

**RESOLUTION NO. 2019-**

**A RESOLUTION OF THE VILLAGE OF PINECREST,  
FLORIDA, ADOPTING THE AGE-FRIENDLY ACTION  
PLAN; PROVIDING FOR AN EFFECTIVE DATE.**

BE IT RESOLVED BY THE VILLAGE COUNCIL OF PINECREST, FLORIDA, AS FOLLOWS:

Section 1. That the attached Age-Friendly Action Plan is hereby adopted.

Section 2. This resolution shall take effect immediately upon adoption.

PASSED AND ADOPTED this 11th day of June, 2019.

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Joseph M. Corradino, Mayor

Attest:

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Guido H. Inguanzo, Jr., CMC  
Village Clerk

Approved as to Form and Legal Sufficiency:

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Mitchell Bierman  
Village Attorney

Motion by:  
Second by:

Vote:

The background of the entire page is a photograph of a park. It features a large, leafy green tree on the right side, a grassy lawn in the foreground, and various green bushes and plants. The sky is visible through the tree's canopy.

# **AGE-FRIENDLY PINECREST**

## **Action Plan 2019**

**Village of Pinecrest**

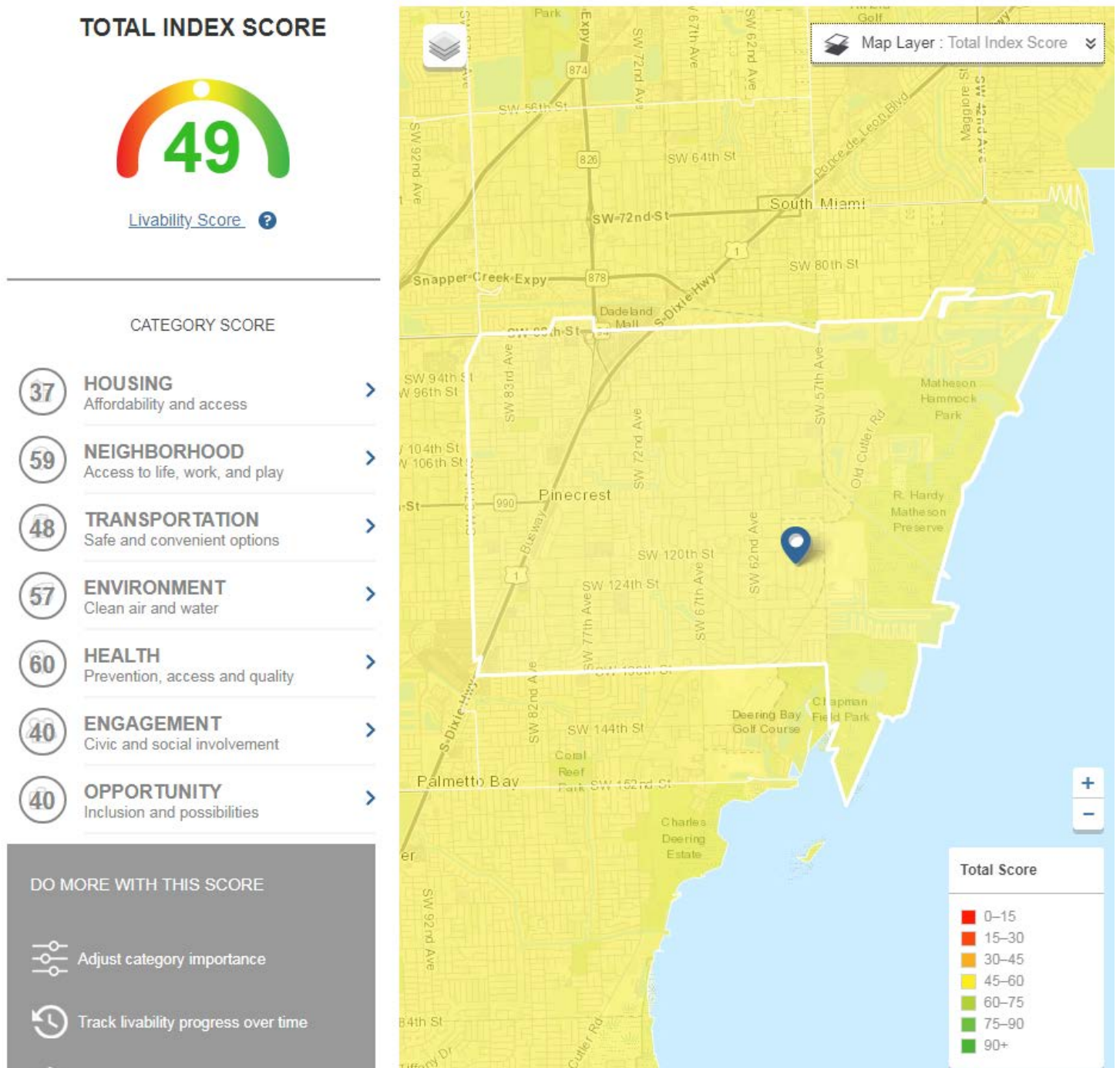
**12645 Pinecrest Parkway  
Pinecrest, Florida 33156**

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# Background on Older Adults in the Village of Pinecrest

## Livability in the Village of Pinecrest



# Table of Contents

<b>3</b>	<b>Executive Summary</b>
<b>5</b>	<b>Methodology</b>
<b>6</b>	<b>Report #1 General Population Information and Demographic Analysis</b>
<b>12</b>	<b>Report #2 Perceived Importance of Various Community Aspects</b>
<b>15</b>	<b>Report #3 Senior Citizen's Assessment of Pinecrest as a Place to Live, Work and Play</b>
<b>18</b>	<b>Report #4 Areas In Need of Improvement</b>
<b>20</b>	<b>Report #5 Examining Survey Data for Assets and Protective Factors</b>
<b>25</b>	<b>Report #6 Demographic Information for Survey Respondents</b>
<b>29</b>	<b>Report #7 Engagement and Access to Information</b>

## **Action Plan Items**

<b>32</b>	<b>Domains of Livability</b>
<b>35</b>	<b>Domain #1 Outdoor Space and Buildings</b>
<b>36</b>	<b>Domain #2 Transportation</b>
<b>37</b>	<b>Domain #3 Housing</b>
<b>38</b>	<b>Domain #4 Social Participation</b>
<b>39</b>	<b>Domain #5 Respect and Social Inclusion</b>
<b>40</b>	<b>Domain #6 Civic Participation and Employment</b>
<b>41</b>	<b>Domain #7 Communication and Information</b>
<b>42</b>	<b>Domain #8 Community Support and Health System</b>
<b>43</b>	<b>Appendices</b>

## Age-Friendly [Survey /Assessment] Results

### Executive Summary

The Village of Pinecrest joined the AARP Age-Friendly Community Network in July 2016. A team of Graduate students from the University of Miami's Master in Public Administration was retained by the Village of Pinecrest to conduct a Senior Citizen Survey and Needs Assessment in March 2018. The results were subsequently analyzed in order to establish priorities for the village and suggest an action plan to the Village Manager.

This final report is organized into seven major sections.

**Report #1: General population information and demographic analysis of the senior citizen population in the Village of Pinecrest.** This report includes analysis of information obtained through the 2010 census.

**Report #2: Perceived importance of various community aspects.** This report includes information given by respondents regarding how important certain issues and amenities are to them such as: parks, access to transportation, housing affordability, social interaction opportunities, inclusiveness of senior citizens, employment and entrepreneurship opportunities, opportunities for advocacy in local government, information about community services, and access to health care and wellness supportive services.

**Report #3: Senior citizens' assessment of Pinecrest as a place to live, work, and play.** This report includes information given by respondents regarding their perception of amenities and overall quality of life in Pinecrest. The survey asked seniors to rate several aspects of the community, including parks, access to transportation, housing affordability, social interaction opportunities, inclusiveness of senior citizens, employment and entrepreneurship opportunities, opportunities for advocacy in local government, information about community services, and access to health care and wellness supportive services.

**Report #4: Areas in need of improvement in Pinecrest.** This report includes analytical information that compares perceived importance with the current situation in Pinecrest. Policy makers will be able to use the data to prioritize and create programming that properly addresses the needs of senior citizens.

**Report #5: Examining survey data for assets and protective factors**

This report provides data that is helpful to draw implications about the lifestyles of seniors in the community. While not designed for this purpose, it is fair to imply that certain factors, such as level of education and contact with family, directly impact quality of life.

**Report #6: Demographic Information for Survey Respondents:** This report includes a compilation of all other information gathered through this survey. The data provides a clear and comprehensive view of Pinecrest and what seniors in the community look like as a whole.

**Report #7: Engagement and Access to Information:** This report includes information gathered regarding the level of civic engagement in the senior community of Pinecrest. Additionally, it demonstrates their level of internet use and their preferred methods of receiving community news. This should be considered when disseminating information regarding community events and services.

### **Impact of Age and Risk Factors on Community Planning and Resources**

As more Americans approach retirement age, it is necessary for Pinecrest to adapt and modify strategies to provide services that ensure high quality of life for older residents. Due to medical and technological advances, Americans are generally living longer and more productive lives.

However, Pinecrest must be ready to deal with the decreased functionality usually associated with aging. Tables 4 and 5 in report #1 provide the current population breakdown by age group. This data must be considered when designing programming and allocating resources for facilities such as the Pinecrest Community Center.

## Methodology

A team of graduate students from the University of Miami's Master in Public Administration program and the Senior Activities Coordinator for the Village of Pinecrest Parks and Recreation Department collected a total of 94 surveys from Pinecrest residents aged 50 and older. All surveys were administered between March and April 2018. The survey of 94 seniors (1.5% sample) collected data about their lifestyle and concerns. Survey distribution took place in March and April 2018. It was conducted via individual interviews at locations where seniors congregate. It is important to note that the team reached mobile residents, but not those who are homebound. Additionally, genders are not equally represented, as 70% of respondents are female. This can be explained by the fact that women tend to respond to surveys more than men and they were more represented at the activities and locations where the surveys were collected.

In order to better reach the target population, the team visited places where seniors tend to congregate and attended events designed to attract this age group. Surveys were collected by approaching seniors partaking in programs and fitness classes at the Pinecrest Community Center, attending roundtable discussions for Pinecrest residents age 50 and older, and attending classes at the OSHER Lifelong Learning Institute (OLLI) at the University of Miami Coral Gables Campus. The team also distributed surveys among faculty and staff at the University of Miami and staffed a booth at the Pinecrest Gardens farmers market, a popular venue for senior citizens. Lastly, the team obtained email addresses from the Community Center's RecTrac software and distributed the survey electronically.

### Geographic Information System (GIS) Mapping

A GIS Consultant, graduate of Master of Arts in International Administration at the University of Miami, collected data from the internet using the 2016 American Community Survey (ACS) conducted by the US Census Bureau. This data was filtered so that it was organized by census blocks that make up the Village of Pinecrest. Some census tracts are made up of more than one census block and numbers from each census block are aggregated using the arithmetic mean.

#### DEFINITIONS:

Senior - Defined as an individual 65 years or older at the time of the 2016 ACS.

Household - All adults and children with a given registered address.

Park - A government managed green-space open to the public.

## **Report #1 General population information and demographic analysis of the senior citizen population in the Village of Pinecrest.**

This report provides a clear demographic picture based on the 2010 census. The data provides information about senior citizens residing in Pinecrest that policy-makers and administrators should consider when preparing a budget and developing programs. Mainly, the report answers the following crucial questions:

1. How many seniors reside in Pinecrest?
2. What is the age distribution of Pinecrest senior residents?

This section presents a variety of information about the Pinecrest population in general. This format is valuable because it presents the data in an easy to comprehend manner and describes the community. Data from the tables are all generated using data from the 2010 United States Census.

Table 1 contains basic population data about the number of residents, their gender, and their age groups. This table presents Pinecrest as a diverse age community with seniors (50+) comprising 34% of the population and those under 18 making up 28%.

Tables 2 and 3 report on the different ethnic groups and races represented in the Pinecrest community. The village residents are overwhelmingly of non-Hispanic/Latino origin (60%) and white (88%). This data is somewhat surprising, as South Florida is generally a very culturally ethnically, and racially diverse community as a whole.

Table 4 provides a more detailed breakdown of the ages for our target demographic. The majority of Pinecrest residents aged 50 and older are between the ages of 55 and 59. This is of particular importance for future senior programming and services, as this age group is nearing retirement age. Facing a significant demographic change with thousands of residents leaving the workforce within the next five to ten years, Pinecrest must be ready to accommodate and provide appropriate services. It is also worth noting that 24% of the senior population is currently over the age of 70. This age group tends to be more vulnerable and requires additional accommodations to ensure a high quality of life.

Table 10 examines the current housing situation (owner vs. renter) in Pinecrest. Currently, approximately 75% of homes are occupied by owners and 18% by renters. Only 6% of housing units in Pinecrest are unoccupied. This data supports the view that Pinecrest is a family -friendly community.



**TABLE 1: General Population Characteristics**

Table 1	General Population Characteristics
Total Population	18,619
Male	9,109
Female	9,510
Under 18	5,285
18 & Over	13,334
20-24	1,228
25-34	1,544
35-49	3,767
50-64	4,151
65 & Over	2,259

**TABLE 2: Ethnicity**

Table 2	Ethnicity
Hispanic/Latino	7,529
Non-Hispanic/Latino	11,090

**TABLE 3: Race**

Table 3	Race
White	16,437
Black	318
Asian	992
Other	872

**TABLE 4: Age of Seniors (50+) by Category**Table 4                      Age of Seniors 50+ by  
Category

Total Population	18,619	% of 50+
50-54	1,412	22%
55-59	1,600	24.9%
60-64	1,139	17.7%
65-69	729	11.4%
70-74	416	6.5%
75-79	406	6.4%
80-84	356	5.54%
85 & Over	357	5.56%
Total 50+	6417	100%

**TABLE 5: Age of Residents Aged 65+ by Category**Table 5                      Age of Seniors 65+ by  
Category

Total Population	18,619	% of 65+
65-69	729	32.12%
70-74	416	18.4%
75-79	406	18%
80-84	356	15.72%
85 & Over	357	15.76%
Total 65+	6,417	100%

**TABLE 6: Numbers of Senior Males**Table 6  
Number of Senior  
Males

Total Population	18,619	% 50+	%65+
50-54	592	19.1%	
55-59	844	28.5%	
60-61	275	9.2%	
62-64	306	10.5%	
65-66	102	3.6%	10.8%
67-69	204	6.8%	21.6%
70-74	225	7.5%	23.8%
75-79	206	7.8%	21.8%
80-84	85	2.8%	9%
85 & Over	122	4.2%	13%
Total 50+	2961		
Total 65+	944		

**TABLE 7: Number of Males by 62+ and 65+ Age categories**Table 7  
Number of Males 62+  
and 65+

Total Population	Number	% of <b>Total Population</b>
62+	1,128	6%
65+	822	4.5%

**TABLE 8: Number of senior females**

Table 8	Number of Senior Females		
Total Population	18,619	% 50+	%65+
50-54	820	23.8%	
55-59	756	22%	
60-61	279	8%	
62-64	279	8%	
65-66	183	5.4%	14%
67-69	235	6.8%	17.8%
70-74	191	5.6%	14.5%
75-79	200	5.8%	15.3%
80-84	271	7.8%	20.6%
85 & Over	235	6.8%	17.8%
Total 50+	3,449		
Total 65+	1,315		

**TABLE 9: Number of Females 62+ and 65+ as % of Total Females**

Table 9	Number of Females 62+ and 65+	
Total Population	Number	% of <b>Total Population</b>
62+	1,594	8.5%
65+	1,315	7%

**TABLE 10: Housing Information**

Table 10	# of Housing Units
Total	6,619
Occupied	6,198
Owner Occupied	4,974
Population Owner Occupied	14,951
Renter Occupied	1,224
Population Renter Occupied	3,668
Households with under 18	2,242
Vacant	421

## Report #2: Perceived importance of various community aspects

This report provides valuable and clear information regarding issues and amenities that seniors find important in their community. Survey participants were asked to answer the following questions by rating their response from “not important at all” to “extremely important.”

How important is it for you to have the following in Pinecrest?

