



# JUNEAU COMMISSION ON AGING AGENDA

August 15, 2023 at 1:30 PM

Zoom Webinar

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<https://juneau.zoom.us/j/81491760970?pwd=bkFwWk42Mllmazi0aFdMS3ArTG5qZz09>

Or Call In: 1-253-215-8782

Meeting ID: 814 9176 0970 Passcode: 858248

**A. CALL TO ORDER/ROLL CALL**

Present:

Absent:

Others Present:

**B. APPROVAL OF AGENDA**

**C. APPROVAL OF MINUTES**

1. July 18, 2023 Juneau Commission on Aging Minutes - Draft

**D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS**

**E. AGENDA TOPICS**

2. Proclamation - Senior Citizen's Day August 21, 2023 - Draft Version

3. JCOA - Standing Agenda Topics - Main Projects/Subcommittee Updates

A.) Housing Subcommittee Updates - see attached Housing Pamphlet

B.) Recreation/Fitness Subcommittee Updates

C.) Senior Center - discuss structure for gathering data towards assessing what kind would best serve Juneau

D.) Report from AARP & Listening Sessions - moving forward with the information gathered

E.) Southeast Regional Eldercare Coalition Updates

F.) Catholic Community Services - how can JCOA best support CCS

**F. ASSEMBLY LIAISON COMMENTS AND QUESTIONS**

**G. NEXT MEETING DATE**

Tuesday, September 19, 2023 at 1:30 p.m.

**H. ADJOURNMENT**

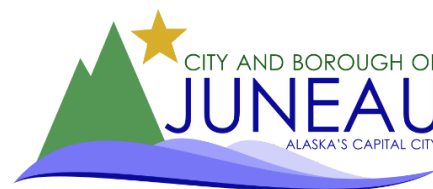
ADA accommodations available upon request: Please contact the Clerk's office 36 hours prior to any meeting so arrangements can be made for closed captioning or sign language interpreter services depending on the meeting format. The Clerk's office telephone number is 586-5278, TDD 586-5351, e-mail: [city.clerk@juneau.gov](mailto:city.clerk@juneau.gov).

# JUNEAU COMMISSION ON AGING MINUTES

July 18, 2023 1:30 pm

## Zoom Webinar

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### A. CALL TO ORDER/ROLL CALL

Chair Emily Kane called the Juneau Commission on Aging (JCOA) meeting to order at 1:30 pm.

**Present:** Emily Kane, Kathleen Samalon, Carol Ende, Sue Warner, Linda Kruger, Deborah Craig, and Jennifer Garrison

**Absent:** Ann Stepetin, Jennifer Carson, and assembly liaison Michelle Hale

**Others present:** Marianne Mills and Eileen Hosey of Catholic Community Services (CCS)

### B. APPROVAL OF AGENDA

The agenda was approved as amended by removing discussions of the senior activity subcommittee and a Juneau senior center and by adding a report on AARP goals for Juneau and the reception by the Juneau Assembly on the recent JCOA annual report.

### C. APPROVAL OF MINUTES

The 2023-05-16 JCOA minutes were approved, and the 2023-06-20 minutes were approved as amended.

### D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS

There was no public participation on non-agenda items.

### E. AGENDA TOPICS

#### 1. JCOA Annual Report

Emily Kane delivered JCOA's annual report to the Juneau Assembly public works subcommittee. Greg Smith, chair of the subcommittee, read the report. An assembly member said she is happy how active JCOA is, and people applauded. Another asked about the relationship between Southeast Regional Eldercare Coalition (SREC) and JCOA. Emily noted that the Juneau Economic Development Council (JEDC) may not be the most relevant fiduciary for SREC.

#### 2. Southeast Regional Eldercare Coalition

Emily noted a document in today's packet that is a request for money to pay for a year of rent to house the SREC Navigator staff position in the offices of SAIL instead of JEDC. Michelle Hale had said that the money will not come from the Juneau Assembly to avoid friction with JEDC; however, Michelle will meet with JEDC to discuss the issue. If unsuccessful, Emily said she will try to raise funds on social media and bill JEDC later.

