



JUNEAU COMMISSION ON AGING AGENDA

December 17, 2024 at 3:00 PM

Teal Street Center/Zoom Webinar

<https://juneau.zoom.us/j/81491760970?pwd=bkFwWk42Mllmazl0aFdMS3ArTG5qZz09>

Or Call In: 1-253-215-8782 Meeting ID: 814 9176 0970 Passcode: 858248

Or In-Person at the Teal Street Center, located at: 8711 Teal Street Suite 101

A. CALL TO ORDER/ROLL CALL

Present:

Absent:

Others Present:

B. APPROVAL OF AGENDA

C. APPROVAL OF MINUTES

1. October 8, 2024 JCOA Meeting Minutes - Draft

D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS

E. AGENDA TOPICS

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

1. AARP Age Friendly Planning Efforts, Age-Friendly Planning 1st Phase Due June 2025 – Linda Kruger
2. Alphabet Group Charter & Updates on Potential Senior Center Space – Chair Craig
3. Recruitment to JCOA & Discussion of Meeting Time (Tues @3pm) - Group Discussion

3. Updating JCOA Members on Meeting with Mayor Weldon

4. Memo to Borough Assembly for Retreat Planning Consideration

5. JCOA Annual Report to the Assembly

F. COMMITTEE MEMBER / ASSEMBLY LIAISON COMMENTS AND QUESTIONS

G. NEXT MEETING DATES - at 3pm via Zoom (check top of agenda for correct Zoom link)

January 14, 2025 - JCOA Working Group Meeting

January 21, 2025 - JCOA Regular Meeting

H. SUPPLEMENTAL MATERIALS

6. JCOA email to Parks & Recreation Regarding CBJ Community Center

7. JCOA Website - Front Page

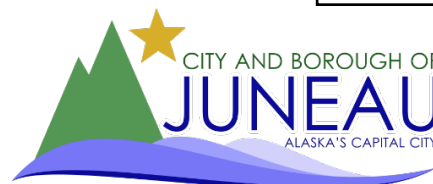
I. ADJOURNMENT

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.

JUNEAU COMMISSION ON AGING MINUTES - **DRAFT**

October 08, 2024 at 3:00 PM

Zoom Webinar



<https://juneau.zoom.us/j/81491760970?pwd=bkFwWk42Mllmazl0aFdMS3ArTG5qZz09>

Or Call In: 1-253-215-8782 Meeting ID: 814 9176 0970 Passcode: 858248

A. CALL TO ORDER/ROLL CALL – Chair Craig called the JCOA meeting to order at 3:00 p.m. via Zoom

Present: Chair Deborah Craig, Jennifer Garrison, Carole Ende, Kimberly Adkison, Linda Kruger, and Ann Stepetin.

Absent: Jennifer Carson

Others Present: None

B. APPROVAL OF AGENDA – agenda approved as presented.

C. APPROVAL OF MINUTES – agenda approved as presented.

1. **August 20, 2024 Regular JCOA Minutes - Draft**

D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS - None

E. AGENDA TOPICS

2. **Standing JCOA Agenda Topics - Main Projects/Subcommittee Updates**

JCOA Presentation SREC Summit – Chair Craig – We received positive feedback on the JCOA presentation at the SREC Summit, our signage and swag. People enjoyed learning more about JCOA. Several folks mentioned a desire for a more robust downtown senior facility in response to the JCOA presentation.

AARP Age Friendly Planning Efforts – Linda gave a presentation at the SREC Summit on the AARP Age-Friendly Network, as well as facilitating a Brain Health Panel that was very well received and people asked for this presentation to be given again. Linda indicated she would try to bring the Brain Health Series back this winter/spring.

Juneau's Age Friendly Plan – First Phase Due December 19, 2024, we discussed including a section on disaster preparedness. Our priorities include Social Participation; Housing; and Outdoor Spaces and Buildings and Recreation. Linda Kruger is leading a multi organizational team writing the plan.

Housing, Chair Craig reached out to Architect Paul Voelckers, who suggested looking at Mt. Jumbo Gym building as a possible senior/affordable housing location. Linda reminded everyone that Parks and Rec is moving out because the cost of necessary repairs is prohibitive. Mr. Voelckers mentioned that there are many communities repurposing old buildings for senior/affordable housing because the cost of new builds is very expensive. He is willing to do a walkthrough of the building to determine if this is viable.

Recreation/Socialization: Chair Craig commented on how SEARHC, JCOA, CCS, T&H and AARP started meeting some months ago to talk about events that each organization was facilitating. At the last meeting John Brett suggested we consider a Charter regarding collaboration on Recreation to help focus efforts on supporting a CBJ Senior Community Center with programming and possibly an alternative location if the Marie Drake Complex is found to have more asbestos abatement issues than first realized. The group plans to invite Bartlett, Parks and Rec, AEYC, JACC to join.

Recruitment to JCOA – We discussed potential members and how to reach out to the community. Joan O’Keefe and Mollie Carr at SAIL/ADRC are way too busy. Cori Stennett is the ADRC/SAIL employee in Haines who is interested but she is not a Juneau resident, so she is not eligible to apply to the Commission, but we discussed the possibility of her joining as a non-voting member to bring information to the Commission about the ADRC. We also discussed reaching out again to Claire Richardson from Homecare and Hospice. Other Commissioner’s mentioned people that they had reached out to and would follow up. We are down two members with the potential of losing a member in December.

Outreach Challenges: We discussed the challenges of getting information out to the community without a weekly newspaper or a mechanism that is robust enough to reach elders throughout Juneau. Chair Craig mentioned that she could write an article for the Juneau Empire to highlight activities/recruit.

December Report to the CBJ – Chair Craig mentioned that the JCOA needs to prepare a report to the CBJ Assembly regarding our yearlong activities, as well as report on attendance.

Carol mentioned that she has updated the JCOA website and included a new profile. She also mentioned that October is International Elders Awareness Month.

