Keep Older Adults and Aging in Place in mind!*



Allapattah Walking Audit Route 1



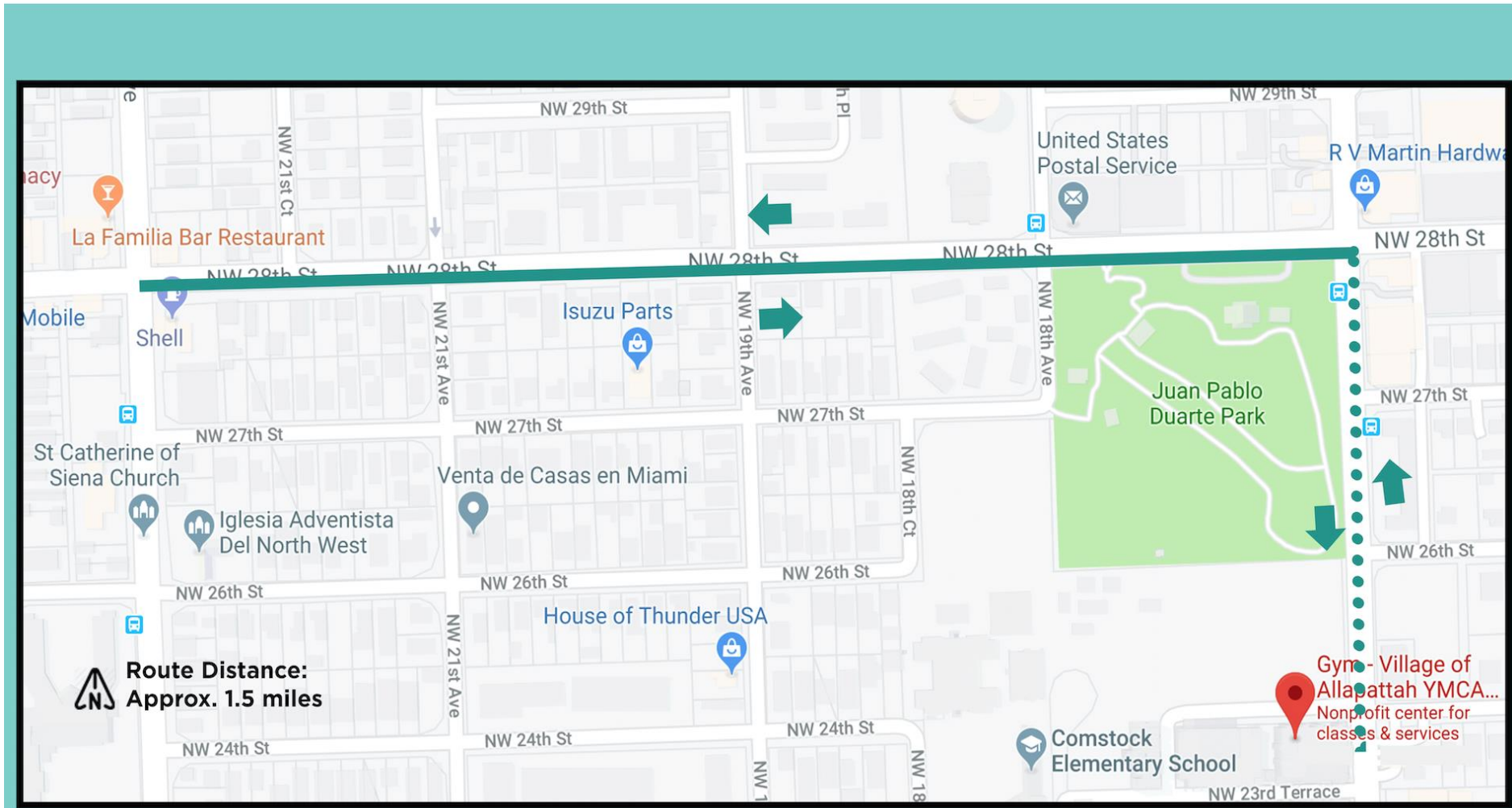
Allapattah Walking Audit Route 2



Route 3



Allapattah Walking Audit NW 28th Street Route



Walking Audit Findings



Walking Audit Findings



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Walking Audit Findings


1/1/19
For more information, visit miami.gov

	Little Havana NE/ Glorif Way Community Ctr 3300 NW 12 Ave. Miami, FL 33129 (305) 654-6550	Riverside Park 799 SW 4th St Miami, FL 33130
Forever Young	Monday/Wednesday 10:00am-11:45am (Zumba) 1:30pm-2:15pm (Stretch) Thursday 10:00am-10:45am (Chair) 11:00am-11:45am (Zumba)	Monday/Wednesday 10:00am-11:45am (Zumba)
Zumba		
Boot Camp	Tuesday/Thursday 9:00am (Low Intensity) 10:00am (High Intensity) Saturday 9:00am Upper Body 10:00am Lower Body 11:00am Core	Thursday 4:30pm-5:00pm (Express) 5:15pm-5:45pm (Express) 6:00pm-7:00pm (Total Body)

FREE FITNESS CLASSES

	Charles Hanley 1200 NW 50 St. Miami, FL 33182 (305) 960-4800	Coral Gate 1415 SW 48 Ave. Miami, FL 33145 (305) 960-5130	Grapeland 1550 NW 37 Ave. Miami, FL 33129 (305) 960-7960	Woodmont Park 650 NW 3 St. Miami, FL 33128 (305) 378-9010	Jose Marti Gymnasium 434 NW 2 Ave. Miami, FL 33130 (305) 960-2943 or 2950
Forever Young	Tuesday TBA Partnership Classes February 2019	Friday 10:00am-10:45am (Chair) 11:00am-11:45am (Zumba)			
Zumba				Monday 8:00am-9:00am 6:30pm	Saturday 8:00am-9:00am 9:00am
Boot Camp	Monday/Wednesday 6:30pm (Low Intensity) 7:30pm (High Intensity)		Tuesday/Thursday 6:30pm (Low Intensity) 7:30pm (High Intensity)		

FREE FITNESS CLASSES



"We the People"

Clases de Ingles y Ciudadania

