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Introduction and Purpose

The Fruita Livability Commission is pleased and excited to share the 2021 Age-Friendly Action Plan. Over the past several years, the City of Fruita (hereinafter “Fruita”, or “the City”) has been undergoing several important planning processes that have identified the community’s goals and visions of Fruita for the next decade and beyond. Throughout these important updates, the Fruita Livability Commission has played a significant role by providing public engagement and feedback on the plans and has also identified several key goals that will not only supplement the Community’s goals, but also work to benefit them. This document serves as a guide and advocacy tool for the Livability Commission moving forward and determines the action items that are needed to carry out these important goals and others.

In 2017, Fruita joined AARP’s Network of Designated Age-Friendly Communities, now with more than 500 states, counties, cities, and towns nationally. The AARP network is an affiliate of the World Health Organization’s (“WHO”) Global Network of Age-Friendly Cities and Communities. AARP and WHO both promote an inclusive and accessible urban environment across all cultures and age groups to improve livability within each community. Fruita is one of seven cities – along with seven counties – in Colorado with the Age-Friendly designation. This recognition showcased Fruita’s commitment to ongoing age-friendly efforts that included the creation of the Livability Commission to support these and other community goals. This action plan, therefore, formalized the intent of the Commission and its overall goal of improving the quality of life for Fruita residents across all age groups.

When determining the goals and action items for this plan, the Livability Commission has used the 8 Domains of the Livability to prioritize work. The 8 Domains of Livability are provided in the graphic below. As you will see, many of the identified goals and suggested actions in this plan incorporate one or more of these domains.
Overview of the City of Fruita

Fruita is a special place surrounded by over a million acres of public lands providing numerous opportunities for mountain biking, hiking, trail running, sightseeing, road cycling, hunting, fishing, horseback riding, river rafting, exploring dinosaur ruins, and more. In addition to being home to these world-class recreation activities that include the Colorado National Monument (pictured above), two state parks, and the only full-service cable wakeboard park in the Rocky Mountain West, it is no surprise that Fruita has been voted as the “Top Adventure
Town” in Elevation Outdoors Magazine “Best of the Rockies” several times, and most recently, was voted “Best Kid Friendly Outdoor Town.” Commutes by bike or car are often short allowing for quick access to fun, adventurous activities. These outdoor spaces and recreational opportunities attract visitors from around the state, country, and other countries helping drive and balance Fruita’s agriculture, oil, and gas businesses with tourism and recreation.

The people are the gem of Fruita and some of the most welcoming across the country. The population is almost 14,000 people and growing. While Fruita attracts close to a million visitors a year, it is a place where visitors feel like locals and locals play like visitors. While tourism plays a major role in the local economy, Fruita has succeeded thus far in maintaining a strong local identity and a small-town atmosphere. This has been achieved by Fruita leadership and the community focusing on the Quality of Place for its residents, Economic Health for its businesses, and Lifestyle for all to enjoy. Putting community first continues to be a priority in Fruita and embracing the Age-Friendly Community movement will only help our leadership and staff better serve the needs of the Fruita community. Not only is Community First the primary goal of City leadership, but it was also identified as one of the community goals of the recent community plan update. Pictured below are those community values.
In addition to these values, for the past several years, the Fruita City Council has focused on three strategic outcomes or goals that are based upon a foundation of providing core services. Often, when the City Council or City makes decisions, they are made consistent with these strategic outcomes (pictured below). These outcomes embody many of the 8 Domains of Livability that make Fruita a great place for people of all ages. These strategic outcomes are quality of place, economic health, and lifestyle.

**Quality of Place (QP)** The City of Fruita is a community where residents and visitors love where they are. The City strives to be a bike and pedestrian friendly community by providing a system of sidewalks, trails, and bike lanes that connect our parks, schools, neighborhoods, civic facilities, and commercial areas. We value safe neighborhoods, our geographic natural resources and landscapes, top tier education and healthcare, and we collaborate to provide quality essential infrastructure and services. We are an inclusive community of doers who enjoy active and healthy lifestyles.