Upcoming Meetings – topics and speakers

- a. November 12 Workgroup Meeting – George Schaaf Parks & Recreation Director
- b. November 19 Full Meeting - Cori Stennett/ ADRC
- c. December 17 Full Meeting - Dave Ringle, St. Vincent de Paul. Housing Discussion - Carol commented that the Housing group needed a champion with housing expertise.

F. COMMITTEE MEMBER / ASSEMBLY LIAISON COMMENTS AND QUESTIONS - None

G. NEXT MEETING DATE

JCOA Workgroup Meeting - November 12, 2024 at 3pm via Zoom

Regular JCOA Meeting - November 19, 2024 at 3pm via Zoom

JCOA Workgroup Meeting - November 26, 2024 at 3pm via Zoom

H. SUPPLEMENTAL MATERIALS - None

I. ADJOURNMENT

There being no further business to come before the commission, meeting adjourned at 4:06 p.m.

Project Charter

(draft) 11/18/2024

Stakeholders:

AARP - Juneau Community Action Team
JCOA - Juneau Commission on Aging
CCS – South East Senior Services
JAHC - Juneau Arts and Humanities Council
BRH - Bartlett Regional Hospital
CBJ Parks and Recreation

Our Team's Objective/SMART GOAL

Opportunity: Juneau’s senior/elder community is growing quickly, and we urgently need a welcoming senior community center to support our senior/elders with programs that promote good health, social connection, and overall well-being. We CAN create a vibrant hub where seniors/elders can participate and access resources tailored to their needs, helping them stay active and engaged in our community.

The primary objective of this charter is to generate a proposal that will secure an existing space/property for conversion to our proposed “CBJ - Senior Community Center”.

Once approved, this facility will create a safe, accessible, and welcoming environment for seniors/elders AND their families.

Moreover, the proposed “CBJ SCC” will provide essential health information and wellness programs/services to enhance quality of life for all.

Finally, this project charter is intended to be a “live” document and will be edited and amended as needed to adjust for existing conditions or optimized lay-out.

Smart Goal (observable and measurable!): By the end of 2025, the CBJ Senior Community Center will strive to serve at least **100** individuals per month, serving all age groups while focused on age **50** and older, provide access to a minimum of **5** weekly programs focused on health wellness, social engagement and educational opportunities. The center will achieve a **90%** satisfaction rate among participants, as measured through quarterly surveys, ensuring it meets the diverse needs of Juneau’s senior/elder population while fostering a vibrant, supportive community.

(**note:** 30% of Juneau’s population is aged 50 or older)

Expected Benefits	<div data-bbox="1347 69 1555 128" data-label="Page-Header">Section E, Item 2.</div> <p>Community Based Health and Wellness for all Juneau seniors/elder families.</p> <p>Encourage intergenerational programs and volunteering. Promote physical and mental wellbeing for <i>all generations</i> with an emphasis on seniors/elders.</p> <ul style="list-style-type: none"> • <i>Provide</i> a space for social engagement and reduce isolation. • <i>Offer</i> health and other educational resources and programs that focus on the Age Friendly evidence based “4-M’s” - Mentation, Mobility, Medications and (what) Matters. • <i>Encourage</i> intergenerational programs and volunteering. • <i>Mitigate</i> social isolation and its effects on senior/elder health. • <i>Create</i> a hub for senior/elder services, healthcare, and community programs. • <i>Foster</i> a sense of belonging and community for aging populations. <p>Another key goal is to propagate a sense of community and support, reducing isolation while promoting active and healthy aging. Additionally, this proposed space will serve as a hub for resources and activities tailored to meet the diverse needs our local senior/elder population.</p>
Projected Costs	<p>The following are potential and ongoing operation costs:</p> <ul style="list-style-type: none"> • Monthly utilities (heat, electric, etc) • Purchase of new equipment for the facility • Ongoing janitorial maintenance • Parking (accessible and convenient) • Building permits and construction (if needed) • Exterior lighting and signage • Security • Office administration for the future CBJ SCC
Potential Partners/Endorsements	<p>AARP – Juneau Community Action Team JCOA - Juneau Commission on Aging CCS – South East Senior Services JAHC - Juneau Arts and Humanities Council BRH - Patient and Family Advisory Council CBJ Parks and Recreation SAIL – Aging and Disability Resource Center</p>
Scope	<p>Develop a detailed, ubiquitous proposal attributable to any (reasonable) space/property opportunity for COMMUNITY review and approval.</p>

Risks, Constraints, and Assumptions	Risk #1: Lack of community support	Section E, Item 2.
	Mitigation: Develop a media plan to garner community support from entities such as the Chamber of Commerce, Lion's Club and others.	
	Risk #2: Unable to locate a suitable location.	
	Mitigation: Reach out to local government agencies and community organizations to identify and secure viable property options early in the planning process.	
	Constraints: Meeting deadlines timely with volunteer stakeholders.	
	Assumptions: Community Support, Fund Raising	

Project Schedule

KEY MILESTONES	START	FINISH
Form Project Team and Conduct Preliminary Review	11/01/24	11/15/2024
Project Charter	11/07/24	12/01/2025
Proposal for Community Review (leverage earlier provided verbiage)	11/12/24	01/01/2025
Roadshow! (see above community entities)	01/15/25	03/15/2025

In the summer of 2024, the City and Borough of Juneau accepted proposals from the community for use of space that became available with the closure of two of Juneau's middle schools. JCOA recognized this unique opportunity and partnered with several other community organizations and proposed use of the Marie Drake Complex as a CBJ Senior Community Center.

The following information was used as a foundation for this proposal and prepared in response to CBJ Questioning Strategies for use of space. This information is also attributable to the current effort to develop a Senior Community Center. In the interim, it has been discovered that the Marie Drake Complex requires significant asbestos mitigation which has resulted in the CBJ putting use of the facility temporarily on hold.

While the Marie Drake Complex may not be available, a core group continued to pursue the development of a CBJ Senior Community Center by developing a Charter to help guide this community process.

