

MINUTES OF THE SPECIAL MEETING OF THE AMES CITY COUNCIL

AMES, IOWA

NOVEMBER 1, 2016

The Ames City Council met in special session at 6:30 p.m. on the 1st day of November, 2016, in the Community Room of the Ames Bethesda Lutheran Church, 1517 Northwestern Avenue, pursuant to law. Mayor Ann Campbell called the Meeting to order on behalf of the Ames City Council. Chairperson Sarah Buck called the meeting to order on behalf of the Mary Greeley Medical Center (Hospital) Board of Trustees. Chairperson Rick Sanders called the meeting to order on behalf of the Story County Board of Supervisors. In addition to Mayor Campbell, the following Council members were present: Bronwyn Beatty-Hansen, Gloria Betcher, Amber Corrieri, Tim Gartin, Chris Nelson, and Peter Orazem. *Ex officio* Member Sam Schulte was also present. Representing the Hospital Board of Trustees, in addition to Chairperson Buck, were Louis Banitt, Ken McCuskey, and Mary Kitchell. In addition to Chairperson Sanders, Story County Supervisor Wayne Clinton attended.

PRESENTATION OF HEALTHY LIFE CENTER CONCEPT: Facilitator Donna Gilligan stated that the purpose of this meeting was to have open conversation about the concept of a Healthy Life Center. No decisions will be made at this meeting. If the conversation is supported by the organizations represented, a more extension process will begin to engage the public.

Ms. Gilligan said that in February 2016, a group of people sanctioned by their boards came together to start a conversation about a Healthy Life Center concept. The following organizations participated in those dialogues: City of Ames City Council, Ames Parks and Recreation, Des Moines Area Community College, Heartland Senior Services, Iowa State University, Mary Greeley Medical Center, and Story County Supervisors, and their representatives were seated around the tables at this meeting. Invited to participate in tonight's discussion were the following:

Ames Parks and Recreation:

Keith Abraham, Department Director
Melissa Rowan, Parks and Recreation Commission Member
Sarah Litwiller, Parks and Recreation Commission Member
Allen Bierbaum, Parks and Recreation Commission Member
Ed Moran, Parks and Recreation Commission Member
Vikki Feilmeyer, Parks and Recreation Commission Member
Julie Johnston, Parks and Recreation Commission Member
Jason Schaben, Parks and Recreation Commission Member

Heartland Senior Services:

Nancy Carroll, Director
Bret Pugh, Board Member
Linda Glantz Ward, Board Member
Karen Petersen, Board Member
Matt Wenger, Board Member
Harold Pike, Board Member
Paula Toms, Board Member
Bob Gelina, Board Member
Nicole Facio, Board Member
Winnie Gleason, Board Member
Jane Halliburton, Board Member
Peter Martin, Board Member

Iowa State University:

Kate Gregory
Laura Jolly
Miles Lackey
Jonathan Wickert

Des Moines Area Community College:

Kim Linduska

According to Ms. Gilligan, the groups had determined that their purpose would be to provide a one-of-a-kind Center that makes the life-long goal of healthy living accessible and enjoyable to people of all ages and socio-economic status. She reviewed the critical elements that had been driving the group and the work that had been done so far. The group has been meeting on a monthly-plus basis.

The desired outcomes for this meeting were stated by Ms. Gilligan as follows:

1. Increased understanding of the need for the Healthy Life Center
2. A common vocabulary for expressing the need and concept to others
3. Continued and/or increased support from the collaboration partners for the Healthy Life Center
4. Support for a Feasibility Study to move the concept forward

The following assumptions had been made as far as who would be at the table:

1. There is commitment to an open dialogue.
2. There is interest within the community for having a thorough exploration of the Healthy Life Center concept.
3. It is a complex concept and it is achievable.
4. Unprecedented collaboration that will continue.

Gary Botine, Mary Greeley Medical Center Chief Financial Officer, spoke on the need for such a facility. He stated that the following eight key drivers that support a Healthy Life Center had been identified:

1. Aging population of Iowa, Story County, and Ames
2. Chronic disease management
3. Childhood obesity/inactivity
4. Healthiest Iowa and Healthiest Ames
5. Desire to attract and retain millennials to Ames
6. Ames is a retirement destination
7. Need to enhance quality-of-life facilities
8. History of successful partnerships among governmental entities