**Economic Health (EH)** The City of Fruita strives to be financially sustainable by enabling a stable economy and supporting a diversity of businesses that offer well-paying jobs that attract educated employees. The City works to be fiscally responsible and continuously seeks ways to allocate resources to services and projects that have the highest impact on the City’s priorities. We are the innovative leader for economic development in the Grand Valley.

**Lifestyle (L)** The City of Fruita fosters a fun and funky ambiance by celebrating the local arts, farm and ranching history, unique leisure opportunities, and family-friendly events and activities. As a city, we encourage a diversity of cultural opportunities, businesses, and recreational activities. We continue to improve and enhance recreational offerings from traditional to outdoor adventure sports and youth to adult activities. We are a family-friendly community with diverse cultural opportunities, businesses and recreational amenities where visitors feel like locals and locals play like visitors.
Community Profile and Demographics

Fruita is a growing community located on Colorado’s Western Slope just miles away from the Utah border. As one of several communities in the Grand Valley, Fruita sits on the west end of the valley; Grand Junction has a central location; and Palisade further east. Recent data (2017 data, as 2020 Census data is not yet available) estimates that the population of Fruita is around 13,294; the average age of residents is 35.8; and the median annual household income is $61,024. Most interesting, however, is that Fruita has a higher concentration of young families than the aggregate population of Mesa County according to the recent Community Plan update. This means that Fruita is viewed as a desirable and favorable location for young families even though older residents constitute a larger population of the City. Retirees, that same research concludes, have moved here due to the area’s desirable climate and amenities.

Community Priorities and Goals

Recent Planning Efforts

This is an important time in Fruita. In February of 2020, the City Council formally adopted “Fruita in Motion”, the City’s 10-Year Comprehensive Master Plan Update. This plan identified the community’s goals and priorities for planning and development through 2030. During the process of updating the plan, the City held over 40 public meetings for residents to share their feedback on the plan and provide their vision for the future. City staff held several open houses throughout the year, and not surprisingly, many of the goals and action items identified in the plan align closely with those already made by the Livability Commission.

Shortly after adopting the Master Plan Update, staff began work on updating the Fruita Land Use Code and Design Standards, and the Parks, Health, Recreation, Open Space, and Trails (“PHROST”) Master Plan update. It is expected that both will be formally adopted early this year, and similarly, both have gone through extensive public comment and engagement opportunities. As part of the PHROST Master Plan Update, the consultant for the plan conducted a randomized survey of residents in the area. In addition to this simple random survey, all community members were invited to participate in the survey, and the City also used
an online interactive tool/survey to ask additional questions. These two surveys were focused on the priorities of Parks and Recreation over the next decade.

With those planning processes now being finalized, the City is now working on a multi-modal circulation plan, and after that, will begin to update other guiding and planning documents. For the purposes of this action plan, it is important to provide this summary of these recent planning efforts to describe the goals of the City moving forward. It is believed that these guiding documents are the direct result of public engagement. These documents represent the goals and priorities of the residents of Fruita. These plans have also aided in the development of this Action Plan, as a lot of the information provided has helped inform decision making for the Livability Commission.

History of Senior Task Force and Livability Commission

The public engagement referenced in these recent planning updates is not new, as the senior community has a long history of engagement in Fruita. Dating back to the mid-1990's, the senior community has actively discussed livability in one form or another. In 1998, the first iteration of the Fruita Senior Advisory Task Force was formed with the purpose of determining both short- and long-term alternatives related to the development of a full-service senior center in Fruita.

Fundraising efforts for a senior center began during this time and several donations were received. Of particular importance, funds were raised through a recycling effort and aluminum can collections. Senior volunteers placed collection bins in several key locations around Fruita. Weekly, they would collect aluminum cans that were dropped off, cleaned, and taken to the recycling center in Grand Junction to receive a remittance that would go into the Senior Can Collection Fund maintained by the City of Fruita. Over several years through 2011, the senior community raised over $90,000 through their fundraising efforts. These funds laid the foundation of community support and were later used to build a Senior Center, housed in the Fruita Community Center.

