



# JUNEAU COMMISSION ON AGING REGULAR MEETING AGENDA

April 16, 2024 at 3:00 PM

Zoom Webinar

<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. March 19, 2024 Juneau Commission on Aging Minutes - Draft

## D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS

## E. AGENDA TOPICS

2. Planning Workgroup Updates - Chair Update

1. March 27 Presentation to CBJ City Manager Katie Koester
2. Discussion with CBJ Assemblymembers
3. Review/Edit and Approve Logo & Basic Website Design
4. AKDOLWD Response to Questions
5. Workgroup Priorities: Brochure & White Paper

3. Southeast Regional Eldercare Coalition - Update from Director Tonya Muldoon

SREC continues to develop the Navi Tool website and plans for the coming SREC Summit in October. We are continuing to look for additional speakers and would love any suggestions for keynote topics and/or speakers. The SREC Project is continuing to work with the DSP agencies on ideas for the workforce development for the region. Tess Rouse was hired last month and getting settled into the project. She has been working on the development of a youth camp for healthcare and some of the Summit planning events.

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

1. JCOA Assemblymember Liaison 'Waahlaal Gidaag (Barbara Blake) CBJ Budge Discussion Update
2. JCOA Committee Member Comments & Questions
3. For the Good of the Order - *Anything else to come before the Commission*

## G. NEXT MEETING DATES

JCOA Subcommittee Planning Workgroup – April 23 @ 3pm via Zoom

JCOA Subcommittee Planning Workgroup – May 14, 2024 @ 3pm via Zoom

Regular JCOA Meeting – May 21, 2024 @ 3pm via Zoom

JCOA Subcommittee Planning Workgroup – May 28, 2024 @ 3pm via Zoom

**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 Regular Meeting Tuesday, March 19, 2024 03:00 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 Time: 3:01 Quorum Present (5 of 8) YES**

Present: Deborah Craig, Linda Kruger, Carol Ende, Jennifer Carson, Jennifer Garrison, Emily Kane  
Absent: Ann Stepetin (March excused work related), Kimberly Atkison (out of town),  
Others Present: CBJ ASSY Rep Waahlaal Giidaak

**B. APPROVAL OF AGENDA Moved Linda Seconded Jenn**

**Add Meeting with Katie Koester re Senior Center**  
**Move SREC Presentation to end of meeting so decisions can be made**  
**Move CBJ ASSY after Planning Workgroups**

**C. APPROVAL OF MINUTES Moved Linda Seconded Carol**

1. **February 20, 2024 Juneau Commission on Aging Minutes - Draft**
  - o [2024-02-20 JCOA Minutes-Draft.pdf](#) (0.21 MB)

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

**E. AGENDA TOPICS**

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

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

- o Approve Logo and Basic Website design – generally discussed and determined that we should move forward with the request to CBJ. Also emphasized that the AARP Age Friendly Community Planning was created internationally as a measure of Wellness for all communities. **Moved Linda 2<sup>nd</sup> Jenn Vote: All Yes**
- o Approve Questions to AKDOLWD – generally discussed the value of this information being used in the future to support requests for senior services **Moved Linda 2<sup>nd</sup> Carol Vote: All Yes**
- o Approve Questions to United Way – discussed it would be nice if the Brochure were ready to send with the Questions to the United Way **Moved Carol 2<sup>nd</sup> Linda Vote: All Yes**
- o Add Meeting with Katie Koester re Senior Center – **Vote All Yes** to meet with City Manager Katie Koester to discuss Senior Center possibilities.
- o Workgroup Priorities: Brochure and White Paper- will continue work at Workgroups
- o View SREC Presentation (FYI)

**b.) COMMITTEE MEMBER / ASSEMBLY LIAISON COMMENTS AND QUESTIONS - :** CBJ ASSY Rep Waahlaal Giidaak shared her appreciation for the discussions regarding the JCOA and indicated that we should be preparing information related to any fiscal needs. The ASSY will be engaged in a new budget approach – meetings start the first Saturday of April for 8 hours to discuss the budget and the array of School Board issues that has emerged recently that is

impacting the entire community and opening opportunities for the CBJ to be creative and proactive about rehousing CBJ employees.

