



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, June 05, 2023

Los Altos Community Center, Sequoia Room

Please Note: The Senior Commission will meet in person as well as via Telephone/Video Conference

Telephone: 1-669-444-9171 / Meeting ID: 873 6106 1285

Members of the Public may join and participate in the Senior Commission meeting at
<https://losaltosca.gov.zoom.us/j/87361061285?pwd=YVpySG9KUkQzT0Nmd0FXcnA4YTYwZz09>
Passcode: 135663

TO PARTICIPATE IN-PERSON: Members of the public may also participate in person by being present at the Los Altos Community Center Sequoia Room located at 97 Hillview Avenue, Los Altos, CA 94022

TO PARTICIPATE VIA VIDEO: Follow the link above. Members of the public will need to have a working microphone on their device and **must have the latest version of ZOOM installed** (available at <https://zoom.us/download>). To request to speak, please use the "Raise hand" feature located at the bottom of the screen under the Reactions Icon.

TO PARTICPATE VIA TELEPHONE: Members of the public may also participate via telephone by calling the number listed above. To request to speak, press *9 on your telephone.

TO SUBMIT WRITTEN COMMENTS, prior to the meeting, comments on matters listed on the agenda may be emailed to **SCpubliccomment@losaltosca.gov**. Emails sent to this email address are sent to/received immediately by the Senior Commission. Please include a subject line in the following format:

PUBLIC COMMENT AGENDA ITEM ## - MEETING DATE.

Correspondence submitted in hard copy/paper must be received by 2:00 p.m. on the day of the meeting to ensure it can be distributed prior to the meeting. Correspondence received prior to the meeting will be included in the public record.

Public testimony will be taken at the direction of the Chair and members of the public may only comment during times allotted for public comments. Once called to speak, speakers will be asked to state their name and place of residence. Providing this information is optional.

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. [Minutes: Approve minutes of the Senior Commission regular meeting of April 3, 2023](#)
2. [Senior Commission Reorganization: Submit nominations and appoint a Chair and Vice Chair for 2023-24 term year](#)
3. [Age Friendly: Receive update from City staff and subcommittee](#)
4. [Work Plan: Review recommended FY 2022/23 Work Plan and Subcommittees](#)

INFORMATIONAL ITEMS

5. [Flyers: Recieve informational flyers](#)

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

6. **Commission/Subcommittee Reports:** Receive updates from Commission/Subcommittees
 - A. Outdoor Spaces and Buildings (Basiji, Nagao)
 - B. Transportation (Basiji, O'Reilly)
 - C. Housing (Basiji, O'Reilly)
 - D. Social Participation (Buchholz, Cohen)
 - E. Respect and Social Inclusion (Buchholz, Cohen)
 - F. Civic Participation and Employment (no representative)
 - G. Communication and Information (Basiji, Nagao)
 - H. Community Support and Health Care Services (Buchholz, Cohen)
7. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff

ADJOURNMENT

SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk 72 hours prior to the meeting at (650) 947-2610.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at https://www.losaltosca.gov/meetings?field_microsite_tid_1=2321.

If you wish to provide written materials, please provide the Commission Staff Liaison with **10 copies** of any document that you would like to submit to the Commissioners in order for it to become part of the public record.

For other questions regarding the meeting proceedings, please contact the City Clerk at (650) 947-2720.



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, APRIL 3, 2023 AT 3:30 P.M. VIA VIDEOCONFERENCE AND IN PERSON

CALL MEETING TO ORDER

At 3:36 P.M., Chair Cohen called the meeting to order.

ESTABLISH QUORUM

PRESENT: Chair Cohen, Commissioners Basiji, Nagao, O'Reilly

ABSENT: Commissioner Buchholz

LATE: None

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

ITEMS FOR CONSIDERATION/ACTION

- 1. **Minutes:** Approve minutes of the Senior Commission regular meeting of March 6, 2023.

Public Comment: None.

Action: Upon a motion by Commissioner Nagao, seconded by Commissioner O'Reilly, the Commission approved the minutes of the meeting of March 6, 2023.

Approve: Chair Cohen, Commissioners Basiji, Nagao and O'Reilly.

Oppose: None.

Absent: Commissioner Buchholz.

Abstention: None.

Motion passed unanimously: 4-0-1-0.

- 2. **Work Plan:** Review recommended FY 2022/23 Work Plan and Subcommittees.

Public Comment: None.

Action: Chair Cohen recommended and the Commission agreed to delete the anticipated completion date on recertification.

INFORMATIONAL ITEMS

- 3. **Age Friendly:** Receive update from City staff.

Public Comment: None.

Action: Received update from City Staff.

4. **Flyers:** Receive informational flyers.

Public Comment: None

Action: Received informational flyers.

5. **Commissioner Handbook:** Requested and received by the Senior Commission

Public Comment: None

Action: Received Senior Commissioner Handbook.

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

6. **Commission/Subcommittee Reports:** Receive updates from Commission/Subcommittees.

- A. Age Friendly City Recertification (Buchholz, Cohen) – No report.
- B. Outdoor Spaces and Buildings (Basiji, Nagao) – No report.
- C. Transportation (Basiji, O'Reilly) – Commissioner O'Reilly reported.
- D. Housing (O'Reilly, Basiji) – No report.
- E. Social Participation (Buchholz, Cohen) – No report.
- F. Respect and Social Inclusion (Buchholz, Cohen) – No report.
- G. Civic Participation and Employment (None)-No report.
- H. Communication and Information (Basiji, Nagao) – Commissioner Nagao reported.
- I. Community Support and Health Care Services (Buchholz, Cohen) – No report.

7. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff.

Public Comment: Los Altos Hills Councilmember Tyson recommended a clarification in the memo regarding the application of Guide to Brown Act Requirements for Teleconferencing for joint Los Altos/Los Altos Hills commissions.

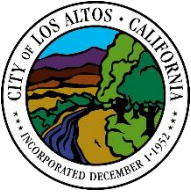
Action: Received information and announcements from Town of Los Altos Hills and City of Los Altos staff.

8. **Future Agenda Items:**

- A. Senior Commission Work Plan subcommittees
- B. Age Friendly Cities Recertification

ADJOURNMENT:

At 4:25 P.M., Monday, April 3, 2023, Chair Cohen adjourned the meeting.



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, MAY 5, 2023 AT 3:30 P.M. VIA VIDEOCONFERENCE AND IN PERSON

Meeting was canceled due to lack of quorum

INFORMATIONAL ITEMS

1. **Flyers:** Receive informational flyers.

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

2. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff.

DRAFT



SENIOR COMMISSION AGENDA REPORT

Meeting Date: May 1, 2023

Subject: Senior Commission Reorganization

Prepared by: Jaime Chew, Recreation Manager

Initiated by: City Staff

Staff Recommendation

Submit nominations and appoint a Chair and Vice Chair for 2023-24 term year

Summary/Project Description:

Commission Reorganization

Background

The election of a Commission Chair and Vice Chair are governed by the Commission and Committee Handbook:

To facilitate meetings and the work of the Commission, Each Commission appoints a Chair and Vice Chair from the members of the Commission. The positions of Chair and Vice Chair rotate annually. Election of Chair and Vice Chair occurs at the first meeting in April.

The role of the Chair is to preside at the Commission meetings and to run a timely and orderly meeting. The Vice Chair is to preside in the absence of the Chair. If both the Chair and Vice Chair are absent, the Commission may elect a Chair Pro Tem to conduct the meeting. It is incumbent upon the Chair to limit discussion and recommendations to those items on the agenda.

