



# How Age Friendly Is My Community of Kalida, Ohio?

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## ABSTRACT

This poster explores the importance of Kalida, Ohio becoming an Age Friendly Community (AFC). Age Friendly Communities are important for understanding how the older population is growing and to learn ways to accommodate for their needs. This comparative research analysis poster will look at the village of Kalida and analyze the pros and cons of how it could be an Age Friendly Community. This includes housing options, transportation needs, outdoor and recreational spaces, healthcare availability and community support for the elderly. After analysis, this poster will suggest the possibilities that will identify Kalida as an age friendly community or not.

## OUTDOOR SPACES & BUILT ENVIROMENT

### Kalida Park System:

- Kalida Four Seasons has paved sidewalks that the elderly can walk on, and quiet, well-kept areas with shady trees. It also has big swings that would be safe for elderly people to swing on. There is a pavilion at this park where bands can come and perform. Picnic tables and benches are available for the elderly to sit and watch the shows that do happen there. Christmas in the Kalida is held at this park and there are many activities that the elderly can take part in at this event.
- Froggy Park would not be an age friendly place for the elderly to go because it is mostly stone pathways. The playground equipment is not accessible and safe for the elderly to be on, but the young children enjoy this park.

## COMMUNITY SUPPORT

### Kalida Local Schools

- This is a great place for the elderly to get involved. In the elementary school, there is a need for volunteers or part time shifts to come in and help the kids learn how to read, count or learn a new skill that the teacher is working on the kids with.

## HOUSING

### The Meadows of Kalida Long Term Care Facility

- Accessible: Very accessible for walkers and wheelchairs to get around.
- Affordable: Pricing for this specific facility is not readily available. The median rate for long term care nursing home facilities in Ohio is \$225 per day \$6,844 per month for a semi-private room. \$253 per day, \$7,698 per month for a private room.
- Access to Transportation: There is a transportation bus available that will take the residents to their appointments. They also take residents on small field trips every week.
- Access to Healthcare: Nurses, aides, and therapists are on staff to help the residents with their healthcare needs.
- Family Interactions: This facility is welcoming to the family members and friends of the residents. They are welcome to come any time of the day.

### The Meadows of Kalida Assisted Living Facility

- Accessible: Very accessible for walkers and wheelchairs to get around.
- Affordable: Pricing for this specific facility is not readily available. The median rate for assisted living facilities in Ohio is \$1,385 and \$9,780 per month and on average \$47,646 yearly.
- Access to Transportation: There is a transportation bus available that will take the residents to their appointments. They also take residents on small field trips every week.
- Access to Healthcare: Nurses, aides, and therapists are on staff to help the residents with their healthcare needs.
- Family interactions: This facility is welcoming to family members and friends of the residents. They are welcome to come any time of the day.

### Putnam County Council On Aging

- Availability: The Putnam County Council on Aging is available to people 60 years old and older. It is not located in Kalida, but instead, a neighboring town. They can transport elderly people to neighboring counties for medical appointments and, also to the grocery store, pharmacy, beauty parlor, or other essential errands that the older person may need to run. The transportation vehicle that they use is accessible to people in wheelchairs which allows for safety and comfort for the elderly. The drivers are trained to assist the elderly into and out of the vehicle for their safety
- Affordability: Access to cost for this service is not readily available.
- Reliability: This is a very reliable transportation resource for the elderly because they can count on this service to pick them up any time they want.
- Frequency: Hours of operation are 8am - 4:30pm Monday through Friday.

## TRANSPORTATION

## SOCIAL ENVIRONMENT

### St. Michael's Catholic Church

- Availability: St. Michaels is always open for the public to come and pray to the Lord. There are many different retreats available for adults of all ages to come and grow closer to the Lord and to get to know the other community members better, as well.
- Accessibility: The church is open 24/7 and is accessible to people at any time of the day. The retreats are held about every other month.

### Lock Sixteen Food Catering

- Availability: This service is available to anyone who is interested in getting meals delivered to them.
- Accessibility: It is accessible to anyone because the meals are delivered to wherever the elderly may be. It is also important to know that the meals are made with nutritional ingredients and they are low in sugar, fat, and sodium.
- Affordability: Each meal is \$6.75

### Putnam County Council on Aging

- The closest council on aging near Kalida is located about 15 minutes away. They offer many different types of services for the elderly such as Transportation, Chore Assistance, Outreach, Caregiver Library, Telephone Reassurance, Information and Referral as well as Matter of Balance and Healthy U Diabetes.
- The negative about it is it takes time to get to the elderly and there is not one readily available in Kalida.

## HEALTH & WELLNESS SERVICES

### Kalida Medical Arts

- Kalida Medical Arts is the doctor's office in Kalida. It is in the middle of town, so it is accessible to everyone.

### Miller's Pharmacy

- Millers Pharmacy is the pharmacy in Kalida. It is right next to the doctor's office, so people can pick up their prescriptions with ease.

### Mercy Health St. Rita's Medical Center

- This is the nearest hospital to the town; it is approximately 30 minutes away located in the next county over: Lima, Ohio located in Allen County.

### O-G Family and General Dentistry

- There is no dentist located in Kalida However, there is one approximately 15 minutes away and located in Ottawa-Glandorf.

### Kalida Market

- This is the grocery store located in Kalida. It is accessible to everyone because it is in the middle of town. This store does not offer grocery store delivery, but they do assist you with carrying your groceries out to your car.

## CONCLUSION

- Overall, I think that although Kalida has many areas where they excel on the criteria for an age friendly community, however, there is room for improvement.
- Based on ethical principles, I do believe that Kalida hits the mark for age-friendliness.
- Kalida could develop a transportation source in their own community and input a dentistry in the community so it would be accessible to the elderly making it more age-friendly.
- In order to provide more services to my community, I would need to contact the mayor of Kalida and see what can be done.

## REFERENCES

Jested, D. V., Blazer, D. G., II, Buckwalter, K. C., Cassidy, K. K., Fishman, L., Wither, L. P., . . . Feather, J. (2016). Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging. *The American Journal of Geriatric Psychiatry*, 24 (12), 1158-1170. doi:10.1016/J.JAGP.2016.07.021