

Oakland Together Senior Initiative – Senior Centers Matching Grant Program

Grant Purpose

The Senior Center Grant Program funding will address many issues caused by COVID-19 on our Senior Community and enhance the Senior Center for their use.

By way of background, the City of Madison Heights is currently rebuilding our Senior Center, moving it from its current location on John R to our Civic Center Plaza. This rebuilding project focuses on expanding the center, making it more user-friendly to the seniors and more equipped to offer essential services and programs for a healthier senior community. Based on project bid results, we were forced to downsize the scope of our project and remove many aspects originally planned that were important to the project, our city officials, and our senior community.

When presented with this grant opportunity, we evaluated these features that were removed and decided on the most important for possible grant funding submittal. These items will be added to the project only if outside funding is available through this grant process. All of these specific items were chosen based on their relevance to COVID-19 and the long-term benefits each one of these items will have on our senior community.

- **Landscaping Senior Sensory Garden and Pavilion with outdoor sitting space**
 - Grant Funding Requested \$149,000
 - \$79,000 Landscaped Senior Sensory Garden
 - \$70,000 Pavilion with outdoor sitting space
 - Estimated Completion September 2023

Description of need and impact of COVID-19 - Access to outdoor spaces benefits mental health and well-being by offering seniors a way to socialize while socially distancing and connecting with nature. In addition, access to an outdoor space such as a garden or sitting meditation space seems to decrease the symptoms of depression and overall increase a positive mood. As a result, the City of Madison Heights has focused on improving parks and including elements that would allow vulnerable sectors of the population, such as seniors, a safe outdoor maintained environment.

The existing Active Adult Center features a significant amount of outdoor space unavailable at the new site. To address this, a garden sitting space and pavilion would be added to the Active Adult Center. This space has already been designed and bid on as part of our civic center plaza project. However, it was removed from the original project due to budget constraints. This grant funding will allow us to add this outdoor sitting area back to the project providing a public seating area that can be used for various activities such as meditation, social distancing, or a safe, calming space. This request also includes a separate pavilion on the opposite side of the Active Adult Center.

Long-term Benefit – As state and local officials warned that residents, especially seniors, stay home amid the COVID-19 pandemic, with one caveat – enjoy the outdoors with social distancing. This garden and pavilion will be a permanent addition to the senior building project and will provide much-needed green

space for the people who live and visit Madison Heights. These features will be maintained by DPS staff and Senior volunteers for many years to come. As described above, this garden space will allow an outdoor area for seniors to socialize, connect with nature, meditate or participate in senior programming.

- **Six (6) Computers and three (3) iPad and technology training**
 - Grant Funding Requested \$8,610
 - Estimated Completion August 2023

Description of need and impact of COVID-19 - During the strictest lockdown period of COVID, our residents, including seniors, main avenue for connecting with loved ones and doctors, placing grocery orders, or assessing much-needed assistance through technology. However, without adequate technology skills, many seniors were left without these much-needed resources. Therefore, teaching digital skills is crucial for seniors if they want to take advantage of all the resources offered and improve their quality of life. In the long run, improving seniors' ability to use digital resources has a positive impact on seniors. For example, in the area of healthcare – during the pandemic or even future flu outbreaks, seniors with technology skills could access their doctor through a virtual meeting, avoiding having to travel to the doctor and possibly expose themselves to ill patients. In addition, multiple resources such as transportation and food delivery are available only if the senior knows how to access the technology.

Therefore, offering computer classes and having devices that can be loaned to seniors is vital. This grant application includes six computers for a computer classroom and three iPads for training and loans. The total cost included 3 iPad @ \$450 each plus accessories and six (6) computers. This would also require someone to run network drops and extensions of the Wi-Fi.

Long-term Benefit- In a world that becomes more dependent on technology daily, it is critical that the senior community is taught skills to utilize computers, smartphones and tablets for themselves. Digitisation is in all aspects of our lives, from banking, grocery pick-up/delivery, medical records, and even socialization with family and friends. It is critical that seniors learn technology skills that will enable them long-term to handle daily needs, entertain themselves, access public services, and bond with others.

- **The Toilet Features auto hand wash and flush**
 - Grant Funding Requested \$6,000
 - Estimated Completion August 2023

Description of need and impact of COVID-19 - Wash your hands is the number one message when seeking to protect yourself from infectious illnesses such as COVID and flu. However, the benefits are diminished if you touch contaminated surfaces in the washroom after washing your hands. Therefore we request to add auto flushing toilets, hand-free water, and towel dispensers to the Senior Center washrooms. Surfaces such as toilets, sinks, faucets and flushing handles, door handles, stall doors, and paper towel dispensers can pick up bacterium from users' hands, passing it along to the following user. In addition, creating a touchless environment will increase active adult center users' level of staff comfort concerning the washroom, in many cases allowing them to use the facilities without touching even one surface from the

time they enter the bathroom to when they exit. These include auto-on and auto-off faucets; automatic, self-flushing toilets and urinals; auto-on and auto-off soap dispensers; automatic paper towel dispensers.

Long-term Benefit – Once installed these bathroom features will be maintained and provide long-term benefit to anyone utilizing the Senior Center bathrooms for years to come.

- **Bollard entrance blockades to protect curbside services**

- Grant Funding Requested \$4,000
- Estimated Completion time September 2023

Description of need and impact of COVID-19 - During an outbreak, curbside services for vital things such as food is necessary. To protect the workers providing this service and users of the Active Adult Center building, we are requesting grant funding to install bollards at the entrance of the Active Adult Center. This will allow seniors to drive up to the doors safely to pick up things such as prepared meals, loaned laptops and iPads, books, and other information and materials available to seniors. In addition, these bollards will provide a barrier against vehicles that may not be secured well during pick-up and drop-offs. The new Active Adult Center site also considerably more traffic than the existing center, allowing us to be accessible to more users but also making these physical separation measures all the more important.