In an effort to ensure an understanding of the history of this effort and the original proposal, the following sections of the JCOA Proposal for Use of the Marie Drake Complex is provided.

JCOA PROPOSAL TO THE CBJ FOR USE OF THE MARIE DRAKE COMPLEX SUBMITTED MAY 2024

Proposed Use:

Seniors over age 55 now represent 30% of CBJ's population (AKDOLWD 2023). The JCOA is proposing establishment of an Office of Aging, housed within the Marie Drake Complex in addition to the Senior Recreation and Wellness Center (see details below) to represent the significant and valuable senior population in Juneau and to work directly with JCOA and the AARP Community Action Team in facilitating Age-Friendly Community Planning. The fully functioning CBJ Office of Aging will be staffed by a fulltime Coordinator whose duties consist of the following:

1. Facilitate the Age-Friendly Community Planning Process for Juneau using the AARP Guidelines and coordinating with the AARP Juneau Community Action Team
2. Oversee the promotion of age-friendly housing policies
3. Oversee the Senior Wellness and Recreation Center (see proposal below) including but not limited to Gym Space and shared spaces with other organizations
4. Work directly with JCOA regarding planning and priority projects to manifest the goals and objectives of the JCOA.
5. Work directly with BRH and SEARHC to ensure that all program elements result in a benefit to seniors throughout Juneau via their Wellness Programs
5. Supervise a Wellness Recreational Coordinator who will work on-site at the Senior Recreation and Wellness Center, as well as with other associated organizations.

JCOA further proposes the allocation of space for a Senior Recreation and Wellness Center using space in the current Marie Drake Complex that is identified as the Gym/multi-purpose room, locker rooms, storage, kitchen, and Office of Aging office space on the northern end of the complex. While identified as the Senior Recreation and Wellness Center, we intend to ensure the gym space is multi-purpose, multigenerational, and available to other community groups yet has a primary focus on healthy aging activities that improve the health and well-being of all who are aging in our community. This offers the opportunity for current groups/organizations serving Elders to have a place host their events, education offerings, etc. that have limited space in their current location. This space would include:

- * Multi-Sport Gymnasium for pickleball, group sports, and an indoor walking track with accessibility already available
- * Multi-purpose fitness room(s) for yoga, Tai chi, dance, or other classes

- * Activity Space for small group meetings or classes, navigational services for seniors, clubs, gardening clubs, cooking classes, training;
- * Game Room(s) for chess, board games, or other activities to stimulate the brain;
- * Lifelong learning: computer, financial, active aging planning, use of community resources, etc.
- * Cultural Arts; small music events, art classes, language arts, etc.
- * Companionship and Quiet Space: where people of all ages can gather to enjoy a cup of coffee, share stories, find solitude, read a book, and enjoy some quiet time.
- * A place for groups/organizations serving Elders to host their events, education offerings, etc. that have limited space in their current location

On a larger scale, the JCOA would recommend that the entire Marie Drake Complex be dedicated to a CBJ Senior Community Center with multiple organizations that serve the community co-locating to provide an array of services in a one-stop setting.

What other uses would be compatible with your proposed use?

JCOA proposes using the entire Marie Drake Complex for a CBJ Senior Community Center to serve the entire community including a Senior Wellness and Recreation Center, the AEYC Child Care Facility, the Planetarium, and with the added benefit of proximity to the Augustus Brown Pool. Additional desirable partners include Makerspace and the Friends of the Library.

JCOA strongly supports the AEYC Child Care Center which includes facilities uniquely suited to serve the CBJ as a community child care center with the added benefit of multi-generational activities between seniors and children, a well-documented benefit to both age groups and the community at large. AEYC has already agreed to fully furnish this space to ensure it is warmly welcoming to people of all ages and amenable to activities such as Elder/Child Story Time, multigenerational arts and culture activities, etc.

The JCOA strongly supports expanded use of the Planetarium for educational and community activities, as well as embracing Friends of the Library as a welcome addition to a Community Center. Makerspace would literally be the icing on the Community Center cake in terms of providing already established services related to carpentry/shop space, cooking and art classes, etc. CBJ's Community Center would be a model for other communities to serve citizens of all ages.



DATE: December 2, 2024

TO: Alicia Hughes-Skandijs, Chair
Public Works and Facilities (PWFC)

THROUGH: Denise Koch, Engineering and Public Works Director

FROM: Jeanne Rynne, Chief Architect

SUBJECT: Proposed Uses for Marie Drake and Floyd Dryden

Since the August 5, 2024, COW meeting, staff have been meeting with the proposers, in priority as ranked by the Assembly, for Floyd Dryden and Marie Drake. The meetings had two objectives: 1) to confirm tenant improvement and site usage needs so that corresponding cost estimates could be prepared, and 2) to solicit feedback from proposers regarding program compatibility with the other proposed users at each facility.

As part of bringing the newly acquired facilities into the maintenance program, CBJ Facilities Maintenance engaged Nortech, a certified asbestos abatement firm, to verify whether components of the HVAC system at Marie Drake contained asbestos. Nortech confirmed several components contained asbestos and would require abatement in order for CBJ Facilities Maintenance to safely perform routine maintenance of the system. CBJ had Nortech assess areas of the building where potential tenant improvements were planned and also requested that baseline air monitoring be done throughout the building. **Multiple air monitoring samples of the unoccupied building were taken while the HVAC systems was running; all samples showed no asbestos present in the air.** However, asbestos was identified in components of the HVAC system and the interstitial spaces (above ceilings). Building records indicate presence of asbestos in drywall tape and in the mastic used for the original carpet installation.

The following memos and attachments will detail the results of these efforts and recommend options for further exploration.