Cuando: Los Miércoles y Jueves, Comenzando este miércoles, 20 de enero del 2019 de 6:30pm a 8:30pm, concluyendo el 20 de junio del 2019.
Lugar: Juan Pablo Duarte Park, 1276 NW 22th St, Miami FL 33142

Bienvenidos a las clases de Ingles y Ciudadania.
El Curso tiene tres temas:
Civica, historia y gobierno.
Las Clases son Gratis.

Para más información o inscripciones con:
José Álvarez: (786) 281-1040
Cecilia Prieto: (786) 304-8555

CITY OF MIAMI PARKS & RECREATION
2019 Summer Camp

Walking Audit Findings



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Walking Audit Findings Overview



- **Strengths**

- Lots of shade in some areas
- The Park is a gem in that it has a lot of facilities, shade and programming
- Some transit stops have seating and shelters and trash cans
- Connection to Library – a great resource

- **Weaknesses**

- Entrance to Park is far from Housing
- Lack of crosswalks in several locations
- Lack of shelters at transit stops
- Uneven sidewalks
- No shade in some areas
- No benches or shade at some transit stops
- Hanging cables on old electrical poles, safety hazard
- Abandoned lots
- Trucks blocking right of way and visibility

Miami Herald

MONDAY JULY 8 2019
MIAMIHERALD.COM

Miami Herald

Opinion

11A

FACEBOOK.COM/MIAMIHERALD • TWITTER.COM/MIAMIHERALD

CHANGING NEIGHBORHOODS

Allapattah's elderly residents should be able to co-exist with new residents



BY PAT GAJARDO AND RICHARD GIBBS
ymcasouthflorida.org

Necessity is the mother of invention. As active board advisers of the Village of Allapattah YMCA Preschool & Family Center, we support the creative efforts of the diligent staff to cater to the extremely cultural diverse, dynamic, vibrant and transitional neighborhood of Allapattah.