Deb Craig provided SREC budget documents in the JCOA meeting packet, including explanations of direct and indirect costs. She said she collaborated with others in order to define three SREC staff positions and where they should be located. Linda Kruger reported that Tonya Muldoon was recently hired as the executive director of SREC and that Tonya gave an amazing talk on elder abuse recently. Tonya has worked on senior issues in SE Alaska for many years, and Linda said she cannot imagine a better person for the job.

#### 3. Senior housing subcommittee

Carol Ende and Emily met with Charlie Ford of the Juneau permitting department about formatting and distributing the senior-friendly housing suggestions created by JCOA. Emily praised Carol's rapport with Charlie.

#### **4. AARP Juneau projects**

Linda said she applied successfully for two AARP opportunities for Juneau. One is becoming part of 8 80 Cities, a program promoting the idea that a senior-friendly city is good for all ages. The 8 80 program will send people to Juneau to give a technical assistance workshop on the weekend of September 16, 2023. Linda hopes to work with Juneau's Parks and Recreation department since the goal is to create a senior-friendly trail. Linda is promoting an old trail that begins near the Dimond field house and follows along the Mendenhall River downstream. The second AARP opportunity is a grant that provides Juneau with a two-day walkability training workshop by America Walks, which will occur just prior to the 8 80 Cities visit.

#### **5. Southeast Senior Services, Catholic Community Service (CCS)**

Eileen Hosey, case manager, Southeast Senior Services under CCS, said she meets with families to help find in-home and community services, and there are grants CCS processes to do that. She listed other services for seniors, including bridge day care and a senior center. During the covid epidemic, the federal government allowed CCS to deliver meals to anyone over 60, but now fewer seniors meet requirements for delivered meals, she said, so that has allowed CCS to start a newsletter and begin some activities for seniors. There are ceramics, needlecraft, and a game afternoon. She noted CCS staff shortages, but a case manager will be at the senior center for a few hours a week to answer questions. A city grant supports the new Gatekeeper program that is a "confidential way to help seniors with health issues" and other issues through the case managers. She added that CCS serves throughout SE Alaska.

Marianne Mills, program director, Southeast Senior Services, said she began at CCS over 33 years ago. She said the senior center used to have vaccine clinics, support groups, and visiting speakers, and it is endless what kind of activities CCS could offer. The senior center now has seat yoga and will add bingo in the future. She encourages seniors to visit and make friends. She said the food is good. She suggested that members of JCOA or others offer other activities at the center. Emily added that the chair yoga teacher is leaving and she is trying to find another teacher. Emily asked about Juneau having a more modern and appealing place with comfortable chairs and classrooms. Marianne said the Alaska Housing Finance Corporation owns the building, and CCS is a nonprofit with little money. She noted it has a commercial kitchen and CCS pays very little rent. She encouraged JCOA to make the center more attractive and to bring more people.

Marianne said about seven seniors participate in the center's activities each day. Deb asked if the center can expand daily exercise programs and include workout equipment. She also asked about outreach, which is difficult now without a daily newspaper. Marianne suggested that JCOA get a webpage and post senior activities. Marianne said the center is not open all day, but if there is a need, CCS can tell the owners to unlock it. She said JCOA and AARP could provide volunteers to help the building stay open. Asked if CCS has a brochure on services they have for seniors, Marianne pointed out a resource directory created by the Older Persons Action Group in Anchorage. Deb described the SREC mission.

#### **F. NEXT MEETING DATE**

Tuesday, August 15, 2023 at 1:30 pm

#### **G. ADJOURNMENT**

There being no further business to come before the committee, the meeting adjourned at 2:35 pm.

