

Growing Older in Fort Collins – Silver Tsunami as a Golden Opportunity

Summary Report of Fall 2011-Spring 2012 Events

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This report is available online at <http://www.cpd.colostate.edu/growingolderyear1summary.pdf>



**Colorado
State**
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CENTER FOR PUBLIC DELIBERATION

C Community Foundation
of NORTHERN COLORADO

Expansion Initiative
**BUILDING
FOR A
STRONGER
COMMUNITY**
Fort Collins Senior Center

City of
Fort Collins

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PROJECT OVERVIEW

This report summarizes the first year of activities of the “Growing Older in Fort Collins: Silver Tsunami as Golden Opportunity” project, a collaborative effort supported by the Fort Collins Senior Center, the Senior Center Building on Basics Expansion Committee, the Fort Collins Senior Advisory Board, the Northern Colorado Community Foundation, and the Colorado State University Center for Public Deliberation. The project hosted three major events over the year (November 10, 2011; March 1, 2012; and April 17 and 26, 2012). This report provides descriptions of each event, offers highlights from the program and small group discussions, and summarizes key documents that are available online.

The project was sparked by the growing realization of the changing demographics tied to the rising number of older residents as the “Baby Boomer” generation retires. In her presentation at the November 11th meeting, Colorado State Demographer Elizabeth Garner provided an analysis of demographic data from the 2010 U.S. Census. Due to the aging of the population combined with high numbers of people over 65 relocating to Colorado, she reported that the State Demography Office predicted that **the number of Larimer County residents who are 65 and older will increase 141 percent in the next 20 years** (from 33,584 in 2010 to 81,041 in 2030).

The term “Silver Tsunami” has been utilized to capture the impact of the changing demographics nationwide, but the project coordinators decided to use “Silver Tsunami as a Golden Opportunity” as the subtitle of the project in order to emphasize the many positive aspects that can come to a community with a growing number of older residents. For example, older residents are often particularly community oriented, volunteer often, and their spending supports many jobs. The overarching purpose of the project was thus to increase awareness of the coming changes, and expand and positively impact the conversation concerning how we as a community can better understand the impacts and prepare appropriately. We hope to help our community come together across sectors—government, private, and non-profit—to engage this important issue.

At each event, we used the wireless keypads to capture some basic demographic information about attendees. The chart below shows the age breakdown of participants across the events. Exactly half of the participants were born in the 1940s or 1950s (thus range from 53 to 72 years old). Another 22% of participants were over 72.

| Overview of Event Participants: What decade were they born? | | | | | | |
|-------------------------------------------------------------|---------------|-------|--------|-------|--------|--------|
| | % | Total | 10-Nov | 1-Mar | 17-Apr | 26-Apr |
| 1990s | 1% | 5 | 1 | 0 | 0 | 4 |
| 1980s | 5% | 23 | 4 | 11 | 3 | 5 |
| 1970s | 4% | 19 | 7 | 4 | 3 | 5 |
| 1960s | 9% | 41 | 13 | 15 | 7 | 6 |
| 1950s | 24% | 115 | 50 | 31 | 19 | 15 |
| 1940s | 36% | 172 | 43 | 49 | 49 | 31 |
| 1930s | 14% | 66 | 13 | 16 | 16 | 21 |
| 1920s | 8% | 40 | 7 | 13 | 7 | 13 |
| | Totals | 481 | 138 | 139 | 104 | 100 |

EVENT 1: NOVEMBER 10, 2011

Summary of Event

On Thursday, November 10th, 2011, 141 community members from the Fort Collins area gathered at the Lincoln Center to hear presentations about the changing demographics and participate in facilitated small group discussions concerning how our community should respond to these coming changes. A report on this event is available online at http://www.seniorcenterexpansion.org/misc_info/Growing_Older_report-1.pdf.

The first part of the meeting involved three presentations:

- Welcoming remarks, Doug Hutchinson, former Mayor of Fort Collins
- “Demographic Trends, Our Growing Aging Population,” Elizabeth Garner, Colorado State Demographer
- “Keeping Fort Collins Great, Visioning the Future of Healthy Aging” Janine Vanderberg, JVA Consulting

Garner reviewed census data concerning the changing demographics and discussed many of the impacts such changes will bring. Her full PowerPoint is posted online at http://www.seniorcenterexpansion.org/misc_info/Eliz_Garner_PPT_silvertsunami1.pdf.

