



# JUNEAU COMMISSION ON AGING REGULAR MEETING AGENDA

March 19, 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

Present:

Absent:

Others Present:

## B. APPROVAL OF AGENDA

## C. APPROVAL OF MINUTES

1. February 20, 2024 Juneau Commission on Aging Minutes - Draft

## D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS

## E. AGENDA TOPICS

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

### a.) Planning Workgroup Updates – Chair Update on previous meetings

- a. View SREC Presentation
- b. Approve Logo and Basic Website design
- c. Approve Questions to AKDOLWD
- d. Approve Questions to United Way
- e. Workgroup Priorities: Brochure and White Paper

### b.) Southeast Regional Eldercare Coalition Updates – Director Update

## F. COMMITTEE MEMBER / ASSEMBLY LIAISON COMMENTS AND QUESTIONS

## G. NEXT MEETING DATE

JCOA Planning Workgroup Subcommittee Meeting - March 26 @ 3pm via Zoom

JCOA Planning Workgroup Subcommittee Meeting - April 9 @ 3pm via Zoom

Regular JCOA Meeting - April 16, 2024 @ 3pm via Zoom

JCOA Planning Workgroup Subcommittee Meeting - April 23 @ 3pm via Zoom

## H. SUPPLEMENTAL MATERIALS

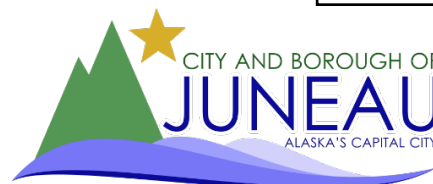
## I. ADJOURNMENT

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](mailto:city.clerk@juneau.gov).

# JUNEAU COMMISSION ON AGING MINUTES - **DRAFT**

February 20, 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 Juneau Commission on Aging meeting to order at 3:02 p.m.

**Present:** Deborah Craig, Emily Kane, Carol Ende, Anne Stepetin and Linda Kruger

**Absent:** Jennifer Garrison (family medical), Kimberly Adkison (travel), Jennifer Carson (meeting conflict) and EJ Stokes. JCOA Assembly Liaison 'Wáahlaal Gídaag (unavailable - meeting conflict)

**Note:** Anne Stepetin will miss March meetings because of a conflict on Tuesdays.

**Others Present:** SREC Representative Tonya Muldoon, Director

### B. APPROVAL OF AGENDA moved to approve: Emily Kane 2nded Carol Ende

Agenda approved as presented.

### C. APPROVAL OF MINUTES moved to approve: Linda Kruger, 2nded Emily Kane

Minutes approved as presented.

1. November 21, 2023 Juneau Commission on Aging Minutes

2. January 16, 2024 Juneau Commission on Aging Minutes

### D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS - None

### E. AGENDA TOPICS

#### A.) Southeast Regional Eldercare Coalition Updates (10 minutes)

SREC Update – Hired Recruiter position Theresa Rhouse (AKDOLWD) who has earned a Masters and Certification for DVR. She had an excellent background in workforce development and is a voice for seniors and PWD, coming with open mind and eager to work on project. Question: where position will be placed - decision will be made in March. Have permission to use space at the AKDOLWD (as originally proposed in the Grant Proposal) but JEDC will work out details and may use Teal Street Space, too. Question: who was on hiring committee? SREC not involved in hiring committee but did receive info about candidate before hire.

Tonya met with Kimberly Adkison– shared with her the navigational tool, Kimberly will help with review - spreadsheet currently has about 100 resources per community, plus several 100 regional services. Continuing to work with Web Development of Navigational Tool.

Continuing with negotiations regarding the upcoming Conference. Been working with UAS for a couple of months – have statutory requirements for DSP – PATH is separate. The basic curriculum is created by the State but the class curriculum needs to be reviewed with final DSDS approval as the books have been updated. UAS has been approved by DSDS to provide those courses. AK State is reviewing the final exam again and then we can use the training DSP course through UAS. Not related to AHEC as they are oriented toward youth but now open to adults. PATH is a pre-apprenticeship program. The DSP course is specific to hands on skills for entry level home care.

