



## PARK AND RECREATION ADVISORY BOARD

### MINUTES

September 16, 2015

Co-Chair Nancy Gronowski called the meeting to order at 6:00 p.m. Palisades Oswego Room

**Present:** Co-Chair Scott Bullard, Co-Chair Nancy Gronowski, Bill Gordon, Dave Barra, Mark Hoyt, Chris Stewart, Mayor Kent Studebaker and Kristen Gottlieb-alternate.

**Absent:** Ryan Hubbard

**Staff:** Ivan Anderholm, Parks & Recreation Director, Jan Wirtz, Parks & Recreation Superintendent and Dina Balogh, Parks & Recreation Administrative Support.

**Guests:** Ann Adrian, Adult Community Center Manager  
Ron Mathews, 50+ Board Member

### APPROVAL OF MINUTES

The Park and Recreation Advisory Board (PRAB) reviewed and approved the minutes from July 15, 2015.

### CITIZEN COMMENT

None

### REGULAR BUSINESS

#### **Aging Mastery Report**

Ann Adrian, Adult Community Center Manager.

Ann presented and introduced the Aging Mastery Program by the National Council on Aging to PRAB. There are 11,000 centers in the US, and the Lake Oswego Adult Community Center (LOACC) was one selected to compete for eight grants through the National Council on Aging (NCoA), and was successful. Two staff attended training in Denver along with seven other centers. The grant funds one year of the Aging Mastery Program, an innovative 10 week series designed to assist boomers and seniors navigate aging successfully. Built on the pillars of actionable goals, sustainable behaviors, clear incentives, and peer support, this self-paced program enables participants to create their own personal pathways for aging well.

The Adult Community Center was selected by the National Council on Aging to conduct an innovative, beacon project for the west coast expansion of the Aging Mastery Program. One of just eight centers selected in the US, the inaugural series started September 2 through November 14.

In this brand new educational program, participants take core and elective courses that combine evidence-informed materials, expert speakers, and group discussion, levels of mastery and achievement, and small rewards. All of the courses are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society. And most importantly, it is fun!

Boomers and seniors alike discover an approach to living that celebrates the gift of longevity. The

program seeks to address the increase in life expectancy that has occurred over the past 50 years – “bonus years” that few people plan for. A combination of goal-setting, daily practices, and peer support help participants make meaningful changes in their lives, aligning with the goal of self-sufficiency and meaningful change

The Aging Mastery Program (AMP) aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. AMP includes: Courses, Activities and Clubs, Rewards and Incentives, Implementation and Evaluation Materials and Online Administration Tools.

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- Aging Mastery Program YouTube video <https://www.youtube.com/watch?v=vkghbhs1b90>

### **Friends of Hallinan Heights, Friends Group Application**

Ivan Anderholm, Director of Parks & Recreation

Ivan presented for discussion and Recommendation to Council the application and 5 year work plan for review. Staff has worked closely with the forming members of the FOHH and recommends that PRAB recommend formations of the Friends of Hallinan Heights to City Council.

Activities Interested in pursuing on this property:

- Hallinan Woods: Monitor and remove invasive species, Plant native species, Improve paths, bridges and Hallinan Creek corridor, Remove trash, Replace Hallinan Creek culverts with bridges, Place signage kiosk at main entrances, Work with neighbors whose property is adjacent to the woods to remove invasive species, Partner with other groups, i.e., schools, scouts, etc., Educate HHNA members and Hallinan School teachers and students.
- Freepons Park Woods: Remove English Ivy from all trees, Remove other invasive species (laurel, holly, poison oak), Determine paths, Remove trash, Plant native species and Place signage kiosk at main entrances, Work with neighbors whose property is adjacent to the woods to remove invasive species, Partner with other groups, i.e., schools, scouts, etc., Educate HHNA members and Hallinan School teachers and students.
- Cornell Corridor of Trees: Assess property for needed improvements.

### **Friends of Lilly Bay, Friends Group Applications**

Ivan Anderholm, Director of Parks & Recreation

Ivan presented for discussion and Recommendation to Council the application and 5 year work plan for review. Staff has worked closely with the forming members of the FOLB and recommends that PRAB recommend formations of the Friends of Lilly Bay to City Council.

Activities interested in pursuing on this property:

- Rid the natural areas of invasive species and remove trash in park natural spaces.

**Ivan asked for PRAB’s approval of the Friends Group applications for Friends of Hallinan Heights and Friends of Lilly Bay and recommendation formation to City Council. Bill Gordon made a motion to approve the recommendation. Chris Stewart seconded the motion. The motion unanimously passed.**

### **Information and update from Board Members and Staff**

Lake Oswego Recreation overview "Deep Dive" Expenditure and Revenue 2014 – 2015 Actuals. Target revenue performance indicator for Parks and Recreation was 95%. Good trend for Parks and Recreation. The department strives to increase the recovery rate. In-depth discussion in November 2015 or December 2015.

- Habitat enhancement fund. Finalizing report for first year use of HEF dollars. Next PRAB meeting will present where Habitat enhancement activities were. Will give a short presentation to City Council talking about 2014 - 15 and what was accomplished with the Habitat Enhancement fund. Two of three programs highly successful. 45,000 plants planted on city property. Accelerated rate of invasive plant removal. Two successful and continuing projects with the two Watershed Councils on properties adjacent to stream resources. Accomplished enhancement work at seven different park locations. With the help of contractors, staff, the Stewardship coordinator and friends groups a tremendous compounding of habitat enhancement work was accomplished. Goats were used at the Brock property for blackberry removal. Very successful. They were there for two weeks and cleared the property. Moving into 2015 -16 in planning for the Habitat Enhancement fund included in the parks maintenance budget, department notified by Metro that a grant was awarded of the Major Neighborhoods Grant. The grant of \$45,000 will be added specifically to the Bryant Woods wetlands restoration.
- Rewriting Parks Rules, regulations and policies. Comprehensive update of parks rules regulations and policies which will include Parks and Recreation parks authorities.
- Master Fees – Annually PRAB takes a look at Master Fees prior to City Council approval. Master Fees will include an explanation of how Parks and Recreation will systematically increase program fees. Will be upfront with the public regarding cost of programs and increases.
- Palisades Public open house September 23. Tour and refreshments.
- Review PRAB goals. Staff update regarding 2015 PRAB goals at October Meeting.
- Iron Mountain project is on schedule. Involving Neighborhood associations and Friends groups connected to Iron Mountain.

#### **Action:**

- **Propose to invite friends groups to future PRAB meetings.**

#### **ADJOURNMENT**

**The next scheduled meeting will be October 21 at Palisades (PAL), 1500 Greentree Road.**

Co-Chair Scott Bullard adjourned the meeting at approximately 7:12 p.m.

Prepared by, Dina Balogh, Administrative Support