Long-term Benefit – These bollards will provide a more secure environment to the entrance of the Senior Center for numerous years to come. The life expectancy of these bollards is 20+ years.

- **Rooftop HVAC unit \$110,000**

- Grant Funding Requested 50% \$55,000 (50% provided through matching funds)
- Estimated Completion July 2023

Description of need and impact of COVID-19 - Improving indoor air quality is a pressing concern brought to the forefront with the COVID outbreak. After all, the main reason that the U.S. economy took a severe hit in 2020 was that the virus made it dangerous to gather in offices, restaurants, and other interior spaces. Viruses often spread through aerosols, particles, and other airborne droplets and can be breathed in by a healthy individual. Even before COVID, viruses such as the common cold and flu could run rampant through workplaces as the microbes wafted from cubicle to cubicle. Therefore we request grant assistance for installing a new rooftop HVAC unit for the Active Adult Center. This unit will be able to provide and temper outside air, providing the appropriate amount of indoor air changes and demand-controlled ventilation as required by code.

Long-term Benefit – This upgrades HVAC unit will service the Active Adult Center for years to come providing cleaner air to senior center users. With a life expectancy of 15+ years, this new equipment will enhance the center over reusing our existing unit that is near the end of life, is not energy efficient, and does not have the latest technology for air filtration.

- **Audiovisual workout rooms, cooking room, dining room**

- Grant Funding Requested \$15,000
- Estimated Completion August 2023

Description of need and impact of COVID-19 - We are enhancing our programming rooms for the Active Adult Center, making them larger to allow social distancing, and providing more single-purpose spaces for a better-controlled occupant load. In addition, we are requesting grant funding to add audiovisual equipment to each room to enable us to offer training on computer/technology usage, cooking classes, and presentations in the main dining room. Because of the insufficient audiovisual resources currently available smaller groups attend classes. This will allow us to host more users in the community.

Long-term benefits – audiovisual technology is necessary for holding classes in these new rooms. Many seniors are hard of hearing or need help following along with classes. This addition of audiovisual equipment in the programming rooms will enhance these classes.

- **Exercise Equipment \$12,390**

- Grant Funding Requested \$12,390
- Estimated Completion August 2023

Description of need and impact of COVID-19 - Obesity is a leading health crisis in America, leading to numerous health conditions that make individuals vulnerable during a pandemic. It is a leading comorbidity resulting in complications of a COVID infection. Therefore we are requesting exercise equipment for the Senior Center to promote physical activities, healthy, active lifestyle, and decreased obesity rates to help our senior population live a better quality of life and reduce the deaths due to illnesses such as COVID or flu. Specifically, we are requesting one (1) Elliptical Machine \$3,500 one (1) Recumbent Bike \$2,250, group hand weights (\$3,500) with storage rack (\$115), and 25 yoga/floor mats (\$750), blocks (\$425), straps (\$200), bolster (\$1,150) and blankets (\$500).

Long-term benefits – Providing exercise equipment and classes to our seniors will provide them the opportunity to become more physically fit and better to handle illness and the aging process. This equipment will be maintained by Senrio center staff and, with proper care and maintenance, should last 5+ years.

Municipal Matching

- **Food Service Equipment \$116,000**

- Matching Funding \$116,000
- Estimated Completion August 2023

A healthy diet and access to nutritious meals are a foundation for maintaining an active lifestyle into older age. Unfortunately, for the senior community, access to nutritious food isn't always available for various

reasons, such as the inability to safely prepare food, financial resources, or nutritional knowledge. Therefore, the Active Adult Center is looking to include updated senior food service equipment in our current Active Adult Center rebuilding project. This will enable meals to be prepared onsite, providing pick-up meals and serving the senior community better. One example is during the holidays; senior center staff recently volunteered to provide food and feed 75 seniors in the community. This idea was extremely well received and provided a high level of benefit to the senior population in the City. To continue such a program in the future, this task will require functioning food service equipment and an area allowing the food to be prepared on-site in the new building.

- **Rooftop HVAC unit \$110,000**

- Matching Funding 50% \$55,000 (50% requested in grant funding)
- Estimated Completion July 2023

Improving indoor air quality is a pressing concern brought to the forefront with the COVID outbreak. After all, the main reason that the U.S. economy took a severe hit in 2020 was that the virus made it dangerous to gather in offices, restaurants, and other interior spaces. Viruses often spread through aerosols, particles, and other airborne droplets and can be breathed in by a healthy individual. Even before COVID, viruses such as the common cold and flu could run rampant through workplaces as the microbes wafted from cubicle to cubicle. Therefore we request grant assistance for installing a new rooftop HVAC unit for the Active Adult Center. This unit will be able to provide and temper outside air, providing the appropriate amount of indoor air changes and demand-controlled ventilation as required by code.

- **Announcement sign on 13-mile replacement**

- Matching Funding \$80,000
- Estimated Completion November 2023

Effective messaging is critical during an outbreak such as the COVID pandemic or an other emergency. This is especially true for our senior community, which does not always have access to technology or skills to find reliable information online. Therefore, we request funding to install a modern message board at our Active Adult Center along 13 Mile Road. This will allow us to disseminate messages quickly to senior center users regarding emergencies, resources, and programming.