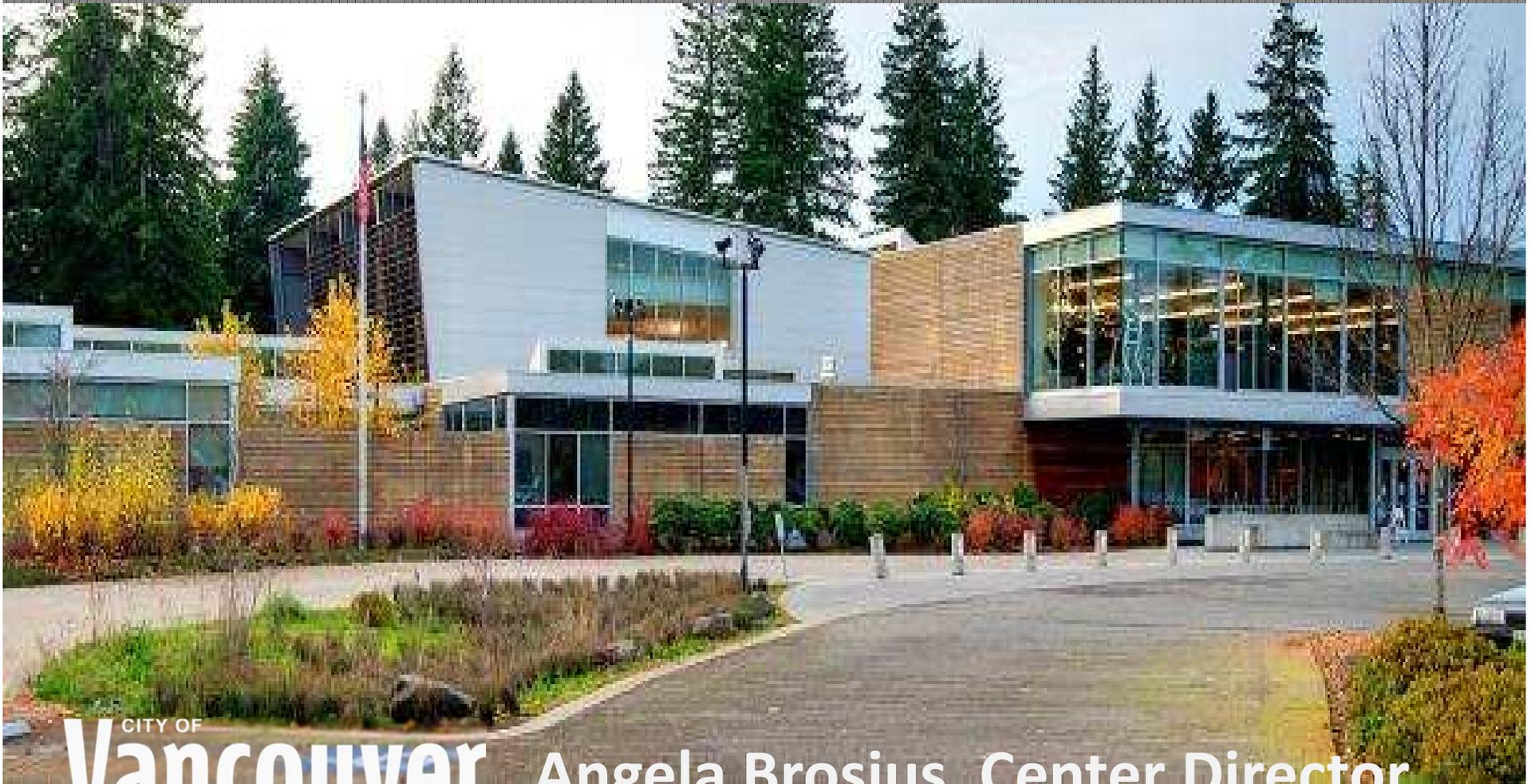


# Clark County Commission on Aging City of Vancouver Parks and Recreation



Angela Brosius, Center Director  
Firstenberg Community Center

# Healthy Communities – a gathering place



## 75 is the new 95

- 70-80% of older adult suffer from at least one chronic condition.
- Challenged with health concerns, physical inactivity and behavioral health.

# Why? Does it matter? The stories . . .



Walking reduces stiffness, increases flexibility and improves balance.

- Social
- Physical
- Emotional
- Loss of spouse
- New to the area

# Social opportunities – purpose/belonging



Firstenburg

Marshall/Luepke

- 113 classes
- 22 Silver classes
- 46 Pool
- 20+ Club times
- Game room
- Sunday dances
- Trips
- Hikes
- Meals on wheels

# Healthy Engagement – welcoming environment



Social opportunities decrease depression and anxiety, while increasing hope and a positive outlook.



# Community Awareness. Volunteers. Involved



Volunteering connects people to the community and provides responsibility and purpose.



# All-Age-Friendly Livable Community



Intergenerational opportunities

- Child watch
- Playgroup
- Camps
- Grandparents
- Employees

# Friendships created to try new things



Inviting others;  
sometimes it is a simple  
“hello” that leads others  
to new friendships and  
adventures.

# Thank you! Questions?