**DRAFT**

**Office of the Mayor  
City and Borough of Juneau  
Proclamation  
Senior Citizens Day 2023**

**WHEREAS**, Alaska has the fastest growing senior population per capita; and

**WHEREAS**, older Alaskans make economic contributions that benefit people of all ages, including unpaid work as caregivers, participation in the labor force beyond typical retirement age, and marketplace spending that supports thousands of jobs while also generating substantial tax revenue; and

**WHEREAS**, Juneau's seniors should be celebrated and recognized for their contributions to our community with their insightful approach to problem-solving, as care-providers, as local volunteers, as keepers of family and community memory; and

**WHEREAS**, we support older Alaskans and efforts to improve the livability of our community for people of all ages as an AARP Age-Friendly Community;

**NOW, THEREFORE**, I, Beth A. Weldon, Mayor of the City and Borough of Juneau, Alaska, on behalf of the City and Borough Assembly, do hereby proclaim August 21, 2023 as

**Senior Citizens Day**

And encourage the people of Juneau to show their gratitude and appreciation for the many contributions of elders in our community and across Alaska.

**IN WITNESS WHEREOF**, I have hereto set my hand and caused the seal of the City and Borough of Juneau, Alaska, to be affixed this 21<sup>st</sup> day of August 2023.



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Beth A. Weldon, Mayor

**What if** all homes in Juneau could be suitable for anyone regardless of a person's age or physical ability?

**What if** a person who wants to live within their community regardless of his or her age or physical ability, could do just that?

These are questions being asked by governing agencies and individuals who are working towards moving Juneau to be a well-designed, age-friendly community that allows elders to continue to spend their retirement years and money in Juneau. Your support is necessary to make this goal a reality.

The fact is that nearly 30% of the Juneau population is over 55. Aging in place is a personal objective of most Juneau Elders as indicated by the 2020 Senior Survey.

Unfortunately, their homes generally built in the 70's and 80's, did not take into consideration an owner's probable future limitations. Going forward, we hope you see the importance of building new residences of all types that integrate age-friendly features into the design, regardless of the age of the targeted buyer today.

These universal design features are not onerous. They already are recommendations made by the Fair Housing Act Design and Construction Requirements, International Building Code, and the AARP Home Fit Guide and other entities.

Could you voluntarily adopt these choices as construction best practices in all new housing construction as well as consider building smaller houses specifically for those Juneau residents who want and still can live independently?

Basically, we are just asking that all new housing and remodels be user friendly for everybody, regardless of their age.



Contact City Clerk's Office:  
city.clerk@juneau.gov • 907-586-5278

August 2023

Section E, Item 3.

# Building All Age-Friendly Housing in Juneau





## When designing new residences...

1. Apartment and condo units that are single story within a multi-story building
2. Homes have an accessible living space including master bedroom/bath + laundry on at least one floor
3. Doorways (interior/exterior) that are at least 36" wide or made that wide by installing swing-away or swing-clear hinges to make use of entire doorway opening
4. Elevators in multi-family buildings of three floors or more
5. One bathroom with a walk-in shower, a built-in bench seat and grab-bars
6. Phone jacks in the master bedroom and kitchen
7. Zero step entrances/ramps into the building and zero step thresholds
8. Electrical outlets (above 18") and light switches and thermostats (below 48")
9. Pocket doors where practical in small spaces

## When choosing features, select options...

### Entrances and Exits

- Exterior lightening at all entrances with sensors
- Doors have lever-style handles

### Kitchen

- Cabinetry is easy to access with pull-out cabinetry
- Suitable lighting over sink, stove, and other work area
- Easy to grasp D-shaped pulls and handles
- Stove and cooktop controls are near the front
- Area where a person can work while seated

### Steps and Stairways

- Stairway lights can be turned off and on at both the top and bottom of the stairs
- Non-slip surface on steps
- Handrails on both sides of stairs

### Living Room and Bedroom

- Light switches are rocker-style and installed between 36" and 44" from the floor
- Easy access to electrical and phone outlet
- Closets have interior lights and adjustable rods and shelves
- Room for the bed to place in a location that allows for easy access to the bathroom

### Bathroom

- Raised or high-profile "comfort" toilet
- Easy to use lever handles for sink, bathtub, and shower faucets
- Walls are reinforced with blocking so grab bars can be installed in the bathtub, shower and adjacent to the toilet
- Shower has a no-step entry and seating
- The shower features a hand-held or adjustable showerhead

## There is a new variety of creative housing options to consider

It is recognized that Juneau does have land availability issues that impacts the type of housing that can profitably be constructed. Today, however, there are evolving housing types that could diversify options for Elders beyond what is currently available, the house/condo/apartment complexes. Consider the possibilities.

