



## CITY COUNCIL MEMORANDUM

**FROM:** The Office of the City Manager    **DATE:** August 11, 2025  
**SUBJECT:** Presenting Senior/Aging Board Research  
**PRESENTER:** Alicia Richardson, City Secretary/Chief Governance Officer

### **SUMMARY:**

The City Council will receive a presentation from staff providing information on Senior/Aging Assistance Boards in local cities for discussion and consideration of creating a similar board for the city.

### **GENERAL DESCRIPTION:**

During the May 14, 2025, regular session, Mayor Pro Tem Deupree asked about establishing a new advisory board for aging/senior citizens to enhance their quality of life and to prioritize their wellbeing.

Based on the Economic Development Department's July 1, 2025 estimates, 18.9% of the North Richland Hills population are adults aged 65 and older. Existing resources and programs in North Richland Hills for older citizens include the NRH Senior Center, NRH Centre, NRH Neighborhood Initiative Program, Community Enrichment Center's Senior Network, Social Transportation for Seniors, and the Northeast Transportation Services (NETS).

The NRH Senior Center offers a place to socialize and to engage in amenities and enrichment opportunities for those aged 55 and older. Open Monday through Friday, there are arts and crafts groups with a dedicated area, educational programs/seminars, support groups, exercise programs, game tournaments, monthly luncheons, and annual craft and health fairs. Currently, there are approximately 1,000 registered members.

The NRH Centre offers discounted memberships for senior citizens and is partnered with certain insurance programs (SilverSneakers, Silver&Fit, Renew Active) so those who are already paying for these can use the facility freely. There are contracted physical therapists and personal trainers that specialize in older age groups, as well as group fitness classes for any age group such as Silver Sneakers Circuit, chair yoga, and water fitness.

The NRH Neighborhood Initiative Program supports senior citizens by providing assistance with exterior home maintenance, repairs, and yard work. This helps older



residents remain safe and comfortable in their homes while also enhancing the appearance and quality of life in their neighborhoods.

The NRH based Community Enrichment Center has a Senior Network specifically for adults 62 and older. They offer housing assistance and a food pantry, as well as activities like exercise classes, games, entertainment, and informative speakers so seniors can remain active in the community for as long as possible.

Partnered with North Richland Hills, United Way Group, and the Community Enrichment Center, Social Transportation for Seniors is a non-profit operated out of the NRH Senior Center. Residents aged 62 and older can take advantage of this free service focused on personal care trips within city boundaries such as shopping, grocery store runs, grooming, and socializing. The service is open Monday through Friday and aims to integrate isolated seniors back into the community.

The Northeast Transportation Services (NETS) is a door-to-door transportation service for elderly and disabled citizens aged 65 and older within the cities of North Richland Hills, Bedford, Euless, Grapevine, Haltom City, Hurst, and Keller. NETS is partnered with Trinity Metro for services and prioritizes medical, work, and social services trips. According to the NETS website, they have been able to provide over 20,000 trips a year since 2007.

Tarrant County offers a handful of resources to assist older adults such as transportation, housing, healthcare guidance, and food security. Below is a table of some of these resources along with a quick description of the services it provides.

Resource	Description
Area Agency on Aging of Tarrant County	Support for those navigating healthcare like Medicaid, Medicare, long-term care. Can provide services like minor home modifications and small medical equipment.
Community Action Partners	Assists low-income older adults with bills, housing, employment, finances, infrastructure, development and provides emergency resources.
Empowering Seniors Expo	Free expo in Fort Worth hosted by Tarrant County Judge Tim O'Hare and Precinct 3 Commissioner Matt Krause. For seniors and their caregivers to learn about resources that can improve their quality of life. Health screenings, informative workshops and guest presentations are offered.

Meals on Wheels of Tarrant County	Delivers meals to those who are home bound and no longer able to prepare meals for themselves. Serves approximately 1.3 million meals a year.
Serving Our Seniors (Mid-Cities Care Corps)	Serves in Bedford, Colleyville, Euless, Grapevine, Haltom City, Hurst, Keller, NRH, Richland Hills, Southlake and Watauga. Offers transportation, minor home repairs, wheelchair ramps, adopt-a-lawn programs, social events and fundraising events.
Tarrant County Senior/Adults with Disabilities Network	Extensive resources for assistance needed by seniors or individuals with disabilities and those who are caring for them.
United Way of Tarrant County Aging & Disability Resource Center	Support and assistance with local support services for adults 60+, individuals with disabilities, and their family and caregivers.

Staff researched local municipalities for boards pertaining to older adults created by their governing entities. The table below shows the cities researched and if they currently have a relevant board.

Yes	No
<ul style="list-style-type: none"> <li>• <b>Arlington:</b> Unity Council (2020)</li> <li>• <b>Austin:</b> Commission on Aging (2013)</li> <li>• <b>Bedford:</b> Senior Advisory Board (2023)</li> <li>• <b>Dallas:</b> Senior Affairs Commission (1989)</li> <li>• <b>Grapevine:</b> Senior Citizens Advisory Board (2000)</li> <li>• <b>Keller:</b> Advisory Subcommittee on Senior Affairs (2024)</li> <li>• <b>Southlake:</b> Senior Advisory Commission (1996)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Colleyville</b></li> <li>• <b>Euless</b></li> <li>• <b>Fort Worth</b></li> <li>• <b>Haltom City</b></li> <li>• <b>Hurst</b></li> <li>• <b>Richland Hills</b></li> <li>• <b>Saginaw</b></li> <li>• <b>Watauga</b></li> </ul>

Though Fort Worth does not have a specific board dedicated to older adults, it has been certified as an AARP Age Friendly and Dementia-Friendly city and enacted an age-friendly action plan in 2017.

Below is a table providing an overall summary of the purposes, membership, and meeting frequency of the boards researched. Additionally, some statistics and extra requirements for certain boards are included for the purpose of discussing what could work best in NRH if a similar board were to be established.

Overall Research Summary	Additional Findings
<ul style="list-style-type: none"> <li>• To serve as an advisory board to City Council on the quality of life of aging individuals in the city</li> <li>• Identify issues and barriers affecting the older population within the city</li> <li>• Provide insight on ways to improve policies, practices and implement new programs to assist older adults</li> <li>• Work to improve communication between the government and seniors on services to assist them</li> <li>• Provide an annual update on their findings to Council</li> <li>• 7-15 citizens on the board appointed by Council</li> <li>• Members must be residents of the city who are well informed on senior affairs and be representative of the population</li> <li>• Monthly meetings</li> </ul>	<ul style="list-style-type: none"> <li>• <b>2/7</b> boards researched have Council liaisons on their board</li> <li>• <b>2/7</b> boards researched have outside authorities appoint some members to their board</li> <li>• <b>2/7</b> boards researched require members to be 55 years or older (exceptions can be made in certain cases)</li> <li>• <b>3/7</b> boards researched meet less frequently than monthly</li> <li>• <b>City of Arlington Unity Council</b> not only serves seniors, but also a wide range of discriminated against and disadvantaged communities such as those with disabilities and minorities</li> <li>• <b>City of Austin Commission on Aging</b> also works to promote the value of older adults to the city</li> </ul>

Staff looks forward to receiving direction from the City Council during the work session discussion.