

Age Friendly Oronoco Area Action Plan 2024-2026



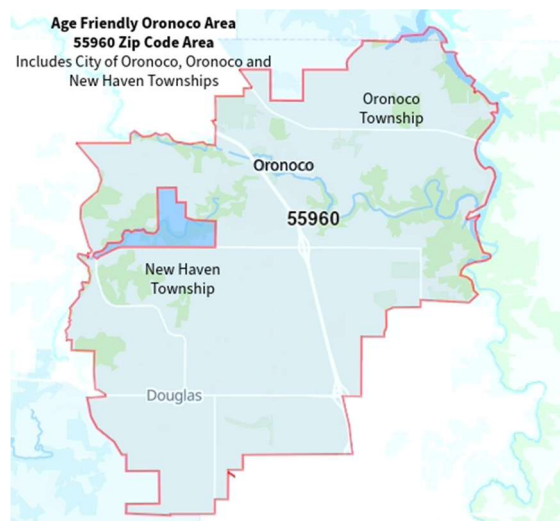
Envision an Oronoco Area that brings livability and enjoyment to residents—no matter their age

Executive Summary

The City of Oronoco recognized early on that our elderly residents needed assistance in reaching their goal of aging in place. We also realized residents of Oronoco and New Haven Townships needed assistance as well. With this knowledge, the Age Friendly Oronoco Area (AFOA) Committee was formed in January 2022, to be the driving force for finding solutions.

In January 2022, Jay Haapala (AARP) gave a presentation on Age Friendly Communities and explained the eight domains a community could address for a more Age Friendly Community. Dave Beal, a representative from Age Friendly Olmsted County, gave an overview on the process Olmsted County took to become an Age Friendly Community.

During 2022, the AFOA Committee developed a resident survey that was mailed October 2022, to residents of Oronoco, Oronoco Township, and New Haven Township in the 55960 zip code area. Survey results were tabulated and evaluated, and a report was given to the Committee in December 2022.



Based on the responses, community discussion, and knowledge of our committee members, the AFOA Committee reviewed the eight domains. The Committee decided to focus on five areas:

1. Community and Health Services

2. Communication and Information
3. Housing (includes adaptive solutions for existing homes)
4. Outdoor Spaces and Buildings
5. Social Participation.

In December 2022, Oronoco submitted their application and became a member of AARP's Network of Age Friendly Communities.



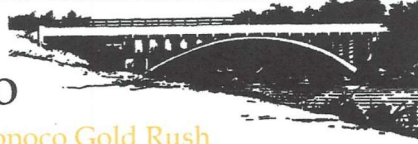
(L-R) **Ryland Eichhorst**, Oronoco Mayor; **Rosemary VanHouten**, former Pine Island Area Home Services Director; **Dana Bergner**, Three Rivers Community Older Adult Services Specialist; **Jay Hapaala**, Associate State Director-Community Engagement AARP

In early 2023, the Committee discussed the needs of our residents and what agencies were available to meet those needs. We interviewed select agencies and local organizations to find out if they were meeting the needs of our residents and, if so, how they were doing so. We found a lack of services being provided to our residents. Questions remain as to why the residents who need services are not receiving them. Do they not know about the available services or do the agencies lack the volunteers to provide them? More listening sessions and a resource fair should help answer these questions.

Having completed our assessment plan—the resident's survey and agency's responses—the AFOA Committee ascertained that it was comfortable proceeding with an official Action Plan. We will detail our future goals and how we foresee the implementation of those goals in the Action Plan.

City of Oronoco

Home of Downtown Oronoco Gold Rush



18 January 2024

Greetings,

I am pleased and excited to share the Oronoco Age-Friendly Committee Action Plan. Developing this Action Plan is the next step in our committee's continuing effort to become part of the AARP Network of Age-Friendly Communities.

Our vision statement—Envision an Oronoco that brings livability and enjoyment to residents, no matter the age—sums up our goals for making Oronoco more age-friendly.

Increasing the quality of life is a major objective in our Action Plan via AARP's Domains of Livability. Our committee will focus on making outdoor spaces and buildings more age-friendly, increasing the accessibility and affordability of transportation and housing in Oronoco, increasing access and opportunities for social participation and volunteer opportunities, improving access to communication and information, and ensuring that older people can age in place through community support and health services.

Our action plan reflects the results of a survey that was conducted recently to receive input concerning the needs and desires of our elderly population. The committee learned that residents have a strong desire to stay in their homes for as long as possible. This helped solidify the need for an aggressive action plan to meet this goal and others for our residents.

Our committee consists of talented and professional members with many and varied qualifications. They include members who are experienced in senior care and home services, current and former elected officials, and dedicated and committed residents eager to implement our action plan. Meeting our goals will improve the quality of life in Oronoco and make it a more livable community.

I offer an enthusiastic "thank you" to our committee members for their dedication to making Oronoco a more age-friendly city and to AARP, whose partnership will aid in improving the quality of life of our aging residents and allow them to age in place.