We also know that change is coming to Allapattah, a largely immigrant community geographically bordered by the Airport Expressway/Florida State Road 112, Interstate 95, Northwest 27th Avenue, the Dolphin Expressway/Florida State Road 836 and the Miami River, where many hardworking residents have service-sector salaries and

realize the neighborhood is an affordable oasis given Miami's continually higher rising cost of housing. Out of necessity, the Allapattah YMCA, as well as other neighborhood institutions, must redefine how it engages with its stakeholders; its residents, the real-estate development sector and businesses to support the continued growth and well-being of residents in the Allapattah community.

And with recent developments, including the Miami City Commission's approval of the 1.4 million-square-foot Miami Produce Market, which would provide new residential and office space, hotel rooms and a trade school, we recognize the importance of reinventing oneself to stay relevant. For our institution, reinvention has meant looking at different alternatives to serve current Allapattah residents, keeping in mind that developments underway and those being planned will change the way residents live their everyday lives in the neighborhood they call home.

One of the new initiatives the organization has employed is the Partnership for Healthy Aging in Place neighborhood walking audit. Our YMCA team of 15 people, led by a senior citizen representative, performs analyses of the community's walkabil-



Getty Images

The Allapattah YMCA is helping conduct a study of the neighborhood to determine navigability for senior citizens.

ity through the lens of older residents, who represent more than 15 percent of Allapattah residents. We encouraged representatives of the real-estate development community to take these walks with us. We catalogued a need for more bus benches for those who no longer or cannot drive, wider and better maintained sidewalks, the need for more lights in areas where it is too dark, more access to gar-

bage receptacles to keep the streets clean, more pedestrian and handicapped accessible cross walks, a greater need for shaded areas and regular maintenance required to clear clogged drains.

As a landmark community center, we recognize that it is not enough to offer a full range of programs to Allapattah residents, from our accredited preschool to summer camp to active adult exercise courses. Even though we

provide vital services to improve community residents' health and well-being, our mission is far from done. Given the Village of Allapattah's 41,000 residents have a median household income of only \$23,000; 69 percent of Family Center members are on financial assistance or have free memberships; 42 percent of the kids in our preschool are on financial assistance; and 58 percent of the kids in our summer camp are on financial assistance.

For us, reinvention means that we need to come up with new opportunities to build alliances to support many in this community who are elderly, as well as the large portion of the population who work in the service industry who are faced with circumstances where the need for social services and the infrastructure to support them is wanting.

Before anyone officially trademarks the "West of Wynwood" moniker to cleverly market what Allapattah means to the development community, let's take a thoughtful moment to carefully evaluate how the needs of this community are being met today. Our call to action is to work collectively to provide current residents and welcome those who will call Allapattah home in the future the resources to embrace this neighborhood and live productively, healthy lives.

Pat Gajardo is a member of the Village of Allapattah YMCA advisory board and chair of the Allapattah Neighborhood Association. Richard Gibbs is vice-chair of the Village of Allapattah YMCA advisory board.



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PARTNERSHIPS FOR HEALTHY AGING IN PLACE ALLAPATTAH

ALLAPATTAH WALKING AUDITS 2019
Preliminary Report of Community Feedback & Next Steps

the Y UHP Urban Health Partnerships aetna FOUNDATION



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MONTHLY RESOURCE EVENTS

FOCUS ON AGE-FRIENDLY DOMAINS



Adapted from: Suzanne Garon, University of Sherbrooke

ENGAGEMENT

- Ongoing feedback and engagement at events

 **Partnerships for Healthy Aging in Place Allapattah**

Resources for Healthy Aging in Allapattah
What do you want to see?