Due to some personality conflicts and disagreements with maintenance and use of funds collected, the Senior Advisory Task Force splintered, and many members resigned themselves. The task force worked to regain its focus and continue its fundraising efforts for
several years. They also continued to work with City Staff and elected officers to further define what a senior center would look like in the Fruita Community.

In 2003, the Senior Advisory Task Force was reorganized to support senior programs and activities in Fruita and act as an advisory board to the City Council. The objective of the Task Force focused on its efforts not only to create a senior center but broaden its purpose which included evaluating the needs of the entire community and considering the role it might play in a full-service recreation center. The Senior Task Force also made recommendations that helped develop programs specifically designed to meet the needs of seniors.

Through many of their efforts, the senior community in 2011 realized the goals of developing a location for a Senior Center but also creating a robust collection of senior programs and events for the senior community. When the Fruita Community Center opened in 2011 with a Senior Center, meeting rooms and a catering kitchen, Fruita seniors now had a facility where they could gather for meals and enjoy programs and events that would encourage social, mental, and physical health. A photo of the Senior Center (located within the Fruita Community Center) is provided here:

![Senior Center](image)

For a few years, the Senior Advisory Task Force remained active and helped Fruita Staff and elected officials balance the use of the senior center and further develop programming. In late 2010, the City of Fruita hired its first employee (part-time) to oversee Senior Services. In
2015, the Senior Services Coordinator became a full-time position and continued to develop programs and activities to encourage a mentally, physically, and socially healthy lifestyle.

The Senior Advisory Task Force had met its goals but then found themselves lacking direction and focus. Members of the Task Force identified AARP’s Age-Friendly Cities/Livability Movement as a way of re-defining their purpose. In 2018, the Senior Advisory Task Force was dissolved, and the Livability Commission was created with the purpose of advising the City on improving the community using AARP’s 8 Domains of Livability as a guide.

How This Action Plan Will Be Used

Now that the Livability Commission has been created and the group has had a few years to work on goals, the Commission presents this action plan moving forward. This Action Plan is intended as an advocacy tool. It consolidates strategies designed to promote the development of programs and activities that consider the community’s physical, social, and service environments where everyone, regardless of age, is respected and cherished. This is an agenda for action, and it will continue to evolve as we learn from our experiences. In moving forward, we will take what has been learned and build upon it to create a community that is truly a place for everyone and for all ages.

Identified Action Areas or Domains of Focus in Fruita

The Livability Commission was established to continually gather community input and make recommendations to the Fruita City Council that pertain to the 8 Domains of Livability and the City’s strategic outcomes. After the adoption of the Community Plan Update, the Livability Commission began to focus on five domains that represent the greatest opportunity for community improvement. These include:

- Affordable Housing
- Communications and Information
- Multi-modal Transportation
- Diversity and Inclusion
- Health Services and Community Support
By focusing on these domains, we believe Fruita will improve its quality of life and become a more Age-Friendly, livable community.

Affordable Housing

One of the first issues the Livability Commission discussed, following the Comprehensive Plan update, was affordable or attainable housing. Research conducted during the Community Plan update suggests that, to provide housing for all residents and the aging population, it is necessary to encourage a full range of housing options. These options should be planned and built to be affordable, accessible, and located near amenities and services. Housing affordability is a growing issue in Mesa County as a whole. Fruita, it is estimated, has some of the highest home prices in the County and the values of homes are appreciating rapidly. This price appreciation has been rapid, with nearly 10 percent annual growth in Fruita over the last four years (as of 2019). Due to a limited inventory, prices have only continued to increase throughout the COVID-19 pandemic.

To complicate the rising costs of housing in Fruita, the housing options related to availability are limited to an extent. The price of new construction, to reference that same research in the Comprehensive Plan update, in Fruita is rising. The dominant housing product in Fruita for new construction is detached single-family homes (almost 97% of recently issued permits). The average price of this new construction single-family detached homes has increased to $364,860, an increase of $90,000 over the last five years. This may lead to, it is concluded, fewer options at an attainable or affordable price if these trends continue.

