



TOWN OF FAIRFAX

STAFF REPORT

November 6, 2019

TO: Mayor and Town Council

FROM: Hannah Politzer, Deputy Town Clerk *HP*

SUBJECT: Receive report on Age Friendly Scorecard regarding the implementation of the strategic plan

RECOMMENDATION

Receive Age Friendly Scorecard.

DISCUSSION

Mayor Coler asked that this item be added to the agenda for the Council's information. She developed this "scorecard" working with members of the Town's Age Friendly Task Force. This document reflects the progress the Town has made to implement its Age Friendly Strategic Plan.

As background, the Town of Fairfax submitted its age friendly designation application to the World Health Organization (WHO) in December 2014. WHO accepted Fairfax into the Global Network of Age Friendly Cities on March 1, 2015. The Age Friendly Task Force was created in late 2014 and by 2016 had developed the Age Friendly Fairfax Community Assessment and Strategic Action Plan. The Town submitted the Plan to WHO in spring 2017. Components of the Plan are scheduled to be implemented through mid-2020. At the end of the implementation period, the Town will submit a report to WHO and/or AARP detailing Fairfax's progress in achieving the action plan's goals. On January 2, 2018, Fairfax was notified that it is officially a member of AARP's Age Friendly Network. The scorecard follows the domains and action steps of the Strategic Plan.

The current members of the Task Force are Jody Timms (Chair), Jackie Engstrom, Francie Bedlinger, Anne Mannes (Town staff), Kelsey Fernandez, Susan Brandborg, Susanna Vasquez (Bennett House), Jessica Price and Mayor Coler. Prior members included Yvonne Roberts and David Weinsoff.

This document is updated periodically. For more information on Age Friendly Fairfax, see <https://www.townoffairfax.org/departments/age-friendly-fairfax/>.

ATTACHMENT

Town of Fairfax Age Friendly Scorecard

Town of Fairfax – Age Friendly Task Force

Scorecard – Age Friendly Actions Taken

Background: The Town of Fairfax submitted its age friendly designation application to the World Health Organization (WHO) in December 2014¹ and was accepted by WHO into the Global Network of Age Friendly Cities on March 1, 2015. The Town formed an Age Friendly Task Force in late 2014² to engage community members and older adults, and from 2015 through 2016, the Task Force developed the Age Friendly Fairfax Community Assessment and Strategic Action Plan (hereinafter, “the Plan”). The Town submitted the Plan to the WHO in spring 2017³; components of the Plan are scheduled to be implemented through mid-2020. At the end of the implementation period in 2020, the Town will submit a report to the WHO and/or AARP detailing Fairfax’s progress in achieving the action plan’s goals. At that time, as the Town has clearly progressed in implementing the action plan, it will enter an ongoing improvement phase. Fairfax may develop a new or updated action plan at that time. On January 2, 2018, Fairfax was notified that it is officially a member of AARP’s Age Friendly Network (AARP has largely taken the lead for WHO for Age Friendly initiatives).

Following are the “domains” listed in the Plan; actions in place prior to its submittal are underlined below (with a few updates noted). After each respective domain, “action areas” are identified with status/accomplishments in italics (NEW actions were added after the Plan was approved).

Domain #1: Outdoor Space and Buildings:

Town of Fairfax:

- Plentiful open space and hiking trails with nearby lakes and parks. Two parks downtown: Peri Park and Bolinas Park. Nearby at the entry to the Cascades are two parks: Doc Edgar and Volunteers parks.
- Town buildings and recreational facilities include Town Hall, Fairfax Community Center, Fairfax Pavilion and The Women’s Club, all located downtown.
- Lighting downtown is ample.
- There is a bathroom accessible to people with disabilities (as per the Americans with Disabilities Act, or ADA) at Town Hall, open 24/7. The Women’s Club and the Fairfax Community Center also each have one ADA-accessible bathroom. Wheelchairs can access Fairfax Pavilion with a ramp, and the front entrance has stairs with railings, but bathrooms are not ADA-accessible.
- Excellent crossing “beacon” lights near the Good Earth market and the post office.
- There is a system of flags so residents can be seen more clearly at two crosswalks with no stoplights. [Reinstalled by community volunteer at three crosswalks – May 6, 2018]
- Town is generally known to be safe with a low crime rate.