Sincerely,

Ryland Eichhorst
Mayor, Oronoco

Age-Friendly Oronoco Action Plan

Age Friendly Oronoco Area Action Plan

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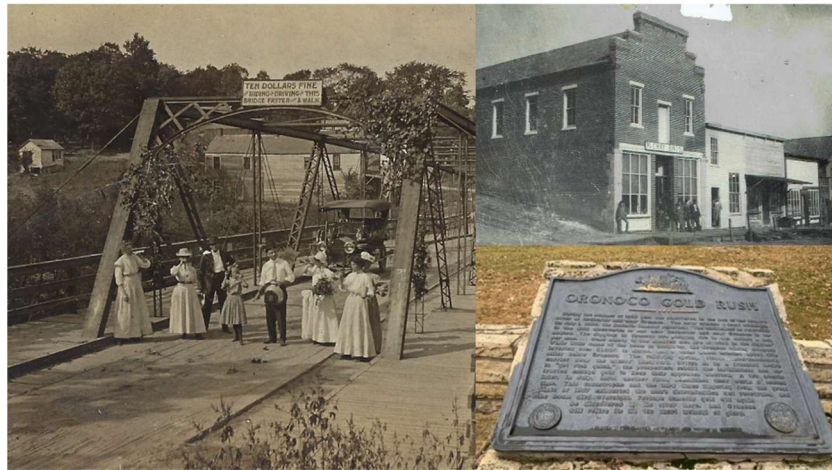
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Community Profile

First settled in 1854 by Leonard B Hodges, J.B. Clark, and Ebenezer S Collins, Oronoco has a rich history as it sits in the confluence of the three branches of the Zumbro River in southeast Minnesota. Mr. Hodges named Oronoco after the Orinoco River in South America although it is not known if he intentionally misspelled the name. Oronoco's early history involves stories of a Gold Rush and of Oronoco as a thriving center of Olmsted County with a school, bank, mill, and several businesses. Early on it was thought Oronoco would become the county seat of Olmsted County, however the location of the railroad and the history of Mayo Clinic precluded that and Rochester became the county seat.

Oronoco remained unincorporated until 1968 while Oronoco and New Haven Townships were established in 1858.

Oronoco sits a mere five miles from the northern boundaries of Rochester along Minnesota State Highway 52 enabling our residents' easy access to the amenities of a larger city. We are fortunate to offer several opportunities for schools as Oronoco lies within the Rochester and Pine Island school districts and has access to private school options as well.



Oronoco has a mix of housing lots ranging from conventional sized lots to multi acreage lots. Housing developments incorporate existing trees as a nature filled backdrop. Dedicated greenspace and/or parkland areas are requirements of new developments. Existing area parks include green space, ball parks, playground activities, and trails. A trail utilizing the lake bed that the Zumbro River flows through will eventually connect with other district's trails.



Oronoco is in the final phase of implementing city-wide water and sewer, which will help grow our business base and afford the options of elderly housing. Currently, the city maintains a strong business base with two gas stations, self-storage businesses, and building supply businesses. People's Energy Cooperative's headquarters sit on the southwestern border of Oronoco. We have the

distinction of being the recreational vehicle sales destination of southeast Minnesota as three RV dealers make their sales home here—Camping World, Hilltop Campers, and Buy RV Sell RV. We have one bar/restaurant that offers dining for our residents but are hopeful that, with the coming of city services, more dining options will be available in the near future. Oronoco lacks a grocery store and medical and pharmacy services but that too, will come with city services. The recently created Oronoco Economic Development Authority will work with other committees to help guide business development.



We are lacking in elderly housing but remain optimistic that future plans will include those needed housing options. Our residents enjoy the tranquility of our city and townships. Future plans will need to capitalize on those positive features. In our Future Land Use Plans, options for multi-family housing should be considered. The city of Oronoco will need to take a lead role by communicating our residents’ needs to Planning Commissions both in the city of Oronoco and the Oronoco and New Haven Townships.



Downtown Oronoco Goldrush Days

Oronoco comes alive the third weekend in August with Downtown Oronoco Gold Rush Days—an event that attracts hundreds of dealers of antiques and vintage items from across the country. The three-day event boasts unique food stands, music throughout the day, and a car show. Proceeds from the event are donated back to the community.

Our community believes in giving back to others as evidenced by the Oronoco Food Shelf (OFS). Housed in the Presbyterian Church of Oronoco, the OFS opens two Wednesdays per month. Special touches such as help with shopping using a “Personal Shopper,” home delivery for home-bound elderly residents, and kind, caring volunteers are what make the OFS special. During the summer months, fresh vegetables and fruits grown right here in Oronoco at our Community Garden may be available.



The Oronoco VFW Post #9647 and Auxiliary host bi-monthly Sunday morning breakfasts of pancakes, and biscuits with sausage gravy. For a small donation for the meal, you can experience the small-town atmosphere while visiting with your neighbors and local VFW members. A lifetime of stories shared on a Sunday morning. It doesn't get much better than this.

One of the strongest assets of Oronoco, the residents, is evidenced by their volunteerism. Being a small city, Oronoco relies on our residents to fill the need of other residents whether by serving on City Council or on local City and Township



Neighbors enjoying VFW Sunday Breakfast

Committees, helping within their churches or service organizations, or assisting one another in various unique ways. Residents know each other, know their neighbors, and watch out for one another. These values are strong in the community and are what the Age Friendly Oronoco Area Committee hopes to tap into for support in achieving our goals.