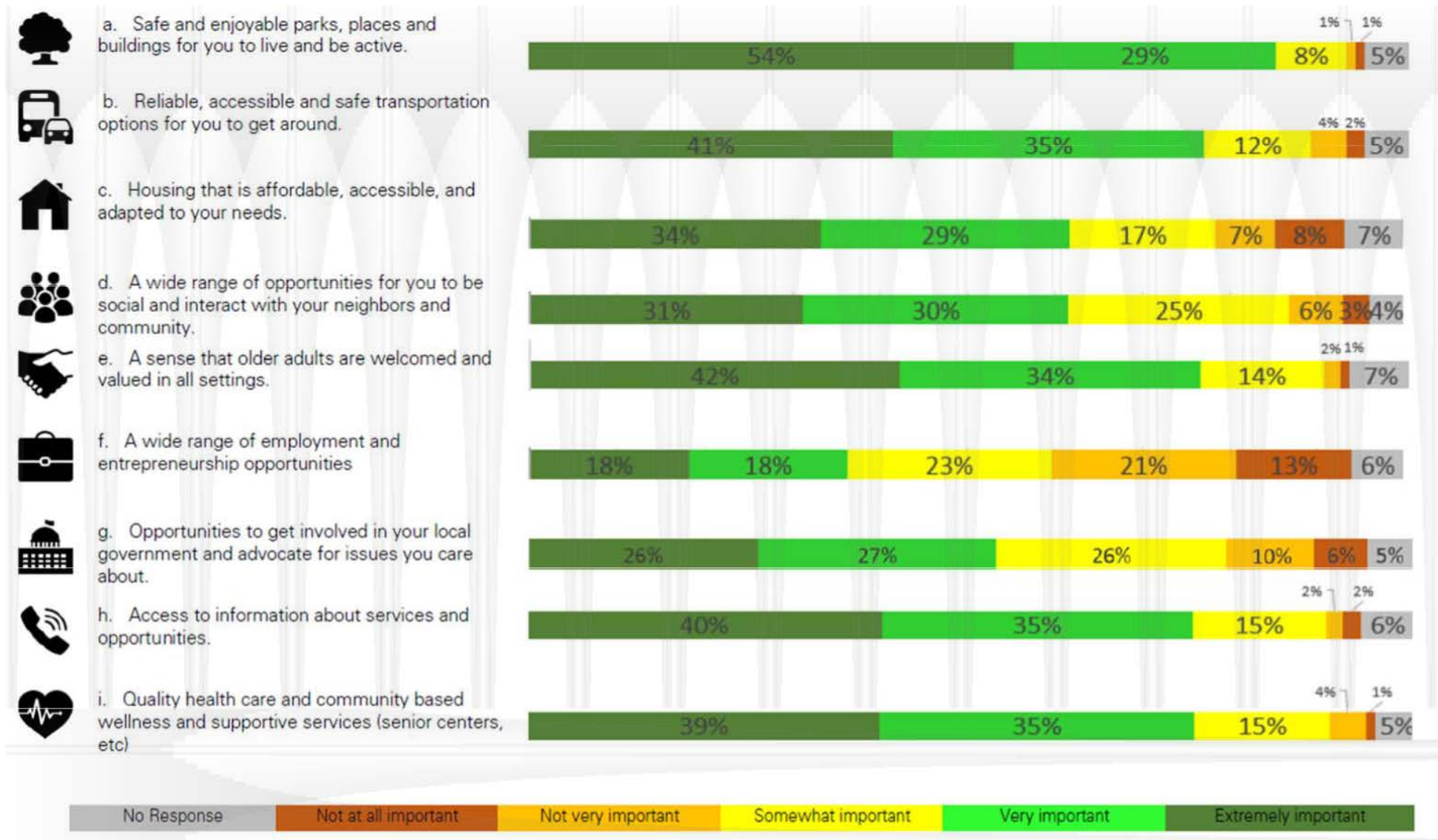
- a. Safe and enjoyable parks, places and buildings for you to live and be active.
- b. Reliable, accessible and safe transportation options for you to get around including walking, biking, transit, as well as driving.
- c. Housing that is affordable, accessible, and adapted to your needs.
- d. A wide range of opportunities for you to be social and interact with your neighbors and community.
- e. A sense that older adults are welcomed and valued in all settings.
- f. A wide range of employment and entrepreneurship opportunities
- g. Opportunities to get involved in your local government and advocate for issues you care about.
- h. Access to information about services and opportunities.
- i. Quality health care and community based wellness and supportive services (senior centers, etc).

The information gathered should be of upmost importance to policy makers because 81% of seniors indicated that staying in Pinecrest is extremely important or very important. As such, policy makers should address and maintain what is important to seniors in order to maintain quality of life.

Graph A provides a detailed breakdown of perceived importance for each domain of livability. Based on results, 54% of respondents say it is extremely important to have safe and enjoyable parks, places and buildings for them to live and be active and 42% think it is also extremely important to feel welcomed and valued in all settings. All other domains had high “extremely important” or “very important”, except for 44% of respondents who thought having a wide range of employment and entrepreneurship opportunities was only “somewhat important” or “not very important.”

Graph B provides the actual numerical score given to each domain in the survey, selected from “extremely important” (5) to “not at all important (1).

**GRAPH A: How important is it for you to have the following in Pinecrest?**



## GRAPH B: Numeric scores for importance in the community

Respondents were asked to rate how important each domain of livability was to them on a scale of “extremely important” (5) to “not at all important” (1). The average score for each domain was calculated and is shown in the graph below.

	Domains of Livability	Corresponding Description	Importance
	Outdoor Spaces & Buildings	Safe and enjoyable parks, places and buildings for you to live and be active.	4.43
	Respect and Social Inclusion	A sense that older adults are welcomed and valued in all settings.	4.22
	Transportation	Reliable, accessible and safe transportation options for you to get around including walking, biking, transit, as well as driving.	4.16
	Civic Participation Opportunities	Opportunities to get involved in your local government and advocate for issues you care about.	4.16
	Communication & Information	Access to information about services and opportunities.	4.13
	Community Support & Health Services	Quality health care and community based wellness and supportive services (senior centers, <u>etc</u> ).	3.85
	Housing	Housing that is affordable, accessible, and adapted to your needs.	3.82
	Social Participation	A wide range of opportunities for you to be social and interact with your neighbors and community.	3.57
	Employment Opportunities	A wide range of employment and <u>entrepreneurship</u> opportunities.	3.08



### **Report #3: Senior citizens' assessment of Pinecrest as a place to live, work, and play.**

This report includes information given by respondents regarding their rating of amenities and overall quality of life in Pinecrest. The survey asked seniors to rate several aspects of the community, including parks, access to transportation, housing affordability, social interaction opportunities, inclusiveness of senior citizens, employment and entrepreneurship opportunities, opportunities for advocacy in local government, information about community services, and access to health care and wellness supportive services.

This report provides valuable and clear information regarding issues and amenities that seniors find important in their community. Survey participants were asked to answer the following questions by rating their response from "poor" to "excellent."

How would you rate the following CURRENTLY in Pinecrest?

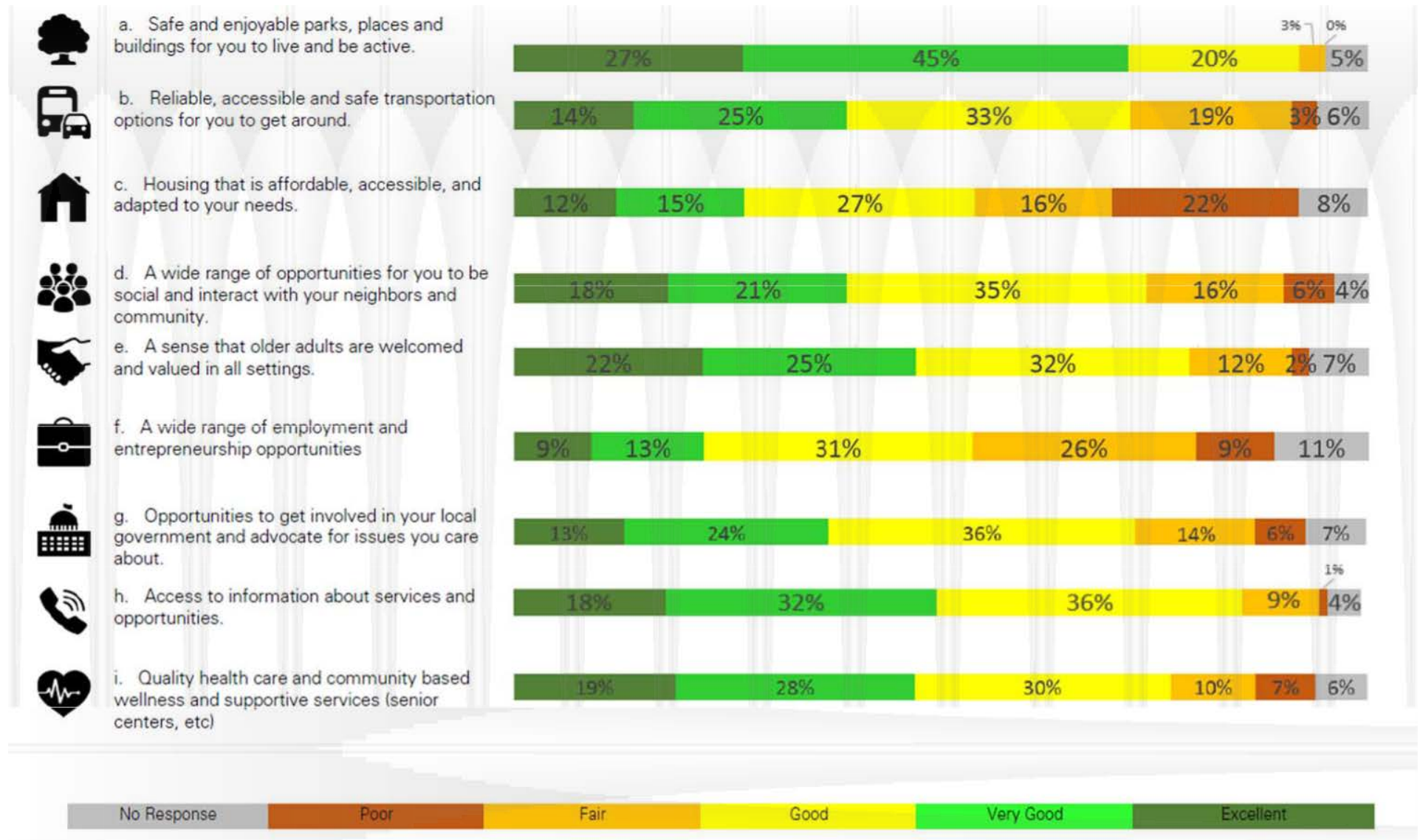
- a. Safe and enjoyable parks, places and buildings for you to live and be active.
- b. Reliable, accessible and safe transportation options for you to get around including walking, biking, transit, as well as driving.
- c. Housing that is affordable, accessible, and adapted to your needs.
- d. A wide range of opportunities for you to be social and interact with your neighbors and community.
- e. A sense that older adults are welcomed and valued in all settings.
- f. A wide range of employment and entrepreneurship opportunities
- g. Opportunities to get involved in your local government and advocate for issues you care about.
- h. Access to information about services and opportunities.
- i. Quality health care and community based wellness and supportive services (senior centers, etc).

The information gathered is valuable because it provides a clear and unbiased evaluation of community issues and amenities by those who are most directly impacted.

Graph C provides a detailed breakdown of current rating for each domain of livability. Safe and enjoyable parks got the highest ranking, with 72% of respondents rating them as "excellent" or "very good". Access to information about services and opportunities also ranked high with 50% of respondents awarding high marks to the current situation in Pinecrest. On the other hand, 38% of seniors maintain that housing is not affordable, accessible, or adapted to their needs and ranked the current Pinecrest housing as "poor" or "fair".









Graph D provides the actual numerical score given to each domain in the survey, selected from "poor" (5) to "excellent" (1).

**GRAPH C: Current rating of Pinecrest issues and amenities**



## GRAPH D: Numeric score for current rating of Pinecrest issues and amenities

Respondents were asked to rate each domain of livability in Pinecrest on a scale of “excellent” (1) to “poor” (5). The average score for each domain was calculated and is shown in the graph below.

	Domains of Livability	Corresponding Description	Current Status
	Outdoor Spaces & Buildings	Safe and enjoyable parks, places and buildings for you to live and be active.	2.0
	Communication & Information	Access to information about services and opportunities.	2.0
	Respect and Social Inclusion	A sense that older adults are welcomed and valued in all settings.	2.44
	Community Support & Health Services	Quality health care and community based wellness and supportive services (senior centers, etc).	2.56
	Social Participation	A wide range of opportunities for you to be social and interact with your neighbors and community.	2.68
	Transportation	Reliable, accessible and safe transportation options for you to get around including walking, biking, transit, as well as driving.	2.72
	Civic Participation Opportunities	Opportunities to get involved in your local government and advocate for issues you care about.	2.77
	Employment Opportunities	A wide range of employment and entrepreneurship opportunities.	3.14
	Housing	Housing that is affordable, accessible, and adapted to your needs.	3.24

## **Report #4: Areas in need of improvement in Pinecrest**










This report includes analytical information that compares perceived importance with the current situation in Pinecrest. Policy makers will be able to use the data to prioritize and create programming that properly addresses the needs of senior citizens.

Graph E provides prioritization scores for each domain of livability. Based on the data collected, Pinecrest management should address the following four areas in order to prepare for the aging population and provide a friendlier environment for seniors.

1. Lack of affordable and accessible housing – as people enter retirement, they usually have to make certain changes in order to adjust to a reduced income. High housing cost could force several seniors to leave despite their clear desire to stay in Pinecrest.
2. Transportation – the lack of reliable and accessible public transportation is likely the reason 99% of survey respondents indicated they usually drive themselves (Graph F). During informal conversations with survey respondents, the team identified lack of information as one of the main issues. Seniors seem to know about the Pinecrest People Mover, but they seemed uninformed about stops and circulation time.
3. Community support and health services – seniors in Pinecrest do not generally feel there is enough quality health care and community based wellness and supportive services. This should be accounted for during budget negotiations to ensure venues such as the community center and the Senior Activities Coordinator receive enough funding to support their mission
4. Respect and social inclusion – it is important for seniors to feel welcome and valued in every setting, but that currently not the case for all in Pinecrest.

## GRAPH E: Prioritization scores for each domain of livability

To determine which domains of livability require immediate attention the average importance score and average current status score were added to determine the prioritization score.