¹ The Town Council approved submission of the application to WHO by the Town Manager at its November 5, 2014 meeting.

² Also at its November 5, 2014 meeting, the Town Council approved development of an age friendly task force as an ad hoc subcommittee of “PARC” (the Fairfax Parks and Recreation Committee) to develop and implement the age friendly plan.

³ At its March 1, 2017 meeting, the Town Council approved submittal of the Plan to the WHO.

Marin County:

- Supportive Share the Road Program for bicycles and cars.
- Golden Gate Transit: Covered downtown transit stop with several benches, second major stop at Oak Manor.
- Marin County Parks and Open Space District offers numerous accessible trails and is actively working toward more accessibility.

Action Area 1: Outdoor Spaces and Buildings

1.1 #1 Advocate for resting areas and restrooms throughout town

- Action step 1: Map existing benches and water fountains in downtown Fairfax.
- Action step 2: Work with the Town to purchase more benches to place in public areas.
- NEW! Action step 3: Improve lighting through the downtown.

Status & Accomplishments – A1, A2 & A3 completed and continuing as needs arise

- ✓ *A map of benches was drawn up in late 2016; in late 2016/early 2017 five age-friendly benches with armrests were purchased by the Town - two were placed along Center Blvd on the shady side of the street, one in Claus Park (see below) and two replaced old, dilapidated benches (one on Bolinas Avenue near Yoga Mountain and one on Broadway in front of School Street Plaza). The benches are used frequently by community members of all ages. In late 2016/early 2017 the Town's PARC approved four new memorial benches with age-friendly armrests; two in Bolinas Park (for 2003 Drake High School class & Jory Prum) and two in Peri Park near the Women's Club (for the Wilgenbusch family & Patrick Troup). In mid-2018 another memorial bench was approved by PARC for "Loretta" an affordable housing advocate to be placed at the corner of Azalea, Spruce and Broadway. In addition, the Town formalized its memorial bench program in mid-late 2016 to ensure that all new benches would have armrests to be age-friendly and allowing PARC the flexibility to determine memorial bench placement (as Bolinas and Peri parks have sufficient benches and were the locations of choice by most).*
- ✓ *In August 2018, the Town's PARC committee approved purchase & installation of a new bench in front of the Fairfax Women's Club on Park Road (installed in 2018 – this bench serves as a resting/pick-up point for awaiting Marin Transit after Ross Valley Senior's lunches (see discussion below).*
- ✓ *In the spring 2018, the water fountain in front of Town Hall was replaced with an ADA accessible fountain which also included components for pet drinking water and water bottle refilling. In March 2018, a water fountain was installed near the tennis courts in Peri Park, in memory of Patrick Troup (donated by his father).*
- ✓ *By late 2017, most of the Town's downtown streetlights have been replaced by LED bulbs which provide better lighting and are more energy efficient.*

1.2 #2 Advocate for age-friendly parks

- Action step 1: Work with the town and with the residents of Claus Circle to clean, redesign and re-landscape the area park. *Note: Claus Circle is a residential neighborhood adjacent to Bennett House, a senior independent living community.*
- Action step 2: Design an age friendly environment at Claus Circle for seniors to enjoy.
- NEW! Action step 3: Create new park adjacent to the entry to the Cascades.

Status & Accomplishments – A1, A2, A3 completed

- ✓ *Then Councilmember David Weinsoff worked with Jody Timms (Chair, Age Friendly), Peter Anderson (volunteer park designer), the residents of Claus Circle and Town staff in fall 2016 to have the park cleared and designed; the park was landscaped with drought*

tolerant plants in spring 2017. A new bench was also purchased by the Town and placed in the park for use by all. A “ribbon cutting” to officially open the park was held in 2017.