VFW Auxiliary



Oronoco Lions Club

Oronoco area (within 55960 zip code) AARP Livability Score 58 out of a possible 100 score (Average of 50 Nationwide). The score is based on 2022 figures within the following sections:

<u>Section</u>	<u>Oronoco area</u>	<u>National average</u>
<i>Housing</i>	48	50
Housing scores within the 55960 area reflect the lack of multi-family housing and the high monthly cost of housing.		
<i>Neighborhood</i>	41	50
Neighborhood scoring is definitely a positive for access to parks and the low crime rate. This verifies the “small town feel” and “greenspace” that our residents value. However, job opportunities within our boundaries brought down the <i>Neighborhood</i> score.		
<i>Transportation</i>	46	50
While congestion hours are significantly lower, the cost of transportation is higher-\$17,701 vs. \$15,331 annual transportation costs. Due to the lack of sidewalks and stores, walking trips are lower than the national average.		
<i>Environment</i>	68	50
The area’s air quality improved from 1.3 unhealthy air quality days/year to 0 days per year. Greenspaces, limited vehicle congestion and no factories likely contributed to a higher than average score.		
<i>Health</i>	64	50
Living in an informed medical community, our residents scored healthier than the nation’s Average. 87% of patients were satisfied with their medical care. This is another positive to living in the Oronoco area.		
<i>Engagement</i>	72	50
Access to quality broadband was almost 100% for our residents. Residents are civic minded, which showed in the 73.6% of voters who voted compared to 61.9% national average. Our area lacks in cultural activities but shows strong opportunities within organizations to volunteer.		
<i>Opportunity</i>	66	50
The importance of education is reflected in the 93.6% graduation rate compared to the national average of 88.5%.		

<u>Population 2020 Census</u>	<u>2020</u>	<u>% age >55</u>	<u>Households</u>	<u>Median Income</u>	<u>Median age</u>
City of Oronoco	1802	17 %	524	\$133,611	36.4
Oronoco Township	2456	38%	855	\$111,065	50.6
New Haven Township	1261	45.4%	468	\$112,900	51.5

The City of Oronoco is a younger community with a higher median income than either Oronoco or New Haven Townships. The two townships have twice the percentage of residents age 55 and older and 17% less median income.

Age Friendly Oronoco Area Action Plan

Mission Statement

Age-Friendly Oronoco Area Committee's mission is to create a community where the quality of life of residents will be enhanced by partnering with other organizations; addressing housing needs for residents to age in place; removing barriers in community buildings and parks; enhancing communication; fostering socialization; and encouraging volunteerism.

Vision Statement

Envision an Oronoco Area that brings livability and enjoyment to residents—no matter their age

Value Statement

- All residents add value to our community, regardless of age
- Being able to age in your home brings comfort and a sense of relief and control over your life
- There is value in intergenerational learning and volunteering
- Communication is key in achieving an age-friendly community
- Community involvement and support are of value to the health and wellness of all residents

Age Friendly Oronoco Area Committee Members



Front Row (L to R) Kevin McDermott, past Oronoco Mayor; Rosemary VanHouten, former Pine Island Area Home Services director; Ryland Eichhorst, Oronoco Mayor; Back Row (L to R) Katie Dudley, Oronoco Parks Committee Rep; Kay Lovett, New Haven Township resident; Dana Bergner, Three Rivers Community Older Adult Services Specialist; Holly Brown, Elder Network Respite and Companion Care Coordinator; Joy Bertsinger, past Oronoco Mayor; Not pictured Dan Conway, SE MN Area Agency on Aging

The Age Friendly Oronoco Area committee met monthly via Zoom beginning in January 2022. We designated our service area to include residents in the 55960-zip code area. This included the city of Oronoco and areas in Oronoco and New Haven Townships.

Our committee members bring experience in understanding the needs of residents. Elected Oronoco officials and Committee members, as well as representatives from eldercare agencies are all familiar with needs of the elderly. Throughout our discussions, AFOA has brought new insight and visions of what an age-friendly community could be for our residents.

AFOA members used their expertise and experience to begin our assessment of what our residents' needs are and what positives make our community a great place to live. Next, we heard from residents through our survey and sought information from area agencies on what services they could provide for our residents. We find it valuable to hold more listening sessions and a resource fair to gain more insight into needs and services available.

Assessment Process

Age Friendly Oronoco Area Community Survey

In October 2022, residents of Oronoco, and Oronoco and New Haven Townships within the 55960-zip code area received a survey prepared by the Age Friendly Oronoco Area Committee. Surveys were also placed in three churches—Grace Lutheran Church, Presbyterian Church of Oronoco, and the Douglas Methodist Church. Surveys also were available at City Hall, the two gas stations, the local VFW Hall, and the United States Post Office in Oronoco with instructions on how to return the surveys. Online and mail-in response options were available to our residents. Survey responses numbered 181 out of the 1,500 surveys sent to residents regardless of age.

The majority (60%) of respondents were under 60 years old and are not in need of “age related services” at this time. However, 93% do prefer to remain in the Oronoco area as they age. Respondents value senior housing options, preferably independent living such as townhomes, group living arrangements, or mother-in-law suites. Residents over the age of 60 do have unmet needs such as help with indoor/outdoor chores, socialization, and home repairs/modifications. Mentioned needs were housing options, a grocery store, and more transportation options.

Outdoor activities drew a higher interest with improvements to park access being a need, as well as more benches and paved trails. Other concerns were improved access to the Oronoco Food Shelf, Oronoco History Center, and some voting locations.

Residents expressed a desire for more social activities such as card games, exercise sessions, arts and craft activities, and visiting over coffee with friends. Combined interests also included dancing, book clubs, and monthly social lunches. Some noted that guest speakers could be of interest to all ages.

Most respondents feel they have access to information and use the internet to obtain the needed information. However, this may reflect the younger generation's comfort level with the internet. Some

obtain information in paper form from the Oronoco Newsletter, VFW, and Bulletin boards at the Post Office/City Hall.

The AFOA Committee reviewed the findings and will address them in more detail within the Action Plan. We value the time and energy our residents put into their responses.