	Domains of Livability	Corresponding Description	Current Status	Importance	Prioritization Score
	Housing	Housing that is affordable, accessible, and adapted to your needs.	3.24	3.85	7.09
	Transportation	Reliable, accessible and safe transportation options for you to get around including walking, biking, transit, as well as driving.	2.72	4.16	6.87
	Community Support & Health Services	Quality health care and community based wellness and supportive services (senior centers, etc).	2.56	4.13	6.69
	Respect and Social Inclusion	A sense that older adults are welcomed and valued in all settings.	2.44	4.22	6.66
	Communication & Information	Access to information about services and opportunities.	2.0	4.16	6.56
	Social Participation	A wide range of opportunities for you to be social and interact with your neighbors and community.	2.68	3.82	6.50
	Outdoor Spaces & Buildings	Safe and enjoyable parks, places and buildings for you to live and be active.	2.0	4.43	6.43
	Civic Participation Opportunities	Opportunities to get involved in your local government and advocate for issues you care about.	2.77	3.57	6.34
	Employment Opportunities	A wide range of employment and entrepreneurship opportunities.	3.14	3.08	6.22

## **Report #5: Examining survey data for assets and protective factors**

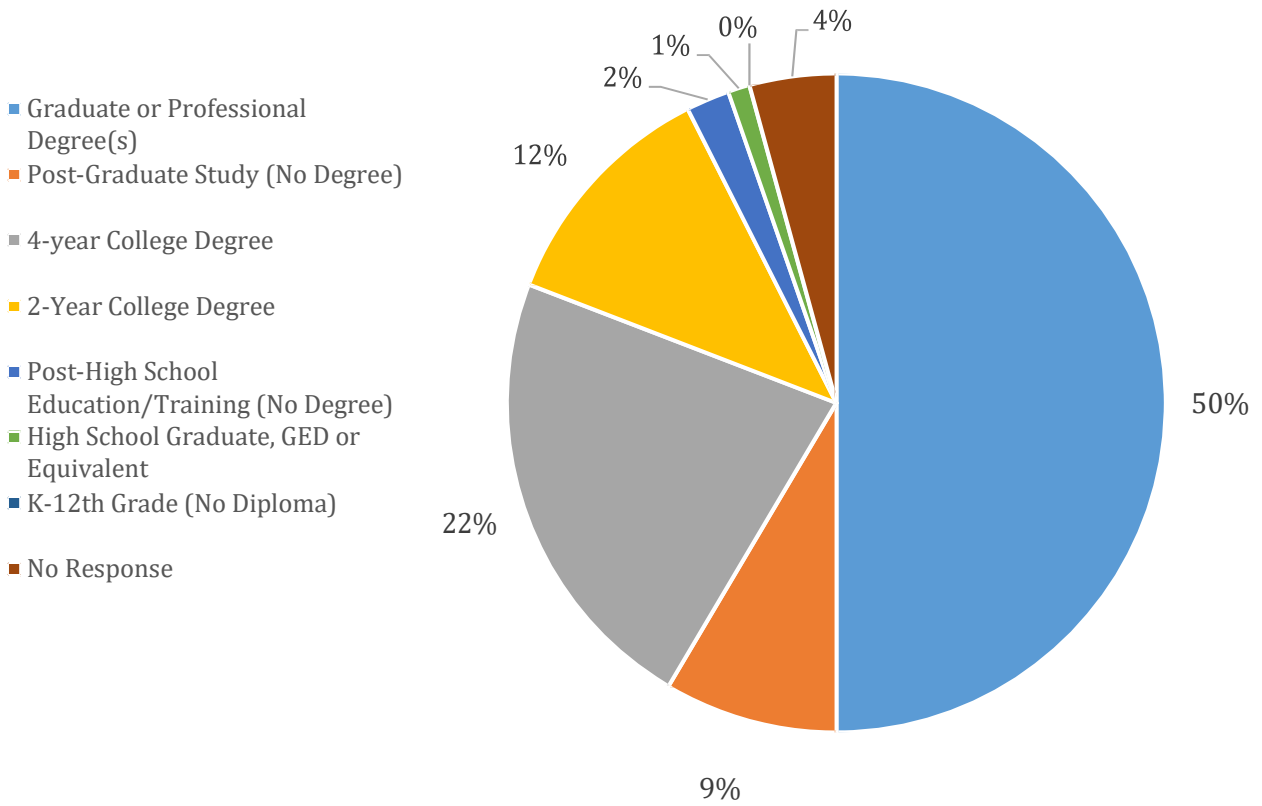
Other data collected in the survey and presented in this report is also helpful to draw implications about the lifestyles of seniors in the community. While not designed for this purpose, it is fair to imply that certain factors, such as level of education and contact with family, directly impact quality of life.

As Figure 1 presents, 50% of seniors in Pinecrest have a graduate or professional degree. In general, higher levels of education are seen as a life asset and contribute positively to quality of life, namely by being associated with higher income levels. In addition, a lack of a college degree, which is not the case for the vast majority of Pinecrest seniors, may lead to some higher risk and lower quality of life.

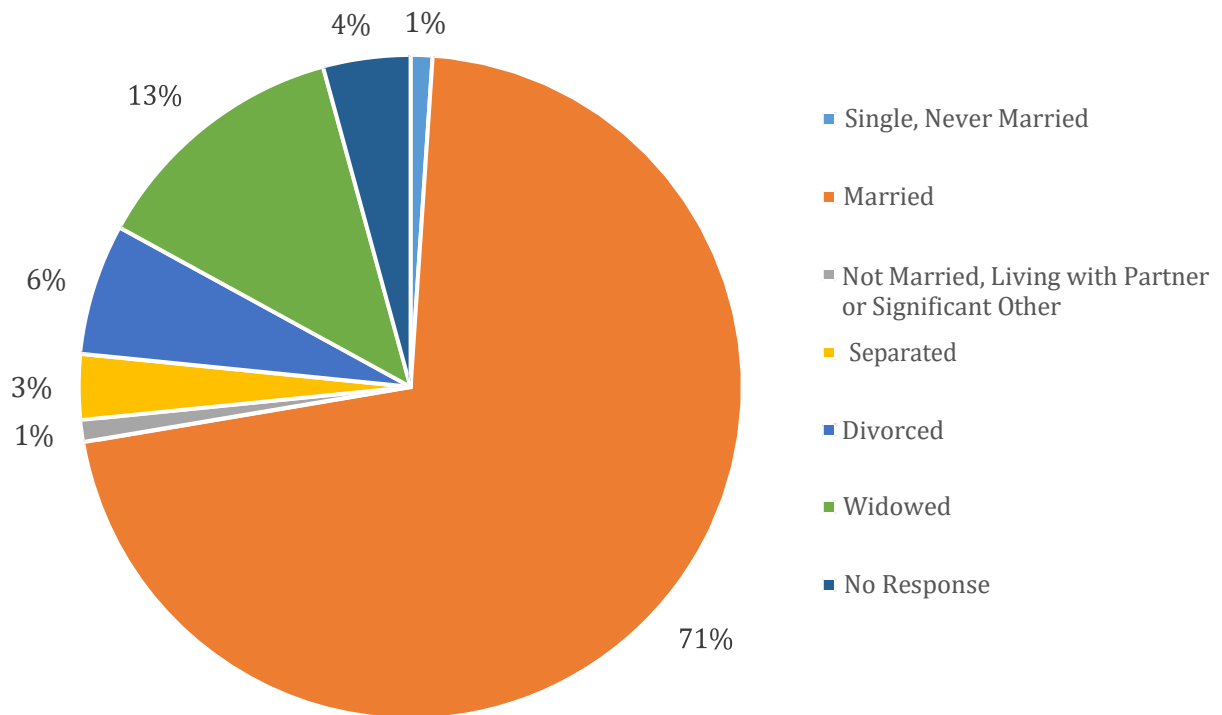
Furthermore, Figures 2-5 indicate that for the most part Pinecrest seniors do not fit an at-risk profile and appear to be self-sufficient. The majority are married and report both themselves and their partner as able-bodied. In terms of annual income, only 7% of respondents reported an income lower than \$50,000 a year. Only 1% indicate that they are unemployed and looking for work from which we could imply that while over half are not in the workforce, they are not in need of additional income. However, it is important to note that our survey respondents were approached while they were out in the community, which could mean that we did not reach those community members that are homebound or those that choose to not attend such events.

Graph F also presents another important aspect tied to senior quality of life: contact with family, friends, or neighbors who do not live with them. 56% of Pinecrest seniors reported having contact multiple times a day or every day. Having a solid social network is proven to be important to psychological and overall health. Graph G shows that a majority of respondents (99%) drive themselves to get around the community which indicates that they are able to meet their own transportation needs. Additionally, 23% also report walking as a mode of transportation. This could indicate a need to make the community more pedestrian friendly since as seniors age they may be more inclined to rely more heavily on walking to get around the community.