- ✓ *Volunteers Park – This new park was approved by the Town Council in 2014 as proposed by resident volunteers; the group developed the park and completed it April 25, 2015 – in addition, a memorial bench was installed in the park (located Bolinas Rd/Frusteck Ave).*

1.3 #3 Advocate for safer sidewalks

- Action step 1: Educate community members and businesses about the town waiver of permit fees and the partial cost reimbursement program to repair sidewalks.
- Action step 2: Prioritize repairing sidewalks and areas needing the most attention.
- NEW! Action step 3: Reconstruct the main downtown parking area (“the Parkade”) for ADA accessibility.

Status & Accomplishments – A1 completed, A2 progress, A3 completed

- ✓ *In 2015, then Mayor Coler worked with Town staff to create the sidewalk programs for waiver of permit fees (\$500) and for partial reimbursement of costs (\$500) for sidewalk repairs by property owners (FY 2015/2016; in FY 2016/2017 the Council increased the partial reimbursement to \$750 and continued the \$500 permit waiver). For FY 2018/2019, the Council increased the partial reimbursement to \$1000 and continued the \$500 permit waiver (approved August 1, 2018). As of August 1, 2018, since the program’s inception in 2015, 23 residents have used the program.*
- ✓ *On October 4, 2017, the Town Council approved repair and replacement of specified downtown sidewalks along Bolinas Road for ADA compliance (work was to be conducted after the holidays in 2017 & PGE repairs in 2018; delayed). New phases II & III were approved conceptually with the 2018/2019 Budget in July 2018 to conduct ADA sidewalk repairs and replacement along Broadway in the downtown area & along Sir Francis Drake downtown across from the Parkade. It is projected that all the phases of the repairs will be completed in 2019 & 2020.*
- ✓ *The Parkade (the Town’s main parking area) project was approved by the Council in mid-2018 for ADA compliance repairs/replacement. The design was approved in late 2019; the construction contract was awarded late December 2019. The Town initiated the reconstruction of the Parkade in February/March 2019; completion was mid-May 2019. This was the largest infrastructure project completed in more than a decade by the Town.*

1.4 #4 Advocate for safe pedestrian crossings

- Action step 1: Educate seniors about the two crossing flags at the two intersections in town without traffic signals. NEW! Added more locations.
- Action step 2: Support the town’s purchase of additional pedestrian-activated flashing lights at appropriate crosswalks and intersections.

Status & Accomplishments – A1 & A2 completed with additional actions

- ✓ *Age Friendly reps worked with a community volunteer to reinstate the crossing flags program. Reinstalled at 5 locations at three crosswalks on May 6, 2018.*
- ✓ *There are a total of eight crossing” beacon lights” in Fairfax, both downtown (DT) and beyond, locations include: 2801 Sir Francis Drake (SFD) & Glenn Drive (west of DT); 2535 SFD (west of 7-11 near bus stop); 2360 SFD & Oak Tree Lane (near bus stop west of prior); 2097 SFD to cross from Saint Rita’s Church; 2017 SFD to cross to M & G Burger (DT); 1830 SFD & Taylor (DT), 773 Center Blvd. to cross to the Post Office; 720 Center Blvd. to cross to Good Earth. The Good Earth beacon crossing was replaced in 2016/ 2017; the SFD & Oak Tree Lane beacon crossing was replaced in 2017. In March 2018, the Town Council approved*

installation of two more "beacon lights" – one TBD location and another at SFD and Mitchell (near Canon Village and the proposed Victory Village senior housing – installed 6/2018). In June 2019, a new beacon light was installed downtown with the Parkade improvements, on Broadway to the Parkade at "Siam Lotus" (replaced the pedestrian flags at this location).

Domain #2: Transportation:

Town of Fairfax:

- In general, Fairfax drivers tend to be courteous.
- Free parking in town on streets and in parking lots. Pavilion parking lot was redone in May 2015; Parkade parking lot to be redone as part of the Town Center Element – NEW! Completed in 2019 as a separate project (see discussion above).
- There is an adequate number of disabled parking spots downtown.