Section C, Item 1.

**c.) Southeast Regional Eldercare Coalition Updates – Director Update Not PRESENT**

**F. Attachments:**

- [JCOA SREC Presentation.pdf](#) (4.03 MB)
- [JCOA logo DRAFT.pdf](#) (0.13 MB)
- [JCOA Website DRAFT.pdf](#) (0.31 MB)
- [JCOA QUESTIONS TO THE AKDOLWD-Updated March 2024.pdf](#) (0.22 MB)
- [Updated United Way Questions.-March 2024.pdf](#) (0.09 MB)

**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/Information:**

- Carol shared that a characteristic of all successful Senior Programs is support for Caregivers.
- Linda Shared that the Health Fair is this weekend – AARP will have a table and is happy to share with JCOA, the Juneau CAT Meeting is Noon next Wednesday March 27 Holly Handler has started a Kinship Support Program for grandparents caring for kids and will present at the CAT Meeting.
- Jennifer G shared that she has made contact at the Title 6 Conference with Generations United – a group providing a kinship Support Network.

**I.ADJOURNMENT Time: 4:01**

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JUNEAU COMMISSION ON AGING  
FY25 BUDGET REQUEST  
TO THE CITY AND BOROUGH OF JUNEAU ASSEMBLY

**USING DATA TO DRIVE DECISIONS:** As Juneau’s demographics continue to shift, it is incumbent upon the CBJ to recognize the change and plan proactively for social and fiscal changes in priorities. Many seniors have lived in Juneau for decades, love our community and wish to continue to live in Juneau. This is only possible if the CBJ recognizes that developing age friendly policies – policies that serve those of all age groups – is the path to retaining the well-being of the community. Our proposals recognize these shifts in demographics while serving the entire community via a planning process that promotes an age friendly environment for all residents.

**JUNEAU’S DEMOGRAPHIC SHIFT BRINGS BENEFITS:** The senior population in Juneau continues to grow faster than any other cohort. Seniors now represents a **28.7%** of our population (2020 CBJ Senior Survey). As the school age cohort has diminished (*3,952 school age students predicted Oct 2024, Erickson and Associates*), the senior population continues to grow (*9,138 in 2020 CBJ Demographic data*).

Seniors bring an array of “*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. CBJ stated in its current 10-year fiscal plan that a top priority is to “*grow the senior economy*” and the Juneau Commission on Aging asks for CBJ support of Juneau seniors’ unique needs as we age in this community that we call home.

**AGE-FRIENDLY COMMUNITY PLANNING:** In 2010 the World Health Organization (WHO) established the Global Network for Age-Friendly Cities and Communities to connect cities, communities, and organizations worldwide with the common vision of making their community a great place to age. The framework is built on the ***eight interconnected well-being domains*** to help identify and address barriers to the well-being and participation of older people.

AARP, driving the Age-friendly Community Planning efforts in states and communities throughout the US, is connected to WHO initiatives with a focus on reliable scientific evidence that strives to give everyone an equal chance at a safe and healthy life.

**BUILDING AN AGE-FRIENDLY COMMUNITY:** The JCOA is advocating for pursuing the well-recognized AARP Age Friendly Community Planning Process as a mechanism to proactively PLAN for demographic changes and embrace an age friendly plan of action. Advocating for Juneau’s aging healthy and active population, as well as those with additional supportive needs via Juneau’s Age Friendly Plan. Age friendly communities serve those aged 8 to 80, ensuring age friendly housing, and age friendly recreational and social spaces.