Recursos para envejecimiento saludable
¿Qué quieres ver?

 Outdoor Spaces & Buildings <i>Espacios al aire libre y edificios</i>	 Communication & Information <i>Comunicación e información</i>
 Housing <i>Viviendas</i>	 Civic Engagement & Employment <i>Compromiso cívico y empleo</i>
 Transportation <i>Transporte</i>	 Social Participation <i>Participación social</i>
 Respect & Social Inclusion <i>Respeto e inclusión social</i>	 Community Support & Health System <i>Apoyo comunitario y sistema de salud</i>



MONTHLY EVENTS



- 29 Events in Person
- Focus on domains of livability as well as specific topics requested by older adult residents
 - Housing, Transportation, Parks, Healthy Eating, Census, Civic Participation, Elder Abuse
- Added in social events to help individuals connect
- Linked to YMCA Resources & Services



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA COMMUNITY HEALTH STRATEGIES IMPACT REPORT JANUARY – DECEMBER 2020

- **YMCA HOTLINE: Over 10,000 served**

Participants provided access in English, Spanish and Haitian Creole to YMCA programs and services throughout Broward and Miami-Dade Counties.

- **YMCA HEALTH NAVIGATION: Over 800 served**

Broward and Miami YMCA Community Health Worker (C,H,W.) team provided individuals with one-on-one guidance, assistance, and support to meet their health and well-being goals and connection to resources.

- **FOOD ASSISTANCE: Over 20,000 served**

Provided access to nutritious food through in person and home-delivery food distributions.

- **YMCA EMERGENCY FUND: Over 230 served**

Participants provided with rent or mortgage payment assistance, water or electricity utility bill assistance, medications co-pay assistance.

- **YOUTH SERVICES: Over 200 served**

Participants served with in person and virtual youth programs including summer camp, afterschool, enrichment programs, special events, teen mentorship, youth leadership, virtual tutoring, sports, the arts, and college prep.

- **CARE PACKAGES: Over 200 served in Local Fort Lauderdale Area**

Participants served with hygiene products, games, snacks, paper goods-toilet paper, paper towel and other home necessities.

- **HEALTH EDUCATION: Over 10,000 served**

Participants received in person and virtual health education through YMCA Health Empowerment programs; Chronic Disease Self-Management Program, Diabetes Self-Management Program, Health & Nutrition programs, cooking demonstrations, Healthy Living Orientations and overall wellness programs.

- **COVID-19 EDUCATION AND PROMOTION OF TESTING: Over 5,000
Doors knocked on**

Participants in Broward County received COVID-19 health education and testing.

L.A. Lee YMCA Family Center
408 NW 14 Terrace
Fort Lauderdale, Florida 33311

Village of Allapattah YMCA Family Center
2370 NW 17 Avenue
Miami, FL 33142





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY HOTLINE

We're here to assist you in this uncertain time.
WE'RE ALL IN THIS TOGETHER

(754) 312-4150



YMCA PROGRAMS FOR ASSISTANCE

During this public health crisis, the YMCA of South Florida offers key programs for assistance:

YMCA HEALTH NAVIGATION PROGRAM

This program is designed to connect vulnerable populations and seniors to clinical (tele doctors, tele medicine, access to medication, mental health, etc.) and community resources. Assistance is provided remotely via FaceTime or virtually or over the phone.

- To learn more about the program, watch video: <https://bit.ly/2JirEoT>

YMCA PEARLS

An evidence-based depression self-management program for seniors, it's provided remotely via FaceTime or virtually or over the phone.