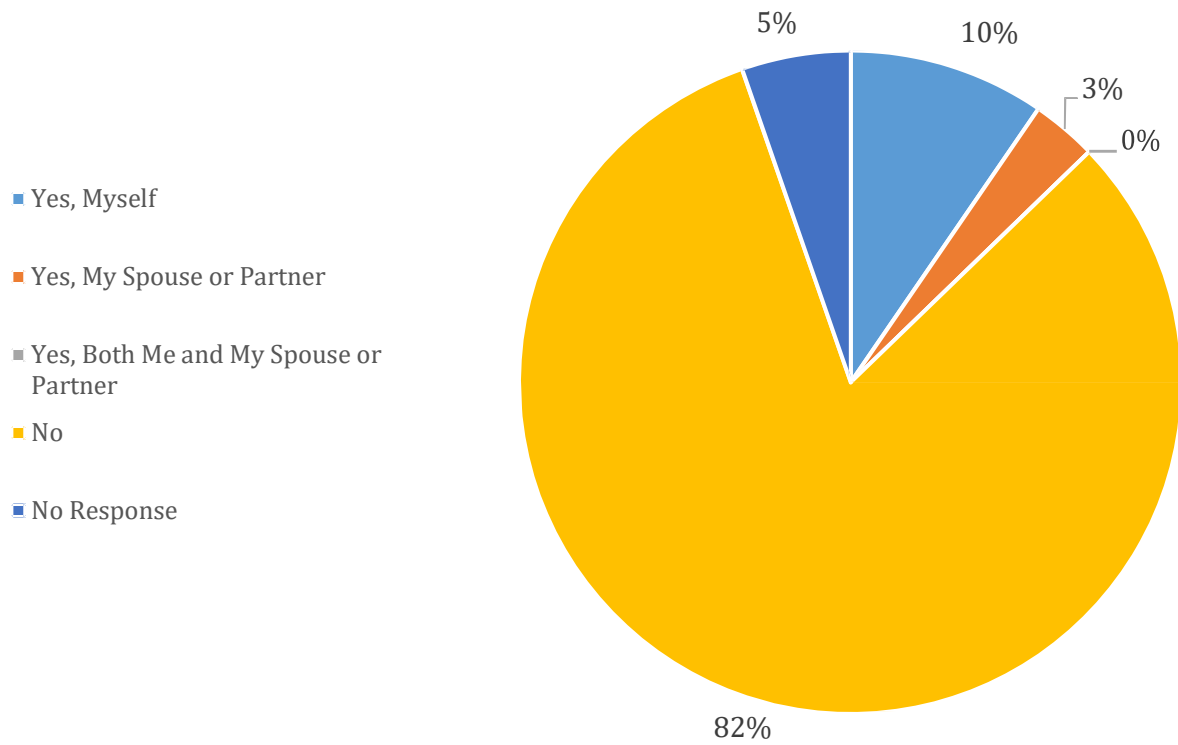
**FIGURE 1: Education Levels**



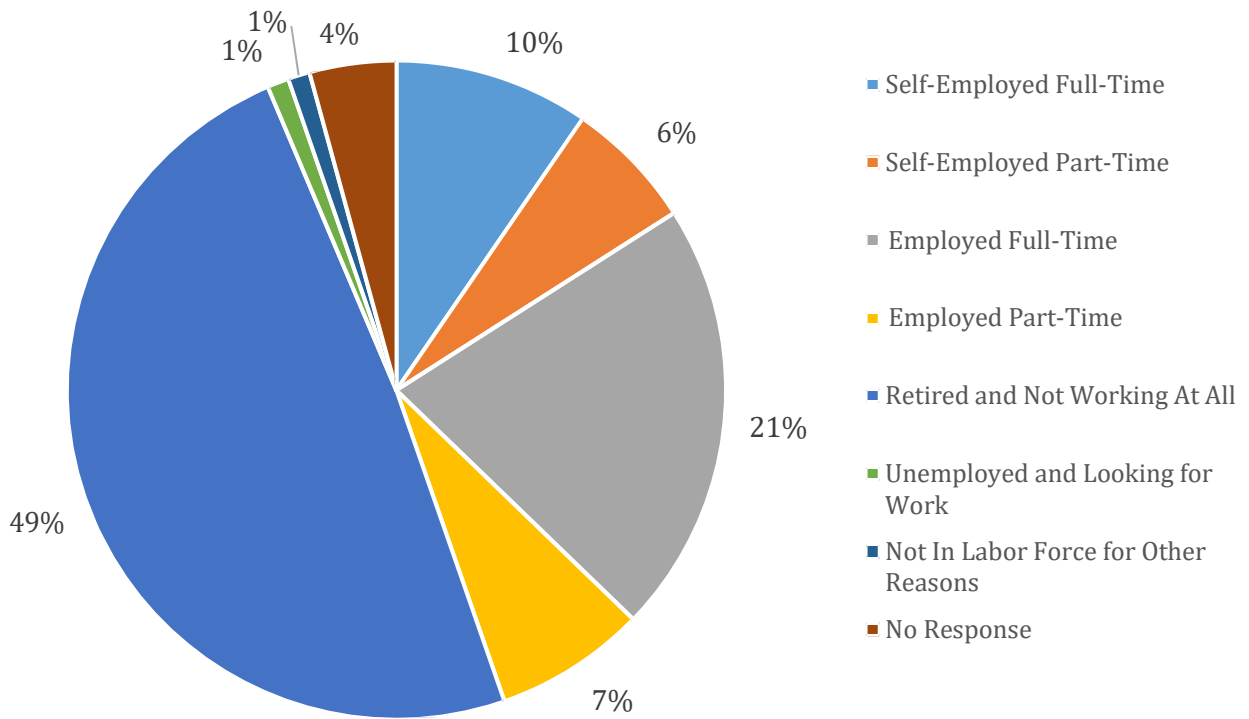
**FIGURE 2: Marital Status**



**FIGURE 3: Disability Status**

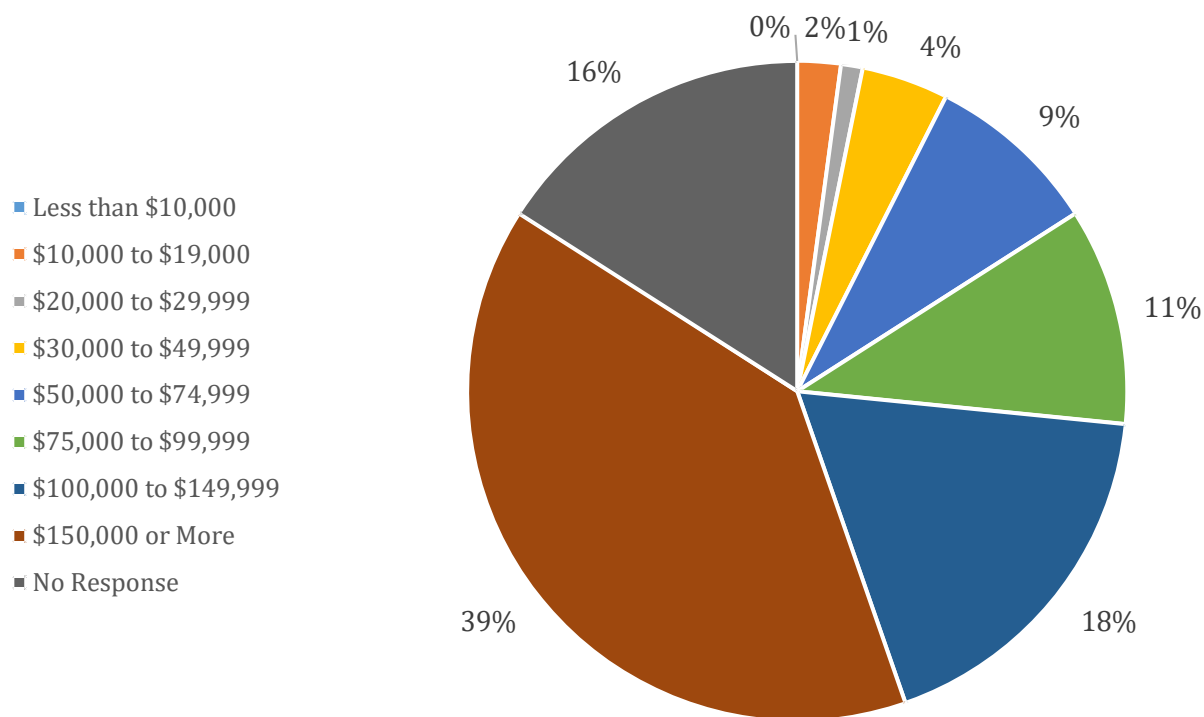


**FIGURE 4: Employment Status**

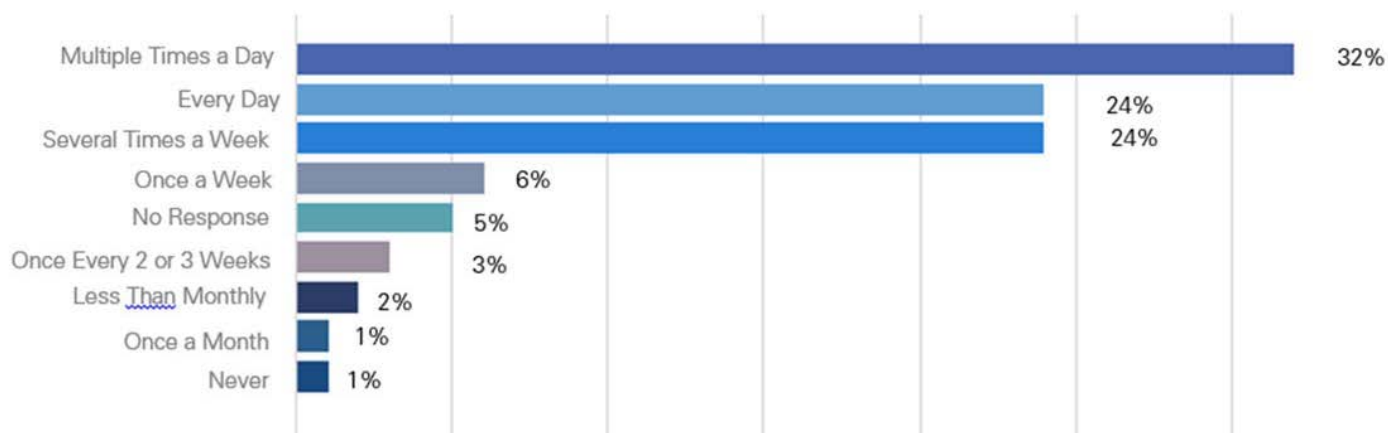




**FIGURE 5: Annual Household income**

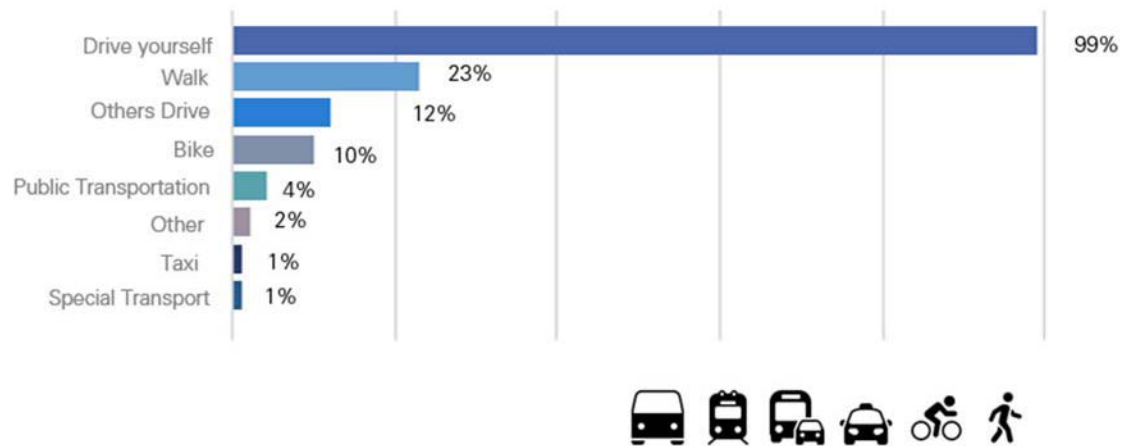


**GRAPH F: How often do you have contact with family, friends, or neighbors who do not live with you?**



**GRAPH G: How do you usually get around your community for things like shopping, visiting the doctor, running errands, or other things?\***

\*Respondents could choose more than one mode of transportation

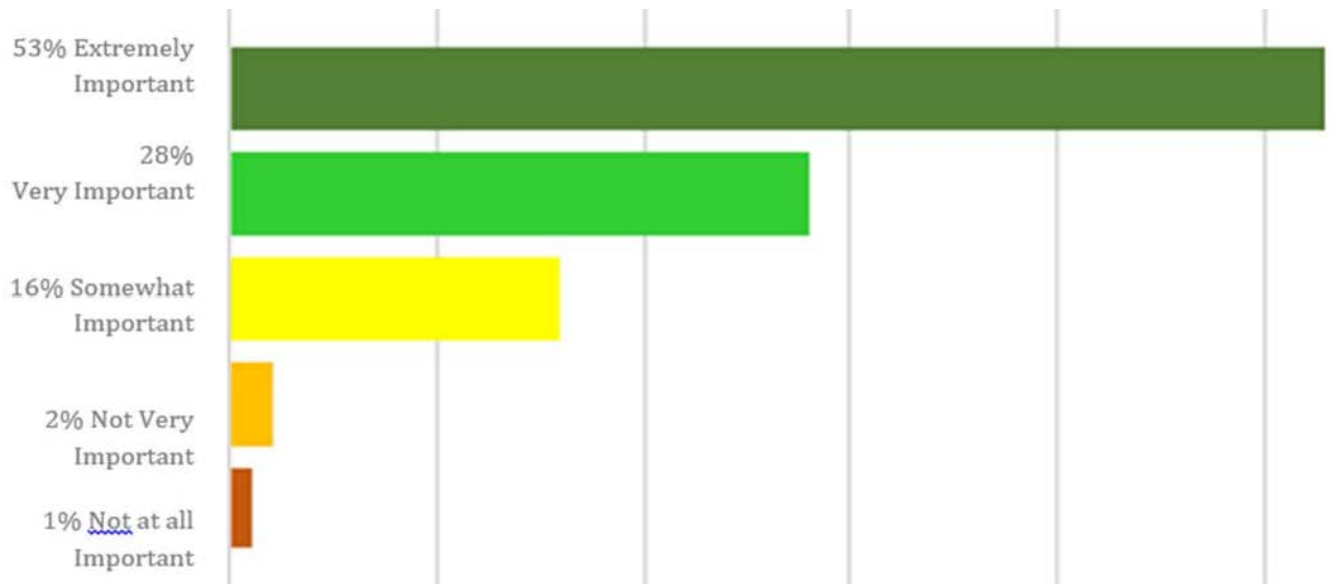


## Report #6: Demographic Information for Survey Respondents

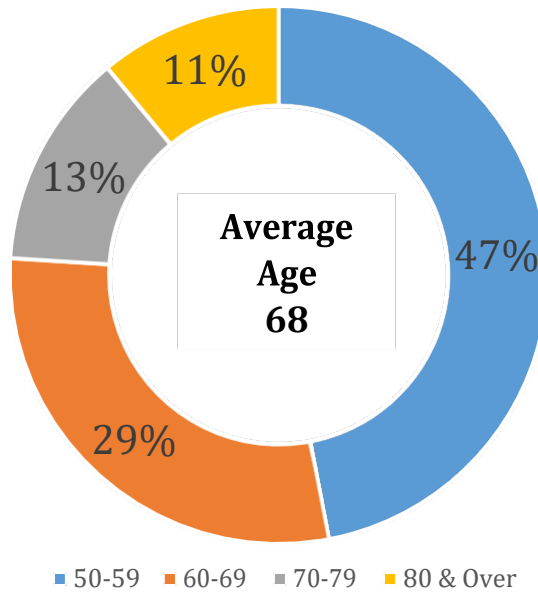
Graph H provides the most important piece of information for Pinecrest policy makers: 81% of Pinecrest seniors indicate that it is extremely important or very important to them to stay in Pinecrest. As such, measures need to be taken to maintain quality of life.

Figures 6-11 give a profile of the demographics for the Pinecrest senior community. This information is useful when planning programming, events, and services.

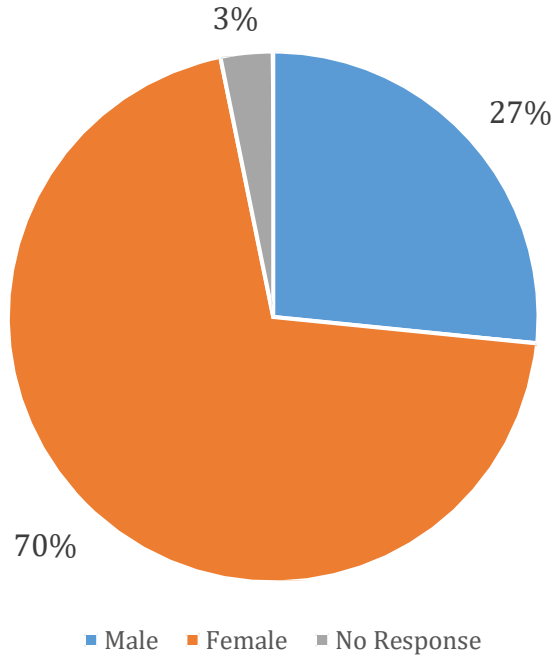
**GRAPH H: How important is it for you to remain in Pinecrest for as long as possible?**



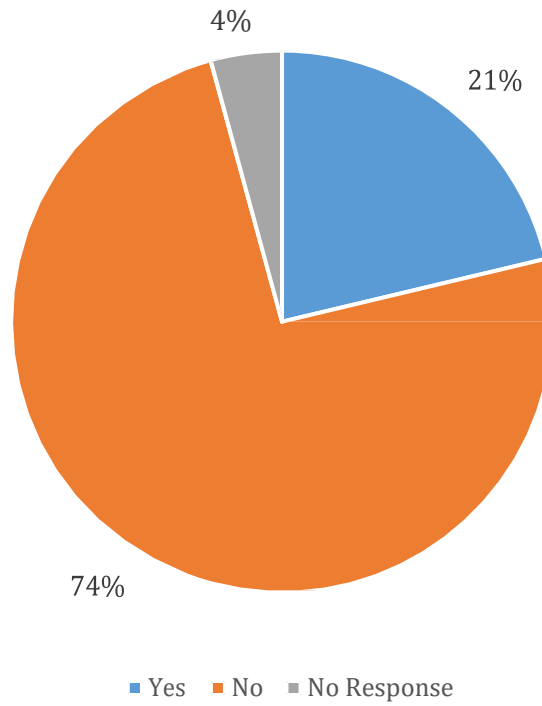
**FIGURE 6: Age Breakdown**



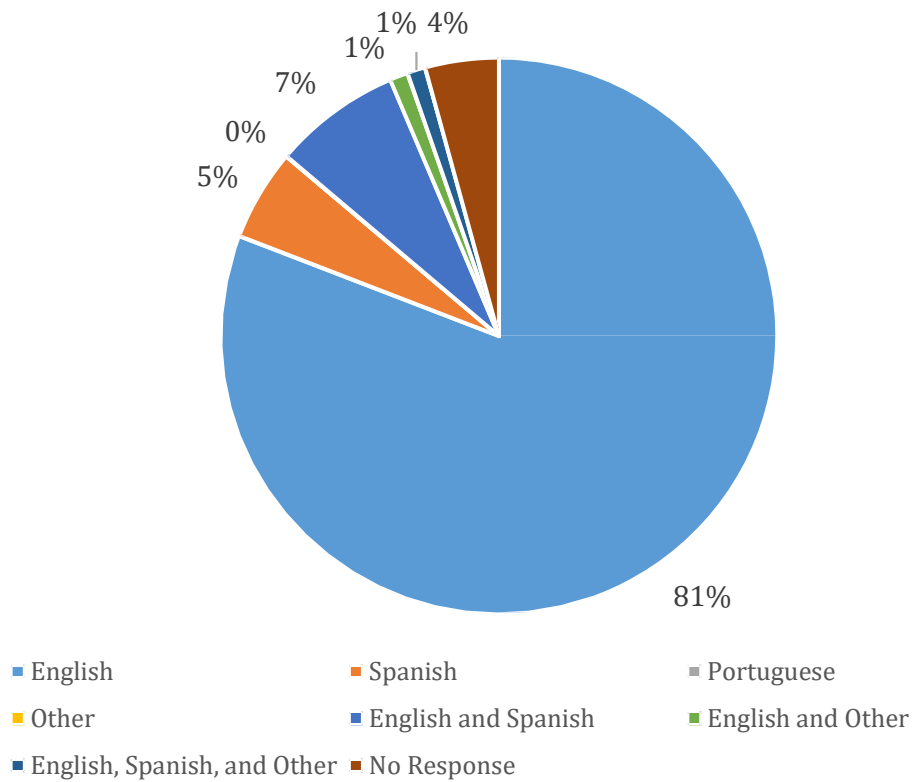
**FIGURE 7: Gender**



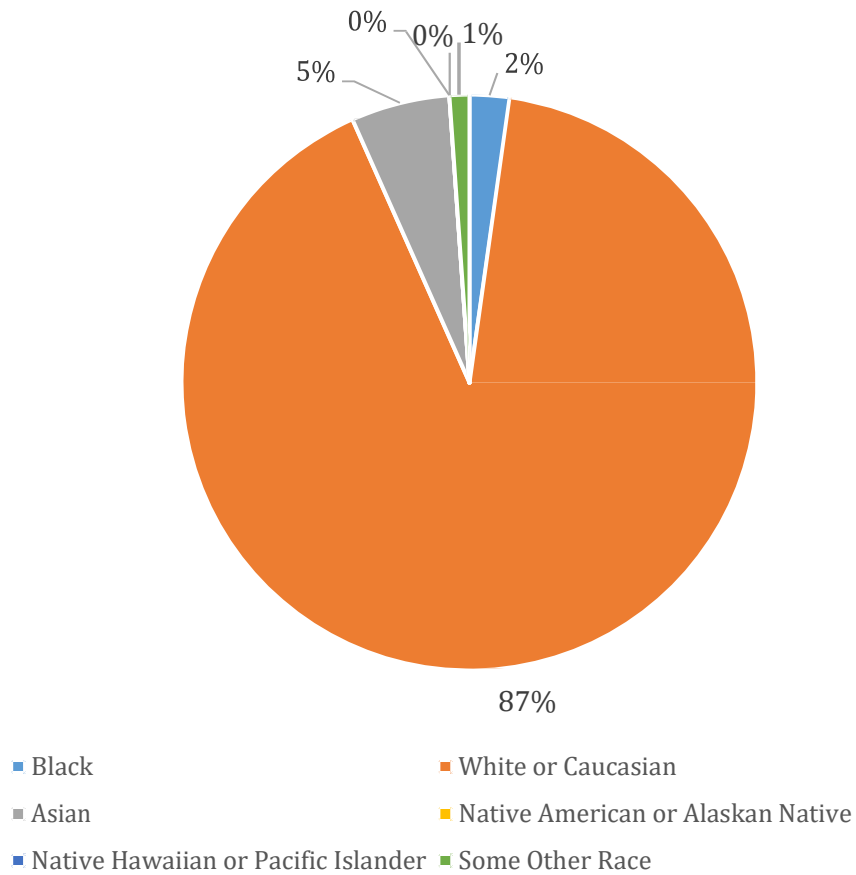
**FIGURE 8: Hispanic Status**



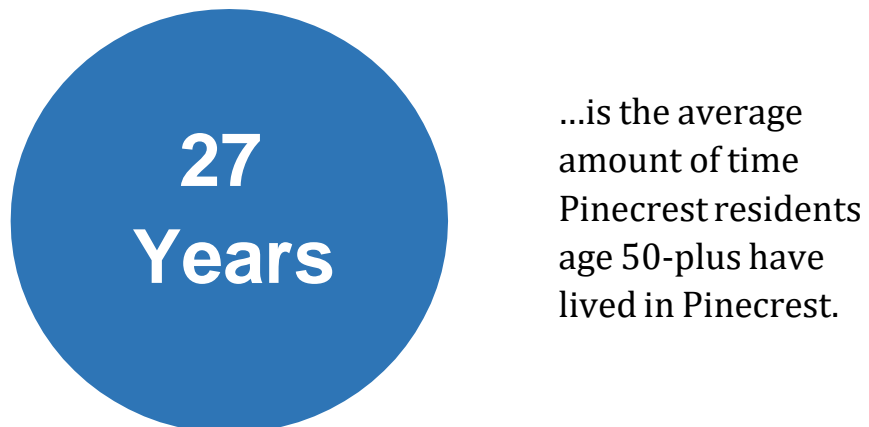
**FIGURE 9: Main Language Spoken at Home**



**FIGURE 10: Race and Ethnicity**



**Figure 11: Time Living in Pinecrest**



## Report #7: Engagement and Access to Information

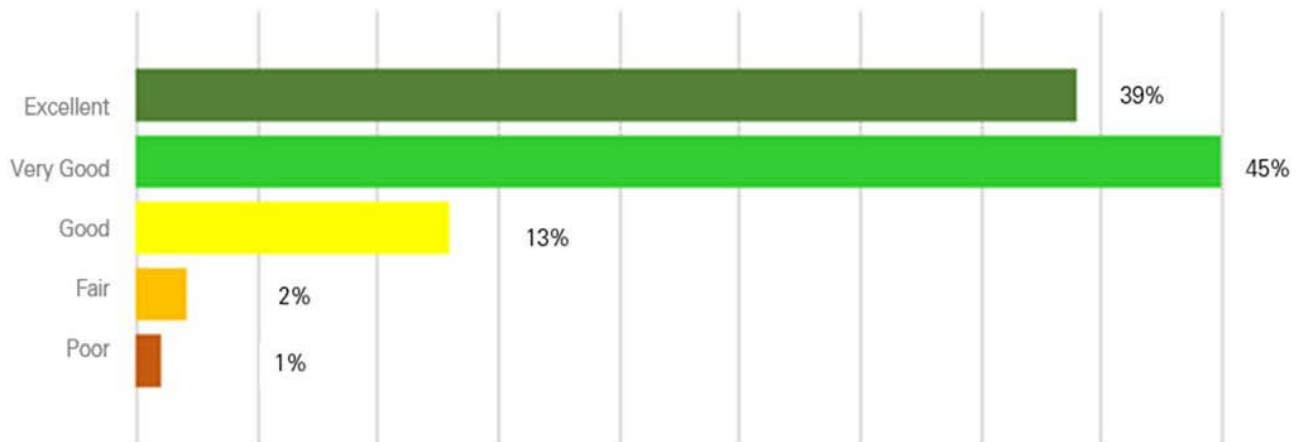
This report includes a compilation of information about civic engagement and access to the internet. More importantly, it includes a report of 84% seniors rating Pinecrest as an “excellent” or “very good” place to live as they age.