**B.) Planning Workgroup Updates - Messaging Workgroup Discussion (30 minutes) Chair Craig introduced the Workgroup's efforts and opened for discussion. (note: currently notes are not being**

formally taken at Workgroup Meetings but will be reported on at every full commission meeting as per City Manager's advisement).

*Please see attached Draft Workgroup Messaging Exercise for reference.*

**Workgroup Attendees:** Deb Craig, Linda Kruger, Kimberly Adkison, Anne Stepetin, Jennifer Garrison

**Framework for Workgroup:** Create a coherent, agreed upon message about aging in Juneau that will result in an "elevator" presentation that every JCOA Commissioner can use to discuss the work of the Commission. This will also create a Brochure for public dissemination and community outreach efforts, a "white paper" explaining our objectives in more detail with the Commission's work resulting in the creation of an Office of Aging to represent this segment of the population adequately and engage in Age Friendly Community Planning that represent everyone (who is aging). Our overarching goal is to make Juneau an Age Friendly Community in which all who wish to stay in Juneau are able. (Note: one of our new commissioners is also willing to work on the JCOA website).

### **AGING! SO COOL, EVERYONE IS DOING IT. LET'S MAKE JUNEAU A COOL PLACE TO AGE.**

Overarching idea is that all Juneau-ites recognize that:

- Everyone is aging and thus all age friendly planning benefits all ages.
- Many elders wish to stay in Juneau and we need to do more to make Juneau an age friendly community.
- While recognizing that some elders may need assistance, elders bring enormous value to communities in a variety of ways.
- While not losing sight of the value of all elders and those who are in need, we also want to project a new image of healthy active contributing elders.

Workgroup engaged in media message planning effort with Lynda Giguere, Media Consultant: Lynda has worked in strategic and crisis communications for more than thirty years, as Public Information Officer for DEC and H&SS, as well as on the Pebble Mine, Chuitna Coal Mine and TONGASS National Forest campaigns for a California-based strategic communications firm. Her most recent experience was as public outreach coordinator for Cook Inlet Regional Citizens Counsel which monitored oil facility operations and transportation in Cook Inlet. She's now happily retired and willing to assist the JCOA with media messaging.

### **Secondary Discussion regarding Information Gathering**

Deborah reached out to Dan Robinson, Chief Economist at the AKDOLWD to discuss gathering statistical data regarding elders in Juneau specifically. As a result of this contact, JCOA was asked to generate a list of questions regarding the data request. Using the Age Friendly Community Planning eight domains, a list of questions was generated for JCOA members to review and contribute to at the next Workgroup Meeting. Dan indicated that he might need to suss out some of the data.

*PLEASE SEE ATTACHED DRAFT Age Friendly Community Planning Eight Domains Questions for reference.*

Comments from members:

1. Carol noted that the **UK has an initiative Center for Aging Better** – Aging without limits (Carol to send link). She also commented that we need to remember to focus on the value of all elders regardless of their capacities – everyone is of value and brings value.
2. Linda provided info about the discussed **Work and Save Program** – it is a public-private partnership designed to address the retirement savings gap using proven tools to help workers save their own money. Senate Bill 135 establishes an auto-retirement program for workers of businesses that don't offer retirement plans, and is similar to programs passed in 20 other states. Without access to a retirement savings plan at work, nearly all workers fail to save and are more likely to end up on public assistance. This bill, sponsored by Sen Bill Wielechowski, was introduced at the end of legislative session last year, and was referred to the Labor and Commerce and Finance Committees. It had its first hearing in Senate Labor & Commerce last week where AARP Alaska small business survey results were presented as invited

testimony and the Colorado Office of the Treasurer talked about their program and other states who have joined them.