Janine Vanderburg’s presentation focused on **challenging common assumptions about the role of seniors in our community**. She explained that the common notion of a growing 65-and-older demographic becoming a burden on society does not reflect national trends. The baby boom generation has a lifetime of experience, wealth, and knowledge that can be harnessed to create positive change in our community. As Fort Collins works to prepare for helping the aging demographic, the aging demographic will also work to prepare to help Fort Collins. Vanderburg encouraged the audience to use the talents and wisdoms of older adults to solve community problems, which is certainly part of the Growing Older in Fort Collins plan. In the end, she suggested that the changing demographics should be seen as a Silver Mine rather than a Silver Tsunami.

After the presentations, participants worked in small groups facilitated by CPD student associates to discuss a series of questions in order to begin the process of gathering data on public views about the changing demographics in our community. The process was developed based on the concept of Appreciative Inquiry, which focuses on developing clarity on what sort of community we hope to create, rather than focusing on current problems. Discussion questions focused on:

- What makes Fort Collins a great place for seniors currently?
- What are participants most excited about doing when they are over 50?
- If 10 years from now, Fort Collins is known for handling the changing demographics exceedingly well, what happened? What did we do?

The CPD also utilized wireless keypads to gather data from the participants on key themes derived from both the RSVP responses and responses to a survey as participants entered.

Key Insights from the November 11, 2012 meeting

- Clearly **transportation** was seen as the most important issue concerning how our community needs to react to the changing demographics, appearing in answers to almost every question. More public transportation around town was most often mentioned, but also regional transportation and the importance of walkable communities.
- **Affordable health care** and **affordable housing** were also consistently mentioned throughout the evening. Participants did mention that currently health care is a strength of the community, but that strength was described more in terms of quality, not affordability.
- **Current strengths** seemed to focus on existing opportunities for seniors, both in terms of outdoor opportunities and cultural opportunities. When asked for improvements, additional activities did not receive much attention.
- Interest in **intergenerational connections** was also mentioned throughout the evening, though to a lesser extent. Many commented positively on the fact that students were engaged in the process.
- Participants chose **“learner”** (after “traveler”) as the second most important role they want to play, and the importance of educational opportunities appeared across many of the questions, but not consistently.
- **Volunteering and contributing to the community** was seen as a critical part of retirement and growing older. When asked what people were most excited about doing when they were at that stage of life, volunteerism was mentioned most often in open ended questions.
- Participants that attended seemed particularly connected and engaged in the community. Moving forward, we need to think about how to get less “plugged in” participants to be a part of the process. Having future meetings at the Senior Center could potentially help.

Available Data from November 11 Event

- **CPD Summary Report:** This 9 page report provides a summary of the meeting, including key themes from the small group discussions and data from the keypad process.
http://www.seniorcenterexpansion.org/misc_info/Growing_Older_report-1.pdf
- **State Demographer Elizabeth Garner’s Powerpoint presentation**
http://www.seniorcenterexpansion.org/misc_info/Eliz_Garner_PPT_silvertsunami1.pdf
- **Raw Data Report from the CPD:** This 28 page report includes full text from questions asked online during the RSVP process, from the written surveys completed by participants at the end of the meeting, and from the wireless keypad process.
<http://www.fcgov.com/cityclerk/pdf/growingolderreport.pdf>

Event 2: March 1, 2012



Senior Advisory Board Chair Wade Turner introduces panelists at the March 1 Growing Older in Fort Collins Event.