Attachments:

- #1 – Proposed Uses for Marie Drake Facility Summary Memo
- #2 – Proposed Uses for Floyd Dryden Facility Summary Memo
- #3 – Marie Drake Parking Site Plans: A. Option 1, B. Option 2, C. Option 3



Engineering and Public Works Department
155 Heritage Way
Juneau, Alaska 99801
Telephone: 586-0800 Facsimile: 586-4565

DATE: December 2, 2024

TO: Alicia Hughes-Skandijs, Chair
Public Works and Facilities (PWFC)

THROUGH: Denise Koch, Engineering and Public Works Director

FROM: Jeanne Rynne, Chief Architect

SUBJECT: Proposed Uses for Marie Drake Facility Summary

On-site walk-throughs were held with the organizations that ranked highest for Marie Drake, which included CBJ Parks & Rec, CBJ Facilities Maintenance Shop & Offices, Friends of the Planetarium, AEYC-SEA (Southeast Alaska Association for the Education of Young Children) Childcare, Friends of the Library Amazing Bookstore, CCFR CARES, and the Capital Kennel Club. Outcomes of note are that AEYC-SEA has withdrawn their request for office space and is interested in space for childcare only. AEYC-SEA has also informed us that they may not be able to obtain a childcare license from the State Department of Health if CCFR Cares is located in the same facility. Additionally, the Friends of the Library Amazing Bookstore has withdrawn their space request as they desired a Valley location. The next ranked proposer was JCOA (Juneau Commission on Aging), but they were interested in the gym, locker rooms, and adjacent spaces that were already spoken for by higher-ranking proposals. Consequently, 7,600 SF are currently unallocated. Staff have prepared tenant improvement cost estimates for converting these classrooms to office space to give a complete estimate for converting the entire building to a non-school use. The projected net impact on the available parking at Marie Drake (40 stalls) is a shortfall of 74 stalls.

Marie Drake ACM (asbestos-containing material) Investigation

Two site investigations were conducted by Nortech in August and September of 2024. Material and dust samples were taken, and air monitoring was performed. Key recommendations from Nortech's assessment are summarized in the table below:

Minimum Abatement Required to Maintain Classroom Wing in Unoccupied Status	
Clean Mechanical Rooms 110, 223A, 323B	High levels of ACM dust detected here.
Clean Occupied Spaces of Basement (100 level)	High levels of ACM dust detected here.
Additional Abatement Required Prior to Occupancy of Classroom Wing	
Abate ACM Duct Tape in Mechanical Rooms 110, 223A, 323B	
Clean HVAC Ducts on all floors	
Clean Occupied Spaces on Ground Floor (200 level) and Top Floor (300 level)	Low levels of ACM dust detected here.
Clean Interstitial Ceiling Spaces at all floors	Low levels of ACM dust detected here.
Replace filter wall at Mechanical Room 110	
Repair any damaged HVAC Ducts	

Note: The Planetarium and Multi-Purpose Wing is served by a separate previously abated air handling unit.

The estimated total project cost to maintain the classroom wing in unoccupied status is \$40,000 and is estimated to take three (3) months. This would keep the pipes from freezing and prevent mold growth. The Planetarium and Multi-Purpose Wing is served by a separate previously abated air handling unit and can continue with its current limited occupancy.

The estimated total project cost for the minimum abatement required before occupancy is \$2.8 million, and it is estimated to take nine to ten (9-10) months to complete abatement specifications, bidding, and construction. This is exclusive of any tenant improvements required for other uses.

Tenant improvements from the current proposers total \$3.3M. Including the \$2.8M required for abatement prior to occupancy yields a total project cost of \$6M and a parking deficit of 74 stalls. If the unallocated upper floor is converted to office space at some point in the future, tenant improvements for that work are estimated at \$1.1M, with a need for 40 parking stalls, generating a grand total project cost of \$7.2M and 114 stall parking deficit.

Impacts to Future Use of Marie Drake

The interim plan for CBJ employees dislocated from the Municipal Way Building due to construction and lease expiration had been to relocate them to the upper floor of Marie Drake. Given the timeline for abatement, excluding any tenant improvements, other options are being pursued. The District Office building and Docks and Harbor Facilities at Auke Lake are being used for the relocation of these employees.

Next Steps

Given the abatement costs, it seems prudent to consider the level and type of investment CBJ wants to invest into this facility built in 1966. Staff have provided rough order of magnitude (ROM) cost estimates for some options outlined below. The options yield different levels of results but are intended to provide information at a high level. It would be possible to identify other options or sub-options that would be more appropriate, based on the ultimate goal for the facility.

Staff considered four options for the Marie Drake site:

Option 1: Demolish the entire building and replace with grade level parking. This could provide 212 additional parking spaces. (See Attachment #3A.)

Option 2: Demolish the Classroom wing and backfill with grade level parking, retain the Gym and Planetarium Wing. The majority of the Gym and Planetarium wing were abated in 2012. A new mechanical heating plant and electrical systems would be required as the existing support space would be demolished in this scenario (currently located in the basement of the classroom wing). This could provide 93 additional parking spaces. (See Attachment #3B.)

Option 3: Demolish 80% of the Classroom wing, retaining the portion that contains the heating plant, electrical service room, and main IT room. This version also retains the Gym and Planetarium wing. It provides space for Building Maintenance in the building. This assumes minimal renovation of the remaining 20% of classroom space and associated abatement. Improvements to the mechanical and electrical systems would also be required to serve the remaining portion of the Classroom wing. This could provide 70 additional parking spaces. (See Attachment #3C.)

Option 4: Gut the entire building to structure and renovate. This option assumes the existing structure is sound and will not require upgrades.

Please see the chart below for a summary of the options.