3. Tonya suggestion looking into data if available about the **Faith based community** – Tonya mentioned her church is 60% over 65 and many congregations are incredibly supportive in the community but are not “formal” and may not be included in data sets.
4. Emily is developing a **pilot program to help seniors downsize**. This complex task requires emotionally letting go of stuff, strategically planning what will fit in the next home, muscle power and some money. Emily’s interest is also to “get rid of junk” in the most green, environmentally friendly way -- ideally including opportunities through Juneau Community Buy/Sell/Trade to recycle or repurpose stuff that is still useful and in good working order. Emily’s contacts: 1) SE Junk Removal - eager to help; 2) waiting to hear from Alaska Waste Management (formerly Arrow Refuse), 3) World Wide Movers and 4) the high school football team coaches (who often offer muscle for fundraising). Emily also called the court system to suggest possibility of adding this to the the list of community service assigned to those charged with non-violent misdemeanor(s). She hopes to create a grant proposal for AARP or Juneau Community Foundation to develop a sustainable and scalable pilot project that will help seniors as well as other segments of our community (extra work, free stuff, community service).

#### F. COMMITTEE MEMBER / ASSEMBLY LIAISON COMMENTS AND QUESTIONS (10 minutes)

JCOA Assembly Liaison ‘Wáahlaal Gídaag gave a CBJ update – not available -

#### G. NEXT MEETING DATE

JCOA Subcommittee Planning Workgroup - February 27, 2024 @ 3pm via Zoom

JCOA Subcommittee Planning Workgroup - March 12, 2024 @ 3pm via Zoom

Regular JCOA Meeting - March 19, 2024 @ 3pm via Zoom

JCOA Subcommittee Planning Workgroup - March 26, 2024 @ 3pm via Zoom

#### H. SUPPLEMENTAL MATERIALS

##### 4. Age-Friendly Long Survey

##### 5. 2020 Juneau Senior Survey - Final (126 page PDF)

#### I. ADJOURNMENT

There being no further business to come before the commission, meeting adjourned at 4:05 p.m AK TIME.



AKDOLWD

Questions Feb 2024.d



JCOA Building a

Message Draft 02132.

*Aging!  
So cool,  
everyone is  
doing it!*



**Juneau Commission On Aging**



# Juneau Commission On Aging

Part of a national, state and municipal system

- National Council on Aging
- Alaska Commission on Aging
- Juneau Commission on Aging

**Our mandate is to advise the Juneau City and Borough Assembly on actions and policies to improve the quality of life for seniors (aging residents).**

JCOA is CBJ specific but many benefits in Juneau frequently extend to the entire region.



# Juneau Commission On Aging

**Busy in the background since 2017 reauthorization by CBJ**

- **2020 JCOA Senior Survey – CBJ commissioned and funded a survey every decade to discern status and priorities of seniors (1989, 1998, 2010, 2020)**
- **2022 JCOA were founders of the Southeast Regional Eldercare Coalition, gleaned start up funding and wrote a grant resulting in funding for the SREC Project focused on Eldercare Workforce Issues**
- **2022 CBJ joins the AARP Age Friendly Community Network**
- **2023 City Wide Listening Sessions in partnership with AARP to glean updated information from Juneau seniors about priorities**
- **2024 JCOA Develop a multi year plan of priorities using AARP Age Friendly Community Planning as a model for future action**

# Juneau Commission On Aging

Changing the view of aging in community to one of strength



- Many still need services to be able to age in place
- Juneau has many organizations providing excellent services
- Better coordination among providers is a SREC Project goal
- JCOA continues to advocate for improved services for a all

**WHILE ALSO EMPHASIZING A STRENGTH BASED  
APPROACH TO THE BENEFITS OF HAVING A  
COMMUNITY THAT CAN AGE IN PLACE**



# Juneau Commission On Aging

## What we learned from 2020 Survey

**2020 Seniors are healthier, wealthier and have better insurance than 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, gyms, skiing)**



# **Juneau Commission On Aging**

## **Priority: Creating Age Friendly Community**

**Develop an action plan specific to Juneau using the well- established AARP model of Age Friendly Community Planning emphasizing the benefits of keeping seniors in the community**