The data also portrays a civically engaged senior population that embraces technology and is likely to stay connected. Namely, 80% indicated they vote “always” or “most of time”. Additionally, 85% of respondents said they access the internet on a daily basis and 65% chose email as their preferred way to get information about opportunities, services, events or programs available in the community.

In terms of volunteerism, 60% report that they do not currently volunteer in the community. Some of the reasons they list for not volunteering include lack of information on opportunities, being busy, and lack of interest.

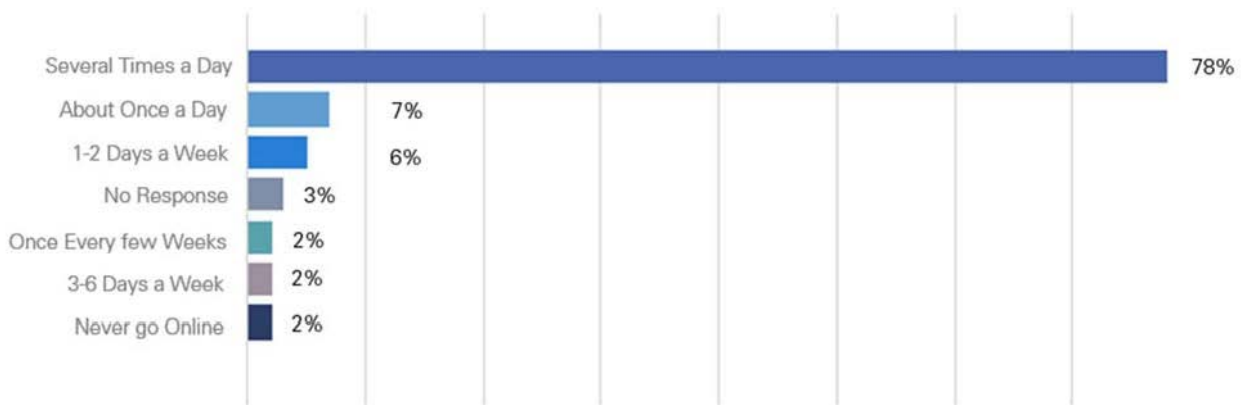
**GRAPH I: Appraisal of community for aging population**

**How would you rate Pinecrest as a place for people to live as you age?**



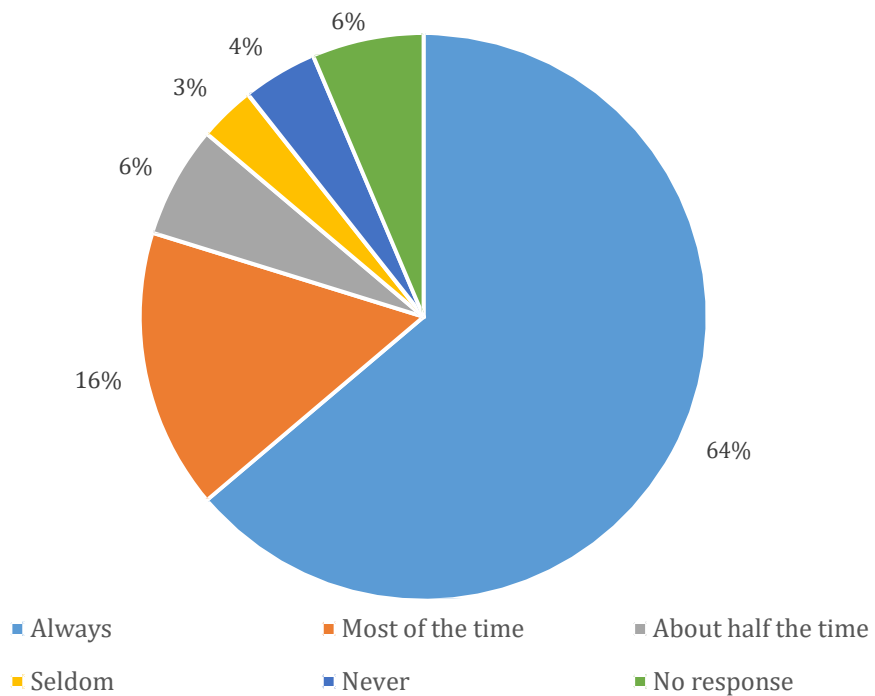
### GRAPH J: Internet Use

**In general, how often do you go online to access the internet?**



### FIGURE 11: Local Voting Frequency

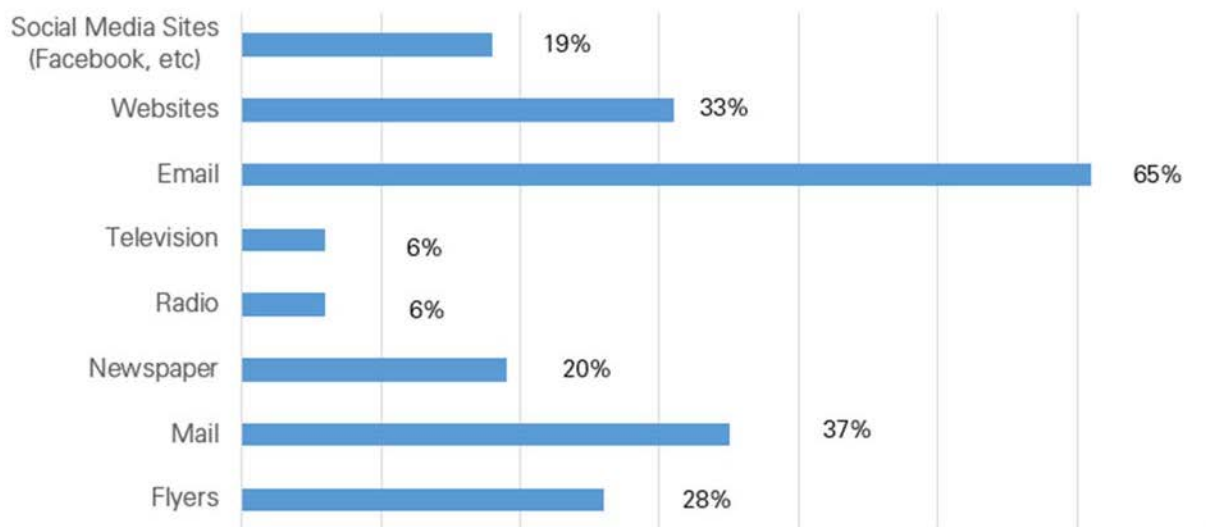
**Thinking about elections in the last five years, how often would you say you voted?**





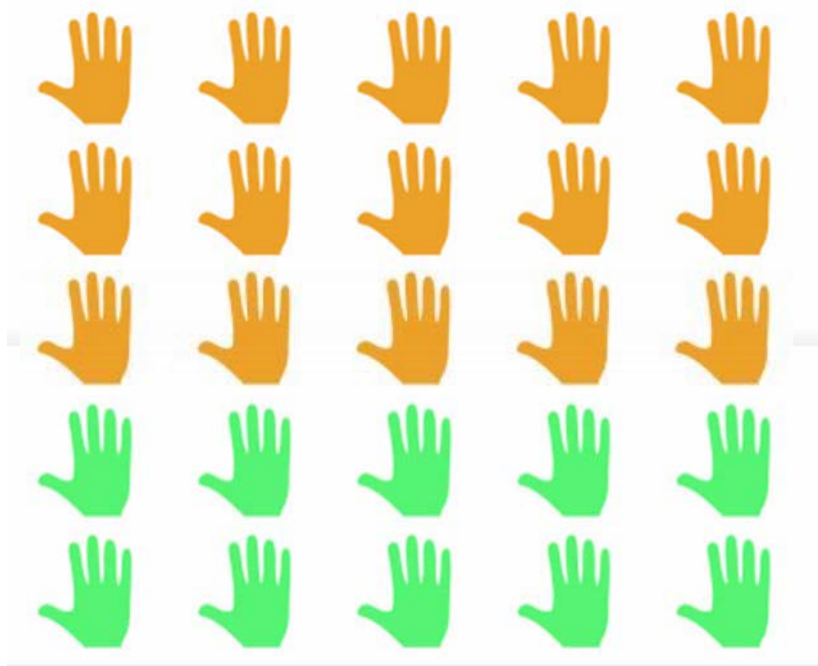
### GRAPH K: Communication System Preference

**In general, what ways do you prefer to learn about opportunities, services, events or programs available in the community?**



### GRAPH L: Volunteer

**Do you currently volunteer in the community?**



60% of respondents do not currently volunteer in the community.

# The Domains of Livability

## Overview of the Eight Domains of Livability

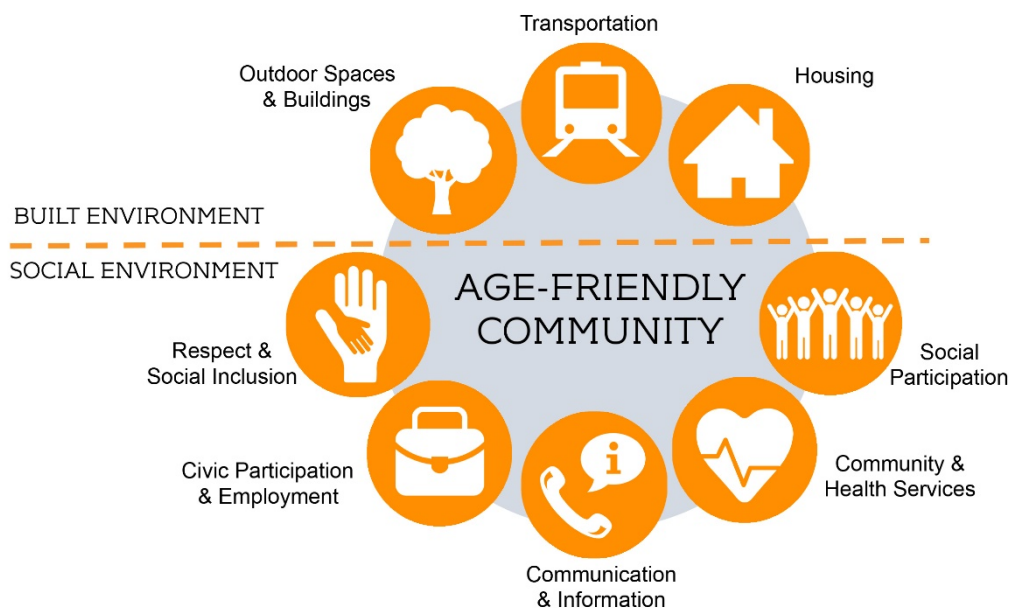
To encourage world cities to plan for aging as an integral part of planning the built and social environment, the World Health Organization (WHO) developed the WHO Global Network for Age-friendly Cities and Communities. This network fosters the exchange of experience and mutual learning between cities and communities worldwide. Communities committed to promoting healthy and active ageing and a good quality of life for their older residents.

([https://www.who.int/ageing/projects/age\\_friendly\\_cities\\_network/en/](https://www.who.int/ageing/projects/age_friendly_cities_network/en/))

The AARP Network of Age-Friendly Communities is an affiliate of the effort. The Village of Pinecrest joined the AARP and WHO Networks in July, 2016 and is committed to promoting healthy aging in place and quality of life for residents.

The WHO's eight domains livability are interconnected and together impact the health and quality of life of older adults. The eight domains can be broken down into aspects of the built environment and social environment as outlined in Figure 1.

**Figure 1. Domains of an Age-Friendly Community: Built and Social Environments**



*Adapted from: Suzanne Garon, University of Sherbrooke*

## Built Environment Domains

1. **Outdoor Spaces and Buildings:** Outdoor spaces and buildings and parks should be clean, have enjoyable natural surroundings and green spaces, provide proper pedestrian infrastructure including even, and unobstructed sidewalks, and plenty of crosswalks. These are places where community members can interact, engage with one another and be physically active, and are important backbones of the environment in which we live.
2. **Transportation:** The ability to easily access transport is vital to independent living; transportation is one of the most important components of active aging. The availability of different options of affordable public transportation for all older adults is essential and affects all other aspects of livability.
3. **Housing:** Housing is another factor that affects the quality of life older adults will have. The availability of multiple affordable housing options located close to services and facilities is an important characteristic of an age-friendly community.

## Social Environment Domains

4. **Social Participation:** Social participation and social support are strongly connected to good health and well-being throughout life. Participating in leisure, social, cultural and spiritual activities in the community and with the family, allows older adults to continue to exercise their competence, to enjoy respect, and to maintain or establish supportive and caring relationships. It fosters social integration and is the key to maintaining a good quality of life.
5. **Respect and Social Inclusion:** Respectful and inclusive public and commercial services and products adapted to seniors' needs and preferences are also important. Additionally, older adults should be recognized as important contributors to the community and be included as full partners in community decision-making that affects them.
6. **Civic Participation and Employment:** Age-friendly communities have multiple employment and volunteer opportunities that are tailored to their needs and

interests, allowing older adults to remain active and socially connected, fostering health, good sense of well-being and overall quality of life.

**7. Communication and Information:** Effective communication is also an important feature of age-friendly communities both by providing information to older adults about how they may be able to access resources as well as helping the community understand the value and needs of older adults in the community.

**8. Community Support and Health System:** Vital to maintaining health and independence of older adults is the availability of accessible health and support services. Among these are: services for promoting, maintaining and restoring health; residential care facilities; social services for older adults; and home care services that include health services, personal care and housekeeping.

# Domain #1: Outdoor Spaces & Buildings

## Goal

To make certain that ease of access is provided throughout Village-wide outdoor spaces and buildings.

## Background

The Parks and Recreation Department is responsible for the management of all public parks in the Village including Coral Pine Park, Flagler Grove Park, Evelyn Greer Park, Red Road Linear Park, Suniland Park, and Veterans Wayside Park. The Department is also responsible for the coordination of all programs and activities at Village facilities including the Pinecrest Community Center.

## Age-Friendly Strategies

Action	Timeline	Lead Department
Promote the use of the Village's age-friendly and accessible parks throughout the Village	ongoing	Parks and Recreation Department
Promote the Pinecrest Community Center which offers a variety of physical fitness and wellness opportunities as well as informational lectures and programs	ongoing	Parks and Recreation Department
Promote the use of Old Cutler Trail which is a 13.5 mile paved multi-use recreational pathway.	ongoing	Parks and Recreation Department
Start a "Pinecrest Walks" walking club along the Old Cutler Trail/Village Green	2019	Parks and Recreation Department
Upgrades to Veterans Wayside Park for more accessibility	2020	Parks and Recreation Department

## Domain #2: Transportation

### Goal

Ensure that there are convenient and safe methods for seniors to travel throughout the Village.