Age Friendly Oronoco Area Agency Survey

Once we gathered the results of the Age Friendly Oronoco Area Community Survey, the Committee deemed it valuable to understand what agencies in the area could provide services to our area residents. Our area is located between Rochester and Pine Island and is encompassed within Olmsted County. We find this area lacking some services necessary for the over 55 age group to thrive in their homes. We need to understand why this is.

The Committee contacted and received responses from the following: Catholic Charities, Lutheran Social Services, Pine Island Area Home Services, Elder Network, Family Service Rochester, Oronoco Seniors Group, Oronoco Lions Club, Oronoco First Responders/Fire Department, Grace Lutheran Church and the Presbyterian Church of Oronoco.

Agency Responses

Catholic Charities

Catholic Charities offers help in recruiting volunteers through their Active Aging Programs, AmeriCorps, and Senior RSVP Program. Services provided offer a range of activities such as delivering meals, working in food shelves, transportation, building homes, and working with children in schools. They also offer wellness classes, caregiver classes, and Arthritis programs. All programs offered through their Active Aging Program are offered at no cost to the recipient.



Resident survey boxes placed throughout Oronoco

They do not place volunteers directly with residents but rather work with agencies to fill their needs. At this time, they do not serve any Oronoco area residents. However, they report that agencies they work with may have clients in this area. They have a referral policy in place and promote their services through newspapers, churches, community organizations, and posters and flyers. They would be open to attending a resource fair for our residents.

Lutheran Social Service

Lutheran Social Service provides services through AmeriCorps Seniors programs—Foster Grandparent (mentor youth) and Senior Companion (provide customized support, transportation, friendship). They are set to provide services but need volunteers. Some services are covered by some insurances and Medicare.

At this time, they do not provide any services in the Oronoco area. However, they do have volunteers that would travel to Oronoco. Their agency provides training, background checks and fingerprinting of volunteers. They have a referral policy in place. They would be open to attend a resource fair for our residents and discuss how to access more assistance from their agency.

Pine Island Area Home Services (PIAHS)



PIAHS offers transportation, errands, and exercise classes to residents in the Pine Island School district. Currently, they have no programs for

caregivers. They only deliver Meals on Wheels within Goodhue County, which excludes our target area. They offer an exercise program PIAHS does have a referral policy in place. They promote their agency using Facebook, their website, flyers, and the local newspaper. The majority of their volunteers live in Pine Island and are required to provide three references and sign a liability waiver. At this time, they have one volunteer driver who delivers Meals on Wheels on Mondays and Wednesdays who will travel to Oronoco. They would be willing to attend a resource fair.

Family Service Rochester (FSR)

Family Service Rochester provides several services to elderly residents such as outdoor seasonal work, transportation, housekeeping, grocery shopping, in home repairs, Meals on Wheels, and exercise and balance classes. Caregiver respite and companionship services are also available. While FSR states they provide Meals on Wheels, they only deliver south of our boundary area which excludes our residents. Currently, housekeeping is the only service that requires a waiting list. They have a referral process in place for those who they cannot provide services to.

In 2022, FSR served twenty-two adult households in the Oronoco area. Their services are based on a sliding fee scale and FSR accepts government and private insurance along with other third-party payers.

Volunteers provide many services and must complete a background check prior to volunteering.

weekly in Oronoco but other than that, no services are provided to residents of the Oronoco area. However, they state if a resident applied for services, PIAHS would need to provide the service if it was within their service area. There is no charge for service at this time because of volunteers but they do have a fee system in place should they need it.

Elder Network

Elder Network provides these services: Friendly Visitor, Transportation, Caregiver Support, Caregiver Coaching, Senior Advocate, PEARLS, Education, and Technology Assistance. They can offer services to the Oronoco area but need volunteers. They provided services in the Oronoco area to eleven residents in 2022. They use a sliding fee formula for payment of services and some fees are at no cost. The agency does not accept insurance.

They have a referral policy in place and a Senior Advocate to do research in finding solutions. They promote their agency through personal contact, flyers at the Oronoco Food Shelf, and emails sent to local churches and service groups. Medical providers and public health/county social workers also refer patients to Elder Network. They have a volunteer base who are required to have background checks and complete training. They have volunteers who are willing to travel to the Oronoco area. They would be willing to attend a resource fair.

Oronoco Senior's Group

The Oronoco Senior's Group is a local Oronoco area organization with approximately seventeen active members. They promote their organization in the Oronoco Newsletter, the local paper, and by word of mouth. Members are contacted by phone.

They offer monthly meetings/activities during the non-winter months: cards, bingo, speakers, and lunches. They tried arts and crafts but there

was not much interest in that activity. They would be open to new activities such as a walking group, pickle ball, meals, craft sale, or garage sale (donate proceeds). They would be the attendees of a resource fair but could have information to present.

Oronoco First Responders/Fire Department



The Oronoco First Responders/Fire Department sees the following types of medical calls: falls/collapses/weak, unresponsive, difficulty breathing, stroke, chest/cardiac, diabetes, cancer, and difficulties after surgeries. They see a need to provide their clients with information about agencies that can help and would provide a pamphlet to their clients if one was available.

They do not have a specific plan/protocol in place for the over-55 age group during a disaster event but do have a general disaster plan for all residents of Oronoco. They would be attendees of a resource fair but could have information to present.

Grace Lutheran Church

Grace Lutheran Church's congregation is an elderly congregation with a growing number of younger families. Their facility is accessible upstairs and downstairs. They have volunteers within their church who offer rides to one parishioner. Church volunteers visit the homebound members and sometimes assist with getting groceries and prescriptions. The pastor of the church offers alternative ways to get information and services to the homebound congregation. Currently, the members of the church do not have unmet needs.