Marie Drake Options**Options for Retaining Existing Building**

Option	Description	Total Project Cost	Timeline for Completion ³	#Net Stalls/(Deficit)
A	Minimum Abatement ¹ Required to Maintain Classroom Wing in Unoccupied Status ²	\$40,000	3 mo.	-
B	Minimum Abatement Required to Enable HVAC System to be Maintained	\$2,800,000	9-10 mo.	-
C	Estimated Cost of Tenant Improvements requested by proposers ⁵	\$3,280,000	9-12 mo. ⁴	(74)
D	Future 3rd Floor Tenant Improvements to convert to office space ⁵	\$1,135,000	9-12 mo.	(40)
Subtotal Tenant Improvement Costs:		\$7,215,000		(114)

Options - Demolition and Parking

Option	Description	Building Demo/Construction	Parking Cost	Total Project Cost	Timeline for Completion ³	# Stalls Added
1	Demo entire Building and replace with Parking	\$6,180,000	\$3,051,000	\$9,200,000	10-12 mo.	212
2	Demo Classroom Wing, backfill with Parking, retain Gym and Planetarium Wing	\$6,492,000	\$1,471,000	\$8,000,000	14-16 mo.	93
3	Demo 80% Classroom Wing, backfill with Parking, retain Boiler Room/IT hub at Basement, Gym and Planetarium Wing	\$8,960,000	\$1,273,000	\$10,200,000	16-18 mo.	70
4	Gut Building to Structure and Renovate.	\$75,700,000	\$0	\$75,700,000	18-24 mo.	0

Notes

- 1 Does not include required abatement to make unforeseen repairs.
- 2 Note: Planetarium and Multi-Purpose Wing is served by a separate previously abated air handling unit.
- 3 Estimated timeline once direction is given.
- 4 Work would have to occur after Option B is completed. Bid documents could be prepared while Option B is underway and potentially shorten time to complete work by six months.
- 5 Includes ACM abatement costs associated with tenant improvements.

Action Requested:

Staff recommends Option 3. In addition to retaining the Gym and Planetarium, it also provides space for Building Maintenance, which could then vacate Mt. Jumbo Gym for other uses. It also retains the CBJ and JSD IT hub, which would be costly to relocate as well as difficult to find space for.

Request that PWFC provide guidance on the preferred option and forward it to the COW for further discussion.

Meeting with Mayor Beth Weldon was very positive and the Mayor commented on the importance of seniors in the community.

1. Introduced idea that JCOA takes its responsibility for making recommendations to the Assembly seriously and have developed JCOA three Priorities – comments and mayor’s suggestions follow
 - a. Planning – Mayor suggested contacting Alex Pierce due to planning experience or Jill Lawhorn from Support Services regarding how to add AARP Age Friendly Community Planning to consideration for the CBJ.
 - b. Wellness and CBJ Senior Community Center – Mayor provided update on Marie Drake – gym will continue to be used for public but unclear how the rest of the building will be used (see housing). Mayor suggested using the Centennial Hall during the winter in particular as this space is underutilized but it would be a great gauge of how much the space is needed for our proposed use. JAHc provides oversight of CH (NOTE: Phil Huebshen of JAHc contacted and he indicated there is a cost associated with use of CH or the JAHc that could be ameliorated by the Assembly if they chose to approve free usage.)
 - c. Housing – unclear if the Marie Drake two story building will be torn down depending on cost – if less expensive to abate the abatement or tear down and use for parking. Mayor suggested contacting the CBJ City Manager to consider using that space for senior housing – it’s a small space but could add to options in town. Mayor also indicated that there is space on Franklin and 2nd Street that could be housing friendly, as well.
2. Mayor indicated approval of priorities and supported continued outreach to the community to engender support:
 - a. Suggested presentations to the Rotary, Chamber of Commerce
 - b. Mayor suggested the JCOA make a quick presentation in early January Assembly meeting regarding our priorities and suggestions and we met with Secy to get on the agenda in early January.
 - c. Mayor also suggested continuing to meet with P&R as they would be the entity that would be managing a community space.

Juneau Commission on Aging

Section E, Item 4.

Dear Assembly Members,
Thank you for your service to our community. The Juneau Commission on Aging is charged with advising the Assembly on matters related to seniors. Seniors over 55 now comprise **30% of Juneau's population**. Juneau's elders buy goods and services, volunteer extensively, and provide support to family members in our community. Many are retired with good benefits and a desire to remain in our community while contributing to its well-being. During your upcoming retreat, may we respectfully suggest that the following items be included in CBJ Assembly Priorities.

Juneau Commission On Aging 2020 Senior Survey Findings

Seniors are healthier and better off than in previous survey years:

- 28.7% of Juneau residents are 55 and older**
- 84% own their own homes and pay taxes
- 80-90% (depending on age) drive their own cars
- 63% volunteer in the community
- 95% over 65 have Medicare Insurance
- 66% over 65 have State of Alaska Retirement
- 40% have Long Term Care Insurance
- 42-46% (depending on age) take continuing education classes (UAS/CS)
- 72 – 84% (depending on age) recreate weekly (walking, hiking, swimming, biking, gyms, skiing)

** AKDOL has updated this figure to 30% in 2023



Assembly Goals 2025

Assembly Goals 2025			
Assembly Goals Approved at the JUNE/2025 Assembly Meeting			
Item	Implementing Actions	Responsibility	Notes
1. Housing - Assure adequate and affordable housing for all CBJ residents			
A	After completion of A/C Upgrade, City will upgrade Housing Fund to include project. Include project funding in FY25 budget. Recommendation: create a new Housing Fund to include the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project.	City, CBO	
B	Hold a meeting to review and track progress towards the goals of the Housing Fund. Recommendation: create a new Housing Fund to include the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project.	Assembly, Manager's Office	
C	Continue to explore use of the Affordable Housing Fund. Recommendation: create a new Housing Fund to include the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project.	Assembly, Manager's Office	
D	Continue to explore use of the Affordable Housing Fund. Recommendation: create a new Housing Fund to include the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project.	Assembly, Manager's Office	
E	Continue to explore use of the Affordable Housing Fund. Recommendation: create a new Housing Fund to include the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project. The City will explore other funding sources to support the project.	Assembly, Manager's Office	

Item 1: Housing: Include Universal

Design as a preferred priority for building age friendly housing for people of all ages. 84% of Seniors own their own homes in Juneau. Many would downsize if more age friendly housing were available - potentially opening up more housing units for working age families. The JCOA continues to promote the concept of Universal Design that meets the needs of community members of all ages and abilities, while allowing aging at home and in community with minimal assistance.