YMCA HOTLINE

A Community Hotline has been established to handle incoming calls for assistance. The HOTLINE is (754) 312-4150, or submit your inquiry via our website: <https://ymcasouthflorida.org/hotline>

YMCA RESOURCE PACKET

A resource packet is available to help address your needs. It will be updated as new resources are identified and can be found on our website: <https://ymcasouthflorida.org/hotline>

YMCA EMERGENCY RELIEF FUND PROGRAM

This program offers food and helps with other basic needs for seniors, families, and other vulnerable populations during crisis in Broward and Miami-Dade Counties – apply today through the HOTLINE. Food distributions will be scheduled regularly and posted on our website once our facilities are able to open and are operational. Please check our website for updates or when these will be scheduled: <https://ymcasouthflorida.org/hotline>



SCAN THIS QR CODE
TO ACCESS VIDEO



Ms. Mary is one of our YMCA Community Health Workers, helping those in need through our YMCA Health Navigation and PEARLS program during crisis.

Assistance available in English, Spanish or Kreyol.

- English, please call: 754-312-4150
- Para ayuda en español, llama a: 954-826-2444
- Pou ed nan Kreyol tanpri rele: 954-826-8122
- Email: YHN@ymcasouthflorida.org

YMCA of South Florida
900 SE 3 Avenue, Suite 300
Ft. Lauderdale, FL 33316

Emilia Solano
District Executive Director – Community Health Strategies
754-312-4150 | YHN@ymcasouthflorida.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HEALTH NAVIGATION

ONE-ON-ONE ASSISTANCE FOR MANAGING YOUR HEALTH AND WELLBEING!

LEARN TO:

- ♥ Use Medications Correctly
- ♥ Better Manage Your Diabetes, High Blood Pressure, Weight, & Other Chronic Diseases
- ♥ Communicate Better with Health Providers and Family Members
- ♥ Look For the Types of Assistance You Need
- ♥ Connect to Available Resources
- ♥ Acquire Healthy-Living Habits

THE SUPPORT YOU NEED

EL APOYO QUE USTED NECESITA
SIPO OU BEZWEN

TO MEET YOUR NEEDS!

PARA OBTENER SUS METAS!
POU SATISFE SA'W BEZWEN!



Call the YMCA Hotline at **754.312.4150** for more information.

Llama a **954.826.2444** para información en Español.

Or email YHN@ymcasouthflorida.org



Village of Allapattah YMCA Family Center
2370 NW 17 Avenue, Suite 100
Miami, FL 33142
305.635.9622

FREE SERVICE
SERVICIO GRATUITO
SEVIS GRATIS



THE Y BRINGS PEOPLE TOGETHER TO STRENGTHEN COMMUNITY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA PROGRAM OPPORTUNITIES FOR YOU! INTERACTIVE WORKSHOPS

LIVING HEALTHY
6 WEEK /ONCE-A-WEEK
DAILY HEALTH CONCERNS

LEARN TO:

- Handle difficult emotions
- Exercise safe and easily
- Eat well
- Solve problems
- Communication Tips
- Use relaxation techniques
- Use medications correctly

MATTER OF BALANCE
8 WEEK/ ONCE-A-WEEK
FALL PREVENTION TIPS

LEARN TO:

- View Falls as Controllable
- Set Goals for increasing Activity
- Make Changes; Reduce Falls
- Exercises to increase Strength and Balance
- Improve Flexibility

DIABETES SELF MANAGEMENT
6 WEEK /ONCE-A-WEEK
MANAGING & PREVENTING DIABETES

LEARN TO:

- Deal with Diabetes Symptoms
- Handle Difficult Emotions
- Acquire Healthy Eating Habits
- Exercising to Maintain and Improve Strength and Endurance
- Use Medications correctly
- Communicate Better with Health Providers and Family Members



Health empowerment programs conveniently offered
right in your own community!

