

# Newark, Ohio: How Age-Friendly Is My Community



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## ABSTRACT

An issue that many will deal with as they age is having access to age-friendly communities. Finding an area where all needs are met is difficult, especially the older someone becomes. Age-friendly communities are necessary to allow older residents to feel secure, maintain good health, and be included. Age-friendly communities consist of proper housing, outdoor spaces, transportation, social environment, community support, and health and wellness services, pertaining to the elder community. It is imperative that cities consider the elder population in their city, in order to aid in their physical and mental well-being. The purpose of this study is to look at my hometown, Newark, Ohio. I will examine if Newark is qualified as an age-friendly community and if it is helpful in improving the quality of life of their older residents.

## HOUSING

### **Northtowne Senior Living Community:**

Single story apartments that are designed for those 55 years or older, wishing to live independently. This community is in walking distance to grocery stores, retail, and restaurants, and about a 15-minute drive to Licking Memorial Hospital (LMH). Meals and housekeeping are available for a fee, on top of the starting monthly rent of \$1900. Lawn care, snow removal, transportation, and events are included, and pets are welcome.

### **Sanctuary Senior Living of Newark:**

Independent and catered living is offered, along with the option of 1 or 2 beds with 1 bath. The range per month is \$715 - \$1990, depending on occupancy. Grocery stores, restaurants, and retail in walking distance, and a 10-minute drive to LMH. Exercise programs, social and recreational activities offered.

Approximately 10–15 nursing homes and assisted living facilities available in Newark, Ohio.

## TRANSPORTATION

**Licking County Transit:** Available to all Licking County residents. Offers call ahead and same day services, fees for both. Wheelchair, cane, and service animal accessible.

**Licking County Aging Program (LCAP)- Medical Transports:** Available to seniors for medical, dental, and vision appointments. Vans are equipped for wheelchair lifts. Fee ranges from \$2 - \$5 for scheduled, one-way trips.

**Catholic Social Services:** Free transportation to non-emergency medical appointments for senior citizens and veterans in Licking County. Schedule at least 72 hours before appointment. Vehicles are wheelchair accessible.

## OUTDOOR AND BUILT ENVIRONMENT

**Outdoor Fitness Park:** Free fitness venue, available to citizens of all ages and those with mobility limitations. Equipment is wheelchair accessible and provides instructions for older adult usage. Located next to Ohio State University- Newark Branch and Rotary Park. Small bike path circling the park and campus.

**T.J. Evans Panhandle Trail:** Bike path that is 9.8 miles long. Used for walking, bikes, and wheelchair accessible. No benches or rest areas.

There are many restaurants and stores, as well as, a library, post office, banks, etc. available in close distance.

Other bike trails and outdoor spaces.

## COMMUNITY SUPPORT

**Heritage Hall Senior Center:** Hosts many clubs including; breakfast clubs, card clubs, fishing clubs, music clubs, and sewing clubs. Lessons are also held here, including; art lessons, dancing lessons, and exercise classes.

**East Central Technology Users Club:** Partnered with LCAP to provide a variety of computer classes for senior citizens.

**Program60:** Ohio State University- Newark Branch, offers Ohio residents, aged 60 years or older, the opportunity to a tuition free learning opportunity. They are not required to purchase any books or complete assignments, only learn for fun.

The Licking County Aging Program offers volunteer opportunities to older adults.

## SOCIAL ENVIRONMENT

**Licking County Aging Program:** Provides nutrition, transportation, home services, community outreach, and vision services to seniors in Licking County. Facility and activities based in Newark.

**Kendal At Granville- Intergenerational Connections:** Residents of this retirement community can spend time, work, or volunteer with those of any age. Schools and youth groups visit and participate in events at the community. Based in Granville, Ohio, about 15-20 minutes from Newark.

**Catholic Social Services- Foster Grandparent:** Older adults, 55 or older, tutor children that need support academically, socially, and emotionally. Older adults are paid \$2.65 per hour, \$0.35 for every mile they travel, and receive \$3 a day for their meals. Based in Columbus, Ohio, about 45 to 60 minutes from Newark.

## HEALTH AND WELLNESS

**Licking Memorial Health Systems:** Hospital located in Newark, Ohio. Wide variety of services. Offers Home Health Services.

**Medical and Surgical Associates (MSA) Family Medicine:** Two geriatricians available in Newark, minutes from LMH.

**Meals on Wheels:** Provided by Licking County Aging Program. Delivered to qualified seniors in their homes. Also served at 8 dining centers throughout Newark Ohio.

Transportation available for medical appointments.

Wellness centers, nursing homes, and urgent cares available.

## CONCLUSION

After researching about age-friendly communities, I feel that Newark, Ohio meets a majority of the requirements. Improvement could take place in social environment. Although a few options are available, two of which I mentioned, are not located directly in Newark. I feel that more intergenerational activities should take place in my community. Overall, Newark, Ohio is heading in the right direction with affordable and accessible housing, reliable transportation, safe outdoor environments, an encouraging community, a respectful social environment, and accessible care.

## REFERENCES

Jeste, D. V., Blazer, D. G., Buckwalter, K. C., Cassidy, K.-L. K., Fishman, L., Guyther, L. P., . . . Fether, J. (2016). Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging. *American Association for Geriatric Psychiatry*, 1158-1170.  
Other references available upon request.