Mr. Botine provided statistics about the Baby Boomers population (born between 1946 and 1964) that support the need for a Healthy Life Center. He said there were 76 million people born during those years. There will be 10,000 people retiring per day between 2011 and 2029. Currently, there are over 750,000 Boomers in Iowa, which equates to one in every four people. The Baby Boomer Generation will have an enormous impact on health care as it ages. Currently, 63,000 Iowans have Alzheimer's with 134,000 unpaid care givers for them. The Baby Boomer Generation wants and expects to age well. They want to help others; are health-conscious and want to stay active and in shape; want to be life-long learners, to socialize and interact with the community; and want to be involved with all ages and not be

isolated in stand-alone senior centers. They want to lose the stigma of the senior center. Mr. Botine gave the definition of chronic diseases and stated that those diseases are often preventable and frequently manageable through early detection, improved diet, exercise, proper counseling, and treatment therapy. He noted that 50% of Americans live with a chronic condition, and 75% of health care dollars in the United States (U.S.) go toward treating chronic diseases. People with chronic conditions are the most frequent users of health care in the U.S. Statistics on childhood obesity in the U. S. were also given. Mr. Botine added that, for the first time ever, Mary Greeley Medical Center's Strategic Plan includes Health and Wellness.

According to Mr. Botine, in 2011, Ames community health leaders embraced the vision of the Governor's Healthiest State Initiative. Even though Ames was not selected as a Blue Zones community, there was a grassroots effort spearheaded by John Shierholz and Cheryl Langston and led by individuals and organizations all over Ames that are still working together to make Ames the healthiest community in Iowa. Mr. Botine commented that just today it was announced that Wellmark has announced a new program: "Healthy Hometown Initiative," and Ames was selected as the model community to lead the effort for the state of Iowa.

Nancy Carroll said that it was clear from the time the group first began meeting that this would be a total community-wide collaboration. That group initially included Superintendent Tim Taylor and Board President Luke Deardorff from the Ames Community School District. After the dialogue had occurred over the first four months, the School District stated that it would be best for them to locate the cold-water competitive pool at Ames High; however, they were clear that they were very supportive of the community group moving in the direction of the Healthy Life Center. The School District is continuing its discussions about its pool. An option that they are reviewing is operating under an enterprise system, and if that is the case, they will not need any City financial participation moving forward.

Ms. Gilligan invited members of the six community organizations that began the collaboration dialogue to offer their comments about and support for the Healthy Life Center concept. Each of the following representatives stated why such a facility would be beneficial for the persons needing their agencies' services: Linda Glantz Ward, Heart Senior Services Board; Brian Dieter, CEO of Mary Greeley Medical Center; Deb Schildroth, Story County Board of Supervisors; Kim Linduska, Des Moines Area Community Collage; Laura Jolly, Iowa State University; and Steve Schinker, City of Ames.

Nancy Carroll explained what exactly was the Healthy Life Center concept. She said that it represents a holistic approach. It focuses on health promotion, supports physical activity, creates social connections, enhances long-term health, teaches nutritional behavior, and connects multi-generations. It is not just a recreation center. Again, it's purpose is to make healthy living accessible and enjoyable to people of all ages and socio-economic status. Ms. Carroll described the integrated approach that was built around the populations that will be served, the facilities that will support those, and the programs that would contribute toward the end result of "Live Well, Age Well." Education and Applied Student Learning would circle around three "bubbles" that would include the components of Physical Activity, Health and Nutrition, and Social Networks. Possible areas to be covered by each component were also explained.

Ms. Carroll commented that a location has not been determined. She gave the criteria for the location.

Mr. Dieter emphasized that what is being proposed is subject to a feasibility study and approval from the City Council, Mary Greeley Medical Center Board of Trustees, and the Heartland Board of Directors. The strategies were based on a gross number estimate of cost at \$30 million.

Mr. Schainker noted that, while it still has to be discussed and approved by the City Council, it is being recommended for purposes of discussion that the facility would be owned by the City of Ames, and it would bear the physical plant responsibilities. Agreements will have to be entered into regarding operation expenses. Mary Greeley Medical Center and the Heartland Senior Services could be tenants. A summary of the capital funding and operational funding strategies being explored was also given. Mr. Dieter said that it should be expected that there will be variance in the rough set of numbers. Both Mr. Schainker and Mr. Dieter emphasized that all numbers being given are subject to discussion and approval. It was noted by Mr. Schainker that a consultant will have to be hired who will give a very specific estimate of capital costs. It is not just design costs; there is a cost for a bond issue. The consultant would also estimate operating costs and their distribution. Revenues would also have to be estimated and a determination made as to how those revenues would be allocated.

It was offered by City Manager Schainker that the City of Ames could, subject to City Council approval, finance the feasibility study since it is proposed that the City would own the feasibility. He stressed that potential sites will have to be identified because, depending on what is needed to prepare the site, it could have a large impact on the costs.

The next steps were given as:

1. Each entity communicates its support in continuing to participate in the exploratory process.
2. The City would initiate a Request for Proposal for a feasibility study.
3. The Healthy Life Center Steering Team assesses land options and recommends a location.
4. The City allocates funding to retain a consultant to complete the feasibility study.