Marin County:

- Golden Gate Transit: Buses to key destinations, but trips often require one or two transfers. Ages 65 and older receive priority seating and pay half of adult cash fare.
- Marin Access, a Marin Transit program for older and disabled adults: County-funded program with discounted taxi service (Catch-a-Ride), paratransit (run by Whistlestop), new CarePool volunteer driver programs (STAR and TRIP) and an organizational framework for information and assistance (travel navigators).
- Ross Valley Village, a volunteer program and offshoot of Marin Villages, provides seniors with rides from volunteer drivers.
- Sonoma-Marín Area Rail Transit, or SMART, became fully operational on August 25, 2017.
- Ferries transport passengers from Larkspur to San Francisco, with free shuttle buses from Fairfax to Larkspur.

Action Area 2: Transportation

2.1 #5 Educate community on Marin Transit options for older adults with the assistance of travel navigators

- Action step 1: Educate seniors about public and paratransit services.
- Action step 2: Educate community about discounted Catch-a-Ride taxi service.

Status & Accomplishments – A1, A2 completed and in-process

2.1 #6 Educate seniors about opportunities for volunteer rides

- Action step 1: Promote Ross Valley Village membership for ride options.
- Action step 2: Educate older adults about Marin County's STAR program and CarePool programs.

Status & Accomplishments- A1, A2 completed and in-process

- ✓ *The task force holds monthly hour-long age friendly forums, in September 2017, "Getting Around in Marin" was the topic; transportation options available for seniors were discussed - travel navigators at Marin Access (including paratransit and taxi services); rides available with Marin Villages; Golden Gate local bus services; Clipper cards, etc. ride-sharing with Lyft and Uber, car-sharing, etc.*
- ✓ *A community forum conducted in spring 2018 featured the subject of transportation options and older adults were able to sign up for some of the County's transportation programs.*

Domain #3: Housing:

Town of Fairfax:

- Many seniors own their homes and some qualify for reverse mortgages to age in place.
- Bennett House, a 69-apartment Section 8 assisted-living subsidized housing facility, is ADA-compliant and walking distance from downtown. CHECK DATA
- Fairfax Vest Pocket, 19 apartments in six homes for low-income families, is walking distance to downtown and ADA-compliant.
- Plans are underway for the construction of Victory Village, a proposed 54 unit senior affordable housing complex. NEW! Entitlements approved by Town Council in 2018; construction initiated in December 2018 – projected completion Spring 2020.
- The town recently approved legislation for junior second units, allowing homeowners to convert spare bedrooms into living space for tenants, including seniors.

Marin County:

- Affordable housing poses a major problem for all Marin communities, and numerous public workshops are being held to generate ideas and initiatives to address the issue.
- Episcopal Senior Communities offers a home-sharing program for senior homeowners and tenants.
- Coalition for a Livable Marin, or CALM, a nonprofit, works to increase affordable housing options in Marin. CHECK WEST MARIN ONLY?
- The U.S. Department of Housing and Urban Development, or HUD, through the County of Marin offers 3rd party housing subsidy vouchers (e.g., Housing Choice Vouchers, a.k.a. "Section 8," Veterans Affairs Supportive Housing Vouchers) throughout the county, but the Section 8 waiting list was closed as of early 2017. (Note: even those that receive vouchers often are not able to use them in the county)

Action Area 3: Housing

3.1 #7 Advocate for affordable housing

- Action step 1: Work with town to reduce barriers for legal second units and to promote development of junior second units.
- Action step 2: Speak at public meetings in support of affordable housing for older adults, in particular in support of Victory Village.
- NEW! Action step 3: Work with the town to support use of Section 8 and other 3rd party vouchers (work with County to advertise and include landlords in the County partnership program)
- NEW! Action step 4: Adopt renter protection ordinances

Status & Accomplishments – A1, A2, A3 & A4 completed

- ✓ *On November 1, 2017, the Town Council adopted Ordinance No. 810 which updated & amended the Accessory Dwelling Unit (ADU) and Junior ADU Town code sections by streamlining and expediting permitting processes, limiting parking requirements and creating a 10 year amnesty/incentive program to legalize ADUs/JADUs with 50% fees and waiving penalties for 10 years (for legal ADUs/JADUs or to legalize ADUs/JADUs).*
- ✓ *Victory Village - Members of the task force along with community members from several local organizations (Marin Housing Collaborative; Coalition for a Livable Marin; Marin Organizing Committee; etc.) attended numerous Planning Commission and Town Council meetings (as well as separate organizing meetings and local tabling at the market) in the Winter of 2016 and Spring of 2017, speaking in support of the low & extremely low income senior "Victory Village" project, finally resulting in an unanimous vote by Town*