- **Examples from what we heard from surveys – seniors want:**
  - **Age Friendly housing options - congregate housing is last resort**
    - Accessible housing that allows aging with minimal assistance
    - Housing that is minimalistic yet functional (Tiny Houses, congregate communities)
    - NOTE: Seniors will move from bigger homes if options are available opening up housing
  - **More recreational and social activities emphasizing health**
    - Recognition that seniors are healthier and living longer than in the past and need access to age friendly activities (pickleball, walking, hiking, skiing added to survey this year!)
    - Development of a Senior Center that is comprehensive: shared meals (Italian/ Mexican/ Asian food “nights”), learning and training opportunities, affordable social activities and recreation. “Zach Gordon Center for Seniors”



*Aging! So cool, everyone is doing it!*



# Juneau Commission On Aging

**We'll keep you posted on Age Friendly Community Planning!**

## 2020 Juneau Senior Needs Survey

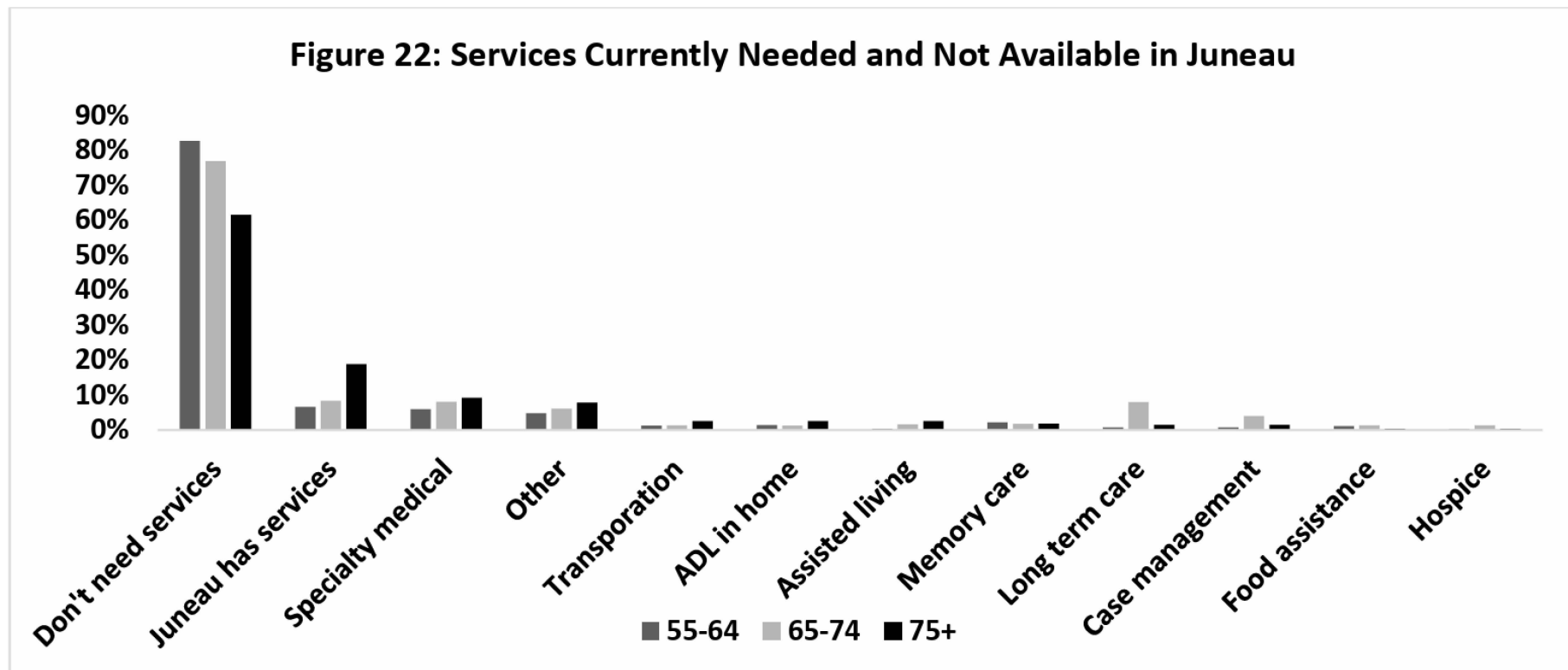
**Figure 13a: Senior Use of Available Services**