Any member of the Commission may serve as Chair and Vice Chair. The current Chair will ask for nominations for one position at a time. Any member may nominate a Commissioner to serve. Nominations do not require a second. Once nominations for the position are closed, the Commission will vote. If a majority of members approve, that member will serve as Chair or Vice Chair for the year.

Upon the conclusion of the election for Chair and Vice Chair, the person elected Chair will take over presiding over the meeting.

Discussion/Analysis

The Commission will need to submit nominations and appoint a Chair and Vice Chair for the 2023-24 term year.

Cheat sheet for Chair (and Vice Chair)

(and anyone who may have to run a meeting)

The role of the Chair of a Commission is to preside at meetings and to help move the work of the Commission forward. The Chair (and Vice Chair) does not have any extra authority or power beyond that of his/her fellow Commissioners.

As Chair, you are responsible for conducting meetings of the Commission. It is important to limit discussion to those items on the agenda. For each agenda item, it is suggested that you follow this procedure:

1. Announce what the item being considered is
2. Ask if there is a report for the item – generally, this is provided by the staff liaison but occasionally may be provided by another Commissioner
3. Ask Commissioners if there are any clarifying questions
4. Take public comment – instructions for how to take public comment are included in the “Meeting Procedures” section of the Commission Handbook
5. Facilitate discussion among the Commission – it is important that each Commissioner is given equal chance to speak and express his/her opinion
6. After discussion of the item, ensure that a conclusion is reached – this can be in the form of a motion, direction provided to staff or a subcommittee, or to take no further action.

Applications

On occasion, a Commission may receive an application from a resident or community group which the Commission is to consider. In these instances, applicants are given a total of ten minutes to present their position/input prior to hearing other public comments. This is done after the staff has presented its report. After the applicant(s) has presented, public comment is taken from the audience. Following public comment, the applicant is given five minutes to provide a rebuttal to any issue raised during public comments.

Announcing votes

The Brown Act requires that all votes be clearly noted, both at the meeting and in the record. It is the Chair’s responsibility to ensure that the vote is noted during the meeting. This is done by announcing how each member voted on a particular issue. If the voting is unanimous, it is sufficient to state “passes unanimously.” The staff liaison will ensure that the minutes accurately reflect how each member voted on each issue.

Recess

It is customary to have a short recess two hours after the beginning of a meeting. The established hour after which no new items will be started is four hours after the beginning of the meeting. Remaining items, however, may be considered by consensus of the Commission/Committee.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: May 1, 2023

Subject: Age Friendly

Prepared by: Jaime Chew, Recreation Manager

Initiated by: City Staff

Staff Recommendation

The staff recommends to receive the report

Summary/Project Description:

Age Friendly Recertification Project

Fiscal Impact:

The Age Friendly recertification project will cost \$30K.

- Breakdown of funds to be used:
 - o \$30K General Fund
- Amount approved at mid-year by City Council on February 14, 2023

Background

At its regular meeting on June 28, 2011, the Senior Commission proposed that City Council consider applying, on behalf of Los Altos, to join the World Health Organization (WHO) Network of Age-Friendly Cities. City Council supported the efforts and directed the Senior Commission to draft the application for Council's review. Staff was directed to provide an estimate regarding the number of anticipated staff hours required during years 1 and 2 of the planning phase.

On September 27, 2011, City Council approved the Los Altos application to the WHO Network of Age-friendly Cities with an amendment that included the removal of the proposed Senior Commission recommendations from the application to allow the process to be more aspirational in nature.

On June 7, 2021, Anabel Pelham, PhD and Founding Director for the Center for Age-Friendly Excellence (CAFÉ), gave a presentation to the Senior Commission on Age-Friendly Community Sustainability Principles from Grantmakers in Aging. CAFÉ was created to capture all the knowledge, capacity, experience, expertise, and process to become an Age-Friendly City and is currently working with 21 cities. Dr. Pelham has works closely with the California AARP who assists with the process to create a 5-year Age-Friendly Action Plan, as required by the program. On December 6, 2021, the Senior Commission approved the recommendation to pursue Dr. Pelham and CAFÉ to assist the City of Los Altos to update its Age Friendly status and create an Action Plan for the WHO.



Subject: Age Friendly

On February 14, 2023, the Los Altos City Council approved the mid-year budget request of \$30K to fund the Age Friendly Recertification Project.

City staff met with CAFÉ on March 23, 2023, to discuss next steps. Dr. Pelham has recommended that the City of Los Altos conduct the AARP survey first to gain statistical data. This will provide metrics to compliment and compare the information to be gathered in the focus groups. City staff has already initiated outreach to AARP to start the process.

Discussion/Analysis

The Recertification Subcommittee met with Dr. Pelham on April 18, 2023, to learn about the recertification process and evaluate next steps. The subcommittee will provide a summary of the shared information for the Commission to review and take action as appropriate.

On Aging



Agenda Item 3.

How to Plan and Develop a New Age Friendly Community Initiative

Center for Age Friendly Excellence (CAFE)

www.cfafe.org

Speaker Introductions

Roy Earnest

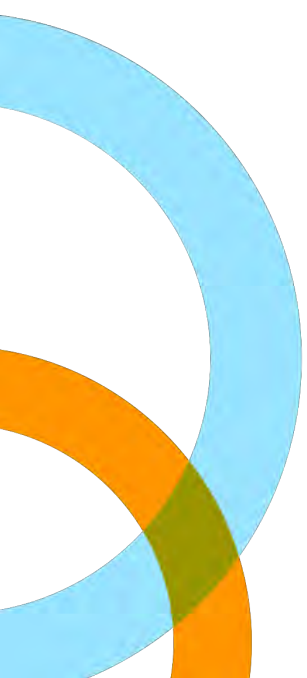
Cynthia Nakayama

Ann O'Brien Keighran

Pauline DeLange Martinez

Getting to Know the Audience

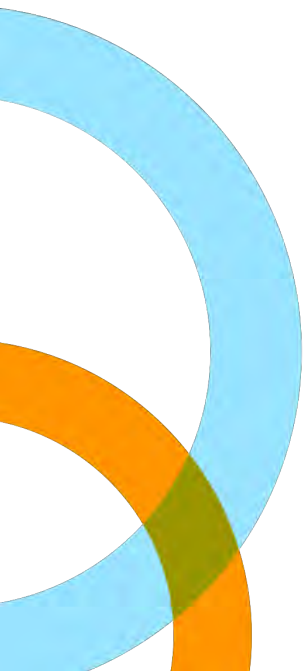
Are you involved in an Age Friendly initiative?





Center for Age Friendly Excellence

Advancing, vibrant, healthy, inclusive communities for all, and ... “tap the potential that older people represent for humanity.”



World Health Organization

Center for Age Friendly Excellence



- **Town of Los Altos and Los Altos Hills**
- **Santa Clara County and 15 Cities**
- **San Mateo County and 21 Cities/ Towns**
- **Central Oregon - Age Friendly Summit & SNF project**
- **Rural Master Plan for Aging Initiative - 7 Counties in California**

**WHO Age Friendly World
founded in 2005 and today there
are over 1445 cities certified in
51 countries.**



**AARP Network of Age Friendly
States and Communities was
established in 2012; today
there are 733 communities
and 9 states!**



**Age-Friendly Communities
Are Livable for
People of All Ages**



What does it mean to be Age Friendly?