Item 4: Promoting Community Wellness, Safety and healthy aging for all ages by supporting a CBJ Community Center. This year, JCOA actively promoted the concept of a CBJ Community Center using the Marie Drake

Complex to provide recreational opportunities, wellness classes, informational courses and other resources to ensure seniors living in Juneau are able to continue to contribute to the community. While the Marie Drake Complex remains in question, the concept of a multi-generational CBJ Community Center remains a viable mechanism to support healthy maturing for people of all ages, while targeting our elders. Seniors contribute significantly and want to continue to live in the community we love. People of all ages are enabled to continue to contribute by striving to be as healthy as possible.

Assembly Goals Approved at the JUNE/2025 Assembly Meeting			
4. Community, Wellness, and Public Safety - Juneau is safe and welcoming for all citizens			
Item	Implementing Actions	Responsibility	Notes
A	Address and honor Juneau's Indigenous culture and place names. Develop a naming policy. Consider the impacts of recognizing additional and/or repeated holidays, including Elizabethan Day, Indigenous People's Day, and Juneteenth.	Assembly, Manager's Office, Human Resources Committee	JCOA evaluated JCOA's developed naming policy. Holiday discussions are anticipated to take place during collective bargaining.
B	Explore government to government relations with tribes, working on projects meant to grow effective communication, trust, and partnerships. Create an Assembly lesson to tribal meetings.	Assembly, Manager's Office	Public Safety and Solid Waste MOA amendments signed.
5. Sustainable Community - Juneau will maintain a resilient social, economic, and environmental habitat for existing population and future generations.			
Item	Implementing Actions	Responsibility	Notes
A	Implement a zero waste or waste reduction plan, including development of the Zero Waste Subdivision.	Assembly, Manager's Office, EPW, Finance	Waste characterization and solid waste flows (i.e. transfer station, landfill, or incinerator) studies are underway. Anticipated reports next year.
B	Identify and prioritize the most cost effective energy efficiency and electrification upgrades in CBJ facilities. Recommendation: none.	Assembly, Manager's Office, all departments	Ongoing: multiple grants in process. Significant facilities maintenance integration.
C	Implement projects and strategies that advance the goal of reliance on 80% of renewable energy sources by 2045. Recommendation: change. Identify the next major step to achieving the goal of reliance on 80% of renewable energy sources by 2045.	Assembly, Manager's Office, all departments	Incremental progress towards fleet electrification - new vehicle purchases are assessed for EV options.
D	Develop mitigation and resilience strategies aimed at reducing community risk and helping Juneau adapt to climate-related hazards that have been identified in the T22 ADRIC Report. Recommendation: change. Continue developing GLOF mitigation and resilience strategies with partner agencies.	Assembly, Manager's Office, EPW	Ongoing: code revisions underway.
E	Develop strategy to reduce abandoned/unused vehicles.	Assembly, Manager's Office, EPW, Law, P&S, O&M	

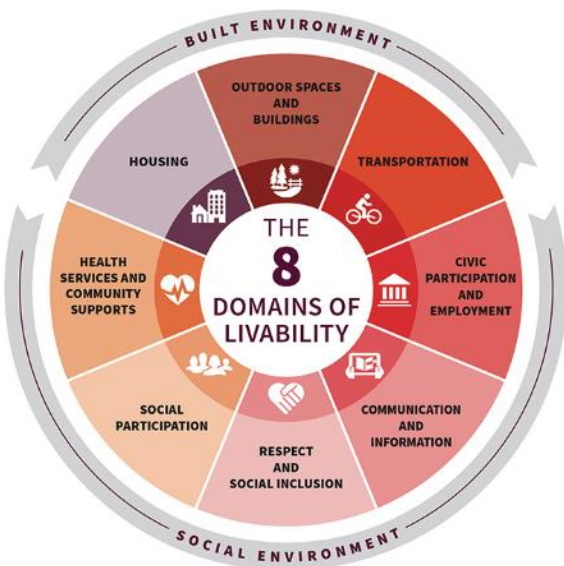
Assembly Action to Move Forward: P = Policy Development, F = Funding, S = Support, O = Operational Issue

Item 5: Sustainable and Age-Friendly Community Planning. The CBJ Assembly joined the *Age-Friendly Network* in 2023 and the next step is to engage in the planning process. Age-Friendly Community Planning was developed by the World Health Organization and has been utilized throughout the world. This planning tool looks at eight (8) domains of livability that make a community viable for all ages, as well as aging in place. It is a tried-and-true mechanism that allows for comparability with other communities, as well as determining areas for improvement. The JCOA recommends that the CBJ join the JCOA and AARP in implementing this AARP planning process as a mechanism to determine how Juneau could be more "livable" for people of all ages.

Thank you for your consideration of our recommendations. The JCOA will present our annual update at the CBJ Assembly Meeting January 6, 2025 and will be able to answer more of your questions at that time.

Deborah Craig, Chair
Juneau Commission on Aging

<https://juneau.org/clerk/boards-committees/jcoa>



Aging! So cool, everyone is doing it!

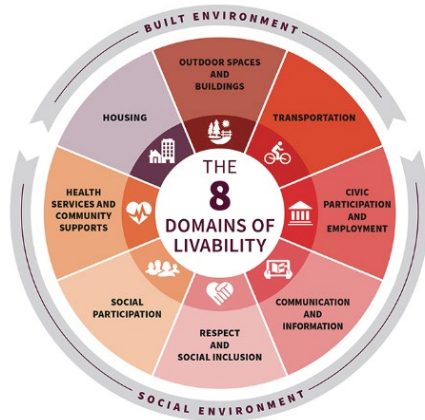
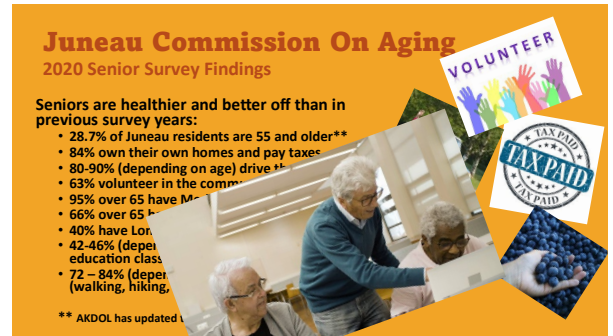


Juneau Commission on Aging Annual Report to the CBJ Assembly December 2024

Section E, Item 5.