<b>Service Used</b>	<b>Use</b>	<b>Service Used</b>	<b>Use</b>
Alaska DMV	87%	Juneau Retired Teachers Association	3%
City and Borough of Juneau	83%	Alaska Legal Services Corporation	3%
Alaska Marine Highway	77%	Meals on Wheels	3%
State of Alaska Fish and Game	67%	Front Street Clinic	2%
US Social Security Administration	57%	Hospice and Home Care of Juneau	2%
America the Beautiful Senior Pass	46%	Alzheimer's Resource of Alaska	2%
University of Alaska Southeast	36%	Alaska Commission on Aging	2%
Catholic Community Services	9%	Pioneer Home	2%
Care-A-Van	9%	Polaris House	2%
Central Council of Tlingit and Haida	8%	Disability Law Center of Alaska	2%
Southeast Alaska Independent Living (SAIL)	8%	Trillium Landing	2%
US Department of Veterans Affairs	7%	Cornerstone Home Care	2%
Alaska Housing Finance Corp.	6%	Wildflower Court	2%
Alaska Division of Public Assistance	6%	Center for Community	1%
Juneau Senior Center	6%	COMPASS Home Care	1%
Alaska State Library Talking Books Center	6%	Senior and Caregiver Resource Center	1%
Juneau Job Center	5%	AWARE, Inc.	1%
Food Bank of Alaska	5%	Douglas Senior Center	1%
Alaska Food Stamp Program	5%	Alaska Network on Domestic Violence and Sexual Assault	1%
National Active and Retired Federal Employees	4%	Reifenstein Dialysis Center	1%
Fireweed Place	4%	MASST Program Coordinator	1%
The Learning Connection	4%	The Bridge Adult Day Program	0%
Juneau Alliance for Metal Health, Inc. (JAMHI)	4%		

## PROGRAMS AND SERVICES

### Question 22: Which Services Do You Need NOW but Are Not Able to Get in Juneau? (Select All That Apply)

This is a new question for the 2020 survey. Overall, 76 percent of respondents did not now need any of the services listed, and another 10 percent reported they get all the services they need in Juneau. Although all service options received low percentages, specialty medical was the most often selected service to be needed now but unavailable in Juneau. When separated by age group, there was a decreasing percentage of respondents who did not need any of these services, from 83 percent to 61 percent, with increasing age cohort. In other words, the percentage of respondents who got all the services they need in Juneau decreased as age increased.









## JUNEAU COMMISSION ON AGING (JCOA)

Section E, Item 2.

The City and Borough of Juneau Assembly appoints JCOA Co

**Our mandate** is to advise the CBJ assembly on actions and policies needed to maintain and improve the quality of life for seniors within CBJ.

**Our mission** is to provide CBJ with proactive, coordinated, culturally sensitive and holistic strategies to solve the issue of an aging population. JCOA Priorities are focused on developing a Juneau Age Friendly Community Plan, age/senior-appropriate housing and age/senior focused recreation/ social activities.

**Empowering Juneau's Elders**

DID YOU KNOW?

**JUNEAU'S DEMOGRAPHIC SHIFT:** The senior population in Southeast Alaska continues to grow faster than any other cohort. In 2010, only 11% of our population was 65 and over. By 2022, we had more than doubled and seniors now represents **25%** of our regional population (AKDOLWD).

**FROM GRAY HAIR TO GREENBACKS:** Juneau seniors bring "silver dividends" to our community: retirement income, home ownership and property tax payment, and a willingness to volunteer and contribute to the community on many levels.