CONTACT: Whitney Wolfgang
wwolfgang@YMCASouthFlorida.org
954.467.2444 EXT. 1706

THE Y BRINGS PEOPLE TOGETHER TO STRENGTHEN COMMUNITY





MIAMI DOLPHINS
FOUNDATION

FOOD RELIEF PROGRAM





MIAMI DOLPHINS
FOUNDATION

FOOD RELIEF PROGRAM



MIAMI DOLPHINS YMCA BROWARD FEEDING PROGRAM

WEDNESDAY, AUGUST 26 2020

- 10am – Hillmont Gardens – 2001 NW 9th Avenue, Ft. Lauderdale, FL 33311
- 11am – Sailboat Bend, 425 SW 4th Avenue, Ft. Lauderdale, FL 33315
- 11am – Arbor View, 3100 N. State Road 7, Margate, FL 33063
- 12pm – Dixie Court, 306 West Dixie Court, Ft. Lauderdale, FL 33311
- 12pm – Village Place, 720 NE 4th Avenue, Apt 313, Ft. Lauderdale, FL 33304
- 12pm – Dr. Kennedy Homes, 108 Palm Avenue, Ft. Lauderdale, FL 33312
- 12:30pm – Sunnyreach, 100 SW 18th Avenue, Ft. Lauderdale, FL 33312
- 2pm – Meridian, 2900 North 26th Avenue, Hollywood, FL 33020
- 2pm – Colonial Park, 1300 Banks Road, Margate, FL 33063
- 2pm – Woodsdale Oaks, 2573 NW 49th Avenue, Lauderdale Lakes, FL 33313





POVERELLO CENTER PROGRAM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAMA POVERELLO



This six week food relief program is intended to provide nutritious and healthy food with understanding, respect and love for people living with chronic diseases. (Este programa de ayuda alimentaria de seis semanas está destinado para proporcionar alimentos nutritivos y saludables con comprensión, respeto y amor por las personas viviendo con enfermedades crónicas.)



Requirements / Requisitos:

- Must be 55+ years / Deber tener más de 55 años
- Resident of South Florida / Residente de South Florida
- Provide photo ID / Traer una identificación con foto
- Complete Intake Form / Formulario de admision completo

LIMITED SPACE—FIRST COME FIRST SERVE
ESPACIO LIMITADO; PRIMERO VEN PRIMERO SERVICIO

Pickup or walkup location: YMCA Preschool Parking Garage
Dates (Mondays): December 7, 14, 21
January 4, 11, 18



Contact Lise McFarlane at 754-312-4027 or e-mail: lmcfarlane@ymcasouthflorida.org OR
Aaron Pierre at 754-312-4026 or email: apierre@ymcasouthflorida.org

VILLAGE OF ALLAPATTAH YMCA FAMILY CENTER
2370 NW 17 Avenue, Miami FL 33142





HEALTHY COOKING DEMOS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEMONSTRACIONES DE COCINA SALUDABLES

We invite you to join us for live FREE cooking demos at the Village of Allapattah YMCA—either in person or via Zoom! Each monthly recipe will be something new and healthy to try.

Lo invitamos a unirse a nosotros para disfrutar de demostraciones de cocina GRATUITAS en vivo en el Village of Allapattah YMCA, ya sea en persona o mediante Zoom. Cada receta mensual será algo nuevo y saludable para probar.

- Registration required to receive zoom link/ Requiere registraci3n para recibir enlace de zoom
- Social Distancing protocols enforced/ Protocolos de distanciamiento sociales observados
- Recipe and Ingredients provided/ Receta e Ingredientes ofrecidos



TIME: 10:30am - 11:30am
LOCATION: STUDIO B

September 22 Mexican Salad with Cilantro/Lime dressing
October 20 Honey Garlic Chicken with Jasmine Rice
November 17 Homemade Chicken Noodle Soup
December 15 Steak Bites with Apple Goat Cheese Salad

MUST REGISTER to participate/ REGISTRA para participar!