The availability (and affordability) of rental units also presents a problem for the Grand Valley as a whole. In that same survey, almost 50 percent of renters declared themselves as “cost burdened”, meaning they spend more than 30 percent of their income on rent. The rental supply in Fruita is limited and may have long-term impacts if not addressed. The City of Grand Junction, Fruita, Mesa County, and Palisade is conducting a study on renting and purchasing homes in the valley, in the hope to understand the housing needs of residents. The study will also continue to look at the costs of renting/purchasing in the area.

Finally, the Livability Commission is also interested in educating and promoting universal design among developers and residents. AARP has collaborated with the National Association
of Home Builder and created a variety of webinar classes that describe “universal design” and aging in place. Universal design provides opportunities for seniors to remain in homes as they age and can often reduce or eliminate the need or cost of modifications. Universal design features also may shorten or eliminate the need for residents to move into supported living. Universal design features typically include a no-step entry, one story living, wide doorways and hallways, and extra floor space. These common features, among others, are important to help with aging in place. Moving ahead, the Livability Commission can use material that has already been created to promote universal design and aging in place. All of this leads to the following action items that the Livability Commission can advocate for about affordable and attainable housing.

**Action Items:**

- Encourage the City Council, staff, and developers to prioritize infill development over development at the edge of the city limits.
  - Advocate for design flexibility in building heights and densities in the downtown area.
  - Consider advocating for allowing up to 8 units/acre for residential development outside of downtown, assuming the development meets certain criteria.
- Promote and encourage a diversity of housing types for the Fruita community.
  - In addition to advocating for different housing types, work with the Grand Junction Housing Authority, Housing Resources of Western Colorado, Habitat for Humanity, and other non-profit organizations to identify potential affordable housing opportunities for Fruita residents.
  - Participate in and encourage others to participate in the housing needs assessment.
  - Promote policies and projects that support new or different housing types.
- Increase and educate the community on Age Friendly housing options and Universal Design.
  - Encourage the creation of innovative, intergenerational housing opportunities.
- Promote home improvement and renovation packages that allow for aging in place.
- Promote universal design to the City Council, staff, and developers.

**Multi-Modal Transportation**

Connectivity and increasing bike and pedestrian mobility is also an important goal of the Livability Commission. Not surprisingly, in the Community Plan Update, connectivity was identified as a key theme of the plan. The vision statement that the public has of Fruita regarding connectivity is:

“It is easy for vehicles, cyclists, and pedestrians to get around Fruita and to visit local destinations. The City of Fruita offers a safe, intuitive, and well connected on-and-off street trail network for pedestrians and cyclists.”

Both the Livability Commission and the City of Fruita see multi-modal transportation as an important and key issue moving forward. In fact, this year, the City is drafting a multi-modal circulation study. Once completed, this plan will identify areas throughout the City where infrastructure can be improved for vehicular, pedestrian, and bicycle traffic. This plan will also identify where Fruita will be growing in the future as far as residential and commercial development, and what is needed in these areas for transportation as development occurs. Finally, this plan will also help determine future capital projects and how these projects can potentially be funded. The Livability Commission will be an important voice in creating this plan, and their input (as well all input from the public) will be used to inform decision making.

Along with the Fruita Circulation Plan, the initial draft of the PHROST Master Plan also highlights the importance of trails by community members. Results from a community survey administered for PHROST Master Plan, indicate the ‘Trails and Pathways’ are the most important facility provided by Fruita Parks and Recreation, followed by Open Space/natural areas and then the Fruita Community Center (a multi-generational recreation center). And moving forward, respondents indicated that ‘Trails and Pathways’ are the top priority for future projects for Parks and Recreation in the future. A Trails Framework Plan has been developed and is presented in the PHROST Master Plan to further develop and improve the Spine or Primary Trail Network in Fruita.
As can be seen, the goal of improving multi-modal transportation is not just reflective of the Livability Commission, but the community. One accomplishment to be celebrated is that, currently, the City is finalizing four urban wayfinding routes throughout the City that will lead pedestrian and bike users to certain points of interests. This project is funded through a multi-modal transportation grant through the Colorado Department of Transportation, and staff was aided in this grant application with the input from the Livability Commission. Once these routes are finalized, the Livability Commission should promote these urban routes to increase awareness and use of them. These routes should also provide a safe way for users to travel, as many of them use detached trails for connections and roads with large shoulders or bike lanes. This is an accomplishment of both the Livability Commission and staff on completing this, and both are excited to finish these wayfinding trails to improve circulation and to promote alternative transportation uses.