**JUNEAU'S FUTURE HINGES ON STRONG SENIOR SUPPORT:** CBJ's current 10-year fiscal plan states that a top priority is to "grow the senior economy" and Juneau Commission on Aging asks CBJ to support Juneau seniors' unique needs as we age in this community that we love and many have called home for many years.

**BUILDING AGE FRIENDLY COMMUNITY:** We advocate for Juneau's aging, healthy and active seniors and for those with additional supportive needs via Juneau's Age Friendly Plan. Age friendly communities serve everyone aged 8 - 80 ensuring age friendly housing, and age friendly social spaces and recreational opportunities.



Part of a National, State, Municipal Systems:

National Council on Aging ([link](#))

Alaska Commission on Aging ([link](#))

AARP ([link](#))

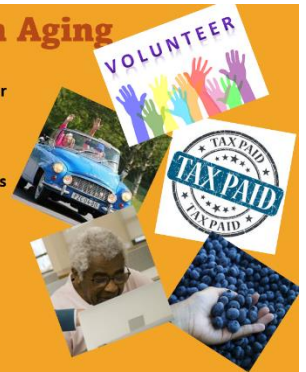
2020 Juneau Senior Survey ([link](#))

### Juneau Commission On Aging

What we learned from 2020 Survey

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*Aging!  
So cool,  
everyone is  
doing it!*



**JOIN US!**

**Third Tuesday of the  
Month on Zoom 3PM**

Juneau Commission on Aging Meetings

[Current Agendas & Minutes](#)

August 22, 2022 and newer Click the button below to access current minutes/agendas.

**MUNICODE**

[Agendas & Minutes Archive](#)

Meetings Older than August 22, 2022 Click below to access archive of minute/agendas

**ARCHIVE**

**JCOA QUESTIONS TO THE AKDOLWD****HEADINGS: AARP'S EIGHT DOMAINS OF LIVABILITY COMMUNITY PLANNING MODEL****March 2024**

This data gathering exercise is intended to provide information that focuses on both the Eight Domains of Livability, as well as focusing on the positives of aging. There are an array of surveys that look at senior deficits *and this strategy is hoping to find areas where there are benefits to seniors living in a community, as well as identifying potential gaps.*

Our questions are Juneau specific and we are requesting data be provided that breaks down the questions for persons over age 55 and persons over age 65 as of yearend 2023 if this information is available. Our questions are also meant to represent annual information (calendar year).

JCOA Question	Age 55>	Age 65>	Additional clarifying comments from AKDOLWD
How many people live in Juneau over the age of 55 and 65:			
How many people are forecasted to live in Juneau in 2030 over 55 and over 65?			
<b>Domain 1: Outdoor Spaces and Buildings (places indoors and out for people to gather)</b>			
1. What percentage of seniors have gym or local health club memberships?			
2. What percentage of seniors use local facilities such as Eaglecrest, the pools, skate rink, track house,? (passholders, day use, etc)			
<b>Domain 2: Transportation</b>			
1. What percentage of seniors own automobiles?			
2. What percentage of seniors use the bus system (bus passes)?			
3. What percentage of seniors use Senior oriented transport (Capital AKcess)			
4. How many seniors use Capital AKcess for medical appointments/procedures?			
<b>Domain 3: Housing</b>			
1. What percentage of seniors own homes / pay taxes?			
2. What percentage are eligible for CBJ's senior tax relief? Hardship and regular discount.			
3. What percentage of seniors live in low income housing?			
4. What percentage of seniors are homeless?			
5. How many seniors live in multi bedroom homes or multi-unit homes.			
<b>Domain 4: Social Participation</b>			
1. What percentage of seniors are volunteers in any organization?			
2. What percentage of seniors participate in financial support of local arts organizations (Perseverance, Symphony, Juneau Jazz and Classics, Theater in the Rough, etc?)			

# JCOA QUESTIONS TO THE AKDOLWD

Section E, Item 2.