Contact Lise McFarlane at 786-353-6150 or e-mail: lmcfarlane@ymcasouthflorida.org

VILLAGE OF ALLAPATTAH YMCA FAMILY CENTER
2370 NW 17 Avenue, Miami FL 33142





PARTNERSHIPS FOR
**HEALTHY
AGING
IN PLACE**
ALLAPATTAH

COVID PIVOT: PHONE BANKING

COVID-19 & Census Outreach Phone Banking



- As a result of the COVID-19 pandemic, UHP shifted its focus to virtual outreach to the community. Outreach focused on check-ins around COVID-19 and resources, as well as census outreach to promote participation.
- This was conducted by Community Health Workers via texts, email and social media.
- This was also combined with outreach about the upcoming Census
- Reached over 1200 individuals through the phone banking



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RESULTS

EVALUATION PLAN



Pre-Project Evaluation

- CHW Training – Track CHW training hours and certifications prior to start of program.
- Recruitment – Two methods:
 - Sign-Ins at events and engagements
 - Identify active participants at events and engagements: take note of their interest
- Pre-survey during Kick-Off Event: [Healthy Aging Baseline Survey](#)
- Walking Audit

EVALUATION PLAN



Process Evaluation

- List of Active Participants (i.e., Leaders form the community)
 - Track attendance to different events
- List of Active Partners
 - Track attendance to different engagements and events.
- List of Events
 - Track Topic/Purpose, Sign-In Sheets (attendance), Ideas/Projects (outcomes), surveys

Post-Project Evaluation

- Post evaluation of Active Participants: [Healthy Aging Exit Survey](#)
- Impact Stories
- Tracking of Co-Created Events and Participation
- Tracking of reach and feedback

Collaborative Actions



Over the past two years, UHP and the YMCA worked collaboratively to:

- Hire two older adult CHWs and train them
- Conduct outreach in the community
- Develop an implementation and evaluation plan
- Host walking audits, engagements, and community events to begin to address community needs.
- Adapt to the changing social and health contexts of our times and establish updated ways to support older adults during time of high need.

Result Highlights



A comparison of baseline and post-survey responses on questions related to how age-friendly respondents found their community showed an increase in perceptions of age-friendliness. Survey respondents reported:

- An **increase in confidence that they would be able to find help and support** in their community as they age, with 47.7% (n=31) of pre-survey and 85.6% (n=77) of post-survey respondents reporting they were somewhat or very confident.
- An **increase in confidence that they will be able to stay in their community as they age**, from 30.8% (n=20) at baseline to 84.4% (n=76) at evaluation feeling somewhat or very confident.
- An **increase in feelings of positivity or optimism about the future**, from 56.9% (n=37) at baseline to 100.0% (n=90) at evaluation, despite the impact of COVID-19 on their lives and the uncertainty of the future.

Result Highlights



A comparison of baseline and post-survey responses on questions related to how age-friendly respondents found their community showed an increase in perceptions of age-friendliness. Survey respondents reported:

- **An increase in feeling that their community offers older adults a good quality of life, from 80.0% (n=52) at baseline to 95.6% (n=86) at evaluation.**
- **An increase in feeling connected to neighbors, from only 20.6% (n=14) at baseline to 75.6% (n=68) at evaluation feeling somewhat or very connected.**
- **Additionally, a majority of baseline respondents, 41.5% (n=27), went from feeling neutral about advocating for age-friendly initiatives and opportunities in their community, to a majority, 84.4% (n=76) feeling somewhat or very confident about advocating for changes.**