- Tiny Homes
- Village Model
- Cottage Communities
- Accessory Dwelling Units
- Multigenerational Living Concept

## Links for Additional Information

Section E, Item 3.

- 2020 Juneau Senior Survey <https://juneau.org/clerk/boards-committees/jco>
- Fair Housing Act Design Manual: <https://www.huduser.gov/portal/publications/destech/fairhousing.html>
- The Americans with Disabilities Act (ADA): <https://www.ada.gov/>
- AARP HomeFit Guide: <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>
- National Association of Home Builders Certified Aging-in-Place Specialist (CAPS): <https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS>
- Example of Tiny House Cottage Community: <https://tinyhousetalk.com/tinycottage-community-in-bend-oregon/>
- Example of the Multigenerational Living Concept: <https://seniorhousingnews.com/2021/05/05/bill-thomas-colleagues-unveilkallimos-communities-multigenerational-living-concept/>
- Universal Design: <http://universaldesign.com/what-is-ud/>
- AARP Network of Age-Friendly States and Communities: <https://www.aarp.org/livable-communities/network-age-friendlycommunities/>

Ask this question "What kind of housing do you imagine needing and wanting for yourself as you move towards Elderhood?" Whether your preference is an age friendly house/condo/apartment or one of the newer housing models based on smaller size and larger community, there will be plenty of grateful people that will want to live in what you build.

Juneau has been accepted into the AARP Age Friendly Network of Cities and States. As the Juneau AARP Community Action Team (CAT) Coordinator I'm the local volunteer who, working with the Juneau Commission on Aging, tries to lead in productive ways that will result in making Juneau a more Age-Friendly community. Toward this end we have been awarded two AARP training opportunities and workshops in September.

The first training is with Jonathon Stalls, with America Walks and Walk2 Connect

<https://americawalks.org/programs/walk2connect/>

Jonathon will be in Juneau September 13-15 to conduct walkability training to help us learn to lead and conduct walking/rolling events focused on pedestrian safety, human connection, and public health and how to do walk audits. Jonathon spent 242 days walking across the United States in 2010 and has continued to move alongside thousands of people for thousands of miles. He founded Walk2Connect in 2012 and leads walking workshops for America Walks and Walk2 Connect.

Part of the focus of this training is on inspiring new and creative ways to connect community members in Juneau through walking.

We will be doing a glow light walk for all ages and abilities on Wednesday 9/13 at Twin Lakes Park 5:00-6:30 focusing on benefits of walking/movement. Thursday 9/14 from 10-3 we will be meeting somewhere in the Mendenhall Mall or vicinity for training on leading and conducting walks and events, focused on pedestrian safety, human connection and public health and on forming walking groups. Then on Friday afternoon 9/15, for those who are interested, we will be conducting a walk audit and using the AARP Walk Audit Tool Kit, 1-3pm.

The walk audit will focus in the Vintage Park area and the trail along the river behind Vintage Park. There has been significant residential and commercial growth in this area along with the new transit facility near the Mendenhall Mall and we would like to bring attention to walkability for residents and businesses in the area.

The second training is on Saturday 9/16 with trainers from 880cities. <https://www.880cities.org/> In the morning we will be learning about planning and developing outdoor facilities for all ages and the techniques of park audits and in the afternoon, we will be doing a park/trail audit. I have arranged for the morning training at classroom 205AB at Bartlett Hospital and in the afternoon we will be doing the audit at Twin Lakes.

It would be great to have members of the PRAC involved in either one or both of these workshops. Contact me for more information.

Linda Kruger, AARP Community Action Team  
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lindalaska2003@gmail.com