They could be attendees of the resource fair and could provide information to present. They would be a resource to inform their congregation of a resource fair event.

QUALITY OF LIFE MATTERS REGARDLESS OF YOUR AGE

Presbyterian Church of Oronoco

The Presbyterian Church of Oronoco has several elderly members. They house the Oronoco Food Shelf within their church's building. Members care for one another and check in with one another. They do not have any unmet needs at this time but are open to the possibility of what could be provided. They would be willing to have further conversations with the AFOA Committee and could inform their congregation of a resource fair event. They would be attendees of the resource fair and could provide information to present especially regarding the Oronoco Food Shelf.

Lions Club

No formal written response was received but two members of the AFOA Committee attended meetings asking questions and soliciting responses. The



responses were positive and the Committee members attending were optimistic that the Lions Club would work toward our goal of providing services for our residents. In our discussion within the Committee, the Lions Club's focus would be to recruit volunteers for community-based projects and perhaps contribute financially if feasible. Suggestions such as handy-man services for minor home repairs or outdoor maintenance were mentioned.

Agency Response Summary

The Age Friendly Oronoco Area Committee reviewed the responses from agencies, Oronoco civic groups, and Oronoco Churches. Discussion ensued on the possible need to request more information from each agency/group. However, the Committee felt they had a grasp of what was offered and what was not available for our residents.

One main concern is the lack of volunteers within the agencies and local groups to meet the needs of our residents. Another concern is how the Oronoco/Oronoco Area is void of services available due to our location between the cities. Do agencies adequately advertise for volunteers and inform residents of the agency's provided services in our target area?

The positive feedback however is very encouraging. All of the agencies, local civic

groups, and churches value being present in a resource fair. The concept behind the resource fair would be to introduce our residents to the available services and to relate our resident's needs to the agencies. These are valid concerns and ones the Committee needs to address in the Action Plan-Future Goals.

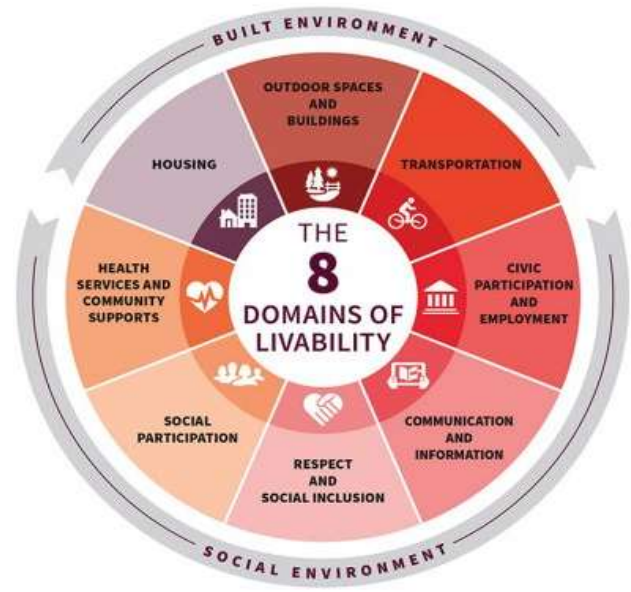
The Committee discussed how to ascertain present needs and how to present those specific requests to the agencies involved. The Committee feels compelled to present an Action Plan now setting goals and methods to attain those goals. We have the results from the resident survey sent to our focus area and the results from the agency responses. Together those results give us a picture of the needs of our residents in correlation with what services are and are not available to meet those needs.

Working together as a community to solve unmet needs of our aging population is our best resource



Eight Domains of Livability by World Health Organization/AARP

The Age Friendly Oronoco Area Committee reviewed the eight domains of Livability encouraged by WHO/AARP. While all eight are important and interconnected, the Committee will begin our focus on five: Community and Health Services, Communication and Information, Housing (includes adaptive solutions for existing homes), Outdoor Spaces and Buildings, and Social Participation.



Eight Domains explained

1) Housing (includes adaptive solutions for existing homes): Surveys acknowledge that older adults want to reside in their current home or community as they age. Doing so *is* possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages, and life stages.

2) Outdoor Spaces and Buildings: Public places are important for people of all ages to gather—both inside and outdoor. Accessibility becomes key as residents age (elevators, paved park trails, accessible parking, railings along trails).

3) Transportation: Driving shouldn't be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit non-drivers and drivers alike. Options should exist for non-drivers to get transportation to medical appointments.

4) Civic Participation and Employment: An age-friendly community encourages older people to be actively engaged in community

life and has opportunities for residents to work for pay or volunteer their skills.

5) Communication and Information: Age-friendly communities recognize the value of all methods of communication not only technology-based methods. Communication needs to be distributed through various methods—technology, paper, verbally.

6) Respect and Social Inclusion: Regardless of age, everyone wants to feel valued. Intergenerational gatherings and activities are a great way for young and older people to learn from one another.

7) Social Participation: Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combatted by the availability of accessible, affordable and fun social activities.

8) Health Services and Community Supports: At some point, every person of every age gets hurt, becomes ill, or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

Age Friendly Oronoco Area Action Plan Goals Within Our Selected Five Domains

The AFOA Committee reviewed the eight domains suggested by AARP/WHO and, based on the responses from resident and agency surveys, community discussion, and the shared insights of our committee members decided to focus on five domains. They are 1.Community and Health Services 2.Communication and Information 3. Housing (includes adaptive solutions for existing homes) 4. Outdoor Spaces and Buildings 5. Social Participation.