Summary of event

The second event for the series was held at the Fort Collins Senior Center on March 1, 2012. The primary focus of the meeting was to hear from representatives of several key Fort Collins institutions concerning their preparation for the changing demographics. The meeting began with an introduction by Morie Smile, the State Director of AARP Colorado. CPD director Martín Carcasson then provided a summary of the November 10th event and an overview of the report from that session. Then Senior Advisory Board Chair Wade Turner introduced the panelists:

- Darin Atteberry, City Manager, City of Fort Collins
- Ray Caraway, President, Community Foundation of Northern Colorado
- Neil Gluckman, Assistant County Manager, Larimer County
- Jan Rastall, Assistant Director of Adult Learner & Veteran Services, CSU
- Gordan Thibedeau, President & CEO, United Way of Larimer County
- Kevin Unger, President & CEO, Poudre Valley Hospital

Panelists were asked to briefly cover the following topics in their short presentations:

- 1 - What is your organization doing to prepare for our growing aging population?
- 2 - What barriers are you facing to implementing these plans?
- 3 - What can community members do to help?

A summary of the panelist comments and their responses to Q&A during the event is posted at <http://www.fcgov.com/cityclerk/pdf/March1panelistsummaries.pdf>. A video of the presentations is available at <http://www.youtube.com/watch?v=xQ7TthylYpU>, and the Q&A at <http://www.youtube.com/watch?v=kvRoT4XKWO0>. Panelists answers to the emailed questions have also been collected and are available at <http://www.fcgov.com/cityclerk/pdf/March1panelistsummaries.pdf>.



CPD student associate and graphic facilitation artist Karina Mullen captures key ideas from the panelist discussion.

During the panelists' presentations, CPD student associate Karina Mullen captured the key themes of their talks using graphic facilitation techniques (see below). Participants also submitted questions on note cards, and a limited number of those questions were asked to the panelists during the event. The remaining questions were emailed to the panelists.

Overall, the panelists provided a broad range of information concerning current programs geared toward older residents and ongoing preparations for the changing demographics. Each highlighted important challenges, with lack

of resources typically at the top of the list. We chose to primarily invite key leaders from the institutions in order to ensure they were aware of our project and would be a part of this important conversation, rather than individuals in the organizations that focused on aging issues. As a result, however, some presenters were less informed than others concerning their institution's efforts, which frustrated some audience members. Some participants were also concerned that the information was limited or overly broad or too divorced from action. Overall, however, most audience members expressed satisfaction with the meeting and the panel discussion, particularly that they showed that they had prepared for the event, expressed enthusiasm about aging issues, and were present to hear from each other and answer questions about aging issues. Overall the event did seem to raise awareness among these city leaders.



Karina Mullen's completed graphic recording of the panelists. For more information on Karina, visit her website at www.NaturalVisionFacilitation.com

After the Q&A, CPD students and community volunteers facilitated **small group discussions**, focused on responding to the panelists, commenting on the summary of the initial meeting, and then considering next steps. Comments concerning the panelists are mentioned above. Participants reacted positively to the report from the first meeting, particularly the focus on transportation, health care, and housing issues, and agreed that there is a need to get to more isolated or low-income seniors involved that likely have not been a part of the process but need to be heard from.

Reaction to the **next steps** question varied. Some of the primary themes were:

1. The importance of **interaction** between community members and recognition of the degree of **interconnectivity**.
2. **Increased awareness and education** concerning this issue is the first priority.
3. **Cooperation** between individuals, community, business, government, non-profits as interacting pieces rather than competing interests.
4. Before one organization or different people take on aspects addressed by the meetings, **more people need to be engaged in the process**-religious organizations, Chamber of Commerce and people representing specific organizations that are listed on the green sheet. They can give more specific information on how realistic certain ideas may be.
5. The **need for focused action groups, task forces**, etc. Some suggestion of addressing one issue at a time (one a year or so) in order to use resources responsibly and efficiently as well as gain support for specific modifications within Fort Collins at a time.

Who is Working on this Issue?

During the meeting, participants were also asked to complete survey forms to help us identify individuals, organizations, and agencies that are already involved with this issue, organized in the following areas:

1. **Getting around:** Local/regional transportation and senior transportation services
2. **Financial independence:** Jobs, economic opportunity, poverty
3. **Aging in place:** Affordable, accessible housing, walkable communities, caretaker and senior services
4. **Healthy aging:** Accessible, affordable, quality healthcare
5. **Staying engaged in the community:** Volunteer opportunities
6. **Lifelong learning:** Educational opportunities
7. **Leisure:** Recreation, outdoors, cultural activities
8. **Senior Center:** Expansion ideas; serving the next generation of seniors
9. **Other:** What did we miss? Are there other categories we need to think about?

