

Norman Forward Senior Wellness Center
Ad Hoc Advisory Group and Public Meeting
September 21, 2023

The Norman Forward Senior Wellness Center Ad Hoc Advisory Group of the City of Norman, Cleveland County, State of Oklahoma, met on the 21st day of September, 2023 at 4:04 p.m., and notice and agenda of the meeting were posted at 225 North Webster, 24 hours prior to the beginning of the meeting.

CALL TO ORDER AND ROLL CALL

Present: Vice-Chairperson Vaughn and Members Bonner and Jewell and Ex-Officio Davison

Absent: Chairperson Hobson, and Ex-Officios Ross and Sheriff

Tardy: Member Terry

Staff Present: Jason Olsen, Director of Parks and Recreation,
Karla Sitton, Administrative Technician IV

Others Present: Claire Dowers-Nichols, Healthy Living,
Katherine Leidy, AWE Branch Manager and
Judy Mason, AWE Program Manager

ITEM 1, being:

APPROVAL OF THE MINUTES FROM THE AUGUST 18, 2023 MEETING MINUTES

Member Jewell made the motion seconded by Vice-Chairperson Vaughn to approve the Minutes. The vote was taken with the following results:

YEAH: Vice-Chairperson Vaughn and Members Bonner and Jewell

NAY: None

ITEM 2, being:

OPERATOR UPDATE

Ms. Katherine Leidy, Adult Wellness and Education (AWE) Branch Manager presented the update and highlighted the recent AWE activity. She introduced Judy Mason, AWE Program Manager and said the Office Manager and front desk positions have been posted and conversations regarding facility instructors are in progress.

Ms. Leidy said the membership fees are \$35 for individuals per month; adult (same household) couples are \$60 per month; there will not be any enrollment fees and/or signed contracts and month-to-month memberships will be available. She said both Renew Active (United Healthcare/Optum) and Silver Sneakers have confirmed they will except AWE memberships on their insurance plans. Member Jewell asked about the insurance plans and Ms. Claire Dowers-Nichols said for members who have one of the programs, their monthly membership will be covered. She said AWE will keep record of each member and their visit(s) and in turn Silver Sneakers and/or Renew Active will reimburse AWE per member/per visit up to \$21 per month and \$30 respectively. Ms. Leidy said there will be a sliding scale based on Federal Poverty Guidelines stating a local group is raising funds to assist those in need. Mr. Art Chapman, concerned citizen, said the federal poverty guidelines will be updated in February 2024, and Ms. Dowers-Nichols said the AWE will use the 2023 guidelines through the end of 2024.

Member Terry arrived to the meeting at 4:25 p.m.

Ms. Leidy said the AWE website is live and offers the capability for member(s) to sign-up. She said membership forms are also available at the current senior center and at the Parks and Recreation Department. Ms. Leidy said Healthy Living Norman brochures have been printed and distributed at various places in Norman and the Healthy Living Norman Facebook page continues to provide program updates.

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Ms. Leidy said fundraising opportunities include corporate sponsors (community sponsors) and founding members (three-year membership paid upfront for \$1,000). She said founding members will be acknowledged on a donor wall at the AWE; will receive invitations to the VIP Opening event, as well as invitations to other special VIP events. She said Rayford and Candice Young donated and designated \$10,000 to be used to pay a one-year AWE membership to the *current* senior center members (those who frequent the current senior center). She said Chickasaw Nation has also given \$100,000 to assist their members with AWE membership fees and Healthy Living Norman continues to explore grant opportunities.

The AWE hours of operation are confirmed and will be:

- Monday – Thursday 6:30 a.m. to 8:00 p.m.
- Friday 6:30 a.m. to 7:00 p.m.
- Saturday 8:00 a.m. to 4:00 p.m.
- Sunday – closed

Ms. Leidy said Patti Simmons and Drew Simmons, AWE Fitness Coordinators, are developing a group fitness schedule and recruiting personal trainers. She said she is currently scheduling dates with Oklahoma Insurance Department, Norman Regional, and Osher Lifelong Learning Institute (OLLI) to give educational presentations at the AWE. Ms. Leidy said plans to conduct survey polls via social media will be done in the coming weeks and hard copies of the survey will be available at the current senior center as well as the Parks and Recreation Department.

Staff said the opening dates for the AWE are as follows:

- ❖ VIP Preview Party will be the evening of November 9, 2023 and include Founding Members and Ad Hoc Members.
- ❖ Ribbon-Cutting will be on November 13, 2023 at 11:00 a.m. and include food trucks, demonstrations throughout building and facility tours.

Ms. Dowers-Nichols said the Norman Forward art piece should be installed by late October or early November and an art dedication will be scheduled afterwards.

ITEM 3, being:

PROJECT UPDATE AND FACILITY TOUR

Mr. Jason Olsen, Director of Parks and Recreation, said he will give a project update during the facility tour and invited those in attendance to stay for a tour of the facility.

MISCELLANEOUS DISCUSSION

The Ad Hoc Group discussed and scheduled the next meeting on October 26, 2023 at 4:00 p.m. at the Adult Wellness and Education Center (AWE).

ADJOURNMENT

Member Jewell made the motion seconded by Member Terry to adjourn. The vote was taken with the following results:

YEAH: Vice-Chairperson Vaughn and Members Bonner, Jewell and Terry
 NAY: None

Passed and approved this 26th of October 2023

Gale Hobson
 Gale Hobson, Chairperson