### Background

The Department of Public Works is responsible for the maintenance of roads, public areas and public facilities, beautification projects, stormwater sewer maintenance, and construction management of capital improvement projects. The development of the Village of Pinecrest Transportation Master Plan was a yearlong process that included public outreach, data collection, analysis, conceptual design, and preliminary cost estimating. The Master Plan recommendations are divided into three (3) improvement areas: pedestrian/bicycle facility improvements, traffic operations improvements, and traffic calming improvements based upon input from stakeholders, the Village's Transportation Advisory Committee (TAC), and Village residents. Note that these recommendations also account for the comments received during the Village Council workshop on September 27, 2018.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Promote the use of the Pinecrest Freebee and the Pinecrest People Mover which offers free transportation throughout the Village and also takes residents to nearby malls, bus stops and the Miami Metrorail	ongoing	Communications and Public Works Department
Conduct a CarFit event in conjunction with FDOT during the Active Life Expo	May 2019	Parks and Recreation Department
Complete community enhancements such as shared use paths, sidewalks, and traffic calming additions, as outlined in the Village's Transportation Master Plan	ongoing	Public Works Department

## Domain #3: Housing

### Goal

Create ..... of public and private resources and services that enhance housing infrastructure and keep residents in their homes for as long as possible.

### Background

The Village of Pinecrest's social-economic income is higher than the county's overall average income. Based on income-to-cost living ratios, the median income of the Village's aging population falls within an acceptable range. Services through the Village Manager's Office and the Parks and Recreation Department have been offered to help educate residents and find the services they need to stay in their homes.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Promote information about programs for home maintenance and modifications	2019	Parks and Recreation Department
Promote programs that provide assistance for housing costs for older adults	2019	Parks and Recreation Department
Promote the availability of condos and apartments for rent and sale within the Village	ongoing	Village Manager's Office

## Domain #4: Social Participation

### Goal

Create awareness of and interest in senior activities and social opportunities throughout the Village by offering a wide variety of programs and services.

### Background

The Village offers many programs and events for residents of all ages. Older adults can take part in workshops, lectures, instructional programs, fitness classes or game days, to name a few. Our Pioneer Luncheon takes place twice a year for residents ages 80+.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Continue to offer age-friendly programming which caters to the senior population such as: Adult Ballet, Everyone Can Draw, Game Day, Field Trips, Senior Games and more	ongoing	Parks and Recreation Department
Promote the Pioneer Luncheon which takes place twice a year for residents ages 80+	ongoing	Parks and Recreation Department
Continue to hold "Coffee with a Cop" activities for residents	ongoing	Police Department
Continue to partner with local community organizations for Village-wide events	ongoing	Parks and Recreation Department
Promote the use of the village's accessible parks for use as social gathering locations	ongoing	Parks and Recreation Department and Communications



## Domain #5: Respect and Social Inclusion

### Goal

Continue to ensure that village residents have various opportunities in which they can engage in activities and programs focused on their needs and interests.

### Background

There are many opportunities for Village residents to get involved in Village-wide programs and events. The Village's parks are all easily accessible so that residents of all ages can enjoy for the use of social gatherings.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Maintain the Village's accessible parks and open spaces which provide opportunities for residents of all ages to enjoy.	ongoing	Parks and Recreation Department
Continue to schedule lectures and workshops pertaining to fraud prevention and wellness topics.	ongoing	Parks and Recreation Department
Recognize and celebrate residents ages 80+ at the Village's Pioneer Luncheon.	Annually	Parks and Recreation Department
Upgrades to Veterans Wayside Park for more accessibility	2020	Parks and Recreation Department

## Domain #6: Civic Participation and Employment

### Goal

Continue to engage older adults in Village meetings, forums and initiatives.

### Background

Resident input is of paramount importance to the Village Administration. Citizen engagement is continuously sought after and valued by the Village. Programs such as Inspire Pinecrest, which was a series of meetings where Village personnel meet with and answered questions regarding specific topics of importance from residents. Apart from these meetings, seniors are also encouraged to attend monthly Council Meetings at Village Hall where members of the Village Council are in attendance. Additionally, the Village is an Equal Opportunity employer and encourages qualified candidates regardless of age to apply for open positions or volunteer opportunities throughout the Village.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Promote the Village's monthly council meetings and various committees available for resident participation.	ongoing	Village Manager's Office
Promote all public forums which are open to residents	ongoing	Village Manager's Office
Promote the Village's INSPIRE PINECREST initiative to encourage senior participation	ongoing	Communications Department
Promote the Pinecrest Garden Club which has volunteer opportunities for residents of all ages.	ongoing	Pinecrest Gardens
Continue to hold and promote "Coffee with a Cop" program.	ongoing	Police Department
Provide programs to support training, education and workforce development for older adults.	2019	Parks and Recreation Department

## Domain #7: Communication and Information

### Goal

Develop user-friendly brochures and pamphlets in order to provide information and resources to older adults.

### Background

The Village produces the Pinecrest Sun which is a quarterly publication designed to create awareness of programs, services and community happenings. This publication includes information of older adult programming and resources available to resources. This publication is mailed to each household in the Village. The Parks and Recreation Department produces a monthly senior programming calendar which lists all upcoming events for the current month. This calendar is emailed to many residents and is also available at the Pinecrest Community Center. As part of an ongoing outreach, the Parks and Recreation Department hosts an Active Life Expo during Senior Citizen Month. this expo is geared toward educating older adults in the community about ways they can stay active and healthy for as long as possible. Vendors from a variety of disciplines from health services, financial planning, independent living, recreational programming, and many more.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Promote the Village's Pinecrest Sun magazine which includes senior programming and resources	ongoing	Communications Department
Continue to send monthly senior event calendars to members who sign up to be on the distribution list.	ongoing	Parks and Recreation Department
Create an emergency preparedness brochure with contact information and resources for older adults to use in the event of an emergency.	October 2019	Communications Department
Distribute the Miami Dade County Hurricane Readiness Guide	Annually	Parks and Recreation Department and Communications Department
Host an Active Life Expo	Annually	Parks and Recreation Department

## Domain #8: Community Support and Health System

### Goal

Ensure that the Village continues to partner with local organizations in order to offer programs to older adult residents.

### Background

The Village of Pinecrest takes great pride in partnering with community health partners on events and programs. The Village has enjoyed an active relationship with Baptist Health of South Florida and partnered to provide a variety of support and services on topics of importance to our aging adults. Baptist Health offers free fitness classes at the Pinecrest Community Center and at various Village parks. Additionally, free blood pressure screenings are offered by the Miami Dade Fire Rescue Department twice a month at the Pinecrest Community Center.

### Age-Friendly Strategies

Action	Timeline	Lead Department
Continue to partner with Baptist Health of South Florida to offer free fitness classes at the Pinecrest Community Center and various parks	ongoing	Parks and Recreation Department
Promote free blood pressure screenings offered by the Miami Dade Fire and Rescue Department	ongoing	Parks and Recreation Department
Continue to partner with various wellness organizations in order to provide informative lectures	ongoing	Parks and Recreation Department
Promote the Village's free and discounted fitness classes and programs for older adults	ongoing	Parks and Recreation Department
Offer mental wellbeing lectures and workshops for older adults	ongoing	Parks and Recreation Department

## **Appendices**

Appendix A: Population of seniors aged 65–69 by census tract.

Appendix B: Population of seniors aged 70–74 by census tract.

Appendix C: Population of seniors aged 75–79 by census tract.

Appendix D: Population of seniors aged 80–84 by census tract.

Appendix E: Population of seniors aged 85 and older by census tract.

Appendix F: Median house values by census tract for the Village of Pinecrest.

Appendix G: Annual median household income by census tract for the Village of Pinecrest.

Appendix H: Percentage of owner occupied housing by census tract for the Village of Pinecrest.

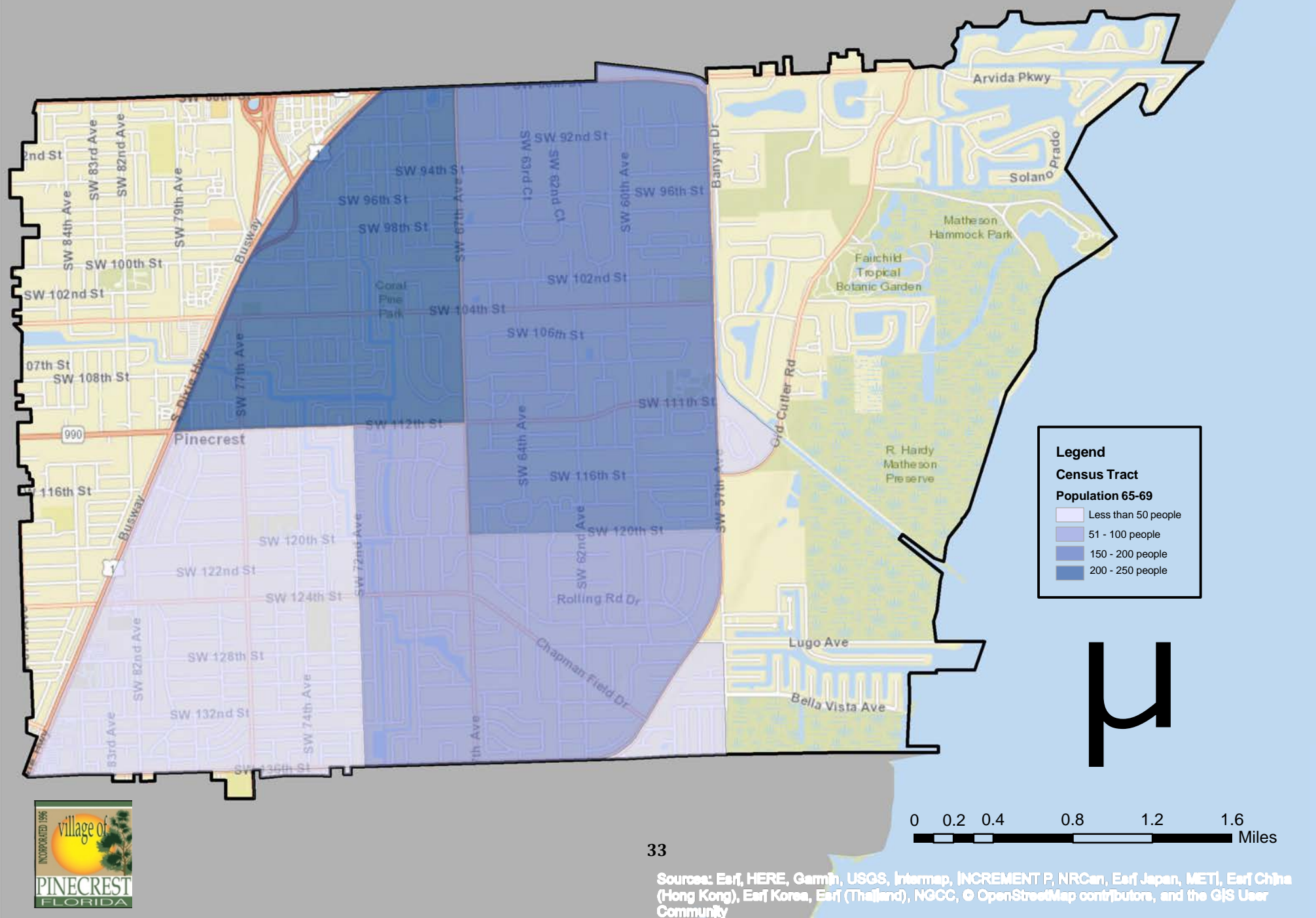
Appendix I: Percentage of renter occupied housing by census tract for the Village of Pinecrest.

Appendix J: Locations of parks by census tract.

### Notes for GIS Maps

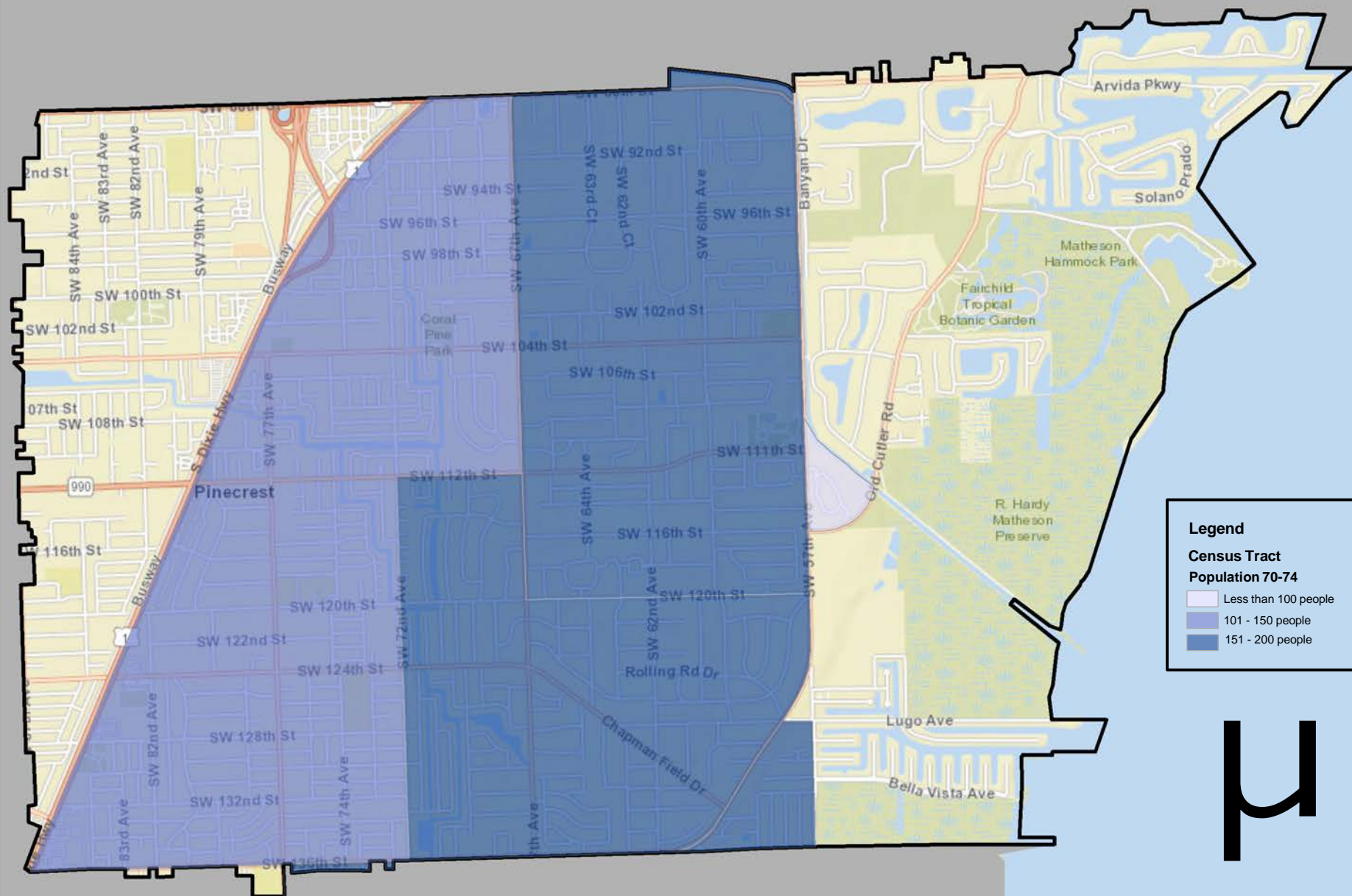
- Median house values include all households; data is not exclusive to senior households.
- Annual median income is for all adult households and is not exclusive to households with seniors.
- Percentage of owner occupied housing indicates residences where one or more owners reside at least six months out of the 12 month calendar year in 2016.
- Percentage of renter occupied housing indicates residences where the owner did not claim homestead or claim primary residence for the 2016 calendar year.
- There are no hospitals, retirement homes or assisted living facilities located within the Village of Pinecrest.

