

**RES22-185
Testimony**

MISC. COMM. 347

PARKS AND COMMUNITY SERVICES

PARKS AND COMMUNITY SERVICES Meeting

Meeting Date: Aug 25, 2022 @ 02:30 PM

Support: 3

Oppose: 0

I wish to comment: 0

Name: Christy Nishita	Email: cnishita@hawaii.edu	Zip: 96826
Representing: Age-Friendly Honolulu	Position: Support	Submitted: Aug 24, 2022 @ 02:56 PM
Name: Audrey SugaNakagawa	Email: asuganakagawa@aarp.org	Zip: 96813
Representing: AARP Hawaii	Position: Support	Submitted: Aug 25, 2022 @ 09:38 AM
Name: Zhizi Xiong	Email: alohadivinedesign@gmail.com	Zip: 96817
Representing: Self	Position: Support	Submitted: Aug 25, 2022 @ 01:54 PM
<p>Testimony:</p> <p>Dear Chair, Vice Chair & members of the committee,</p> <p>I'm testifying in strong support of Res 22-185 relating to senior playgrounds. Creating senior playgrounds at the parks will help to achieve health goals for our senior citizens. Creating accessible gyms and workout equipment is a great idea to improve the lives of senior citizens and also to encourage the social life of our communities. Without these playground gyms, seniors may withdraw from the community or struggle with keeping up with health & exercise.</p> <p>The first senior citizen playground is believed to have been built in China in 1995. China adopted a national law that resulted in a nationwide physical fitness program. This program wasn't geared toward youth but included elderly citizens. After the law was put into effect, parks across China incorporated equipment all citizens could use. As more people visited China from other countries and saw the equipment and increased well-being of China's seniors, they incorporated similar practices in their communities. In 2003, Finland designed a playground specifically for seniors and performed a scientific study to measure the results. By 2004, similar parks were established throughout Japan. They are referred to as Nursing Care Prevention Parks. Several years later, a playground for the elderly was established in Berlin, Germany. Parks were later built in Canada and England and then in the United States. Today, senior citizen playgrounds are found worldwide.</p> <p>Thank you for the opportunity to testify.</p>		



August 24, 2022

RE: Strong Support for Resolution 22-185, Urging the Department of Parks and Recreation to Consider Installing Senior Playground Equipment at City Parks.

Aloha City Council Members,

Thank you for this opportunity to testify in **STRONG SUPPORT of Resolution 22-185**, Urging the Department of Parks and Recreation to Consider Installing Senior Playground Equipment at City Parks. This resolution is well-aligned with Age-Friendly Honolulu's (AFH) vision and goals.

AFH is a joint City and County of Honolulu and community effort to create an inclusive city that encourages citizens to actively participate in community activities, keep socially engaged, and maintain health even at the most advanced ages. A significant milestone was achieved with the passage of Bill 54 (2018), which collects data and information about the age-friendliness of programs, projects, and facilities. With this proposed resolution, the Department of Parks and Recreation has an opportunity to create accessible and intergenerational recreation spaces in city parks. As a wonderful complement to existing play structures for children, the resolution will create more intergenerational spaces that enable older adults to exercise, gather, and enjoy with their grandchildren. We believe these spaces can become thriving community hubs for persons of all ages to benefit.

The resolution will further enhance the visibility of the City and County of Honolulu's age-friendly efforts and build on its successes. For example, during the pandemic, the Elderly Affairs Division, Age-Friendly Honolulu, Hawaii Public Health Institute, and AARP Hawaii have closely partnered and leveraged community partnerships to successfully address kupuna food security and vaccine outreach needs. As we learn to adapt and live with COVID-19, we look to create stronger social connections and more resilient communities. This resolution will create intergenerational recreation spaces to improve health and social connections across generations.

Thank you for this opportunity to testify in **STRONG SUPPORT** of Resolution 22-185.

Christy Nishita, Ph.D.
Gerontologist, UH Center on Aging
Coordinator, Age-Friendly Honolulu
<https://www.hiphi.org/age-friendly-honolulu/>



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Honolulu City Council
Parks and Community Services Committee
August 25, 2022
2:30 p.m.

TO: The Honorable Augie Tulba, Chairperson

RE: Resolution 22-185 – Urging the Dept of Parks and Recreation to consider installing Senior Playground Equipment at City Parks

Dear Chair Tulba and Members of the Committee:

My name is Keali'i Lopez and I am the State Director for AARP Hawai'i. AARP is a social impact organization advocating for people age fifty and over, with nearly 140,000 members in Hawai'i. AARP Hawai'i strongly supports Resolution 22-185 which urges the Dept of Parks and Recreation to consider installing senior playground equipment at City parks.

AARP has a deep commitment to healthy aging and strongly supports an age-friendly community that include fitness parks with exercise equipment that can be adapted to meet a wide range of fitness levels and abilities. Having existing parks or public spaces include such fitness apparatus allow kupuna and anyone else in the community the opportunity to play and improve their health. Throughout the country including Hawai'i, AARP has sponsored outdoor fitness parks organized by FitLot, a 501c3 organization dedicated to helping communities plan, build and program outdoor fitness parks through existing parks. These initiatives foster healthy habits and address health disparities and creates public spaces that can be enjoyed by residents of all ages. Resolution 22-185 aligns with AARP's commitment to promoting better places for people of all ages to live and age healthy.

Thank you for the opportunity to testify in strong support of Resolution 11-185.

Sincerely,

A handwritten signature in black ink that reads "Keali'i S. Lopez". The signature is written in a cursive, flowing style.

Keali'i Lopez, State Director