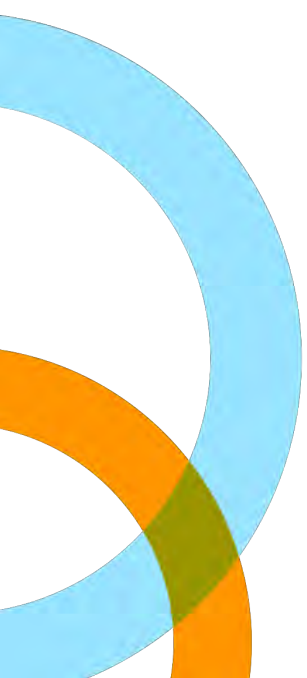
“Membership ... reflects cities’ commitment to listen to the needs of their ageing population, assess and monitor their age-friendliness and work collaboratively with older people and across sectors to create age-friendly physical and social environments.

Membership is also a commitment to share experience, achievements and lessons learnt with other cities and communities.”

~ World Health Organization



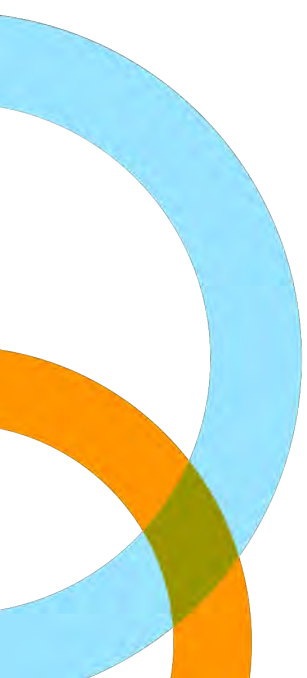
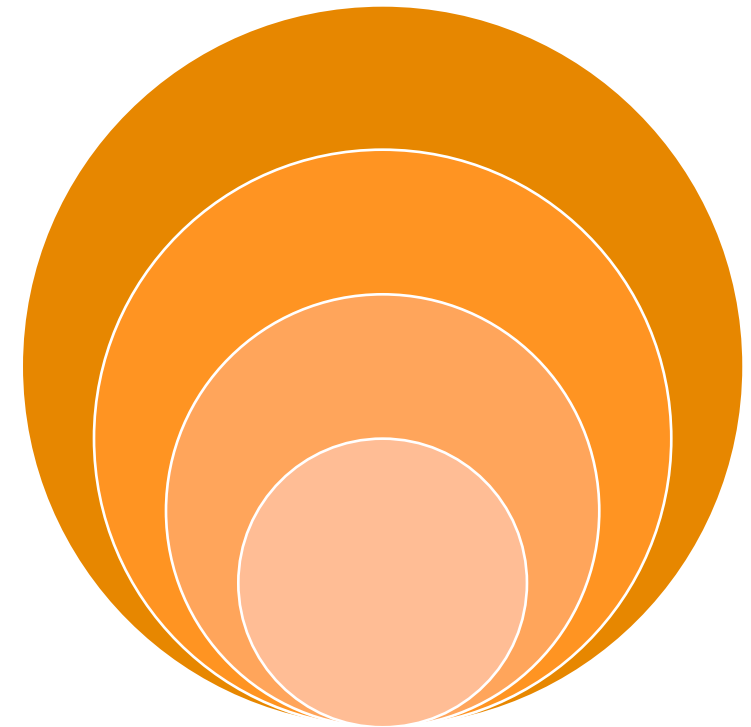
Eight Domains of Livability





AF Initiatives can be Scaled

Statewide
Regional
Countywide
Town/ City/ Community
Neighborhood





A simple five-year cycle:

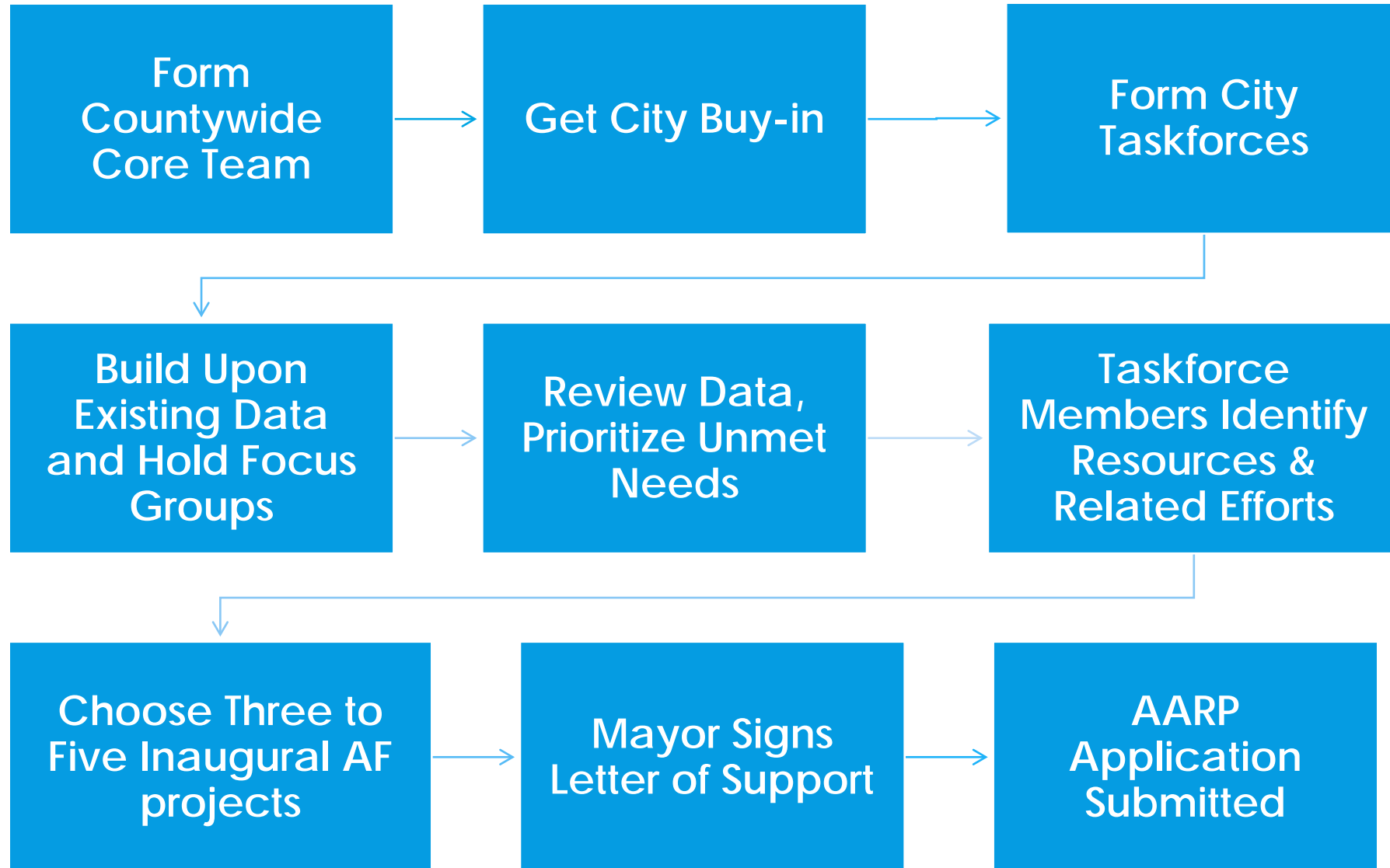
- ✓ **Planning, Assessment, AARP Application Submission (During Year 1)**
- ✓ **Action Plan (2 Years after certified)**
- ✓ **Implementation (Years 1-5)**
- ✓ **Evaluation (End of Year 5)**
- ✓ **Continual Improvement**