## Appendix A: Population of Seniors Aged 65 - 69 by Census Tract



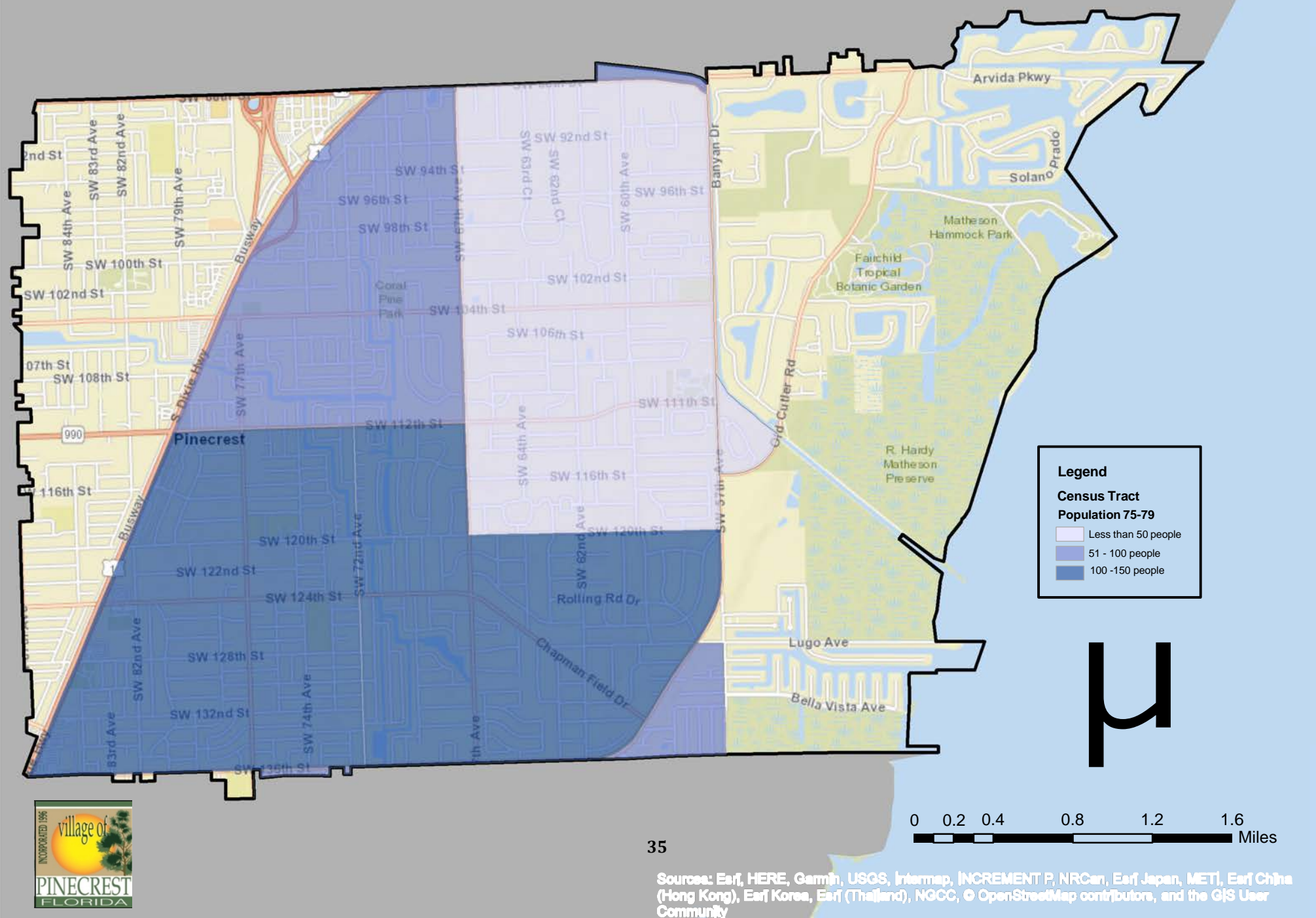


## Appendix B: Population of Seniors Aged 70-74 by Census Tract

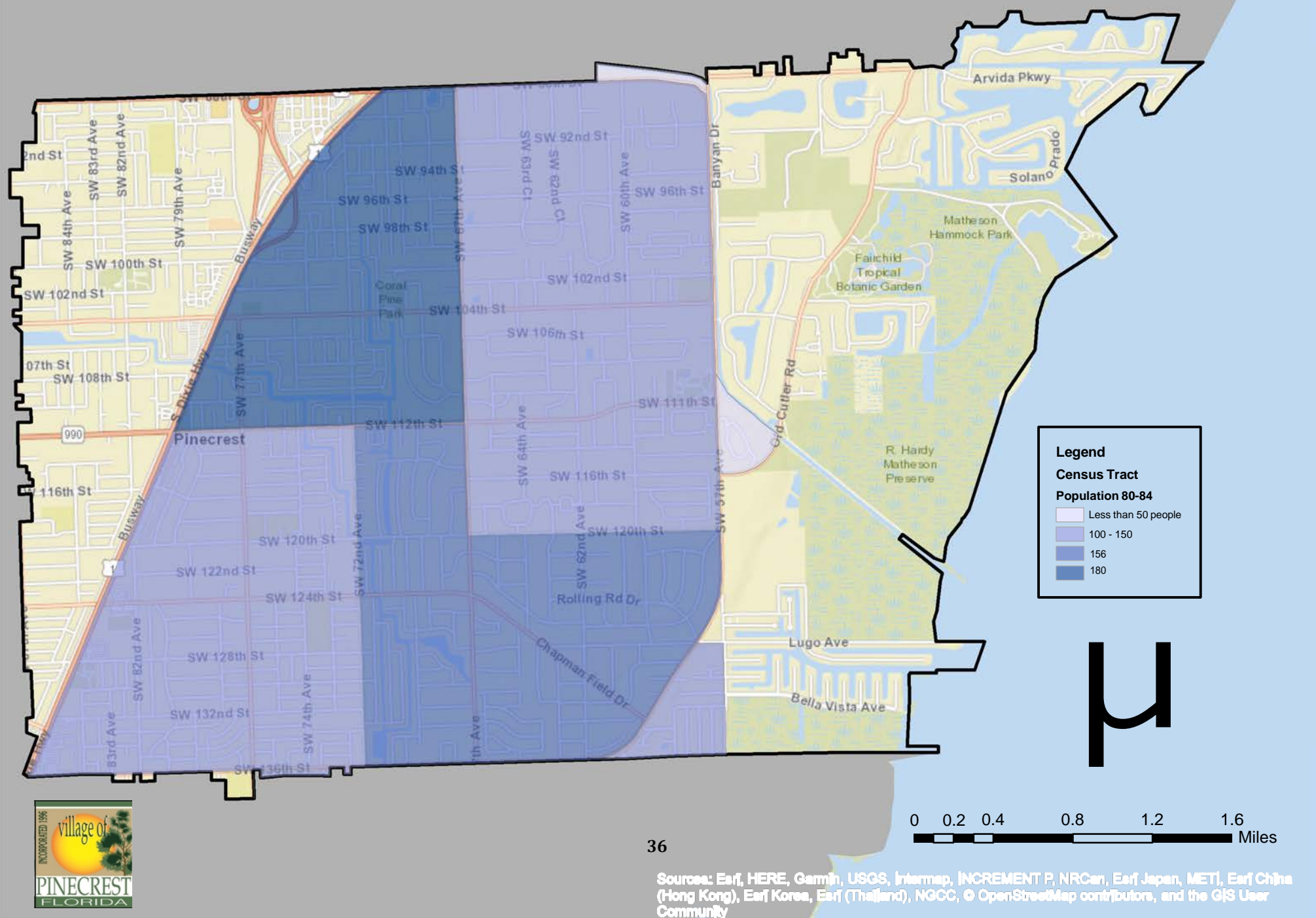




## Appendix C: Population of Seniors Aged 75-79 by Census Tract

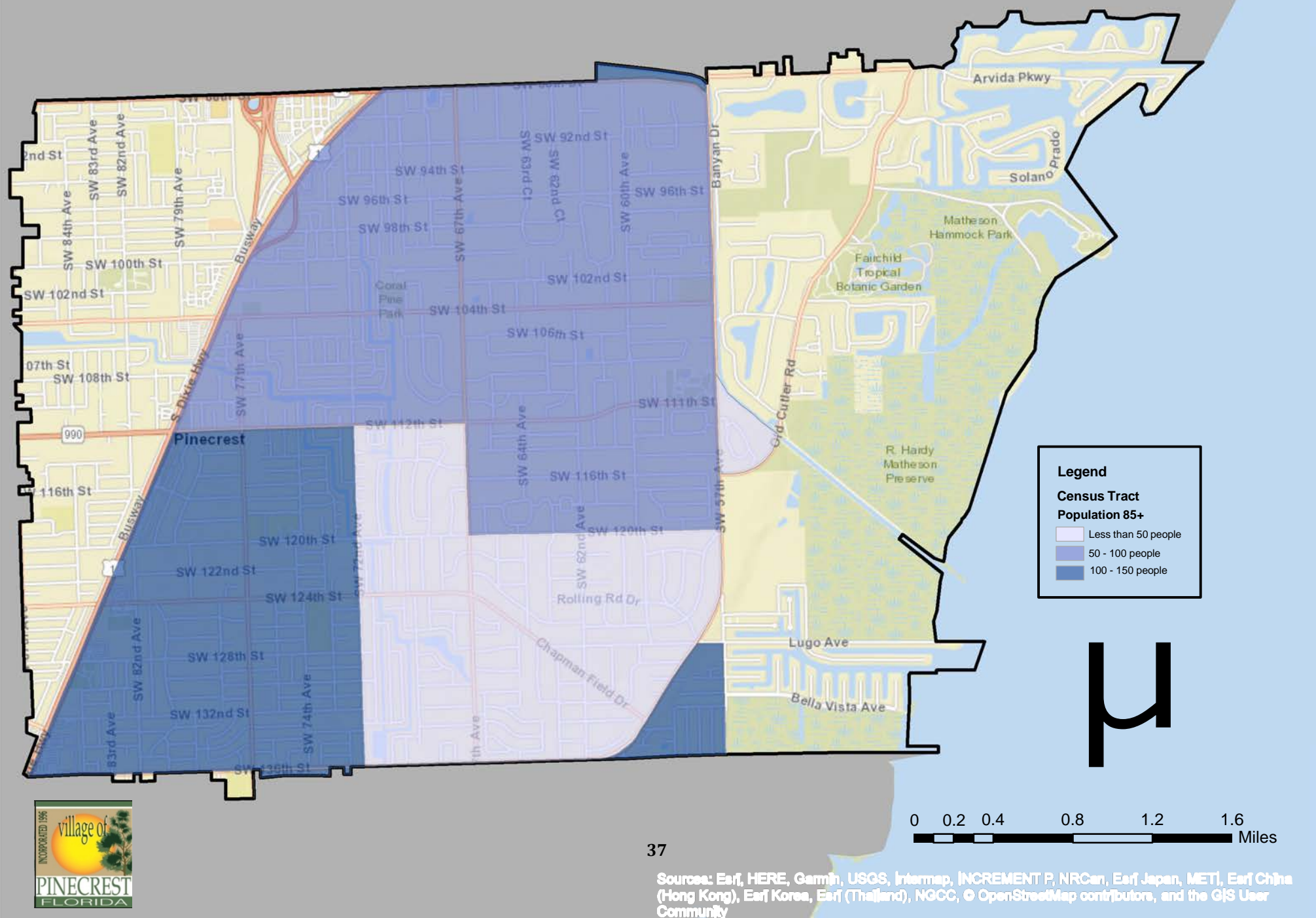


## Appendix D: Population of Seniors Aged 80-84 by Census Tract

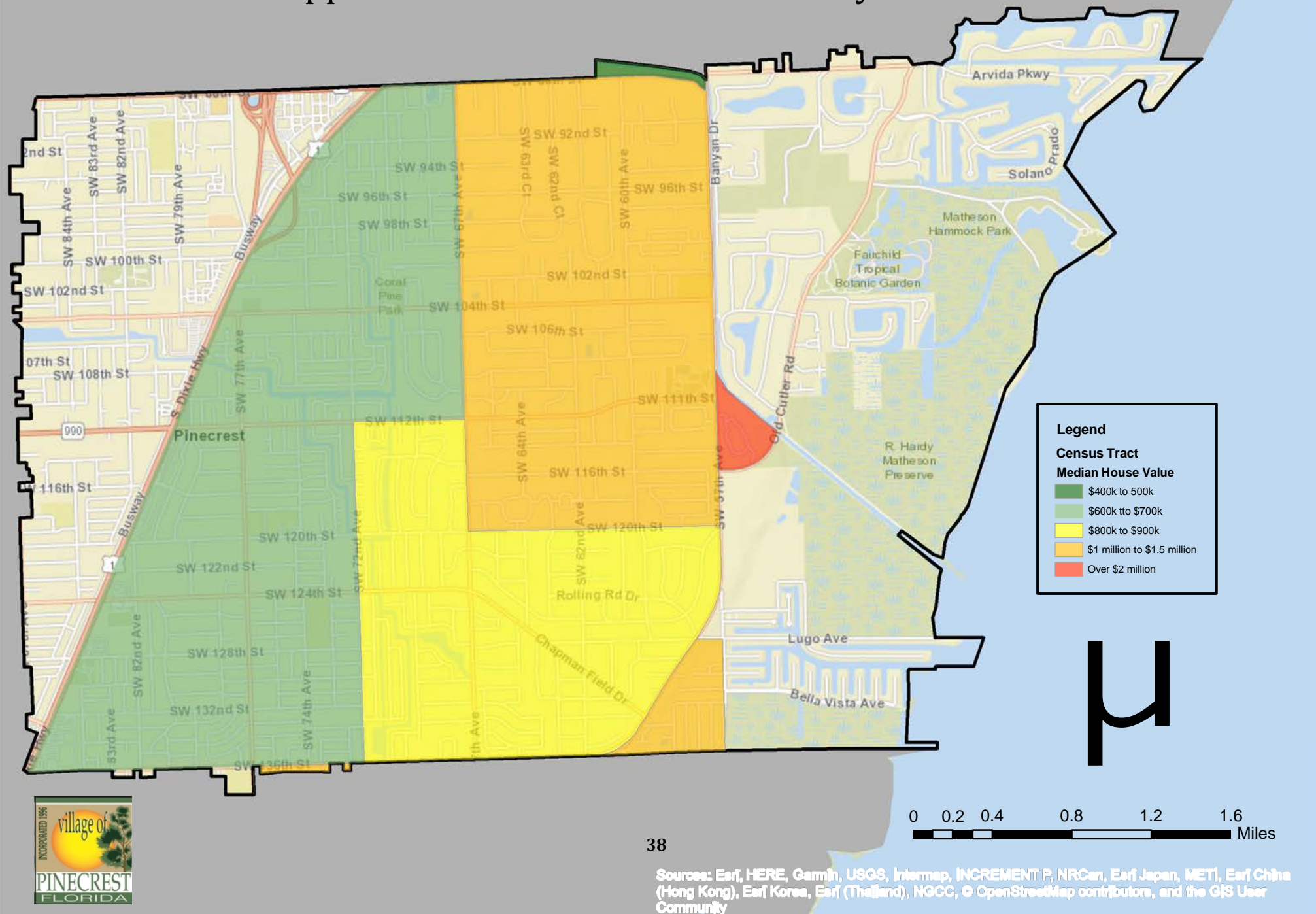




## Appendix E: Population of Seniors Aged 85+ by Census Tract

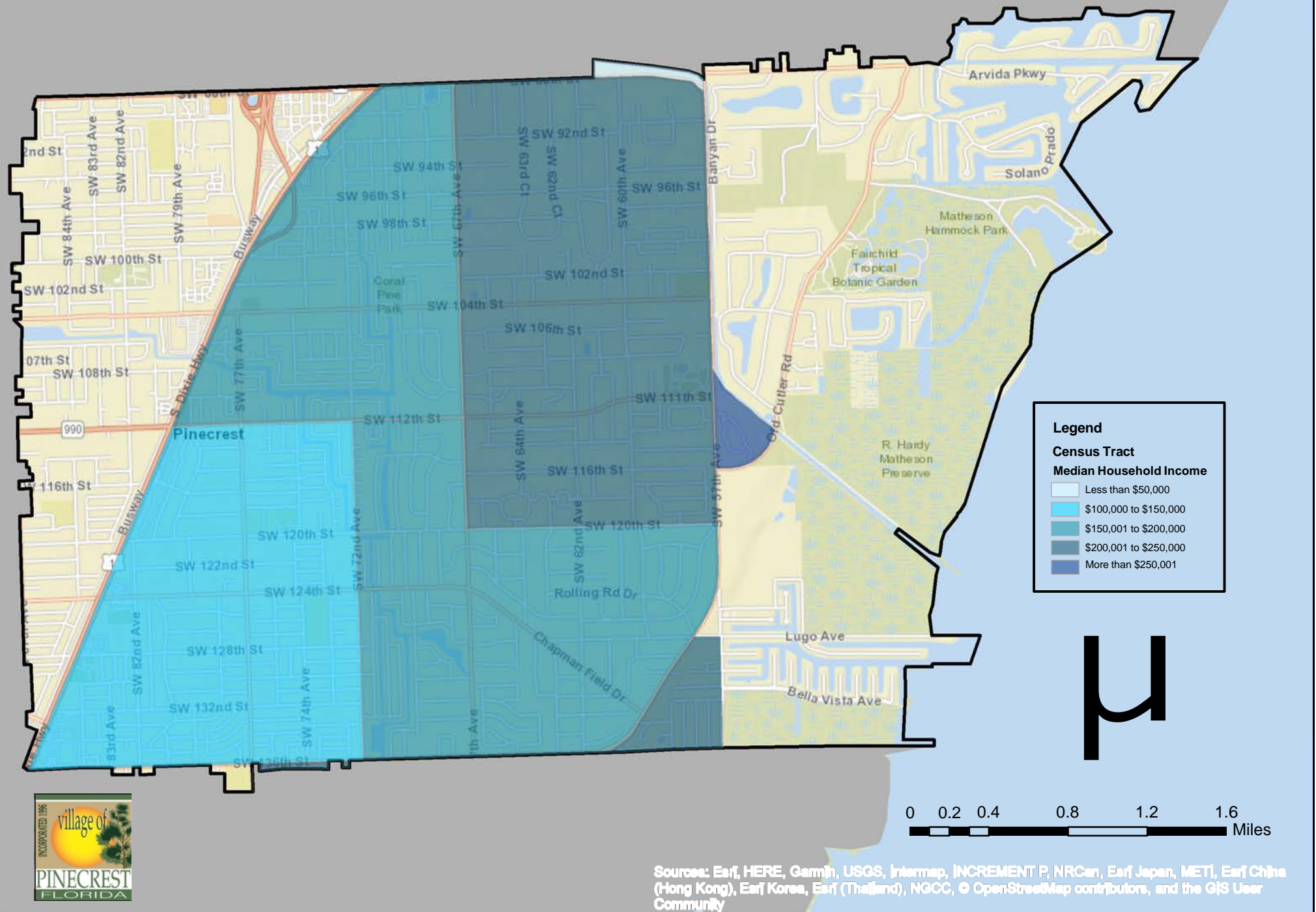


## Appendix F: Median House Values by Census Tract

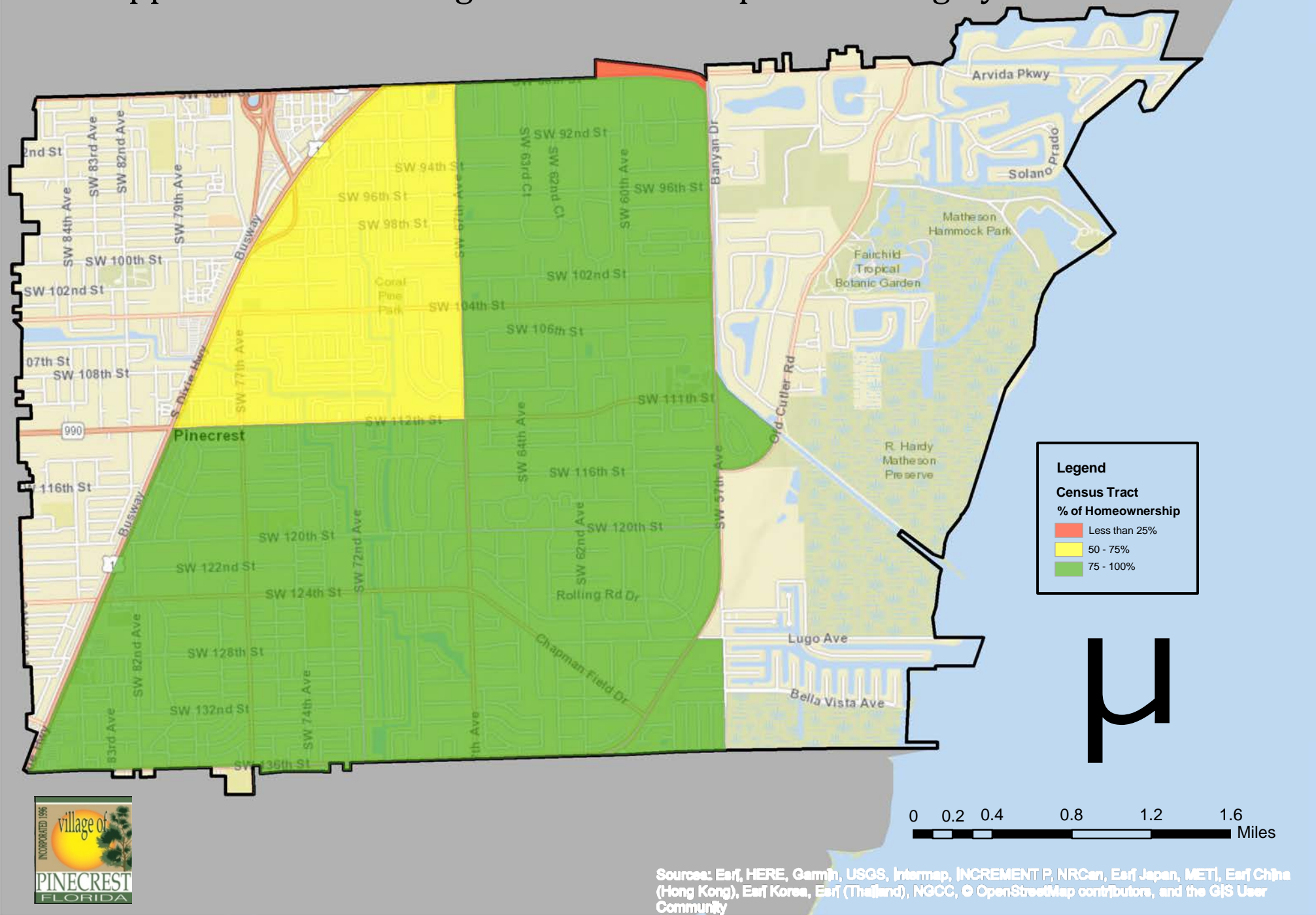




## Appendix G: Annual Median Household Income by Census Tract



# Appendix H: Percentage of Owner Occupied Housing by Census Tract





## Appendix I: Percentage of Renter Occupied Housing by Census Tract

**Legend**

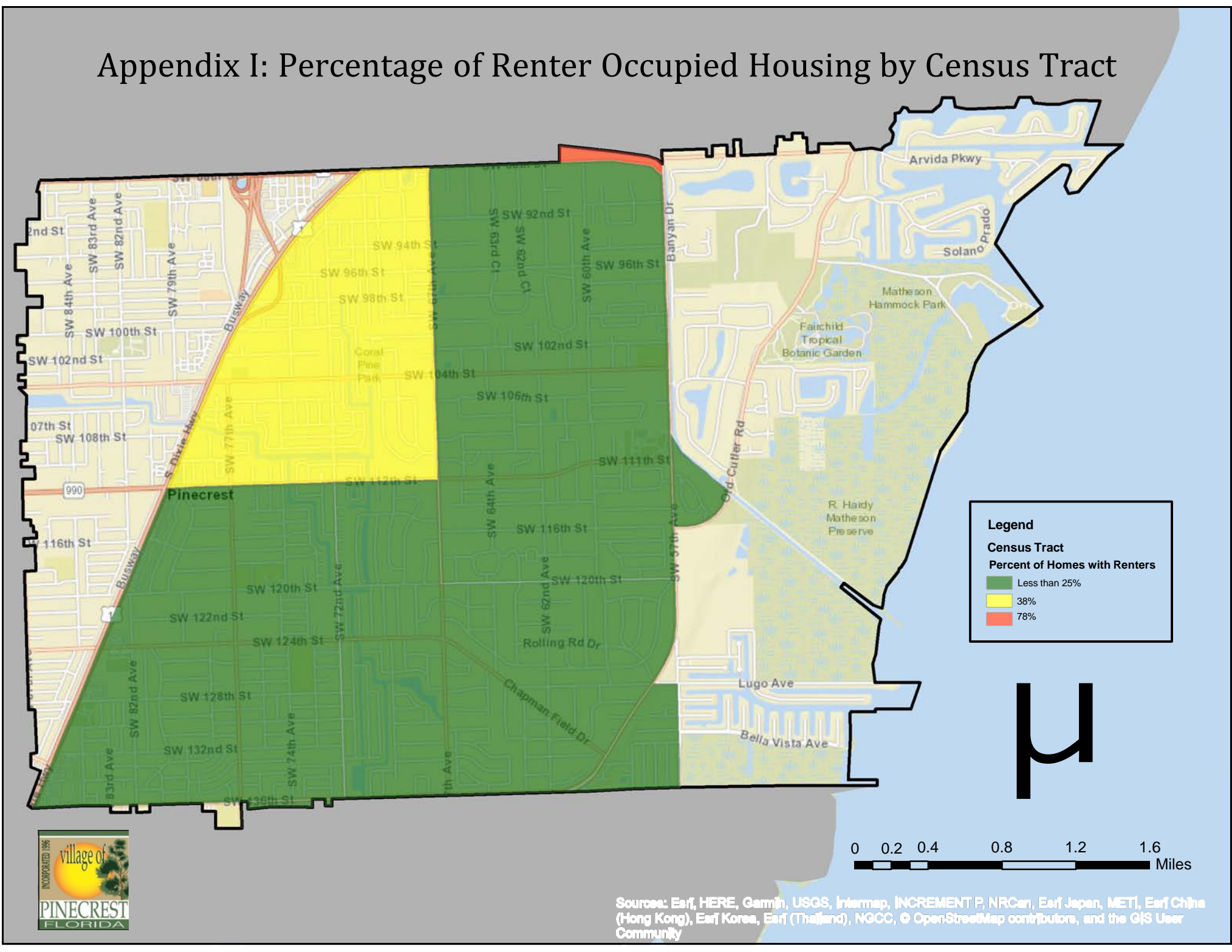
**Census Tract**

**Percent of Homes with Renters**

- Less than 25%
- 38%
- 78%

**Scale:** 0 0.2 0.4 0.8 1.2 1.6 Miles

**Source:** Esri, HERE, Garmin, USGS, Intermap, INCREMENT P, NRCan, Esri Japan, METI, Esri China (Hong Kong), Esri Korea, Esri (Thailand), NGCC, © OpenStreetMap contributors, and the GIS User Community



## Appendix I: Percentage of Renter Occupied Housing by Census Tract

**Legend**

**Census Tract**

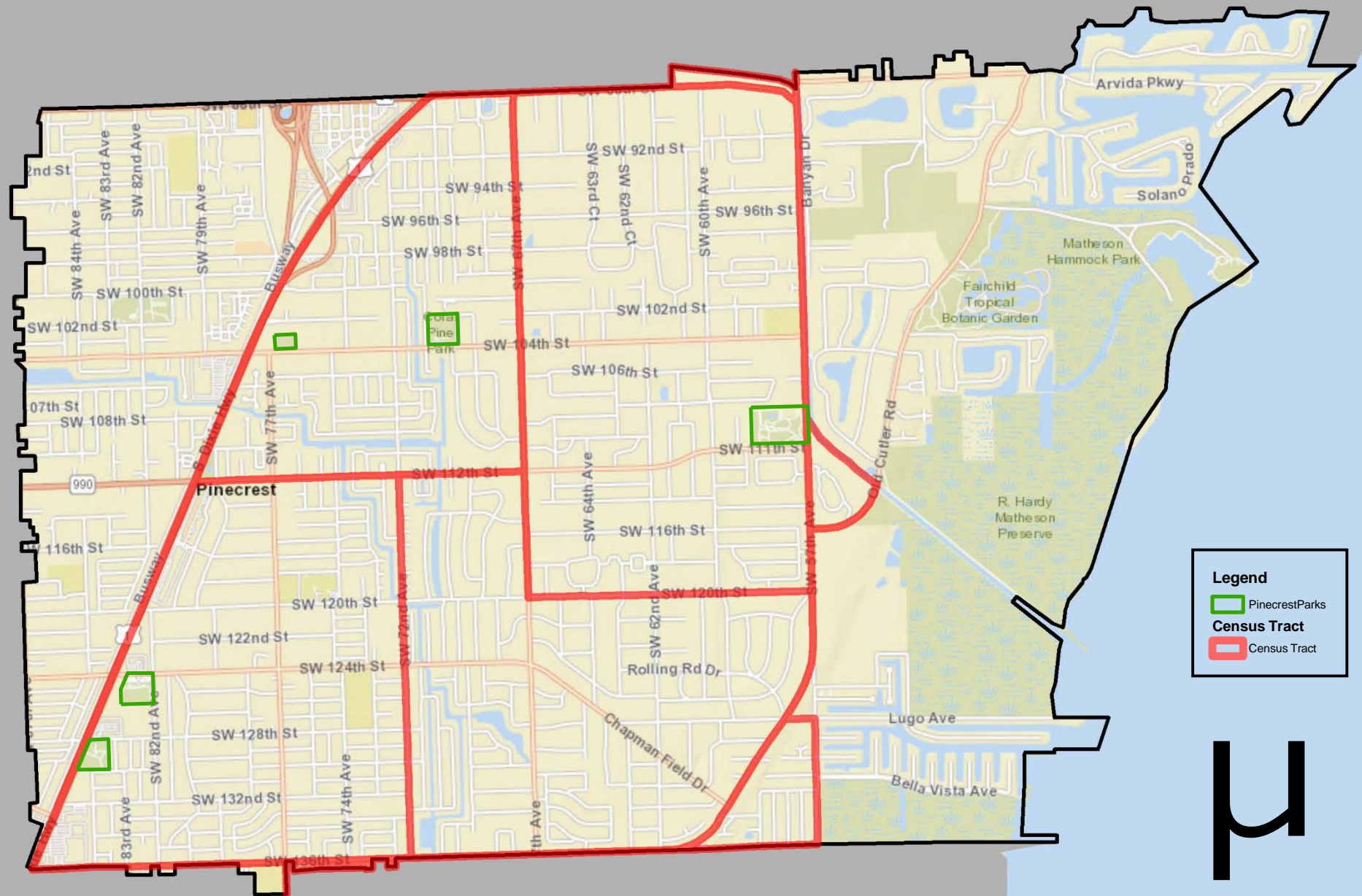