**CBJ COMMUNITY SENIOR CENTER:** The JCOA is also advocating for expanding the recreational and social opportunities for seniors by using space that becoming available due to both the downturn in school age children and budget issues that have arisen recently. We propose that a CBJ Community Senior Center be manifested in one of the gyms becoming available at repurposed schools. As this property is owned by the CBJ and currently operates as a gym

JUNEAU COMMISSION ON AGING

FY25 BUDGET REQUEST

TO THE CITY AND BOROUGH OF JUNEAU ASSEMBLY

space, it would be easy to shift the purpose to a Senior focused recreational site offering pickleball, yoga, weight training, health workshops, events, etc.

The JCOA will approach the AARP for assistance in developing this space as an age friendly environment.

**CBJ AGE FRIENDLY HOUSING SOLUTIONS:** Another area of emphasis for the JCOA is the development of more age friendly housing – housing that is accessible and allows residents to age comfortably in place. The 2020 Senior Survey noted that 84% of seniors owned their own homes but many of these homes are not age friendly. The creation of more age friendly housing development could prompt elders to sell their current homes, opening up significant real estate for younger families.

As the world at large continues to under-reproduce, all communities will need to reassess what draws working age adults to their towns. Housing availability, outdoor recreational opportunities, social activities and a vibrant community are clearly identifiable draws to working age people seeking a lifestyle, not just a job. Alaska offers countless adventure opportunities but CBJ needs to continue to promote housing access and a vibrant community that will draw people to stay in Juneau.

**OFFICE OF AGING:** The JCOA thus proposes an Office of Aging supported by a Coordinator who will facilitate the Age-Friendly Community Planning process, development of the CBJ Senior Health Center, as well as advocate for age friendly policies to ensure CBJ remains current with the needs and wellbeing of our community.

Budget Request and Job Description

Juneau Commission on Aging - Office of Aging  
Coordinator  
FY 25 Budget Request

FTE - Coordinator \$35 per hour	\$ 72,800.00
Benefits - 30% of Salary	\$ 21,840.00
Equipment (Computer, printer, etc)	\$ 1,500.00
Travel (one Conference)	\$ 2,500.00
JCOA Materials and Supplies	\$ 5,000.00
JCOA Events	\$ 10,000.00
Total Requested	\$ 119,640.00

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



**Juneau Commission On Aging**

# Juneau Commission On Aging

## 2020 Survey Outcomes

Seniors are healthier, wealthier and have better insurance than previous survey years

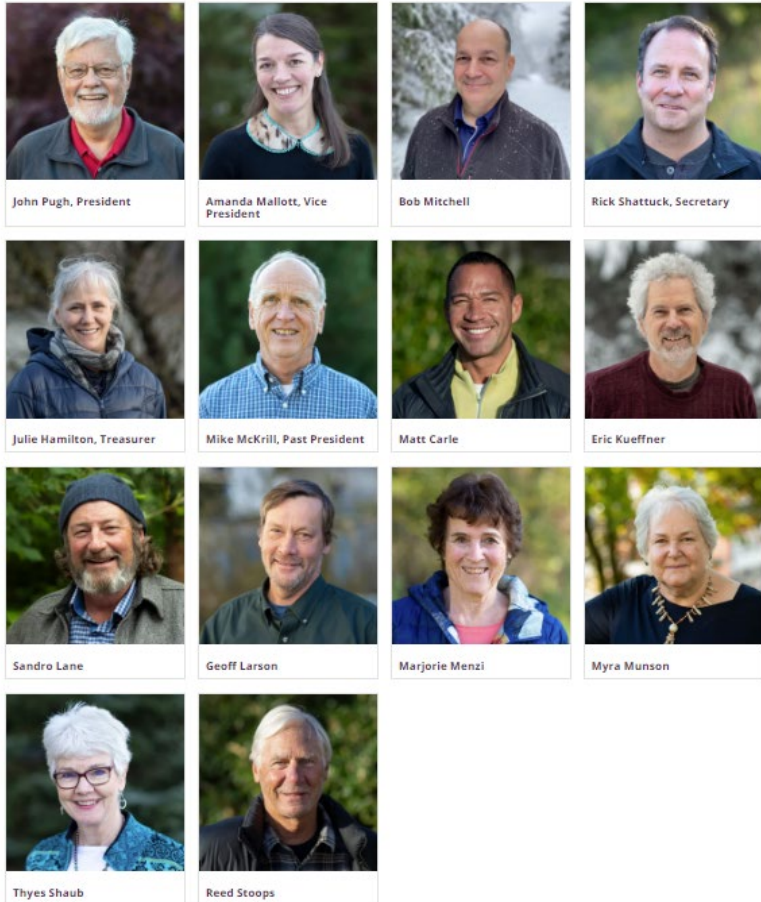
- 28.7% of Juneau residents are 55 and older
- 84% own their own homes and pay taxes
- 80-90% (depending on age) drive their own cars
- 63% volunteer in the community
- 95% over 65 have Medicare Insurance
- 66% over 65 have State of Alaska Retirement
- 40% have Long Term Care Insurance
- 42-46% (depending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