Network membership

Cities who are age friendly certified commit to a cycle of continually assessing/improving their age friendliness



Process Overview





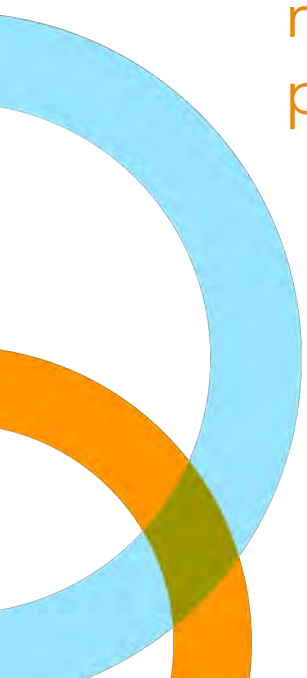
Countywide Core Teams

Role:

- Recommend City Taskforce members
- Advise on focus group recruitment, e.g., CBOs to partner with

Potential Members:

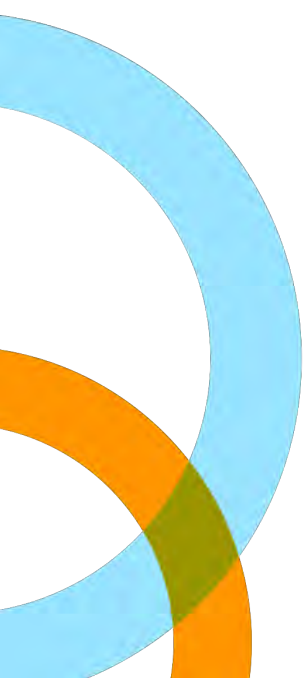
- Board of Supervisors/ County Electeds
- Commission on Aging
- City Representatives
- Area Agency on Aging
- County Aging and Adult Services
- Independent Living Center
- 211
- Health Plan
- Non-Profit Organizations





Get City Buy-In

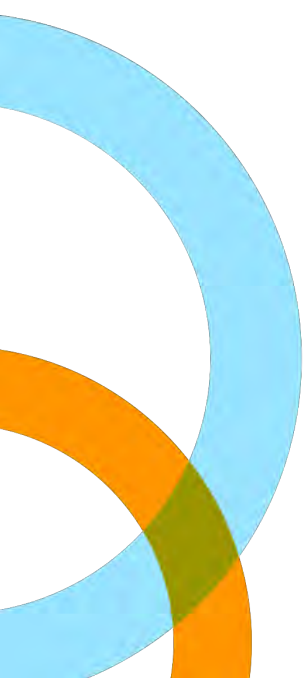
- Meet with Mayor, City Manager, City Council Members, and/or City Staff to build political will
- Present at City Council Meeting
- City Council votes to move forward (or not)





City Taskforces: Potential Stakeholders

- City Councilmembers and City Staff
- Senior Advisory Committees and Commissions
- Senior Center
- Library
- Transit Providers
- Housing Leaders
- Faith Based Organizations
- Local Community Organizations (Rotary, Lions, Kiwanis)
- Youth Advisory Board
- Neighborhood Networks / HOA Board Members
- Non-profit Organizations
- Local Businesses / Chamber of Commerce
- Healthcare Providers, Medical Equipment Providers
- Philanthropy/ Foundations
- First Responders (Police/ Fire/ EMT)
- Veterans Services
- Adult Day Center, PACE programs
- School Board Members, Academic Institutions
- AmeriCorps VISTAS, Seniors, State/National
- Community Residents



Build Upon Existing Data

Data Sources:

- Community Surveys
- AARP Livability Index
- AAA Area Plans
- Community Health Assessments
- Housing/ Transportation Assessments
- California Data Dashboard for Aging
<https://mpa.aging.ca.gov/DashBoard/>
- California Health and Human Services Open Data Portal
<https://data.chhs.ca.gov/>

Potential Subpopulations to Engage in Focus Groups

- Taskforce
- Local Senior Service Providers
- Ages 60-74
- Ages 75+
- Intergenerational
- Focused Geographic Area
- Family Caregivers
- Veterans
- Diverse Ethnic/ Racial Groups
- LGBTQ+
- Underserved
- Agricultural
- Unhoused
- Previously Incarcerated

Recruitment Strategies

- E-blast, Flyers
- Social Media, NextDoor
- Mail (e.g., insert in another mailing)
- Partners: Library, Recreation Centers, Senior Centers, Caregiver Resource Centers, Faith Communities, FQHCs
- Farmers Market

Sample Recruitment Language for Local Newspaper/ NextDoor:

<https://bit.ly/AFCrecruitmentlanguage>



Sample Recruitment Flyer:

<https://bit.ly/AFCrecruitmentflyer>



Sample Recruitment Strategies:

<https://bit.ly/recruitmentstrategiesMPA>



Preparing for the Focus Groups

Focus Group Logistics

- Location / Zoom?
- Accessibility Considerations / Languages
- Limit of 10 participants
- Notetaker / Recording / Transcription

Confirmation email for participants

Background info on the 8 domains

- We share the WHO “Checklist of Essential Features of Age-friendly Cities” along with a document describing each domain

Zoom instructions (if applicable)

Consent forms

Sample Consent Form:
<https://bit.ly/MPAconsentform>





Interview Guide

“In your experience, what are the greatest unmet needs in your community in the following areas?”

- Outdoor spaces and buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and employment
- Communication and Information
- Community Support & Health Services

“In your view what project or program might meet one or more of the above eight unmet needs in your community?”

Review Data, Prioritize Unmet Needs, Identify Resources and Related Efforts

Summary reports for each focus group cover:

- ✓ Participant Details
- ✓ One section per domain
 - Unmet Needs
 - Strengths
 - Opportunities/ Potential Proposed Solutions

Choose 3 to 5 Inaugural AFC projects

- Potential projects are organized in a spreadsheet with columns for:
 - AFC domain,
 - Details of project,
 - Unmet need it addresses,
 - Short term vs. long term,
 - Projected costs (no-, low-, med-, high-cost)
 - Other notes
- Taskforces often brainstorm 30-100 potential project ideas; CAFE team also adds ideas.
- Projects might:
 - expand or transform an existing policy or program.
 - include advocacy efforts, policies, or programs.
 - be educational in focus.



Prioritization Guidelines

1. Low hanging fruit can build early momentum. Sometimes, simple projects can make a significant impact.
2. AFC initiatives don't just need to focus on the challenges of aging but can provide opportunities that are fun, meaningful and/or enriching.
3. It's ok to focus on one AFC domain or a few domains. Also, some projects may impact multiple domains (e.g., transportation & communication).
4. Choose projects that are feasible.
 - ✓ What agency(s) would be responsible for implementation?
 - ✓ Is there staff capacity?
 - ✓ Consider project costs & identify funding.
5. Consider combining multiple ideas for potential projects into one multi-faceted project.
6. Alternatively, if a need or a project idea seems too big, consider breaking it down into smaller projects, or identifying the first step that can be taken. This is called "constructive doing."



On Aging



Agenda Item 3.