Over 200 organizations were identified. All the answers were compiled and are available online at <http://www.fcgov.com/cityclerk/pdf/march10resources.pdf>

Is Fort Collins Ready?

The meeting closed with a wireless keypad session capturing demographics of who was in the room and asking participants to again rate Fort Collins' readiness across several categories. These same questions were asked at the November 10 meeting. We asked a series of questions to get a sense of the "grade" people would give Fort Collins in several areas relate to older residents. These categories were drawn from the Community Assessment Survey for Older Adults (CASOA) report administered by the Larimer County Office on Aging, which is available online at <http://www.larimer.org/seniors/lcoa.htm>.

How would you grade Fort Collins' readiness in terms of ___ for older residents?

Participants gave each category a grade, and below is the mean score (4 = A, 3=B, 2=C, 1=D, 0=F). The score below is the combined score from 261 participants from 11/1 and 3/1.

| Category | Grade | % |
|-------------------------------|--------------|----------|
| Productive Activities | 3.08 | 77 |
| Overall Quality of Community | 2.79 | 70 |
| Health and Wellness | 2.67 | 67 |
| Community Information | 2.54 | 64 |
| Community Belonging | 2.54 | 64 |
| Community Design and Land Use | 1.93 | 48 |

In the CASOA report, these same characteristics were ranked as follows by 1,277 respondents (on a hundred point scale):

| | |
|-------------------------------|----|
| Overall Quality of Community | 74 |
| Productive Activities | 67 |
| Health and Wellness | 67 |
| Community information | 60 |
| Community and Belonging | 59 |
| Community Design and Land Use | 57 |

The data from our meetings and the CASOA report are generally similar, with participants rating productive activities and health and wellness highest, and Community Design and Land Use lowest.

Available documents from March 1 Event

- A summary of the panelist comments and their responses to Q&A is posted at <http://www.fcgov.com/cityclerk/pdf/March1panelistsummaries.pdf>.
- YouTube video of Morie Smile and the panelists: <http://www.youtube.com/watch?v=xQ7TthyYpU>
- YouTube video of the audience Q&A: <http://www.youtube.com/watch?v=kvRoT4XKW00>
- Further Q&A emailed to panelists: <http://www.fcgov.com/cityclerk/pdf/tsunamiqandamarch1.pdf>
- Data from keypad process: <http://www.fcgov.com/cityclerk/pdf/march1slides.pdf>
- Compiled responses from survey concerning what organizations are working on this issue: www.fcgov.com/cityclerk/pdf/tsunamisummarynov.pdf

Event 3: April 17 and April 26, 2012 Events

Summary of Event

We offered the third session at two different times, one at night and one in the morning, in order to provide more opportunities for participation. One hundred and four participated on April 17, and another hundred on April 26. The focus of the third session was on the Senior Center itself, particularly as related to the planning for a scheduled facility expansion. The award-winning Fort Collins Senior Center (FCSC) is already a key aspect of the city's capacity to support a high quality of life for seniors, and its expansion will obviously be closely connected to tapping into the skills and meeting the needs of the growing population of older residents. The expansion is set to begin in 2013, with \$5 million already allocated to the project through the city of Fort Collins. Fundraising efforts are underway with a goal of raising an additional funds for the project (see <http://www.seniorcenterexpansion.org/> for more information).

Building off the first two meetings, these sessions focused on gathering ideas for expanding and improving the FCSC in the coming years. Marty Heffernan (Director of Community Services, Parks, and Recreation) and Karen Weitkunat (Mayor, City of Fort Collins) gave the welcoming remarks (April 17 and 26 respectively). The main speaker was Nancy Luttrop, CEO of OPS Consulting, who was instrumental in starting the Senior Center during the 1970s and served as the initial full time director. Following a brief review of the first two meetings by Martín Carcasson, a wireless keypad session was utilized to capture feedback from participants concerning the functions and activities offered by the FCSC. That session was designed to identify what participants felt the Senior Center is doing well, what needs improvement, and what areas the public are less aware of. All the data from both keypad sessions is available at: <http://www.fcgov.com/cityclerk/pdf/combinedkeypaddatafrom417and426.pdf>.

