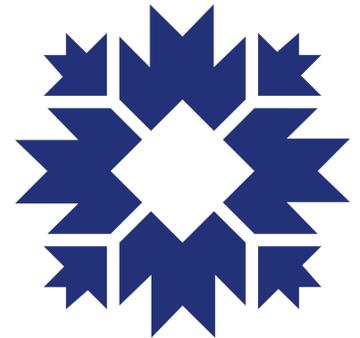


City of Bloomington
Commission on Aging



CITY OF BLOOMINGTON
Commission on Aging

2024
Annual
Report

PREPARED BY :

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Liaison, Commission on the Status of
Women

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CITY OF BLOOMINGTON

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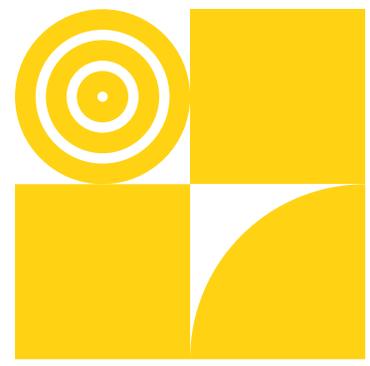


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Message from the Chair

Dayna Thompson

The city of Bloomington has always aimed to be a retirement destination. Boasting culture, nature, and an amazing array of international cuisine, it has excelled in this pursuit in many ways. There is more to retirement, and to aging than these things, though.



As the Commission on Aging, we strive to make Bloomington a place where ALL can age well, regardless of disability status, socioeconomic status, race, gender, or health literacy. I am honored to chair this group of smart and engaged community members who work to shed light on the issues facing Bloomington seniors, promote healthy aging across the lifespan, and connect people to necessary resources.

The Commission on Aging is open to ALL who wish to share in this vision and we invite you to attend our upcoming public meetings and to tell us what is important to you as you age in our City.

I look forward to meeting you,
Dayna Thompson
Commission on Aging - Chair

City of Bloomington Commission Aging

Commission Purpose

2024 Annual Report

The Commission on Aging serves as a catalyst for improving public awareness of the senior and aging community. The Commission works in collaboration with diverse community members and organizations to build bridges, open dialogue, celebrate accomplishments, encourage programming, and explore issues and concerns of older adults. The intent is to promote solutions to the problems and challenges and celebrate the contributions of Bloomington's older citizens.



Purpose and Duties:

Address concerns of seniors in health and wellness, housing, transportation, employment, social services and recreation; encourage the development of programs of particular benefit to senior citizens; and serve as a catalyst to promote positive public and private remedies to the multi-faceted challenges confronting seniors in our community and the resulting effects on the entire community.

City of Bloomington Commission on Aging

■ Chair

Organizational Overview

2024 Annual Report



Rob Council
Appointed by: Common Council
Term Expires: 1/31/2027



Robert Deppert
Appointed by: Common Council
Term Expires: 1/31/2026



Susan Fleener
Appointed by: Mayor
Term Expires: 1/31/2026



Linda Hall
Appointed by: Mayor
Term Expires: 1/31/2027



David Jennings
Appointed by: Common Council
Term Expires: 1/31/2027



Sandra McGow
Appointed by: Mayor
Term Expires: 1/31/2026



Wendy Rubin
Appointed by: Common Council
Term Expires: 1/31/2026



Dayna Thompson
Commission Chair
Appointed by: Mayor
Term Expires: 1/31/2026



April Williams
Appointed by: Mayor
Resigned: January 2025



Marissa Parr-Scott
Staff Liaison

Commission Summary:

The Commission on Aging is composed of nine members, with five appointments by the Mayor, and four from the Common Council. Commission members must be residents of Monroe County. Preference for appointments are given to people with expertise in, or representing, one or more of the following areas: senior issues, health and wellness, recreation, employment, social services, transportation and affordable housing.

City of Bloomington Commission on Aging

Key Achievements and Impact

2024 Annual Report

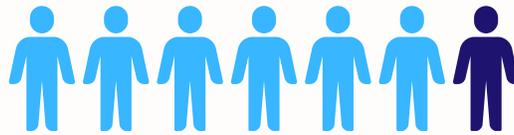
Dementia Friendly Training

- In January 2024, all Commission on Aging commissioners successfully completed Dementia Friendly training, as provided by Dementia Friendly Indiana.



Bloomington Blue Zones Initiative

The Commission on Aging began collaborating with and promoting the Bloomington Blue Zones Initiative, which is a local movement, based on the global Blue Zones Project, to make healthy choices easier and more accessible in Bloomington, Indiana. The Bloomington Blue Zones Initiative launched in early 2024, and has experienced significant growth over the past year.



Senior Resource Guide

- The Senior Resource Guide was created in 2023, and updated in 2024. This guide is specific to the aging community, and lists resources pertaining to housing, food, health, transportation, financial assistance, recreation, legal assistance, support groups and memory care.