# Juneau Commission On Aging Seniors – Silver Dividends

## JUNEAU COMMUNITY FOUNDATION



- Retirement income
- Home ownership and property tax payment
- Volunteering and contributing financially to the community
- Remaining in town to help family members

# **Juneau Commission On Aging**

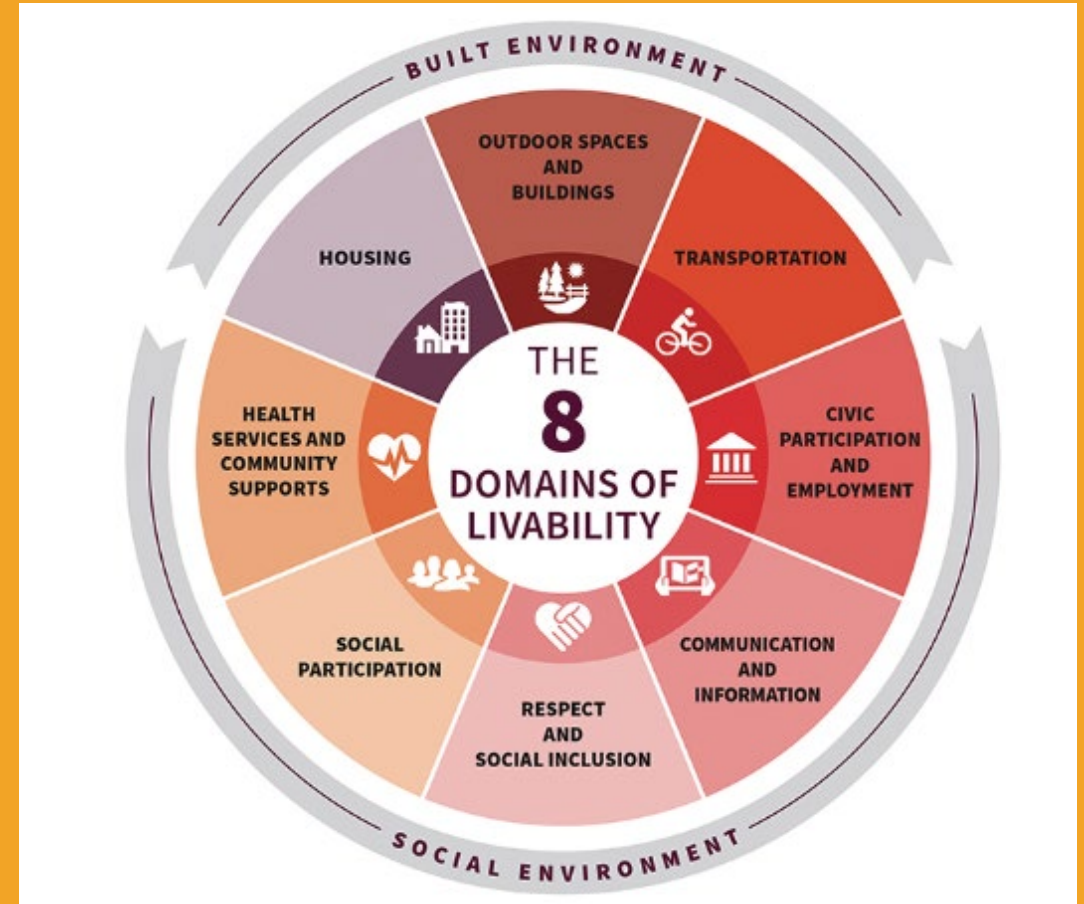
## **Out of the 50's and into 21<sup>st</sup> Century**