Current FCSC Supervisor Barbara Schoenberger then discussed the functions of the Senior Center, explained the expansion plans, and encouraged participants to think big about changes and improvements. The bulk of the time at the meeting was spent completed a "four square brainstorming process," which is explained in greater detail below.

Senior Center Functions

The keypad process focused on querying participants concerning their views on 9 key functions of the Senior Center and the range of activities it supports. Participants reacted to the following list of functions:

- **Function 1. A senior center should offer a range of services and activities that respond to participants' needs, interests, and differences**, such as: the variety of programming within various categories (aquatics, arts/crafts, education and lifelong learning, fitness, health and wellness, outdoor recreation, social activities, theatre, music, dance, and access to a lending library and media center)
- **Function 2. A senior center should function as a community focal point for service delivery to older adults through partnerships**, such as: congregate meal programs or

income tax assistance offered by senior service providers, and wellness education provided in cooperation with the Aspen Club of Poudre Valley Health Systems

- **Function 3. A senior center should improve older adults' knowledge of and access to community services at locations throughout the city**, such as: participating in a senior care network to make information available in many places, and speaking to community groups and participating in community events
- **Function 4. A senior center should connect low income, socially isolated, and at-risk older adults to programs and services**, such as: assist these groups with finding community resources and programs, and work closely with low income housing providers to locate these groups
- **Function 5. A senior center should educate the community concerning senior issues and enhance the image of older residents**, such as: writing articles for community publications about older adults, and nominating older adults for community awards
- **Function 6. A senior center should provide training opportunities and support research on issues related to aging**, such as: internship opportunities for CSU faculty and students to work with the senior center, and support research on aging by cooperating as a research site
- **Function 7. A senior center should provide opportunities for facility users to inform and advise the senior center administration**, such as: utilizing advisory boards, and hosting periodic assessments and surveys
- **Function 8. A senior center should train staff who will encourage participants' personal growth**, such as: developing warm, friendly relationships and respecting individual needs, interest, rights, and values, and assisting with personal problems and development of coping skills
- **Function 9. A senior center should provide significant volunteer opportunities for older adults at the senior center**, such as: following the highest standards for recruitment, training, and recognition for volunteer services, and treating volunteers with respect and providing opportunities to contribute in meaningful work

For each of these nine functions, participants were asked on the key pads to choose the most appropriate response out of a list of 9 options. The table below summarizes the combined results from both April 17 and 26th. Participants were also asked which of the 9 functions were most important, and which most needed to improve. Each participant could choose three functions, and the most important were Function 1 (85% choose this function), Function 2 (54%), Function 3 (41%). The three functions most needing improvement were Function 3 (51%), Function 4 (46%), and Function 5 (46%),

Compiled Keypad Data concerning the 9 Senior Center Functions

| | Function 1 | F 2 | F 3 | F 4 | F 5 |
|-----------------------------------------------|---------------|-------|-------|-------|-------|
| The SC does this well and should continue | 33.8% | 16.6% | 8.0% | 6.4% | 11.2% |
| The SC does this well but should do less | 0.5% | 1.5% | 0.0% | 1.5% | 0.0% |
| The SC does this currently but should improve | 12.7% | 19.5% | 25.6% | 13.2% | 14.6% |
| The SC does this currently but should do more | 42.6% | 44.9% | 36.7% | 28.4% | 29.1% |
| The SC does this currently but should do less | 0.5% | 2.0% | 1.5% | 2.5% | 1.9% |
| The SC does not do this, but should | 0.5% | 2.4% | 9.0% | 17.6% | 19.9% |
| The SC does not do this, and that is ok | 0.0% | 1.0% | 3.5% | 3.9% | 6.8% |
| I don't know enough to answer | 8.8% | 12.2% | 15.6% | 26.0% | 16.5% |
| I don't quite understand this function | 0.5% | 0.0% | 0.0% | 0.5% | 0.0% |