1. Community and Health Services

Oronoco and the surrounding township areas lie within fifteen miles of medical care with the Mayo Clinic, Olmsted Medical Center, and hospitals. We are in an area steeped in medical care; however, transportation to and from those medical facilities provides a barrier to access for some of our elderly residents. Many eldercare agencies rely on volunteers to provide services but lack the volunteer base needed. Residents are unsure of available resources that could provide alternatives to moving out of their present homes.

Assessment findings:

- *while some residents receive help from neighbors or friends, few seek help from agencies
- *according to the survey 93% of residents value staying in their home as they age
- *agencies lack the volunteer base to provide services
- * residents would seek caregiver in-home respite care, non-medical companions
- * no Meals on Wheels (home delivered meals) available in the Oronoco area

Our future hopes.... a community that supports our aging population by providing educational resources for caregivers and family members; transportation opportunities provided through volunteers, agencies or a public transportation system; sharing of information from and to our community by medical providers; keeping our residents healthy in their home environment.

Goals

1. Increase the availability and awareness of Home and Community Based Services (HCBS) for older adults and their caregivers in Oronoco, Oronoco Township and New Haven Township
2. Provide resources that help older adults improve or maintain their health
3. Enhance support for people with dementia and their caregivers

Community and Health Services

Goal 1. Increase availability and awareness of Home and Community Based Services (HCBS)

Key Activity	Potential Partners	Indicators	Completion Dates
1. Hold a community listening event targeting all generations to ascertain unmet needs and fulfillment options	Oronoco Seniors Group, AFOA, Local elected officials and committee members	More than 20 participants Constructive feedback Concerns/solutions noted	Spring 2024

2. Hold a resource fair for residents to gather information and make contacts	PIAHS, Elder Network, Family Service Rochester Age Friendly Olmsted County (AFOC), AFOA, 1st Responders, Churches, VFW, Lions Club, Oronoco History Center, Oronoco Food Shelf	At least 6 agencies participating Connections made	Spring 2024
3. Work with HCBS to enhance promotion of services provided and procure volunteers (once/twice per year)	AFOA, Area agencies, PIAHS, Family Service Rochester, Elder Network, AFOC, Catholic Charities, LSS	Agencies offering more services to AFOA residents	2024, 2025, 2026
4. Invite targeted providers to AFOA meeting(s) to provide Oronoco updates	AFOA Providers	Meeting(s) scheduled and attended	2025 2026

Community and Health Services

Goal 2. Provide resources that help older adults improve or maintain their health

Key Activity	Potential Partners	Indicators	Completion Dates
1. Create and distribute pamphlet showcasing available HCBS	Agencies, AFOA, 1st Responders/Fire Department Oronoco Seniors Group, AFOC	Pamphlet completed and given to residents	2024
2. Seek out solutions to home delivered meals	AFOA, Three Rivers, Family Service Rochester, Local churches	Meals provided regularly to residents in need	2025
3. Home safety equipment checks, i.e. Lock boxes, smoke detectors, carbon monoxide detectors	AFOA, Oronoco 1st Responders and Fire Department, Seniors Group, Pine Island Fire Dept.	10 residents utilizing the services. Lock boxes made available	2024
4. Hold intergenerational educational sessions, i.e. fall prevention, exercise, homecare alternatives, caregiver sessions	AFOA, Seniors Group, Comm. Ed., Area agencies, Medical providers, AFOC	Sessions attended by at least 10 residents	Ongoing
5. Conduct follow-up to residents who expressed interest in volunteering and/or information about AFOA.	AFOA	Volunteers contacted	2024

6. Offer and/or facilitate access to evidence-based programs	AFOA, SEMAAA, Elder Network, Oronoco Seniors Group, PIAHS, Catholic Charities, FSR	Classes offered	2025
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Community and Health Services

Goal 3. Enhance support for people with dementia and their caregivers

Key Activity	Potential Partners	Indicators	Completion Dates
1. Identify and increase resource awareness for people with dementia and their caregivers	Area agencies, Seniors Group Medical providers AFOA, Alzheimer’s Association, AFOC	Connections made between agencies and residents on an ongoing basis	2025
2. Offer a Memory Café experience; meetings specific to dementia	AFOA, SEMAAA, Pine Island Memory Café, HCBS	Monthly opportunity	2025
3. Seek out educational opportunities, i.e. Powerful Tools for Caregivers	AFOA, Elder Network, Catholic Charities	Scheduled annually	2025

II. Communication and Information

Communication is key in ensuring an age-friendly community. Residents need to be informed about what services are available and how to access those services. In a technology-rich culture, other options for delivering information must be considered for those without knowledge or access to technology. Communication is two-fold; while providing information is important so is hearing from our residents.

Assessment findings....

- *while residents receive information via the internet, the majority of respondents prefer paper resources-such as postings at local churches, the Post Office, and City Hall as well as newsletters
- *Oronoco First Responders/Fire Department would value an informational pamphlet to distribute to clients
- *eldercare agencies would attend informational resource fairs
- *medical facilities would value a community informational pamphlet for their patients

Our future hopes.... residents stepped in the knowledge provided in informational pamphlets and shared with medical providers and their peers; a local contact group where available resources are recorded and distributed to our community; ongoing listening sessions where information is shared to and from agencies and our community.

Goal (Communication & Information is included within all domains)

1. Develop and optimize methods of communication
2. Distribute information to residents

Communication and Information

Goal 1. Optimize methods of communication.