- **Worldwide communities are aging – everyone wants to attract workforce with**
  - **High paying jobs, low cost housing, good schools and childcare attract families**
    - **Example: Texas is booming with young families**
    - **Heat, hurricanes and water shortage is not preventing people from in-migration**
- **Juneau is also aging with challenges and advantages**
  - **High cost of living, housing shortage and struggling schools along with...**
  - **Sense of community, exceptional recreation (ski area, hockey rinks, indoor track, pools, hiking, biking, etc), expanding regional medical care, easy access to “mainland”, low density/no traffic, world class culture (museum, theater, symphony, Jazz and Classics, Folk Fest, etc), high level community engagement, environmentally aware (electric cars run on hydro), clean air and clean water.**
  - **Marginal weather is not leading to elders out-migration**

**LETS KEEP SENIORS IN TOWN WHILE  
PROMOTING A GREAT LIFESTYLE FOR EVERYONE**

# Juneau Commission On Aging Age-Friendly Community Planning

- Planning that serves the entire community
- Developed by the World Health Organization for global assessments of community well being
- Eight Domains of Livability clearly identify areas of focus
- 2023 CBJ Assembly approved joining the Age-Friendly Network



# Juneau Commission On Aging

## Priority: Creating Age Friendly Community

Develop Juneau Age Friendly Community Plan *emphasizing the benefits of keeping seniors in the community with immediate focus on:*

- More recreational and social activities emphasizing health
  - Seniors are healthier and living longer and want age friendly activities (pickleball, walking, hiking, biking, swimming, walkers - skiing added to survey this year!)
  - Development of a Senior Center that is comprehensive: recreation, social activities (shared meals - Italian/ Mexican/ Asian food “nights”), learning and training opportunities, a place for events – a **“Zach Gordon-ish Center for Seniors”**
- Age Friendly housing options – institutions as a last resort
  - Accessible housing allowing aging with minimal assistance
  - Minimalistic yet functional settings (Tiny Houses, congregate communities/spaces)
  - **NOTE: Seniors will move from bigger homes if smaller, age friendly options available**

# Juneau Commission On Aging Representation and Request

## CBJ OFFICE OF AGING COORDINATOR to oversee:

- **AGE-FRIENDLY COMMUNITY PLANNING**
  - Multi-year holistic planning process that serves entire community – first phase due 12/2024
- **CBJ SENIOR ACTIVITY CENTER**
  - Recreation and Socialization (Middle School Gym and gathering space) – keeping seniors healthy
  - Immediate use for pickleball, tai chi, regular and chair yoga classes, weight training, book clubs, workshops, seminars, classes, volunteer opportunities
- **HOUSING FOCUS**
  - Immediate discussion of universal design as focus for CBJ building permits (new/current construction) to facilitate senior friendly housing (age in place) with goal of freeing up senior owned housing for families

Juneau Commission on Aging Office of Aging Coordinator FY 25 Budget Request	
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# *Aging! So cool, everyone is doing it*



**Juneau Commission On Aging**  
**Keeping seniors healthy and**  
**in the community we love\***

**\*All persons in these photos are Juneau-ites over 65!**



## 2020 Juneau Senior Needs Survey

Figure 13a: Senior Use of Available Services

Service Used	Use	Service Used	Use
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.