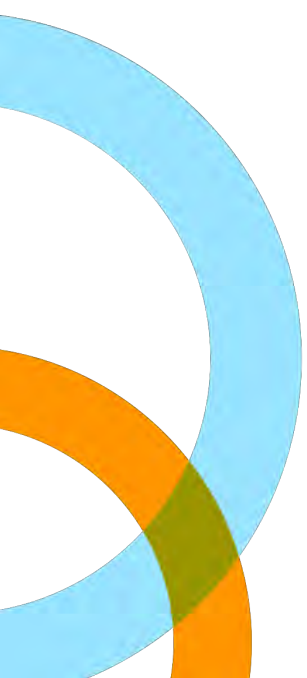
Sample Inaugural Projects





Daly City

- . **Total Population:** 106,677
- . **African American:** 3%
- . **Asian:** 58%
- . **Hispanic:** 23%
- . **White:** 21%
- . **Age 50+:** 38%
- . **Age 65+:** 17%
- . **Households w/ Disabilities:** 9%
- . **Life Expectancy:** 83 years old
- . **Households Without a Vehicle:** 8%
- . **Median Income:** \$99,652
- . **Poverty:** 8%
- . **Upward Mobility:** 47





Daly City: Communication & Information

- Wi-Fi was upgraded and flatscreen monitors were installed in community centers and club houses with live streaming capability
- Interactive hybrid (virtual/ in-person) programming
- The Daly City Government website was revamped to offer a more user-friendly experience in over 100 languages and with ADA web accessibility tools.
- An extensive resource guide was developed and posted on the Daly City Government website providing links to 120 programs organized in 16 categories with plans to provide a downloadable PDF version in 2022.





Daly City: Housing

- Expedite and expand Accessory Dwelling Units for multi-generational families
- Administration of rent relief and assistance programs (Daly City Partnership)





Daly City: Community & Health Services

- Mass grocery distributions to thousands of households through December 2021
- Contactless emergency meals to homebound seniors and those able to drive to safe locations





Daly City: Respect & Social Inclusion

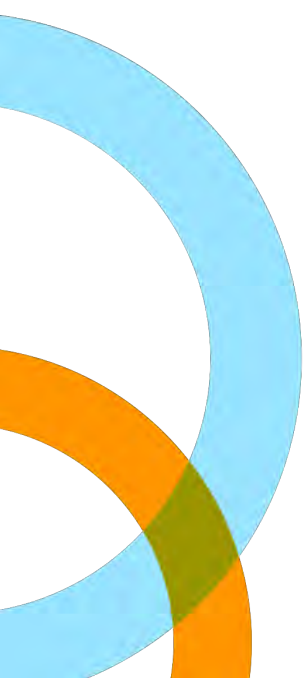
- Re-designed Kapihan senior social group for in-person and virtual participation
- Re-imagined cultural arts programs in the virtual space including Senior Art Exhibit 2021 and 30th Annual Black History Month Virtual & Outdoor Event 2022





Pacifica

- . **Total Population:** 38,984
- . **African American:** 2%
- . **Asian:** 22%
- . **Hispanic:** 19%
- . **White:** 62%
- . **Age 50+:** 40%
- . **Age 65+:** 18%
- . **Households w/Disabilities:** 9%
- . **Life Expectancy:** 81 years old
- . **Households Without a Vehicle:** 3%
- . **Median Income:** \$121,830
- . **Poverty:** 5%
- . **Upward Mobility:** 47





Pacifica: Transportation



CONNECT a RIDE
CaR Program



- Modeled after similar programs in the Cities of San Mateo and Daly City (Connect-a-Ride Program (CaR)/ Got Wheels)
- Any Pacifica Resident who is 65 years or older who signs up, gains access to rides via Serra Cab Company for only \$5.00 each way.
- The area served is throughout Pacifica and nearby transit and health center locations in neighboring communities.
- Funded by private donor (\$3M bequest).



Pacifica: Housing

Modeled after a similar program by the Center for Independent Living for Santa Clara County, Pacifica collaborated with local housing advocates and the non-profit Pacifica Resource Center, to offer a **“Strategies for Applying and Searching for Affordable Senior Housing”** workshop.

They offer this workshop 4 times per year. This program is a response to the needs expressed by many older Pacificans who said that rents are too expensive in Pacifica and that they or people they knew did not have secure, affordable housing.



Other Potential Projects

- Medical equipment loan program (C)
- Crosswalk Safety/ Traffic Calming Measures (C)
- Belmont Police Department- TRAC - Dementia Wandering (C)
- Simplicity App (A)
- Senior Newsletter (A)
- Photos of older adults added to city publications, e.g., Parks and Rec Guide (A)
- Rest areas at major community events (R)
- Nature Lovers Group launched at Senior Center (R)



Sources of Inspiration:

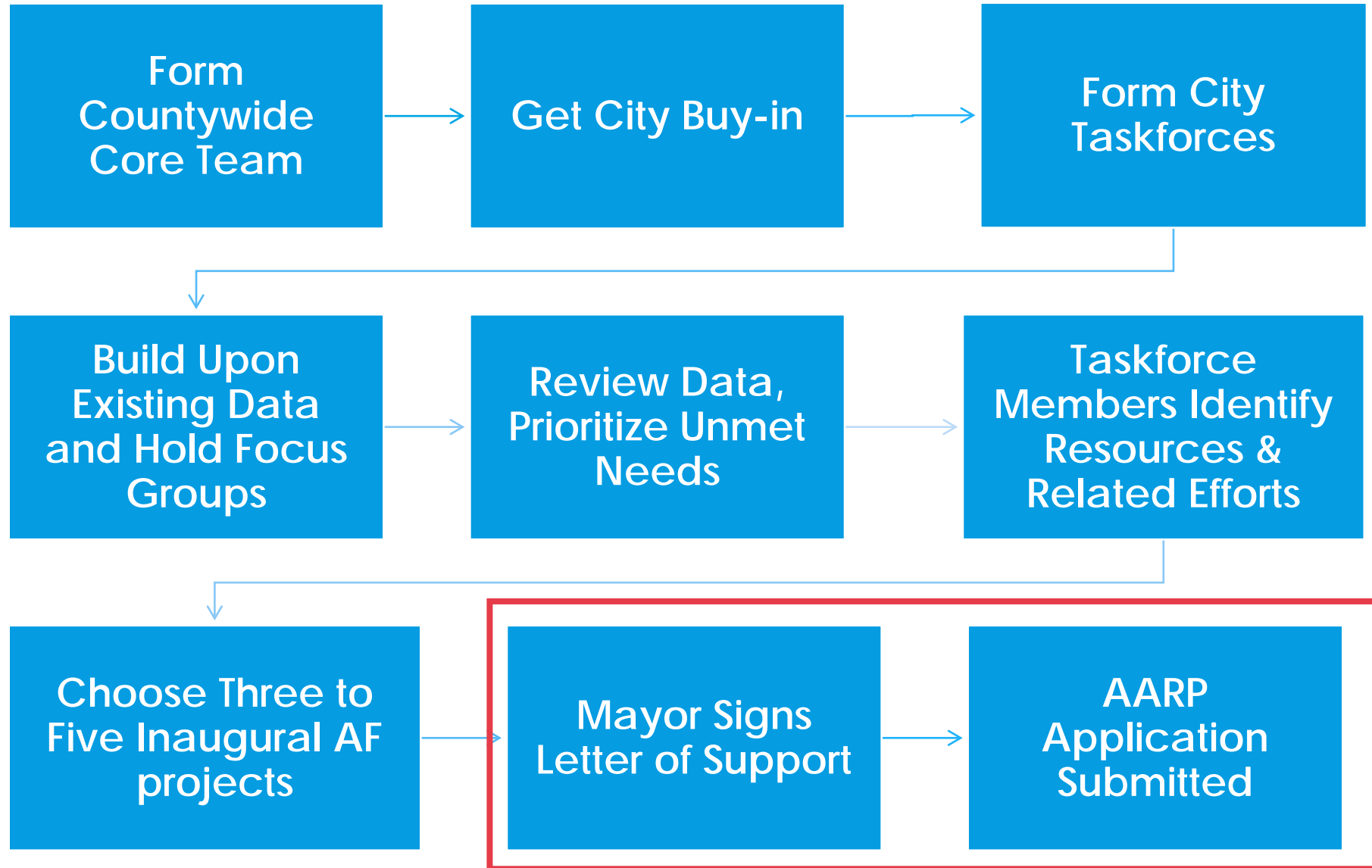
- [AARP Livable Communities A-Z Topics](#)
- [WHO Global Database of Age-friendly Practices](#)
- [Dementia Friendly America- Action Plan Options Menu](#)
- Join a special interest group, subscribe to newsletters and/or attend annual meetings offered by the [American Society on Aging \(ASA\)](#), [Gerontological Society of America \(GSA\)](#), [American Public Health Association \(APHA\)](#)

