

## **CREATING A HEALTHY COMMUNITY**

Tom Jensen, the Director of The Center for senior citizens in Council Bluffs, spoke to Club members about the many services offered to Pott. County residents over age 50. Jensen stated that Iowa has a higher proportion of seniors over age 65 than the rest of the U.S. and Iowa has the greatest proportion of seniors over 85 compared to all other states. Jensen explained there are 20,000 potential members of The Center in Pott. County and 1500 have become members. In the new \$4.5 million facility on South Main in Council Bluffs there are many resources to promote healthy and happy lives for seniors. Jensen explained the facility is multipurpose and has a heated indoor pool, a fitness studio, a massage studio, exercise equipment, indoor recreational equipment, class rooms, a kitchen, and an auditorium. A professional staff and volunteers supervise participants of the many activities. Jensen said The Center is unique in the blend of activities and services provided. He is looking for similar facilities in the U.S. to study their programs, but hasn't found one like it. The Center is approaching its designed membership capacity, Jensen stated. He is considering ideas to expand some services to other communities. One idea is The Center staff could supervise activities in local community centers where more participation is expected. Transporting seniors to The Center is a very expensive service that is not offered at present, Jensen noted.