The Juneau Commission on Aging (JCOA) is charged with advising the Assembly on matters related to seniors. Seniors over 55 now comprise **30% of Juneau's population**. Juneau's elders buy goods and services, volunteer extensively, and provide support to family members in our community. Many are retired with good benefits and a desire to remain in our community while contributing to its well-being. In an effort to focus our efforts effectively, the JCOA identified its top three priorities and all activities stemmed from these items.

Organization: Our first task this year was to begin the process of "disrupting aging". In the words of AARP's former CEO Ann Jenkins: *"We need to challenge outdated stereotypes and attitudes about getting older and spark new solutions that help people live better as they age. Today more people are embracing age as a period of continued growth and finding purpose in their lives."* The 2020 Juneau Senior Survey clearly indicated that Juneau seniors are healthier and better off than in previous survey years. To that end and in recognition that we are all aging, JCOA adopted the byline "Aging! So cool, everyone is doing it!" and began to focus on aging as a natural process that effects everyone and thus is a community wide issue. The JCOA developed their website <https://juneau.org/clerk/boards-committees/jcoa>, brochure, signage and robust presentations to bring attention to JCOA's efforts. The JCOA presented at conferences and represented Juneau's seniors in an array of venues related to aging. We identified our top three priorities as follows.



Priority One: Sustainable and Age-Friendly Community Planning. The CBJ Assembly joined the *Age-Friendly Network* in 2023 and the next step is to engage in the planning process. Age-Friendly Community Planning was developed by the World Health Organization and has been utilized throughout the world. This planning tool looks at eight (8) domains of livability that make a community viable for all ages, as well as aging in place. It is a tried-and-true mechanism that allows for comparability with other communities, as well as determining areas for improvement. The JCOA recommends that the CBJ join the JCOA and AARP in implementing this AARP planning process as a mechanism to determine how Juneau could be more "livable" for people of all ages.

Priority Two: Promoting Community Wellness, Safety and healthy aging for all ages by supporting a CBJ Community



Center. This year, JCOA actively promoted the concept of a CBJ Community Center using the Marie Drake Complex to provide recreational opportunities, wellness classes, informational courses and other resources to ensure seniors living in Juneau are able to continue to contribute to the community. While the Marie Drake Complex remains in question, the concept of a multi-generational CBJ Community Center remains a viable mechanism to support healthy maturing for people of all ages, while targeting our elders. Seniors contribute significantly and want to continue to live in the community we love. People of all ages are enabled to continue to contribute by striving to be as healthy as possible.

Elements of Universal Design

- No Step Entry – Flush Thresholds
- One Story Living & Ample Space
- Wide doorways and halls
- Non slip surfaces
- Good lighting/rocker light switches
- Lever door handles

Priority Three: Housing: Include *Universal Design* as a preferred priority for building age friendly housing for people of all ages. 84% of Seniors own their own homes in Juneau. Many would downsize if more age friendly housing were available - potentially opening up more housing units for working age families. The JCOA continues to promote the concept of Universal Design that meets the needs of community members of all ages and abilities, while allowing aging at home and in community with minimal assistance.

Aging! So cool, everyone is doing it!



Juneau Commission on Aging Annual Report to the CBJ Assembly December 2024

Section E, Item 5.

ATTENDANCE: Each board shall submit to the Assembly a brief annual report setting forth the activities and accomplishments of the committee and the attendance record of each committee member during the preceding twelve months.

	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Deborah Craig, Chair									A			
Linda Kruger, Secy												
Carol Ende	A								A			
Jennifer Garrison		FM			FM						FM	
Ann Stepetin	M		M	M		A	A	A				
Kimberly Atkison		A	A			A					A	
Jennifer Carson		A					A		A	A	A	
Emily Kane, Former Chair				A			R					
Assembly Liaison (novote)												
Waahlaal Giidaak/B. Blake		A		A	A	A	A		A			
Maureen Hall											1st	

Key: FM – Family Medical, M-Personal Medical, R - Resign

Subject: JCOA Outreach regarding Marie Drake/CBJ Community Center

Section H, Item 6.

Deborah Craig <deborahlc11@gmail.com>

10:52 AM (1
hour ago)

to Lauren, Linda, Jennifer, Rhonda, John, Phil, Maureen, bcc: Carol, bcc: Jennifer, bcc: Ann, bcc: Kimberly

Dear Ms. Verrelli,

Thanks for taking the time on December 6 to chat about the Juneau Commission on Aging (JCOA) and our mission to assist all aging adults in Juneau. (Please see attached brochure.) The JCOA is working to ensure that as everyone in our community ages, we remain as healthy as possible to minimize the need for expensive health and medical services. Additionally, socialization is becoming a national issue not just for the elderly but for all and we want to be part of the solution for Juneau. As you requested, I am emailing you regarding our request for use of the Marie Drake Complex for recreational and social activity use - a **CBJ Community Center**.

Background: The JCOA began its pursuit for use of the Marie Drake Complex as a **CBJ Community Center** last May when we submitted an application to the CBJ. It recently came to light that the MD Complex has more asbestos issues than originally recognized and while use is in flux, the MD Gym and adjoining classrooms are to be used for P&R programs regardless of other changes. As the JCOA is a CBJ entity, our recommended programs will fit well into P&R oversight and we are a willing partner in facilitating activities.