Rural-Specific Resources:

- » [Rural Health Information Hub](#)
- » [Grantmakers in Aging - Rural Aging Resources](#)
- » AARP Rural Lab (invitation only)
- » [Healthy Aging in Rural Towns \(HeART\) Toolkit, from the University of Wisconsin](#)

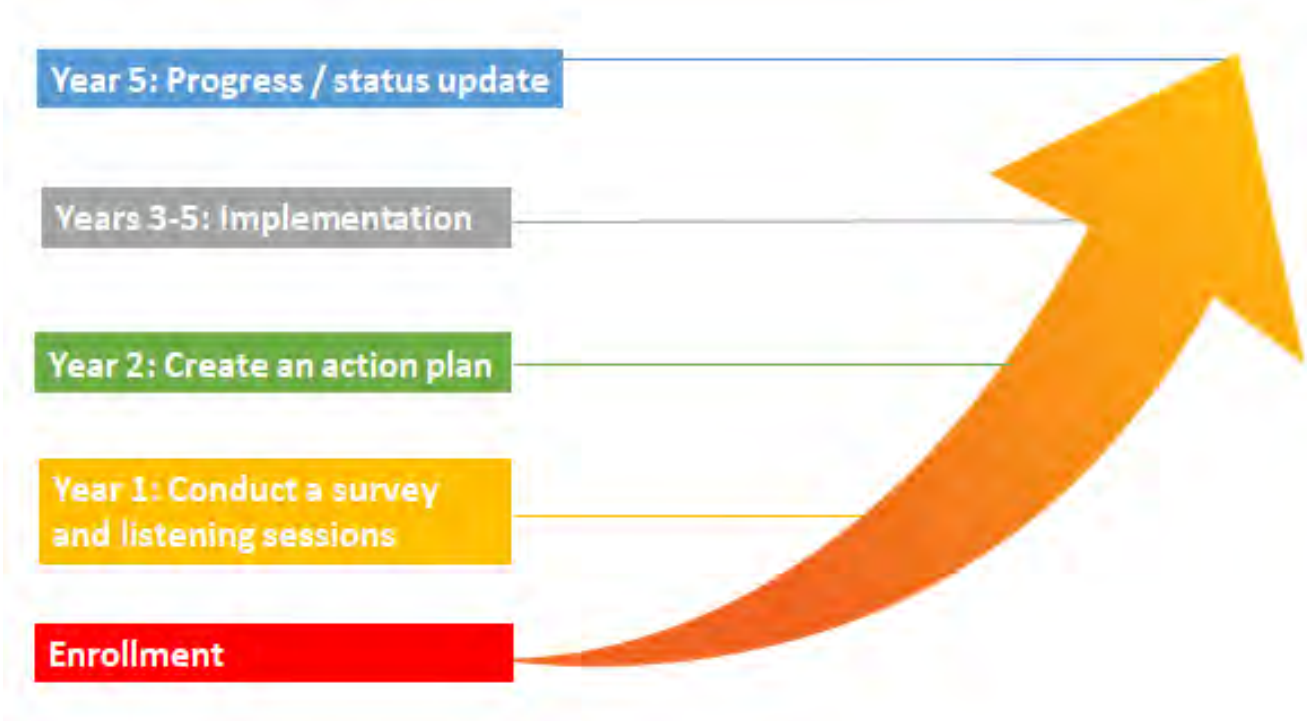


Process Overview



AARP age-friendly network requires applicants to commit to 5-year process of improvement, including:

- ✓ conducting a community needs assessment
- ✓ developing an action and evaluation plan
- ✓ implementing and assessing the plan's impact
- ✓ *and* includes the voice of older residents in all stages of planning and implementation





Benefits of Enrolling

Membership in the network:

- ✓ Serves as an organizing structure for making community improvements
- ✓ Fosters partnerships among community groups and local stakeholders
- ✓ Enables changes that benefit people of all ages
- ✓ Provides resources for identifying and assessing community needs

Membership provides communities with:

- ✓ Access to technical assistance and expert-led webinars
- ✓ Access to a national network of over 700 communities enrolled in the network
- ✓ Support and best practice materials from AARP
- ✓ Help for local leaders to identify and understand community needs



700+ Communities — and Counting!

Nine states, one territory, and hundreds of towns, cities and counties are enrolled in the AARP Network of Age-Friendly States and Communities. Local leaders who have joined the network are working to make their communities great places for people of all ages.

[CHECK OUT THE MEMBER LIST](#)



Mapping Age-Friendly Efforts

Use the interactive AARP Livable Communities Map to discover where, and how, AARP is helping communities become more livable and age-friendly so people of all ages can thrive — and make where they live and want to remain a lifelong home.

[SEARCH THE MAP](#)

Livability News & Notes



As Gen X and Boomers Age, They Confront Living Alone — More older Americans are living by themselves than ever before. That shift impacts housing, health care and personal finances, especially for women. *Source: [The New York Times](#)* ▶

Resources



Tools to help local leaders



Livable Communities Landing Page:

[aarp.org/livable](https://www.aarp.org/livable)



Livable Communities Newsletter:

[aarp.org/livable-newsletter](https://www.aarp.org/livable-newsletter)



Livable Communities Map:

livablemap.aarp.org



Community Challenge Grant Program:

[aarp.org/communitychallenge](https://www.aarp.org/communitychallenge)



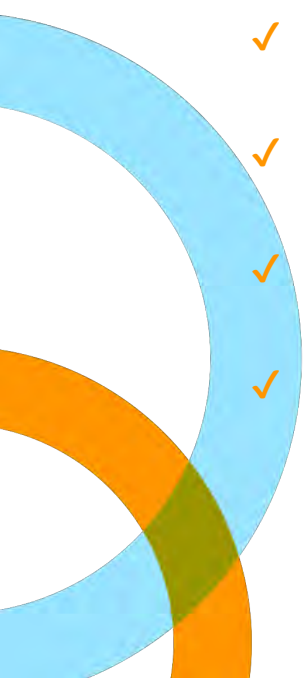
20+ Free Publications:

[aarp.org/livablelibrary](https://www.aarp.org/livablelibrary)



Action Plan Format / Content

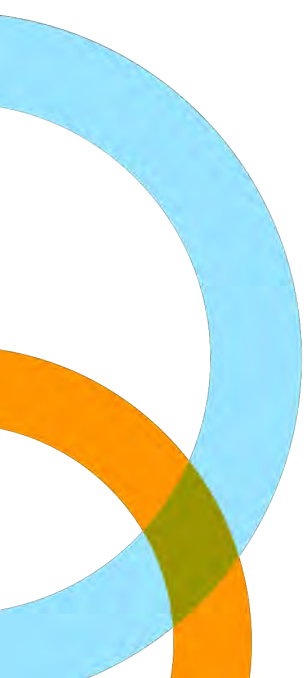
- ✓ Executive Summary
- ✓ Introduction to Plan
- ✓ How developed?
- ✓ Who was involved?
- ✓ Action Plan
- ✓ Active rather than static doc
- ✓ What will be accomplished
- ✓ How will this be done?
- ✓ By when? Target date
- ✓ Who will be responsible?
- ✓ Resources?
- ✓ Measurement/Tracking





An Age-Friendly City Generates:

- ✓ Economic Benefits
- ✓ Social Capital
- ✓ Infrastructure Innovations
- ✓ Healthy Communities





Conclusion

An Age-friendly city is an inclusive and accessible urban/rural environment that promotes active aging, supports aging in place, and fosters community for all ages.