**Action Items**

- Encourage the City to continue to develop the internal off-street trail system and to develop not only safe routes to schools but routes to other park, civic and business destinations in the Fruita Community. Work to implement the ‘Trails Framework Plan’ from the PHROST Master Plan.
  - Research and recommend grant opportunities, either through state agencies, AARP, or foundations, that can potentially be used to supplement the existing trail systems and make traveler easier throughout town for residents of all ages.
- Work with the City to develop its brand as the ‘Trailhead’ to outdoor recreation:
  - Participate in the Fruita Trail Host program and encourage other residents to do the same.
  - Work with staff to relaunch it is adopt-a-park program and expand it to include trails.
- Once developed and adopted work with the City to Implement Multi-Modal Circulation Plan:
  - Support City on-street alternative transportation efforts.
• Encourage the City to continue to improve access to public transit with new infrastructure projects or improvements to multi-modal pathways.
  o In addition to promoting new projects or improvements to multi-modal pathways, encourage the City to add benches or shade structures to help with pedestrian and bicycle travel.

Communications

In addition to the two previous key areas, the Livability Commission recognizes that our community is growing not only in population but also in services available to the residents. In addition, our community like others, is becoming more reliant on technology as a means of communication. This is highlighted by the recent decision of the Parks and Recreation Department to stop mailing its community Activity Guide and move towards an online distribution of the guide to promote its many programs and activities. In addition, the City of Fruita now utilizes five separate Facebook pages and multiple email list-serves where they communicate and share many events, activities, and community notices.

In the PHROST Master Plan Community Survey, 6 percent of respondents, 65 years, or older preferred receiving information on community activities via social media. This is compared to 10 percent for 45-64 years old's, 29 percent for 35-44 years old's and 31 percent who are 34 or younger. Given this information, the City must evaluate and employ communication methods that reach all populations, especially the older populations who may now be under communicated with.

While the aging population may not utilize social media quite like its younger counterparts, it does not mean they are not using technology in other forms. 21 percent of those 65 and older surveyed prefer and use email as a means of receiving information on services. Ensuring that all residents, including the older population, has access to technology and is educated on how to use it will be important moving forward.

Finally, some of the Livability Commission members have also expressed interest in researching potential broadband projects for Fruita or ways to improve access to internet.
Currently, there are only a few internet service providers in the areas, and some Commission members worry about areas of town that are not reached as well by these providers. The City has begun the process of looking into broadband for the community and the different options associated with it and will continue to rely on the Livability Commission and other Boards and Commissions for input on it. The City has inventoried its existing internet assets, and the next step in the process, may be to conduct a feasibility study or work with internet service providers to expand options to residents and businesses.

The Livability Commission has identified two broad goals about communication, and these are to improve communication with other Fruita residents on key areas and expand or improve access to technology.

**Action Items:**

- Work with City Leadership and Staff to determine and utilize communication methods that reach all ages in the Fruita community.
- Provide or promote access to resources with different technology platforms.
  - Share resources from partners, offer free classes on technology navigation, or include a technology topic in publications from the City or the Commission.
- Promote AARP Age Friendly and Livable Communities Information
  - Serve as an advocate and educate the community on AARP’s 8 Domains of Livability and other Age Friendly Communities communication materials.
  - Include information on the 8 Domains of Livability in the Senior Newsletters
- **Broadband**
  - Advise and recommend policies to the City Council and staff on broadband moving forward.
  - If the City decides to complete a feasibility study on broadband, serve in an advisory capacity to the study and designate a member (or members) to serve on the advisory committee.
o Work with other residents and groups to determine areas of the City where communications/internet connectively can be improved on. Speak with people regarding needs for internet service.