| | F 6 | F 7 | F 8 | F 9 |
|-----------------------------------------------|-------|-------|-------|-------|
| The SC does this well and should continue | 10.7% | 28.5% | 18.9% | 26.1% |
| The SC does this well but should do less | 1.0% | 0.5% | 1.0% | 1.0% |
| The SC does this currently but should improve | 4.4% | 15.5% | 16.0% | 16.7% |
| The SC does this currently but should do more | 24.8% | 28.5% | 18.4% | 27.1% |
| The SC does this currently but should do less | 1.9% | 1.9% | 2.4% | 2.0% |
| The SC does not do this, but should | 23.3% | 5.8% | 11.7% | 3.9% |
| The SC does not do this, and that is ok | 4.9% | 0.5% | 6.8% | 2.0% |
| I don't know enough to answer | 27.7% | 18.8% | 22.3% | 19.7% |
| I don't quite understand this function | 1.5% | 0.0% | 2.4% | 1.5% |

A few key points from this data:

- Participants showed high satisfaction with what they reported as the most important function (Function 1 – offering a range of services). 76.4% of respondents either chose that the SC did it well and should continue or should do more.
- The most common answer for most categories was that the SC performs each function but should do more. This data certainly supports the need for expansion.
- Participants called for the most improvement for Function 3 (providing information and access at locations outside the senior center).
- Over a quarter of participants reported not knowing enough to answer about Functions 4 and 6.
- Very few participants requested the senior center do less or avoid any of these functions. The highest rate here was 6.8% of participants choosing that the SC does not fulfill Function 8, (train staff to encourage participant's personal growth), but that was ok (i.e. it was not considered a key function).

In addition to the keypad data, participants were provided with a survey form with all these functions and were encouraged to add comments. All those comments were compiled and typed, and are available online at <http://www.cpd.colostate.edu/aprilsurveyresults.pdf>

Senior Center Programming and Activities

The Senior Center hosts an average of 60 events a day, serving over 1,000 residents daily. Participants were also provided a list of current SC programming and activity categories:

- 1. Aquatics** – lap swimming, water walking, water volleyball, aqua fitness
- 2. Arts/Crafts** – drop in groups for crafts, quilting; open shop for projects; classes in basketry, drawing, painting, stained glass, and more
- 3. Education – Lifelong Learning** – Front Range Forum; classes in computer skills, international cuisine, safety and first aid, and life skills, among others
- 4. Fitness** – basketball, volleyball, table tennis, pickle ball, badminton; walking track; cardio equipment; fitness classes, including strengthening, toning, stretching
- 5. Health and Wellness** - wellness education; health services such as flu shot clinics, balance screenings, cholesterol checks, etc.; foot clinics; therapeutic massage; yoga and meditation
- 6. Outdoor Recreation** – outdoor activities including walking, hiking, skating, skiing, exploring, taking risk
- 7. Social activities** – events and programs, such as holiday and meal events, celebrations, performances, clubs
- 8. Theatre/Music/Dance** – participate in a theatrical performance; dance instruction, social dance event; participate in a musical group, learn an instrument; or attend a performing arts event
- 9. Library/media center** – access to resource materials on health, lending library, community access computers

On the keypads, we asked which were most important and which needed the most improvement. As the tables below show, education and lifelong learning topped both charts.

| Most Important Programming and Activities | Percent that chose each option* |
|--------------------------------------------------|----------------------------------------|
| Education – Lifelong Learning | 59.6% |
| Health and Wellness | 52.2% |
| Fitness | 47.8% |
| Social activities | 45.8% |
| Travel | 20.2% |
| Arts/Crafts | 18.7% |
| Outdoor recreation | 17.7% |
| Aquatics | 14.3% |
| Library/media center | 11.3% |
| Theatre/Music/Dance | 7.9% |

** Participants each chose their top 3*

| Which 3 most need to improve? | Percent that chose each option* |
|-------------------------------|---------------------------------|
| Education – Lifelong Learning | 40.9% |
| Social activities | 34.5% |
| Library/media center | 34.5% |
| Fitness | 33.0% |
| Health and Wellness | 33.0% |
| Outdoor recreation | 22.2% |
| Theatre/Music/Dance | 21.7% |
| Travel | 18.7% |
| Aquatics | 12.3% |
| Arts/Crafts | 10.8% |