CAFE's mission is to advance transformational change to create vibrant, sustainable, supportive and inclusive communities for all generations

Join us in creating community!



www.cfafe.org



Questions?

We'd love to connect after ASA!

- ✓ Web: www.cfafe.org
- ✓ Facebook: @centerforagefriendlyexcellence
- ✓ LinkedIn: @CAFE Center for Age Friendly Excellence
- ✓ Twitter: @AgeFriendlyCAFE
- ✓ YouTube: CAFE Center for Age Friendly Excellence



Action Plans for Age Friendly Cities

Action Plans (per AARP/WHO)

The Format

The action plan is an actual document, presented with the following elements:

1. Cover page
2. Executivesummaryorletterfromthestateorcommunity'stopelectedofficial
3. The table of contents
4. A community profile
5. An introduction to the plan
6. An explanation of how the plan was developed
7. Information about who was involved in the development of the plan
8. Information about who will manage the implementation of the plan
9. Other information that is important to the plan
10. The action plan
11. Appendices and supporting documentation

The Content

While there is flexibility in how a plan is created and what it will do, every action plan should include the following:

- 1) A statement of what must be achieved (aka: the goals or output)
- 2) Activities that have to be followed to reach the objective or goal
- 3) The target date for completion and/or a schedule for when each activity
- 4) Identification of the group or individual responsible for each activity
- 5) Clarification of the inputs or resources for completing the task
- 6) Identification of the indicators that will allow for measuring progress toward the goals

AARP research bullet points:

- The Los Altos Senior Commission is conducting a study of older adults* in our community.
- Our goal is to understand better the current needs of older adults and to find ways to maintain a vital community and a great place to live.
- The survey will take about 20-30 minutes to complete. Results will contain no personally identifiable information and be kept completely confidential.
- The City of Los Altos will use the results to improve and/or develop new resources to become recertified as an Age-Friendly City.
- We were the first city in California so designated by the World Health Organization in 2013. Today all 15 cities in Santa Clara County are certified as Age-Friendly.
- Persons 65 yo and older are eligible for this study.

Locations to invite older adult participation:

- CSA Community Services Agency
- Hope's Corner
- City Councilmembers and City Staff, City leaders
- Senior Center
- Library
- Los Altos/Mtn. View Foundation
- Housing Leaders "housing element" eg Gary Heddon
- Faith Based Organizations: church, temple, mosque, etc
- Local Community Organizations (Rotary, Lions, Kiwanis)
- Neighborhood Networks
- Non-profit Organizations
- Local Businesses / Chamber of Commerce/ businesses serving older adults *Silicon Valley Senior Roundtable WESLEY CHANG*
- Medical Equipment Providers
- Philanthropy/ Foundations
- First Responders (Police/ Fire/ EMT)
- Adult Day Center, PACE programs
- PTA for "sandwich generation" to inform older adults
- Retirement communities
- Academic Institutions with Senior studies programs
- Community Residents
- Farmers' markets
- Pickleball organizations

Suggestions by CAFÉ:

- Include more entities sponsoring the survey (Senior Commission, City), and list that survey is provided by AARP.
- Respondents need to be clear on the survey and must fill out every item (i.e. do not skip).

- Perhaps include that the AARP survey is a continuation of the AFC initiative and will inform an Action Plan for a road map.
- Best results for the survey are achieved when pushed out over time.
- Possibly consider those that are less able with a laptop at various locations (library, senior center, faith communities).

SENIOR COMMISSION
FY 2022-23 Work Plan (May 2022 to May 2023)

| Goal | Projects | Assignments | Target Date | City Priority related to | Status |
|---|------------------------------|--|-------------|--------------------------|-----------------------------|
| Recertify Los Altos as an Age-Friendly City | Action Plan | <ul style="list-style-type: none"> Engage CAFÉ (Center for Age Friendly Excellence) to create an Action Plan to recertify as an Age-Friendly City. Subcommittee: Buchholz, Cohen | | Community Engagement | In progress |
| | Outdoor Spaces and Buildings | <ul style="list-style-type: none"> Participate in Grant Park Master Plan committee. Recommend hot water, HVAC and electrical upgrade in Grant Park in the CIP budget. Work collaboratively with Parks & Recreation to support senior use/age friendly programming in public areas. Plan joint meeting with Parks and Recreation Commission. Subcommittee: Basiji, Nagao | | Community Engagement | Pending Action Plan details |
| | Transportation | <ul style="list-style-type: none"> Explore resources and options (transportation studies). Recommend (evaluate, check-in) ridesharing and reimbursement program improvements. Explore outreach strategies. Consider COVID impacts. Subcommittee: Basiji, O'Reilly | | Community Engagement | Pending Action Plan details |
| | Housing | <ul style="list-style-type: none"> Understand local senior housing issues. Understand how other Commissions have addressed the housing needs of seniors. Advocate for senior housing needs/projects. Support senior elements in Los Altos Housing Element. Subcommittee: O'Reilly, Basiji | | Housing | Pending Action Plan details |

| Goal | Projects | Assignments | Target Date | City Priority related to | Status |
|---|--|--|-------------|--------------------------|-----------------------------|
| Maintain City/Town of Los Altos Age-Friendly status | Social Participation | <ul style="list-style-type: none"> Reach isolated seniors not online. Partner with Parks & Recreation Commission on Pop-Up Activities. Subcommittee: Buchholz, Cohen | | Community Engagement | Pending Action Plan details |
| | Respect and Social Inclusion | <ul style="list-style-type: none"> Reach isolated seniors not online and provide timely information. Address impacts of social isolation. Partner with Parks & Recreation Commission on Pop-Up Activities. Subcommittee: Buchholz, Cohen | | Community Engagement | Pending Action Plan details |
| | Civic Participation and Employment | <ul style="list-style-type: none"> Raise awareness regarding age discrimination in the workforce. Attract more employers while keeping the village feeling. Subcommittee: | | Community Engagement | Pending Action Plan details |
| | Communication and Information | <ul style="list-style-type: none"> Develop strategies to promote senior programs and facilities including grassroots marketing. Widely distribute Spotlight newsletter and flyers. Meet with Marketing/Recreation staff. Subcommittee: Basiji, Nagao | | Community Engagement | Pending Action Plan details |
| | Community Support and Health Care Services | <ul style="list-style-type: none"> Plan for next endemic and boosters. Keep those not on social media or using technology informed. Support sunshine calls Subcommittee: Buchholz, Cohen | | Community Engagement | Pending Action Plan details |

The Basics of Brain Health & Aging

Agenda Item 5.