**Percent of Homes with Renters**

- Less than 25%
- 38%
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**Scale:** 0 0.2 0.4 0.8 1.2 1.6 Miles

**Source:** Esri, HERE, Garmin, USGS, Intermap, INCREMENT P, NRCan, Esri Japan, METI, Esri China (Hong Kong), Esri Korea, Esri (Thailand), NGCC, © OpenStreetMap contributors, and the GIS User Community

# Appendix J: Locations of Parks by Census Tracts



Sources: Esri, HERE, Garmin, USGS, Intermap, INCREMENT P, NRCan, Esri Japan, METI, Esri China (Hong Kong), Esri Korea, Esri (Thailand), NGCC, © OpenStreetMap contributors, and the GIS User Community





Robert C. Mattes, CPRP  
Parks and Recreation Director  
parks@pinecrest-fl.gov

MEMORANDUM

Department of Parks and Recreation

DATE: June 5, 2019

TO: Yocelyn Galiano, ICMA-CM, Village Manager

FROM: Robert C. Mattes, CPRP, CPSI, Parks and Recreation Director

RE: Age-Friendly Action Plan

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Please find attached the Age-Friendly Action Plan for the Council's approval.

This plan has been submitted to AARP for their review and suggestions and has been approved by their governing agency for acceptance and publication upon the Council's determination.



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