

How Age Friendly is Maumee, OH?

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ABSTRACT

•The number of people that are in the population of those 65 and older is increasing more and more each year. This raises the concern of these individuals having an age-friendly community accessible to them. According to the World Health Organization, to be considered an age friendly community, the community must have housing that is accessible and affordable, outdoor spaces that are pleasant and clean, offer transportation that is suitable for someone that is a senior citizen, a social environment that allows older adults to socialize and avoid isolation, offer community support to ensure the older adults feel supported, and health and wellness services. It is crucial that communities be age friendly so the older population that reside there can age as successfully and comfortably. In this study, I will be looking at my own community of Maumee, Ohio to see if it qualifies as being an age-friendly community.

HOUSING

Maumee, OH is not a large city and currently only has one option of housing for strictly senior living. The establishment itself is very nice and offers all sorts of varieties of senior living. The Lakes of Monclova offers full time memory care living, assisted living apartment and independent living villas. Within each of the housing options, there is a variety of service options that include assistance with everyday tasks, laundry services, meal plans, transportation to personal appointments, trash services, 24-hour emergency maintenance, travel to community planned outings and even move-in serves. All of these options are designed to feel very at home and even allow pets for those living in the independent villas or assisted living apartments. The whole establishment is conveniently located close to a few of the beautiful Metroparks in Maumee and also has walking trails on campus with its own private putting greens and many outdoor community areas

OUTDOOR SPACES/ENVIRONMENT

Maumee is a very beautiful small city that has many wonderful outdoor areas for people of all ages to enjoy. There are a few different Metroparks including one of the most popular ones in Maumee, Sidecut. It has very well-maintained walking trails that run along side of the Maumee River. It also has plenty of benches and sitting areas in the park and along the trails so you can take a rest anytime along your walk. The Lakes of Monclova facility also offers many outdoor spaces including an area for residents to grill and enjoy strolls around the community. The senior center in Maumee has a garden for senior citizens and other members of the community to come work on and enjoy together.

TRANSPORTATION

Maumee has a couple different transportation options for senior citizens. First, the senior center offers transportation for the community's seniors. They prefer to receive a 48-hour notice so they can have a predictable schedule, and all they ask is a minimal donation for the service. Maumee is also serviced by TARTA. TARTA has stops located around Maumee and currently has waived fees due to the pandemic. The busses are also handicap accessible. TARTA also offers a call-a-ride service. All that is required is scheduling your trip 24 hours in advance. Again, all fees are waived until further notice.

SOCIAL ENVIRONMENT

The senior center in Maumee does a great job of offering many social opportunities for senior citizens in the community. They have different game nights including euchre, bridge, bingo and mahjong. They offer exercise classes like cardio drumming, chair yoga, tai-chi and several line dancing classes. They also offer several art classes such as watercolor painting, oil/acrylic painting and drawing. They even have a choir to participate in. As mentioned earlier in the outdoor space/environment section, there is a garden. They enjoy planning events for the community to attend, such as holiday parties and regular outings, including overnight trips.

COMMUNITY SUPPORT

The senior center provides many volunteer opportunities so anyone in the community can offer support to the senior citizens that live in Maumee. Some of the volunteer options that are available are being a part of the speaker's bureau, serving and cooking meals and helping in the garden. The events that they also hold that are open to the community also allow members of the community come and socialize and show support.

HEALTH AND WELLNESS SERVICES

There are many different health and wellness services that are offered in Maumee. There is a local dentist, chiropractor, labs to get blood work done and even a hospital. In collaboration with the local hospital St. Luke's, the senior center provides bi-weekly health checks for blood pressure, height, weight, and health consultations. They also offer periodic screening for vision, hearing, cholesterol, bone density. They also are a location for flu shots. Besides health services, they also offer daily lunches for seniors, assistance equipment rental for a minimal donation, have a home maintenance program so senior citizens can have volunteers come and do household chores they may need help with or provide home maintenance.

CONCLUSION

I believe that Maumee, OH does in fact qualify as an age friendly community because it fits all the criteria of an age friendly community provided by the World Health Organization. It is a smaller city that is safe and clean that also has a very nice housing option if you are a senior citizen with a new one in the process of being built, reliable transportation options, nice outdoor spaces, plenty of community involvement and support, offers a place for plenty of socialization opportunities and has plentiful health and wellness services.

REFERENCES

Jeste, D. V., Blazer, D. G., Buckwalker, K. C., Cassidy, K. K., Fishman, L., Gwyther, L. P., . . . Feather, J. (2016). Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging. *Am J Geriatr Psychiatry*.
**More references available upon request