Key Activities	Potential Partners	Indicators	Completion Dates
1. Investigate options to receive donations and distribute funds	City of Oronoco, Oronoco Lions Club, 501c(3) requirements	Decision made	2024
2. Create web based AFOA	AFOA, Oronoco, Oronoco Township, New Haven Township	Website created	2025
3. Obtain a P.O. Box at Oronoco Post Office	AFOA, U. S. Post Office in Oronoco	P. O. Box rented and advertised	2024
4. Offer Technical assistance or meetings to overcome Tech insecurity, i.e. Tech Tuesdays	AFOA, Seniors Group, Education organizations, Schools, Elder Network	Resources are available to residents	2025

Communication and Information

Goal 2. Distribute information to residents

Key Activities	Potential Partners	Indicators	Completion Dates
1. Offer City, Township information in all formats-written, email web-based, Include 1 page in Oronoco Newsletter about AFOA	Oronoco, Oronoco Township, New Haven Township City Staff	All methods used based on resident's request	2024
2. Organize a central location/committee to receive/distribute information	AFOA, AFOC	Committee formed	2024
3. Promote availability of AFOC service directory to Oronoco area residents	AFOC AFOA	AFOC directory is available to Oronoco area residents	2024
4. Note: Informational pamphlet and listening sessions discussed in Community and Health Services Domain's goals			

III. Housing (includes adaptive solutions for existing homes)

Housing concerns highlight the main concern of the aging population. Oronoco residents see the value of staying in our community but also know safety becomes an issue as we age. Adaptive solutions such as wheelchair ramps, bathroom grab bar handles, and fall prevention measures allow residents to stay in their homes longer. Options for elderly housing should be available in our community-shared living, mother-in-law apartments, independent and assisted living arrangements. There is value in all ages and planning for the future should reflect that value.

Assessment findings...

- *93% of residents value staying in the community as they age
- *survey responses show a need for minor and major home safety modifications
- *residents see a need for a grocery store, housing and transportation
- *more than 50% of respondents see value in elderly housing options
- *First Responders shared thoughts on the need for fall prevention education

Our future hopes.... a community that has planned for elderly housing options; resources available for existing homeowners to accommodate adaptive solutions for safely remaining in their homes; a decrease in residents’ falls as reported by Oronoco First Responders

Goals

- 1. Advocate and plan for senior housing needs in Oronoco, Oronoco Township and New Haven Township**
- 2. Advocate for and institute home modifications to existing homes making it safer for residents to remain in their existing home environment**

Housing

Goal 1. Advocate and plan for senior housing needs in Oronoco, Oronoco Township and New Haven Township

Key Activities	Potential Partners	Indicators	Completion Dates
1. Hold a listening session/s where area residents can express needs and learn of options	AFOA, Seniors Group, Habitat for Humanity	Listening session/s held and feedback received	2025
2. Meet with elected officials (City, Township and County) to discuss needs	AFOA Oronoco City Council Oronoco and New Haven Township Boards, Olmsted County Commissioners	Meetings scheduled and concerns heard	2025
3. Meet with planning committees to inform them of housing options and residents’ expressed needs i.e.-Accessory	AFOA, Oronoco Planning and Zoning, Oronoco Economic	Zoning updates reflecting needs	2026

Dwelling Units, Townhomes, Group living buildings (assisted living and apartments), one level home construction using universal design principles	Development Authority (EDA), Olmsted County Planning Commissions		
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Housing

Goal 2. Advocate for and institute home modifications to existing homes making it safer for residents to remain in their existing home environment

Key Activities	Potential Partners	Indicators	Completion Dates
1. Offer educational opportunities for residents to learn about home modifications allowing their continued independence in current home	AFOA Seniors Group Home repair agencies, Two Rivers Habitat for Humanity	Residents understanding of home modifications and requesting help (Number of educational events)	2026
2. Volunteers and agencies established to provide home modifications as needed	AFOA Local civic organizations-Lions Club, Habitat for Humanity, etc.	Requests fulfilled as needed	2026

IV. Outdoor Spaces and Buildings

Oronoco is rich in parks and greenspace which helps to make Oronoco different from other communities. In the flood of 2010, the Oronoco Dam was damaged beyond repair and was removed. Now, two branches of the Zumbro River and grass lined walking trails meander through the previous lake bed. Abundant parkland exists with trails throughout the city. However, the trails are not paved and not handicap accessible. The Oronoco Community Center lacks accessibility to the second floor and basement. The Oronoco Food Shelf (housed in the Presbyterian Church) is located in the basement and is not handicapped accessible.

Assessment findings

- *residents acknowledged barriers to the Oronoco History Center, and to meetings held in second and basement floors of the Oronoco Community Building and the Oronoco Food Shelf
- *concerns were shared about the lack of both benches on trails and paved trails
- * respondents voiced a desire to access outdoor activities
- *bathrooms at Oronoco Park are not handicapped accessible

Our future hopes... a community rich in diverse parks and trails available for all to access; a Community Center, park restrooms and Oronoco Food Shelf without physical barriers

Goals

1. Ensure that City parks and trails are inviting and utilized safely by older adults
2. Evaluate and find solutions to providing barrier free access to public buildings

Outdoor Spaces and Buildings

Goal 1. Ensure that City parks and trails are inviting and utilized safely by older adults