National Alzheimer's Awareness Month



To commemorate June as National Alzheimer's Awareness Month, Los Altos Hills Parks and Recreation has teamed up with the Healthy Brain Program of Santa Clara County Public Health to share important lessons to get inspired by others for maintaining brain health and healthy aging. For more information and to RSVP visit losaltoshills.ca.gov/healthycommunities

Date: 6/8

Day: Thursday

Time: 10:00 - 11:00 am

Location: Town Hall Council Chambers



City of Los Altos Parks & Recreation Presents

Parks
Make
Life
Better!

Glorious 4th

★ INDEPENDENCE DAY ★

Celebration

JULY 4 ★ 10 AM - 2 PM

SHOUP PARK
400 UNIVERSITY AVENUE

FOOD TRUCK | SNOW CONES | MUSIC | GAMES

Questions?

(650) 947-2790
rec-info@losaltosca.gov
LosAltosRecreation.org

QR CODE
WILL
GO HERE

★ Parking is limited: consider biking, walking, or carpooling to the event



LOS ALTOS HILLS 4TH OF JULY PARADE

CELEBRATION STARTS AT TOWN HALL,
26379 FREMONT ROAD
ON JULY 4TH AT 9:30AM
PARADE BEGINS AT 10:00AM
MARCH TO GARDNER BULLIS SCHOOL
FOR MORE INFO, CONTACT 650-947-2518

LOOK!

BUTTERFLIES OF LOS ALTOS HILLS



Los Altos Hills Resident & Naturalist John Metcalfe has created a field guide to the many butterflies one might encounter in Los Altos Hills. Scan the QR code to access the guide which can then be printed and folded into a handy pocket guide.



PYTHON RON'S SAFARI AT PURISSIMA PARK

Agenda Item 5.



18-foot pythons to 4-foot-long lizards this is a hands-on learning experience into the world of reptiles, spiders and insects.

Wednesday, August 9th, 2023

10:00 AM - NOON

Purissima Park

27500 Purissima Road

Learn more at losaltoshills.ca.gov/register



CITY OF LOS ALTOS PARKS & RECREATION PRESENTS

Parks
Make
Life
Better!

Family Fun Days

AT THE LOS ALTOS COMMUNITY CENTER
CO-SPONSORED BY THE FRIENDS OF THE LIBRARY OF LOS ALTOS

FREE!

10 AM -
1 PM

JOIN US FOR THEMED FAMILY FUN!

MARCH

4

CELEBRATING
STORY BOOKS



MAY

20

FLOWER POWER



JUNE

17

SUMMER KICKOFF

Games • Crafts • Movies • And More.



97 Hillview Avenue
(650) 947-2790 | LosAltosRecreation.org



DINNER & MOVIE AT PURISSIMA PARK

Agenda Item 5.

FRIDAY, AUGUST 4TH

6:30 – 10:00 PM

PURISSIMA PARK

ATTENDANCE FREE, FOOD AVAILABLE FOR PURCHASE

RSVP: [LOSALTOSHILLS.CA.GOV/MOVIE NIGHT](https://www.losaltoshills.ca.gov/movienight)



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LOS ALTOS HILLS/LOS ALTOS

5TH ANNUAL ADULT SOFTBALL GAME

Agenda Item 5.



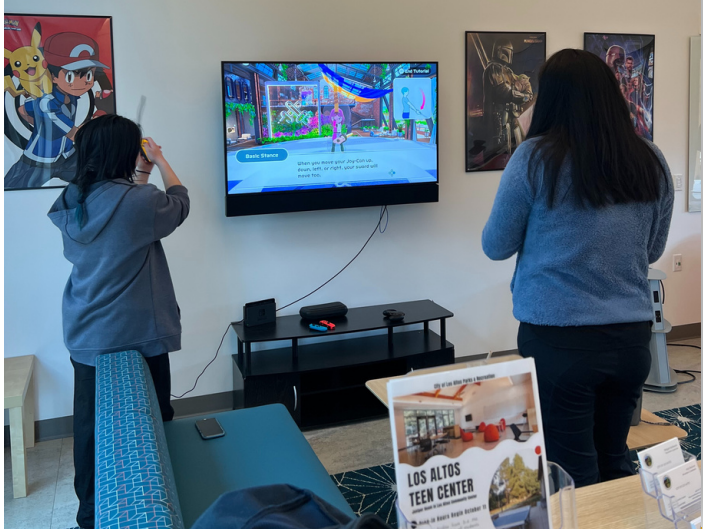
Root, root, root for the *home team* in the 5th Annual Los Altos Hills vs. Los Altos Softball Game. Winning team will bring home the Gleaming Glove Trophy! Game day snacks and refreshments will be available for purchase! Learn more at losaltoshills.ca.gov/softball.

Saturday, August 19
10:00 am - Noon
Rosita Park
Los Altos

Los Altos Parks & Recreation

NOW HIRING

RECREATION LEADER II/III (TEEN CENTER)



REQUIREMENTS

- ✓ Enjoy working with teens (gr 6-12)
- ✓ At least 18 years old
- ✓ Available Monday - Friday, 3 - 6 PM
- ✓ Team Player
- ✓ Enthusiastic

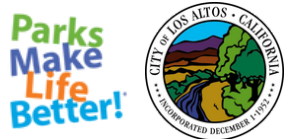
APPLY ONLINE

www.LosAltosCA.gov/jobs



QUESTIONS?

Contact Will Hanel
whanel@losaltosca.gov
 (650) 947-2727

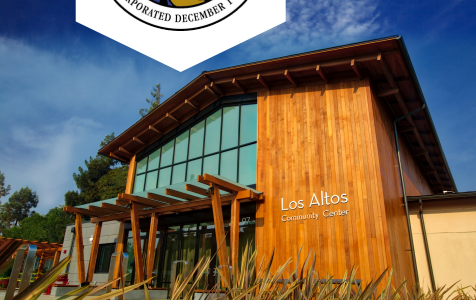




CITY OF LOS ALTOS

Parks & Recreation Department

Agenda Item 5.



WE'RE HIRING!

Current Opportunities

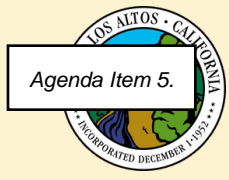
- FACILITY ATTENDANT
- PRESCHOOL TEACHER I/II
- RECREATION LEADER II (ADULT 50+)
- RECREATION LEADER I/II (SUMMER CAMPS)
- RECREATION LEADER III - CAMP DIRECTOR (SUMMER CAMPS)

apply
online
today!



SCAN ME

www.losaltosca.gov 66 hr@losaltosca.gov



TINY TOTS

PLAY WITH A PURPOSE
2023 | 2024 PRESCHOOL-AGE PROGRAM



PLAYSCHOOL

3 – 4 years old

Mon/Wed/Fri | 9 AM - 12 PM
San Antonio Club



KINDER PREP

4 – 5 years old

Monday - Thursday | 8:45 - 11:45 AM
Los Altos Community Center



KINDER PREP ADVENTURE DAY

4 – 5 years old

Friday | 8:45 - 11:45 AM
Los Altos Community Center

Playschool students must be 3 years old and potty trained by November 1, 2023.
Kinder Prep/Adventure Day students must be 4 years old and potty trained by November 1, 2023.

ENROLL NOW!

For more information visit LosAltosRecreation.org