Partners: When organizing to submit the application to the CBJ for MD usage, the JCOA partnered with an array of organizations that we called the "Alphabet Group": *AARP, CCS (Catholic Community Services), JAHC (Juneau Arts & Humanities Council), the Planetarium, AEYC (Assoc for Education of Youth and Children) and we later added SEARHC and BRH (Bartlett Regional Hospital).* We concurred that a multigenerational **CBJ Community Center** at the MD Complex with an emphasis on aging adults would be a benefit to the community, particularly if housed in the downtown corridor to serve North Douglas, Douglas, Lemon Creek and downtown. There are several facilities currently in use and easily accessible in the valley (Field House, Pool, Library and Floyd Dryden coming on board to serve the Pickleball Community). If the MD Complex became the **CBJ Community Center**, it would serve seniors and families closer to the downtown corridor, as well as house activities currently at the Mt. Jumbo Gym.

GYM Staffing: During our call, you commented that staffing was a major issue for CBJ recreational activities. This issue has been mitigated for some P&R activities by having a regularly attending member become a Monitor: Mt Jumbo Pickup Basketball and some pool activities use this method. In conversations with Pickleball groups in Douglas, I am told that there is similar interest in having a pickleball member be the gym monitor to ensure access on a regularly scheduled basis. Currently, pickleball is held at the JAHC, who generously allocate space when other activities are not using the space. The goal would be to have regularly scheduled activities that would be held with Gym Monitor's who are supporters of that particular activity. If there are insufficient PCN's, either more PCN's could be created, "shared" or allow Volunteer Monitors.

Activities: Following is a table of potential activities that members of the "Alphabet" Group quickly generated. We have identified even more activities that would be useful to the community – of all ages – but these would be our first areas of emphasis. Phil Huebschen, Executive Director of the JAHC has generously offered to help with community outreach/marketing and each member of our group has access to their own mailing lists to ensure broad participation of community members. We did not include elements such as target audience, refreshments, numbers of participants expected, cleanup, etc until we are sure that we are congruent with P&R's concepts of space usage. The Alphabet Group will provide more in-depth information on usage but that will take more time/research. We wanted to get this list to you expeditiously per your request. Attached is the table of potential activities. FYI, we are already reaching out to the Pickleball Community to determine usage needs and desires.

Funding: Lastly, the Alphabet Group is more than willing to seek funding via grants to fund equipment and other needs. Linda Kruger, AARP and JCOA member, recently emailed you regarding a funding opportunity with AARP and asked wh

might be appropriate to work with in your Department to ensure we are compliant with CBJ parameters w request. Linda wrote: *AARP Community Challenge Grant applications will open in early January. We support applying for funding for a walking track to be installed around the court area at the Marie Drake gym so that seniors and others will have access to an indoor walking space like the upper track at the Fieldhouse. We also discussed including equipment for pickleball courts or other activities in the gym in the proposal. We can help write the proposal. Please identify someone at Parks and Rec who could work with us. Proposals will be due in early March. Check the web links below for additional information. We would like to get started on the proposal in early January.*

<https://communitychallenge.aarp.org/2025/organizations/aarp/home>

<https://www.aarp.org/livable-communities/community-challenge/info-2024/2024-grantees.html>

<https://bit.ly/ak-challengegrants> - Info about Alaska Community Challenge Grants.

Please call or email me at your convenience to discuss our proposal for the CBJ Community Center or if you have additional questions.

Sincerely,

Deborah Craig, Chair

Juneau Commission on Aging

<https://juneau.org/clerk/boards-committees/jcoa>

Aging! So cool, everyone is doing it!

PROJECT PLANNER		
ACTIVITY	PLAN START	DURATION
Walk for Health - Daily Indoor Track Walking	2/1/2025	daily
Pickleball (regularly scheduled day and evening sessions)	Immed	3X Weekly
Better Bones and Balance Classes	2/1/2025	weekly
Gentle Yoga for Aging Gracefully at Every Age!	4/1/2025	Weekly or 2X Wk
Bingocize SEARHC	5/1/2025	Weekly
Jnu Intl Folk Dancers sponsored lessons and dance	TBD	Weekly
Jumbo Gym Pickup Basketball Group	TBD	weekly
BRH Patient and Family Advisory Council Meetings 1 hour	Mar-25	bi-monthly
Mendenhall Flying Lions Club	3/1/2025	monthly
AARP CAT Meetings - one hour meeting	1/1/2025	monthly
JCOA Monthly Meetings - one hour meeting	3/1/2025	monthly
Joint Sight Lions Club	4/1/2025	quarterly
Southeast Regional Elder Care Group	4/1/2025	quarterly
Dietician Outreach SEARHC	5/1/2025	quarterly
BRH AHA Stroke Awareness Educational Sessions	1-Apr	semi annual
Patient Benefits Presentation SEARHC	4/1/2025	semi annual
Mobile Kitchen (nutrition instruction) SEARHC	6/1/2025	semi annual
National Family Caregiver Month	November	Annual
Brain Health Series - How a Healthy Brain Impacts Your Health!	2/1/2025	6 weeks
CCS/SESS National Family Caregiver Speaker Education Series	11/1/2025	4 weeks
Community Disaster Preparedness with Emphasis on Seniors	TBD	TBD

Computer and Smartphone Literacy	TBD	TBD
Navigating the Senior Health System - Medicare, Medicaid and Beyond	TBD	TBD
Tai Chi	TBD	TBD
Senior Picnics and Special Events	TBD	TBD

One attachment • Scanned by Gmail



Winter Walking Safety

Do's

- Pay Attention
- Wear Bright Colors & Reflective Gear
- Use Crosswalk Flags
- Wear Waterproof Clothes & Shoes
- Use a walking pole & Grippers

Don'ts

- Can you see me?
- No Dark Clothes
- No Obstructive Hats
- No Cotton Clothes
- No Silly Shoes
- Don't expect drivers to see you – pay attention to cars!

CLICK: WINTER SAFETY TIPS FOR OLDER ADULTS

Jeff Gnass, Photographer