Others present were invited to participate in the discussion. City Council Member Bronwyn Beatty-Hansen asked about the time frame for site options. City Manager Schainker said Steering Committee will continue working and staffs from the respective groups could be looking for potential sites. Funds for the feasibility study would not be discussed by the City Council until February 2017.

Story County Supervisor Wayne Clinton commented that it is important to be upfront with the goals, purpose, and approximate costs, and for the agencies to be upfront as to whether they are in favor of moving forward or not.

Mary Greeley Medical Center Board President Sarah Buck asked if there are sites that might be an option for this facility. She noted that the School Board had left the table when it decided to build its own pool; however, there are many children within the School District who would benefit from a Healthy Life Center. She questioned whether the School District might consider returning to be part of the discussion. Ms. Carroll said all site options are on the table. City Manager Schainker said they will look first to publicly owned land, and if that is not an option, it will have to be determined if there is privately owned land that is available. School Board President Luke Deardorff said, while they are very supporting of the concept, representatives of the School District felt they were being more of a roadblock since there are many challenges facing the District. The School District does have land that is for sale.

City Council Member Peter Orazem offered that it made no sense to him to have two 25-meter pools as opposed to one 50-meter pool. If there is a need for a warm-water pool, the age group needs to be clearly identified. He emphasized that pools should not be built that would be in competition with each other. The facility should be built in order to meet the needs of the clientele, which appears to be centered at this time on the elderly. He noted that 31% of the space appears to be dedicated to a warm-water facility, whose main clientele has not been clearly identified. Parks and Recreation Director Keith Abraham described the differences between the two possible pools. When there is one basin, everyone

wants to use the pool at the same time. A six-lane warm-water pool is not just for lap swimming; it is desired for swim lessons and aqua classes. Also, during every swim meet, the pool would not be available. The aquatic center would serve many more people than the 60-plus population.

City Council Member Amber Corrieri noted that in a past City-wide survey, it was noted that the community wanted the City to address both the people who had an interest in a warm-water facility and those who wanted a cold-water competitive facility. They also indicated a desire for the City and School District to work together. Ms. Corrieri also raised her concerns over the scope of the project and asked if it might be expanded in the future. Specifically, she asked if the focus of the conversation would be to limit it to a Healthy Life Center, rather than a human services campus. She also wondered if the consultant would be asked to address the feasibility of the space and how it's used. City Manager Schainker answered that the consultants will rely on the users for input as to how much space it needs. They will look at functionality of the space. Mr. Botine said the Steering Committee felt that the scope has to be manageable. As word gets out about this possible facility, more entities will want to be included. Input from those entities will be taken. The Community Needs Assessment will be taken into consideration. The amount of land will be a critical factor as well.

Heartland Senior Services Board Member Peter Martin said this is really about all residents of Ames, not just the elderly. The emphasis is on health and life; not about the pool; healthy living entails activities of all kinds. The focus should not be narrowed to just be for older people or young people. He also noted that Heartland should not be isolated as a facility on its own. Elderly people want to interact will people of all ages.

Allen Bierbaum, Parks and Recreation Commission Member, stressed that this must be a facility that welcomes people of all ages of all socio-economic statuses. He doesn't want people to lose sight that the facility would not just be a place where people would go to swim. Other options, such as a playground where children can get exercise in the winter months, and an indoor gymnasium that can be used year-round, should be included.

City Council Member Gloria Betcher asked about multi-generational interaction, and specifically, getting the younger generations involved with older people at an early age. She believes that more recreational opportunities need to be included for the younger kids. Ms. Betcher asked about the outdoor aspect, e.g., outdoor gardens, and whether that was included in the estimated five to seven acres that would be needed. Kate Gregory said the space estimate is pretty rough at this time. The garden was not initially included in the five- to seven-acre estimate. Ms. Betcher also noted that she had recently heard a presentation that showed AARP surveys had shown that Baby Boomers and Millennials actually want some of the same things.

City Council Tim Gartin asked to know the current footprint of Heartland Senior Services. Director Nancy Carroll stated that their current facility is about half of what is really needed.

Mr. Gartin also stated that he wanted the Boys and Girls Club to be at the table and have a voice in the discussion. They are currently capped for space, and Mr. Gartin does not believe that the need will lessen. He also commented that the School District has an understanding of the needs of students, and he encouraged it to engage as the process moves forward.

Ms. Gilligan reiterated the purpose of the proposed Healthy Life Center concept. She noted that one element that seemed to be common was that it would be a place to build and grow relationships among all age groups. Ms. Gilligan said that throughout the month of November, the collaborative groups will be seeking input from all of its members.

ADJOURNMENT: Moved by Nelson, seconded by Orazem; moved by McCuskey, seconded by Kitchell; moved by Sanders, seconded by Clinton, to adjourn the meeting at 8:14 p.m. All motions passed unanimously.

Diane R. Voss, City Clerk

Ann H. Campbell, Mayor