## HEADINGS: AARP'S EIGHT DOMAINS OF LIVABILITY COMMUNITY PLANNING MODEL

March 2024

3. <u>How much</u> money <u>do seniors</u> contribute to nonprofits in Juneau?			
Domain 5: Respect and Social Inclusion			
1. What percent of seniors participate in jury duty?			
2. What percent of seniors are represented on the Juneau Assembly and associated CBJ boards and commissions?			
3. What is the racial/ethnic senior breakdown of Juneau?			
4. What percentage of seniors identify as LGBTQ+?			
5. How many seniors experience developmental or physical disabilities?			
Domain 6: Work and Civic Engagement			
1. What percentage of seniors are employed full time?			
2. What percentage of seniors are employed part time?			
3. What percentage of seniors engage in contract or temp work?			
4. What percentage of seniors pay CBJ Sales Tax on self-employment?			
5. What percentage of seniors employ people in their homes or businesses?			
6. What percentage of seniors are former State of AK Employees (have additional insurance, receive the 10% COLA, etc)			
7. What percentage of seniors receive a PFD (i.e. spend sufficient time in Juneau to be eligible for a PFD)			
Domain 7: Communication and Information			
1. What percentage of seniors own smart phones, tablets or computers?			
2. What percentage of seniors own landlines?			
3. What percentage of seniors indicate in previous surveys that they have difficulty getting local information?			
4. What percentage or how many seniors subscribe to the Empire?			
Domain 8: Community and Health Services			
1. What percentage of seniors have adequate insurance from age 55 to 65 at which time most qualify for Medicare?			
2. What is the impact of Medicare on healthcare providers financially?			

JCOA QUESTIONS TO THE AKDOLWD

HEADINGS: AARP’S EIGHT DOMAINS OF LIVABILITY COMMUNITY PLANNING MODEL

March 2024

3. What percentage of seniors have both Medicare and additional insurance coverage?			
4. What percent of people admitted to BRH are seniors?			
5. How many seniors use the ER?			
6. How many seniors go outside Juneau for specialty medical care?			

- Are these deficits that are asked in other surveys? We are trying to focus on positives.
- A. How many seniors have to stay at BRH although it’s not medically necessary but they have no place else to go?
  - B. How many seniors need Guardianships?
  - C. How many seniors use the ambulance?
  - D. How many seniors have medivac insurance?



**Questions:**

1. What are the community needs, as you see it, in health, education and income stability?
  - a) Health: Ensure availability of basic medical services for all residents via employer health care, Indian Health Services, Marketplace, VA, Medicare and Medicaid. Acknowledge the community changes in demographics and accommodate/condense systems to ensure emphasis on quality medical care for seniors who now comprise almost 28% of Juneau's population.
  - b) Education: Maintain high quality K-12 Education, the UAS and Community Schools system. Acknowledge the community changes in demographics and accommodate/condense systems to ensure emphasis on quality education and livable communities.
  - c) Income stability: Ensure availability of affordable, universal design, age friendly housing, as well as food security and medical care to help bolster income stability.
2. What are the gaps in the system for addressing these needs?

There are many quality services in SE that are not coordinating adequately. There are redundant services and services that do not collaborate in terms of service provision. Create a means for consumers to have a One Stop System.
3. If anything is possible, what would you wish to have happen with the provision of services in Southeast?

There are many quality services in SE that are not coordinating adequately. There are redundant services and services that do not collaborate in terms of service provision. Create a means for consumers to have a One Stop System.
4. Who else do you suggest we interview and what other sources of information should we consider?

The AKDOLWD has a robust demographic picture of the Juneau region. Ask for updated information to ensure that the targeted services are appropriate for the population. Sometimes emphasis is placed on the most vocal or visible members of the community, rather than those representing a higher percentage of the population or those with greater needs. Use data in decision making.
5. Anything else you would like to share?

The Juneau Commission on Aging recommends deployment of the AARP Age Friendly Community Planning process for Juneau to serve seniors and all citizens. We want to make the community we love a place where everyone can age in place in a healthy, happy manner.