Key Activities	Potential Partners	Indicators	Completion Dates
1. Work with seniors and other ages to evaluate park and trails needs (see feedback on 2022 survey regarding requested activities)	AFOA Seniors Group Oronoco Parks Committee, AARP	Meeting scheduled and concerns noted	2025
2. Identify neighborhood parks and trails suited for age-friendly adaptations, i.e. paved trails, benches, bike trails/lanes, accessible bathrooms, access to drinking water, proper lighting	AFOA Oronoco Parks Committee Seniors Group, AARP	Park audit(s) completed and findings presented to Oronoco City Council	2025
3. Incorporate all findings into proposal for updates to Oronoco Planning and Zoning codes and ordinances Inform Oronoco Parks Committee on the residents' concern and the findings	AFOA Oronoco Parks Committee Oronoco Planning and Zoning Committee	Updated codes and ordinances, Parks Committee informed of concerns	2026
4. Encourage usage of parks by creating an informational resource to residents	Oronoco Parks Committee, Seniors Group, T-Ball Group	Brochure available	2025

Outdoor Spaces and Buildings

Goal 2. Evaluate and find solutions to providing barrier free access to public buildings

Key Activities	Potential Partners	Indicators	Completion Dates
1. Work with Oronoco Food Shelf to provide a barrier free access option, i.e. Elevator (grant), alternative location, Virtual Shopping (Ipad)	AFOA Oronoco Food Shelf Local churches	Plan in place for improvements	2026
2. Provide a barrier free option in the Oronoco Community Center (upstairs History Center), downstairs (meeting rooms)	AFOA Oronoco City Council	Building access improvement made Grants or funding in place	2026

3. Create an informational flyer about barrier free access to buildings/distribute to local businesses	AFOA Oronoco Planning and Zoning Committee	Flyer created/distributed	2026
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V. Social Participation

A healthy community thrives on social interaction. Oronoco and the surrounding townships have a mix of smaller lot developments and one-to-five-acre lot size developments. Visiting with neighbors and community members can be challenging in large lot communities and those concerns should be addressed. The Oronoco Seniors Group exists but has limited members which can be challenging; however, the Group could be a great resource for socialization.

Assessment finding

- * according to the survey, residents favored fun and educational meetings
- * the CDC finds loneliness and isolation as debilitating and unhealthy as smoking
- * the agency survey noted friendly visits as one of their services

Our future hopes.... inter-generational gatherings providing social activities for all ages. A Community active with informational and fun presentations.

Goal

1. Expand opportunities for all generations of Oronoco area residents to connect with each other for socialization

Social Participation

Goal 1. Expand opportunities for all generations of Oronoco area residents to connect with others for socialization

Key Actions	Potential Partners	Indicators	Completion Dates
1. Expand the Oronoco Seniors Group membership and social activities/presentations, i.e, Aging Mastery, Evidence based classes, LIFE	Oronoco Seniors Grp. AFOA Speakers (from varied groups/organizations) HCBS providers, LIFE	Increase and sustain membership Number of new community events offered	2024 2025 2026
2. Investigate interest in virtual classes, social participation with others (Zoom)	AFOA Oronoco Seniors Grp. Tech support agencies "younger generations" for tech support, SEMAAA	Interest level determined and reported Virtual classes offered	2026
3. Organize a neighborhood system working with all generations to provide support, i.e.- Walk About Wednesday,	AFOA, Lions Club, Local Churches	Number of new services offered 5 residents being helped	2025

Telephone Thursdays, Tech Tuesdays		Feedback received	
4. Note: Informational pamphlet and listening sessions discussed in Community and Health Services Domain's goals			

Action Plan Goals for 2024 by Domain

Community and Health Services

Goal 1. Increase availability and awareness of Home and Community Based Services (HCBS)

Key Activity	Completion Dates
1. Hold a community listening event targeting all generations to ascertain unmet needs and fulfillment options	Spring 2024
2. Hold a resource fair for residents to gather information and make contacts	Spring 2024
3. Work with HCBS to enhance promotion of services provided and procure volunteers (once/twice per year)	2024, 2025, 2026

Community and Health Services

Goal 2. Provide resources that help older adults improve or maintain their health

Key Activity	Completion Dates
1. Create and distribute pamphlet showcasing available HCBS	2024
2. Home safety equipment checks, i.e. Lock boxes, smoke detectors, carbon monoxide detectors	2024
3. Hold intergenerational educational meetings, i.e. fall prevention, exercise, homecare alternatives, caregiver sessions	Ongoing
4. Contact residents who expressed interest in volunteering and information about AFOA and ask how they want to volunteer and explain AFOA	2024

Communication and Information

Goal 1. Optimize methods of communication

Key Activities	Completion Dates
1. Investigate options to receive donations and distribute funds	2024
2. Obtain a P.O. Box at Oronoco Post Office	2024

Communication and Information

Goal 2. Distribute information to residents

Key Activities	Completion Dates
1. Offer City, Township information in all formats-written, email web-based, Include 1 page in Oronoco Newsletter about AFOA	2024
4. Organize a central location/committee to receive/distribute information	2024
5. Promote availability of AFOC service directory to Oronoco area residents	2024
6. Note: Informational pamphlet and listening sessions discussed in Community and Health Services Domain's goals	

Social Participation

Goal 1. Expand opportunities for all generations of Oronoco area residents to connect with others for socialization

Key Actions	Completion Dates
1. Expand the Oronoco Seniors Group membership and social activities/presentations, i.e, Aging Mastery, Evidence based classes, LIFE	2024 2025 2026
Note: Informational pamphlet and listening sessions discussed in Community and Health Services Domain's goals	

Note: Housing and Outdoor Spaces Domains do not have any 2024 activities currently listed. However, the AFOA Committee may adjust the timeline as other activities are completed.