* Participants each chose their top 3. Additional comments on these activities is available at <http://www.cpd.colostate.edu/aprilsurveyresults.pdf>

The Four Square Brainstorming

Process: Participants were seated in separate round tables, with up to 7 participants seated with a CPD student facilitator or community volunteer that had been trained in the process. We had sixteen tables each day, for a total of 32. The process itself consisted of three sessions. During the first session, each table spent around 25 minutes brainstorming ideas for the FCSC expansion. Participants were instructed to come up with around 5 “big ideas” per table. As ideas flowed, the facilitators captured them on pieces of card stock, labeling each idea with the number of the table it originated in and a unique letter (i.e. 2A, 3C, etc.).



CPD student associate Fiona Jeppson places an idea on her group’s four square sheet

After the initial 25 minute brainstorming session, the facilitator from each group moved to the next table with the collection of ideas for the second session. During this session, the new group discussed the ideas generated by the first group, adding comments and ideas, and then ultimately ranking them on a large “Four Square” sheet. Each idea was written on a post it note, and then was placed along two continua, one for the overall quality of the idea (vertical axis), and one for the amount of funding or other resources the ideas would require (horizontal axis). Once all the ideas were placed on the four square sheet, the facilitators hung the four square sheet on the back wall of the meeting room, and then pinned the card stock sheets with additional details around it. Each participant was given 5 sticky dots, and during the third and final session, and they completed a “gallery walk” to examine all the ideas from all the tables, and place their dots on those ideas they most supported.

All the data from both four square sessions (including recreations of the actual sheets, all the data from the card stock, and an thematic analysis of key categories and the placement of the dots), is available online at <http://www.cpd.colostate.edu/foursquarerawdata.pdf>

This data will be presented to the Senior Center Expansion Committee in July and be utilized in the planning process moving forward.

The tables below provide details on the highest vote getting ideas as well as an overview of the categories of ideas provided.

A few key highlights include:

- Ideas concerning improving fitness options were most common, with 15 different tables including at least one idea related to fitness and a total of 112 dots placed on fitness related ideas. The two top getting ideas both involved expanding the fitness area.
- 13 tables suggested adding a café or internet café, and they garnered a total of 109 votes, averaging 8.4 dots per idea, the highest average.
- Improving/expanding the library/media area gained the 3rd most dots, with 18 tables suggesting it.



Photograph of a completed four square poster (from Table 12).

Ideas with 14 or more dots

| Label | Idea Title | Dots | Theme |
|--------|-------------------------------------------------------------|------|---------------------|
| 16-9C | Expanding Fitness Center | 21 | Fitness |
| 16-4E | Expand Fitness Area | 20 | Fitness |
| 16-17D | Out-Reach/Reach-Out to Under-served, social isolated People | 17 | Outreach |
| 26-14B | Integrated Transportation Services | 17 | Transportation |
| 16-4G | Internet Cafe | 15 | Library/Media |
| 16-11C | Internet Media Café | 15 | Library/Media |
| 26-9A | Outdoor Amphitheater | 15 | Theatre/Music/Dance |
| 26-15C | Childcare/Adultcare | 15 | Care Services |
| 16-16C | Expansion of Arts and Crafts Program and Space | 14 | Arts/Crafts |
| 26-7C | Fitness Expansion | 14 | Fitness |
| 26-10B | Senior Geek Squad | 14 | Retail/Services |