IWTIU Conference on Aging

- The Commission on Aging was a contributing partner for WTIU's 2024 Conference on Aging. The WTIU Conference on Aging is a free, virtual conference that was held every Wednesday from noon to 1:00 p.m. during October and November. It featured area experts and resources to help participants find answers to many questions associated with getting older.

City of Bloomington Commission on Aging

Program and Project Highlights

2024 Annual Report

One of the Commission on Aging’s biggest projects for 2024 was updating and redistributing the Senior Resource Guide. After the first printed version, we received feedback from our partners and collaborators on how it could be improved. We created an online form for new businesses/organizations to submit their information for inclusion on future versions, as well as for existing resources to be able to notify us of any changes. This has been a tremendous help in allowing us to remain up-to-date with the most current information each time we revise. While it is almost impossible to estimate how many copies of the guide have been distributed in Bloomington and Monroe County, since the printable PDF has been shared in countless emails, newsletters, support groups, and is available on the Commission’s webpage, over 600 copies were distributed by hand to attendees at the annual 50+ Expo.

A highlight of 2024 was the launch of the Bloomington Blue Zone Initiative (now known as the BloomingZone Initiative.) In February 2024, the Commission invited BloomingZone Initiative founders, Bridgette DiVohl and Cynthia Schultz, to join us at a monthly meeting to learn more about the project, which was still very much in “development mode.” Based on the global Blue Zones Project, which aims to create communities where people live measurably better and longer, this initiative immediately garnered the support of commissioners, who have since helped it grow into a vibrant community group that regularly hosts a book club, cooking classes, walking groups, and other community based events.



One of the Commission’s ongoing initiatives is to support the work being done by Dementia Friendly Bloomington, which is part of the Dementia Friendly Indiana Communities organization. Dementia Friendly Bloomington held a conference in October 2024, “Living Well with Dementia,” that was attended by Commissioners and commission staff, in addition to being co-hosted by our Commission chair, Dayna Thompson.

City of Bloomington Commission on Aging

Strategic Goals and Initiatives

2024 Annual Report

Updated Senior Resource Guide 2.0

- The Senior Resource Guide will be split into two separate guides - one for overall resources, and one for healthcare specific resources. Both of the guides will remain in the same printed, double sided format for easy reference and distribution.

Senior Living 101

- The Commission on Aging will host a free Senior Living 101 Seminar in May 2025 for the community. The seminar will include information on the following topics: Independent Living, Assisted Living, Memory Care, Skilled Nursing, Home Health, and Hospice

Aging in the Arts

- In November 2025, the Commission on Aging will highlight local senior artists in the City of Bloomington display case

Dementia Friendly Bloomington

- The Commission on Aging intends to remain in collaboration with Dementia Friendly Bloomington and to continue supporting its efforts

Senior Center

- The Commission on Aging intends to remain in collaboration with Dementia Friendly Bloomington and to continue supporting its efforts

Transportation

- The Commission will continue to advocate for and support ways to improve transportation for seniors in our community



City of Bloomington Commission on Aging

Community and Stakeholder Engagement

2024 Annual Report

The Commission on Aging strongly values its partnerships and collaborations with the following groups:

- Area 10 Agency on Aging
- WTIU
- IU Health Bloomington
- City of Bloomington
- Bloomington Transit
- Bloomington Blue Zones Initiative (BloomingZones Initiative)
- Dementia Friendly Bloomington



City of Bloomington Commission on Aging

2024 Financial Review - Expenditures

2024 Annual Report

Expenditures

\$375.00 - WTIU Conference on Aging Sponsorship

NOTE: Community and Family Resources Department split the total cost of the sponsorship with the Commission (\$750 total)

Revenue

None

Key Financial Supporters

City of Bloomington Community and Family Resources Department

City of Bloomington
Commission on Aging

Call to Action

2024 Annual Report

Get Involved!

For more information on initiatives supported by the Commission on Aging, please visit the links below:

Dementia Friendly Bloomington, please visit:
<https://dfbloomington.org/>

Global Blue Zones Project, please visit:
<https://www.bluezones.com/>

BloomingZone Initiative, please visit:
<https://www.facebook.com/BloomingZoneInitiative>

For volunteer or sponsorship opportunities, please contact Marissa at
marissa.parrscott@bloomington.in.gov

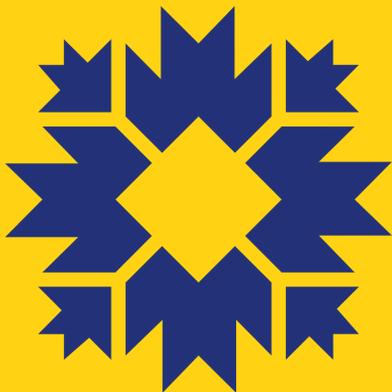
City of Bloomington
Commission on Aging

Contact Us

2024 Annual Report

Thank you!

The Commission on Aging invites the community to join us for our monthly meetings, on the second Monday of each month, from 3:00 - 4:00 p.m. at City Hall in the McCloskey Conference Room (Room #135).



CITY OF BLOOMINGTON
Commission on Aging

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Facebook: www.facebook.com/CoA4U