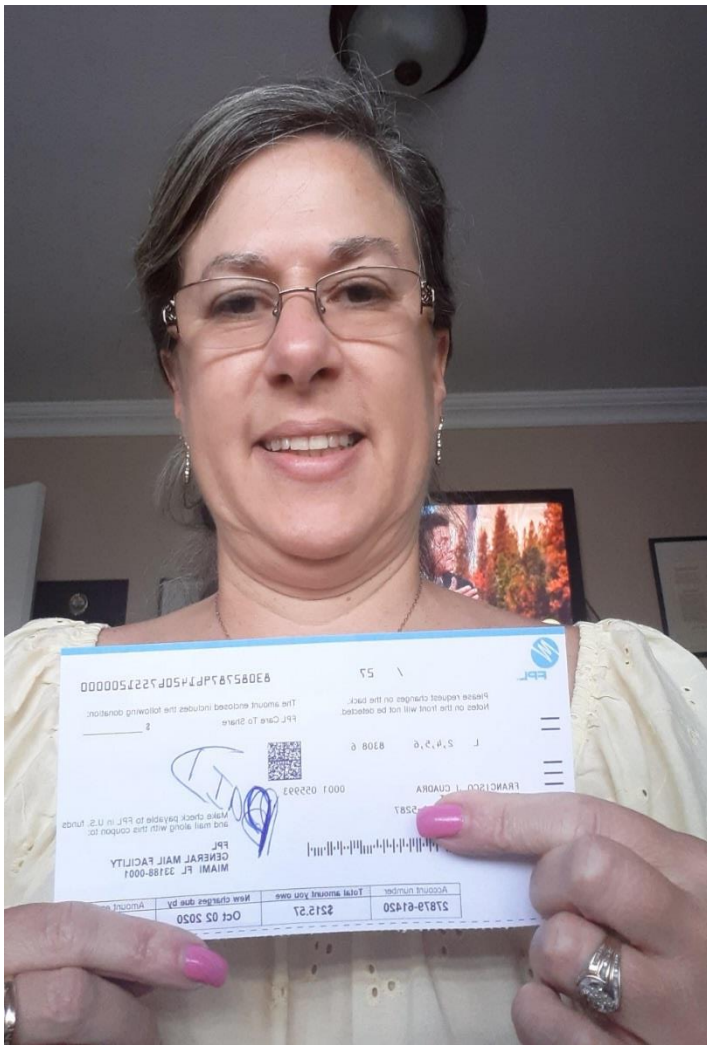


Hello Lise,
Thank God we haven't contracted COVID-19 but it was so very nice getting the phone call from you asking how we were doing. It was also nice to be on the food program and pick our own items to eat. This special project gives out high quality food items including seafood and lots of produce. This is so helpful we cannot express how thankful we are as it's helping us out very nicely. Edy likes to cook fancy dishes and you folks are providing her with the necessary ingredients. This is also coming in at a special time of need because of my shoulder operation that I just recently had. Many physicians are teaching their patients that proper nutrition is better than pharmacological drugs. We believe that Lise embraces this philosophy and is incorporating it into our lives and we truly appreciate her and the YMCA. We dare not use the facilities because I am a high risk individual. Before COVID we use to go almost every day. We cannot wait to return to our amazing YMCA at Allapattah!

With gratitude,

Edilma & Jorge





To: Lise McFarlane <lmcfarlane@YMCASouthFlorida.org>

Subject: Helen Cuadra

Hi Lise, thanks so much from the bottom of my heart. You and your agency were a savior as I have been struggling paying for my bills. By the YMCA paying my light bill a big burden has been taken away, again thanks and may God bless all of you,

Helen Cuadra

Ms.C said, “Thank you for the food. I wasn’t expecting it. It was a blessing. God is so good. I want to say, thank you so, so much.”

Ms. E stated, “I would like to thank the YMCA of South Florida for the contribution towards rental assistance relief during the COVID-19 pandemic. It was a tremendous help for me and my family, so I would like to thank the entire staff they did a phenomenal job in supporting families during this pandemic’.



GLENN KRASNER 2721 NW 18 AVE APT D
THANK YOU FOR THE FOOD!!

9-16-2020

Over Cheryl

The food was very good
Thank you for everything

Cheryl Ramsay
9-16-2020



Thank y'all for the food
donation, it is very appreciated
at this time of need

Lillian Caldwell 9/16/2020

GRACIAS POR
SIEMPRE ACORDARSE
de los mas necesitados
Dios se los multiplique
con Bendiciones.
Mayi Yeses.

THANK
YOU





PARTNERSHIPS FOR
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NEXT STEPS & OPPORTUNITIES



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THANK YOU!

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