

Subject: JCOA Outreach regarding Marie Drake/CBJ Community Center

Deborah Craig <deborahlc11@gmail.com>

10:52 AM (1
hour ago)

to Lauren, Linda, Jennifer, Rhonda, John, Phil, Maureen, bcc: Carol, bcc: Jennifer, bcc: Ann, bcc: Kimberly

Dear Ms. Verrelli,

Thanks for taking the time on December 6 to chat about the Juneau Commission on Aging (JCOA) and our mission to assist all aging adults in Juneau. (Please see attached brochure.) The JCOA is working to ensure that as everyone in our community ages, we remain as healthy as possible to minimize the need for expensive health and medical services. Additionally, socialization is becoming a national issue not just for the elderly but for all and we want to be part of the solution for Juneau. As you requested, I am emailing you regarding our request for use of the Marie Drake Complex for recreational and social activity use - a **CBJ Community Center**.

Background: The JCOA began its pursuit for use of the Marie Drake Complex as a **CBJ Community Center** last May when we submitted an application to the CBJ. It recently came to light that the MD Complex has more asbestos issues than originally recognized and while use is in flux, the MD Gym and adjoining classrooms are to be used for P&R programs regardless of other changes. As the JCOA is a CBJ entity, our recommended programs will fit well into P&R oversight and we are a willing partner in facilitating activities.

Partners: When organizing to submit the application to the CBJ for MD usage, the JCOA partnered with an array of organizations that we called the "Alphabet Group": *AARP, CCS (Catholic Community Services), JAHC (Juneau Arts & Humanities Council), the Planetarium, AEYC (Assoc for Education of Youth and Children) and we later added SEARHC and BRH (Bartlett Regional Hospital)*. We concurred that a multigenerational **CBJ Community Center** at the MD Complex with an emphasis on aging adults would be a benefit to the community, particularly if housed in the downtown corridor to serve North Douglas, Douglas, Lemon Creek and downtown. There are several facilities currently in use and easily accessible in the valley (Field House, Pool, Library and Floyd Dryden coming on board to serve the Pickleball Community). If the MD Complex became the **CBJ Community Center**, it would serve seniors and families closer to the downtown corridor, as well as house activities currently at the Mt. Jumbo Gym.

GYM Staffing: During our call, you commented that staffing was a major issue for CBJ recreational activities. This issue has been mitigated for some P&R activities by having a regularly attending member become a Monitor: Mt Jumbo Pickup Basketball and some pool activities use this method. In conversations with Pickleball groups in Douglas, I am told that there is similar interest in having a pickleball member be the gym monitor to ensure access on a regularly scheduled basis. Currently, pickleball is held at the JAHC, who generously allocate space when other activities are not using the space. The goal would be to have regularly scheduled activities that would be held with Gym Monitor's who are supporters of that particular activity. If there are insufficient PCN's, either more PCN's could be created, "shared" or allow Volunteer Monitors.

Activities: Following is a table of potential activities that members of the "Alphabet" Group quickly generated. We have identified even more activities that would be useful to the community – of all ages – but these would be our first areas of emphasis. Phil Huebschen, Executive Director of the JAHC has generously offered to help with community outreach/marketing and each member of our group has access to their own mailing lists to ensure broad participation of community members. We did not include elements such as target audience, refreshments, numbers of participants expected, cleanup, etc until we are sure that we are congruent with P&R's concepts of space usage. The Alphabet Group will provide more in-depth information on usage but that will take more time/research. We wanted to get this list to you expeditiously per your request. Attached is the table of potential activities. FYI, we are already reaching out to the Pickleball Community to determine usage needs and desires.

Funding: Lastly, the Alphabet Group is more than willing to seek funding via grants to fund equipment and other needs. Linda Kruger, AARP and JCOA member, recently emailed you regarding a funding opportunity with AARP and asked who

might be appropriate to work with in your Department to ensure we are compliant with CBJ parameters within our request. Linda wrote: *AARP Community Challenge Grant applications will open in early January. We support applying for funding for a walking track to be installed around the court area at the Marie Drake gym so that seniors and others will have access to an indoor walking space like the upper track at the Fieldhouse. We also discussed including equipment for pickleball courts or other activities in the gym in the proposal. We can help write the proposal. Please identify someone at Parks and Rec who could work with us. Proposals will be due in early March. Check the web links below for additional information. We would like to get started on the proposal in early January.*

<https://communitychallenge.aarp.org/2025/organizations/aarp/home>

<https://www.aarp.org/livable-communities/community-challenge/info-2024/2024-grantees.html>

<https://bit.ly/ak-challengegrants> - Info about Alaska Community Challenge Grants.

Please call or email me at your convenience to discuss our proposal for the CBJ Community Center or if you have additional questions.

Sincerely,

Deborah Craig, Chair

Juneau Commission on Aging

<https://juneau.org/clerk/boards-committees/jcoa>

Aging! So cool, everyone is doing it!

| PROJECT PLANNER | | |
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| ACTIVITY | PLAN START | DURATION |
| Walk for Health - Daily Indoor Track Walking | 2/1/2025 | daily |
| Pickleball (regularly scheduled day and evening sessions) | Immed | 3X Weekly |
| Better Bones and Balance Classes | 2/1/2025 | weekly |
| Gentle Yoga for Aging Gracefully at Every Age! | 4/1/2025 | Weekly or 2X Wk |
| Bingocize SEARHC | 5/1/2025 | Weekly |
| Jnu Intl Folk Dancers sponsored lessons and dance | TBD | Weekly |
| Jumbo Gym Pickup Basketball Group | TBD | weekly |
| BRH Patient and Family Advisory Council Meetings 1 hour | Mar-25 | bi-monthly |
| Mendenhall Flying Lions Club | 3/1/2025 | monthly |
| AARP CAT Meetings - one hour meeting | 1/1/2025 | monthly |
| JCOA Monthly Meetings - one hour meeting | 3/1/2025 | monthly |
| Joint Sight Lions Club | 4/1/2025 | quarterly |
| Southeast Regional Elder Care Group | 4/1/2025 | quarterly |
| Dietician Outreach SEARHC | 5/1/2025 | quarterly |
| BRH AHA Stroke Awareness Educational Sessions | 1-Apr | semi annual |
| Patient Benefits Presentation SEARHC | 4/1/2025 | semi annual |
| Mobile Kitchen (nutrition instruction) SEARHC | 6/1/2025 | semi annual |
| National Family Caregiver Month | November | Annual |
| Brain Health Series - How a Healthy Brain Impacts Your Health! | 2/1/2025 | 6 weeks |
| CCS/SESS National Family Caregiver Speaker Education Series | 11/1/2025 | 4 weeks |
| Community Disaster Preparedness with Emphasis on Seniors | TBD | TBD |

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| Computer and Smartphone Literacy | TBD | TBD |
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| Navigating the Senior Health System - Medicare, Medicaid and Beyond | TBD | TBD |
| Tai Chi | TBD | TBD |
| Senior Picnics and Special Events | TBD | TBD |

One attachment • Scanned by Gmail