Theme Summary from Four-Square Process

Sorted by total number of dots

| | # of ideas in category | Total # of dots across all ideas in that category | Average number of dots per idea in the category |
|--------------------------------|-------------------------------|----------------------------------------------------------|--------------------------------------------------------|
| Fitness | 15 | 112 | 7.5 |
| Café | 13 | 109 | 8.4 |
| Library/Media | 18 | 100 | 5.6 |
| Space | 23 | 85 | 3.7 |
| Parking | 12 | 79 | 6.6 |
| Transportation | 10 | 67 | 6.7 |
| Education | 10 | 46 | 4.6 |
| Theatre/Music/Dance | 9 | 46 | 5.1 |
| Outreach | 7 | 41 | 5.9 |
| Information | 8 | 37 | 4.6 |
| Care services | 6 | 36 | 6.0 |
| Staff | 7 | 33 | 4.7 |
| Services | 4 | 29 | 7.3 |
| Health/Wellness | 11 | 27 | 2.5 |
| Arts/Crafts | 3 | 24 | 8.0 |
| Outdoor recreation | 6 | 20 | 3.3 |
| Name | 6 | 19 | 3.2 |
| Social Activities | 5 | 14 | 2.8 |
| Technology | 3 | 13 | 4.0 |
| Accessibility | 6 | 12 | 2.0 |
| Senior Center Public Relations | 4 | 11 | 2.8 |
| Aquatics | 3 | 9 | 3.0 |
| Scheduling | 4 | 6 | 1.5 |
| Volunteering | 3 | 5 | 1.7 |
| Nutrition | 4 | 2 | 0.5 |
| Retail/Services | 3 | 1 | 0.3 |

Available documents from April 17 and 26:

- Data from RSVP questions:
<http://www.fcgov.com/cityclerk/pdf/datafromaprilrsvps.pdf>
- Keypad data:
<http://www.fcgov.com/cityclerk/pdf/combinedkeypaddatafrom417and426.pdf>
- Survey data on functions and programming:
<http://www.cpd.colostate.edu/aprilsurveyresults.pdf>
- Full list of ideas and notes from the four square categorized with the number of dots: <http://www.cpd.colostate.edu/foursquarerawdata.pdf>
- Recreations of the four square sheets:
 - April 17: http://www.seniorcenterexpansion.org/misc_info/silv_tsu_4sq_4-17.pdf
 - April 26: http://www.seniorcenterexpansion.org/misc_info/silv_tsu_4sq_4-26.pdf
- A summary of Nancy Luttrop's and Barbara Schoenberg's presentations is available at: <http://www.fcgov.com/cityclerk/pdf/April26speakerssummaries.pdf>

CLOSING AND NEXT STEPS

We began this project with the hopes of increasing the awareness of this important issue and strengthening the conversation about how our community should respond. The response has been stronger than expected, with nearly 500 participants joining us for our major events (and that number doesn't include the 40 or so students and volunteers helping with each event). Throughout the process, we have clearly heard the need to **increase awareness** even more, **continue the conversation**, and to **move to more focused planning and action steps**. We have also heard the need to **engage broader audiences**, particularly low-income seniors and those that may be isolated and not able to attend. We have heard that we need to **connect more with organizations** already involved in this issue, and **work together to move forward**.

As a result of all that we have learned, we have decided to continue the project into a second year, with two significant adjustments. First, we are expanding our collaborative effort, and have asked the **Larimer County Office on Aging** (<http://www.larimer.org/seniors/lcoa.htm>) and the **Foundation on Aging for Larimer County** (<http://www.foundationonagingforlarimer.org/>) to join with us moving forward. Second, during the upcoming year, we will drill down and **focus on transportation issues** throughout the year, and potentially longer. Transportation issues consistently rose to the top of discussions throughout our major events, and are particularly interconnected to many of the other issues related to the growing senior population. Transportation issues also clearly fit the broader focus of our project on working across government, private, and non-profit lines. Transportation clearly requires resources—as we have heard throughout the year—but transportation issues are also susceptible to many innovative ideas. We will be introducing these changes and gathering additional data at the June 20th meeting, and hosting events beginning in the fall.

While the collaborative effort will focus on transportation issues for the next year, the Fort Collins Senior Center and the Fort Collins Advisory Board will both be utilizing the information gathered throughout the year to inform their work moving forward, so many of the other key themes and threads identified during the year will be pursued as well. Information about future events will be available at the Senior Advisory Board website at <http://www.fcgov.com/cityclerk/silver-tsunami.php>, the Senior Center Expansion Website at <http://www.seniorcenterexpansion.org/> and the CPD website at www.cpd.colostate.edu.

Any additional questions, comments, or ideas about this report or the “Growing Older in Fort Collins” project can be directed to CPD director Martín Carcasson at cpd@colostate.edu or 970-491-5628, or Senior Center Recreation Supervisor Barbara Schoenberger at bschoenberger@fcgov.com or 970-224-6026.