**Diversity and Inclusion**

The Livability Commission is also interested in pursuing goals that improve diversity, inclusion, and equality in Fruita. Two of the Livability Commission’s members are active participants in the group Fruita for Equality. Although recently formed, Fruita for Equality has already hosted several events throughout the City focused on starting the conversation on race and equality, the history of Fruita, implicit bias, and community book reads. Fruita for Equality is one of many groups throughout the Grand Valley that was formed following the death of George Floyd to address these important issues and topics. This priority area relates to the two domains of respect and social inclusion, and civic participation and employment.

**Action Items:**

- Continue to support and promote Fruita for Equality.
  - Be active in Fruita for Equality events and promote participation from other community members.
  - Participate in other social justice groups around the Grand Valley, invite members of the Grand Valley Task Force to speak at future Board and Commission and City Council meetings. If invited, participate in the Grand Valley Task Force.
  - Educate community members on implicit bias on race, age, disability, and other potential biases.

- Promote Diversity and Inclusion Policies
  - Encourage the City of Fruita, Fruita businesses, and other area organizations to continue to pursue diversity and inclusion policies.
  - Celebrate diversity and accomplishments related to improving diversity, inclusion, and equity within the City and Mesa County.
Health Services and Education

Finally, over the years, the City of Fruita has invested in a healthy community by increasing the number and quality of health-related facilities, programs, and events. Opportunities to improve physical health for community members can be found at the Fruita Community Center, on 26 miles of hard and soft surface trails, and at a multitude of pocket, neighborhood, and community parks. The City offers fitness / wellness programs for all ages as well as many other programs that provide residents that ability to get out and explore the natural environment. And there are many events that invite community members to attend, providing opportunities for social connectedness and community building.

While the built environment and recreation programs and events have improved in Fruita, the City has also been taking an increasingly active role and investing in the health of the local community through several initiatives including the Fruita Youth Initiative and the Fruita Trails Initiative as well as the creation of the Livability Commission, a distinct product of AARP’s Age-Friendly Communities movement. Through the work from these efforts, health-related goals and policies are now highlighted in the 2020 Fruita in Motion Community Plan as well as the PHROST Master Plan. Utilizing these newly created plans, the Livability Commission, is poised to work with staff and elected officials to implement several of the tenants of these programs as its own Action Items.

Action Items:

- Evaluate and encourage the City of Fruita to further develop a coalition with area partners (Family Health West, Mesa County Public Health, Local Schools) to move health initiatives forward for all ages within the City.
- Work with health-related partners to develop health targets and measurements so progress on health initiatives can be measured.
- Research and propose to the City funding sources for health initiatives.
- Educate the community on all the programs and services that are offered by Family Health West and Mesa County Public Health.
Conclusion and Moving Forward

Implementation of the Age-Friendly movement in Fruita has been a purposeful and deliberate process. The creation of the Livability Commission, after Fruita received its AARP Age-Friendly Community Designation, was a significant step in improving the community based on AARP’s 8 Domains of Livability. The Commission participated in and waited for the development of the Community Master Plan and the PHROST Master Plan. Now that these plans are or will be soon adopted, the Livability Commission was able to draft and adopt this action plan as an Age-Friendly Community.

This Age Friendly Action Plan of the Fruita Livability Commission had identified several goals and action items moving forward. It is believed that if the Commission can achieve all or some of these goals and the actions will not only benefit seniors in Fruita, but community members of all ages. After much discussion and the completion of two, important planning processes, the Livability Commission decided to focus on the issues of affordable housing, multi-modal transportation, diversity and inclusion, communications, and health education and services.

The Livability Commission meets monthly and serves as an advisory Board to the Fruita City Council. They can make recommendations and provide input to City Council that impacts the Fruita Community. The Livability Commission also works closely with city staff liaisons who can help research and gather requested information which will help the commission develop recommendations for the community to implement. As the Livability Commission focuses on the identified goals and action items, the Fruita community will continue to prosper and be a great place to live with a high quality of life, increasing economic health and a rocking lifestyle for all to enjoy.