Council (with one Councilmember recused due to proximity to the proposed project) in favor of the housing development on May 3, 2017; on June 7, 2017, the Town Council (with one recused) unanimously approved the second reading of the required zoning to support the senior housing project (to take effect 30 days subsequent). In October 2018, the Town Council approved the subdivision map for Victory Village. In late 2018, the Town Council agreed to defer payment of fees over time to support the project. Construction commenced December 2018. VV will have 54 units (one will house a resident manager).

- ✓ A community forum held in spring 2018 featured the subject of housing options (including JADU's and ADU's) so that older adults (and all community members) can learn about the choices for housing within the Town of Fairfax, and how to learn about countywide housing options. See the age friendly forum lists below.
- ✓ On April 4, 2018, the Town Council adopted a Source of Income ordinance which is designed to prohibit discrimination solely on the basis of being a Section 8 or other 3rd party voucher holder (based on a Marin County ordinance). Fairfax is the 1st town/city in Marin County to do so; the County adopted their ordinance in 2017.
- ✓ Renter protections: Town Council adopted an urgency ordinance for Just Cause Evictions (renter protection) on March 6, 2019 which required specific cause(s) to terminate a residential tenancy (Ord. No. 828; adding Chapter 5.54. Fairfax is the 1st town/city in Marin County to do so; the County adopted their permanent ordinance in 2018.
- ✓ Renter protections: Town Council conducted the 1st reading of a permanent ordinance for Just Cause Evictions on March 6, 2019; 2nd reading was conducted on April 3, 2019 (takes effect 30 days after). Fairfax was the 1st town/city in Marin County to do so; the County adopted their ordinance in 2018.
- ✓ Renter protections: The Town Council conducted a 1st reading of a Mandatory Mediation Ordinance for rent increases greater than 5% in a twelve month period on April 3, 2019; the second reading was held on May 1, 2019 (takes effect 30 days after). Fairfax was the 1st town/city in Marin County to do so; the County adopted their ordinance in 2018.

3.2 #8 Promote creative housing options for older adults

- Action step 1: Promote the COVIA's Home Sharing Program.
- Action step 2: Educate the public on affordable-housing projects in Fairfax, such as Bennett house, Victory Village and housing owned by the Marin Housing Authority.

Status & Accomplishments – A1 & A2 progress

- ✓ A community forum held in spring 2018 featured the subject of housing options such as Home Sharing so that older adults (and all community members) can learn about the choices for housing within the Town of Fairfax, and how to gather information about countywide housing options as well.
- ✓ In addition, the task force holds monthly hour-long age friendly forums; in November 2017 the topic was "Housing Opportunities in Fairfax--Are There Any?" -- the discussion included learning about shared housing, junior second and accessory dwelling units; subsidized housing (Bennett House and Victory Village); local apartment complexes, etc. regardless of rental or homeowner or low/high income status.

Domain #4: Social Participation:

Town of Fairfax:

- Ross Valley Seniors meet for lunch and other activities – including artist talks, legacy-writing workshops and bocce ball games –10 times a year at the Fairfax Women’s Club.
- Fairfax Recreation offers seniors free classes, including chair and mat yoga, dance, self-defense and more.
- The Fairfax Library hosts a book club and occasional speakers of interest to seniors.
- Town facilities are ADA-accessible and equipped to enable people with disabilities or those who require special care to participate.
- Local social events include an annual Fairfax Festival and Parade; Streets for People; Brewfest; annual picnic; holiday wreath making; Fairfax Craft Fair; Alice in Wonderland Tea Party; community Passover Seder; Easter egg hunt; Halloween parade; farmers’ markets; annual creek and Peri Park cleanup.
- Hundreds (THOUSANDS) of town residents chat online on Nextdoor, a social media website.
- Fairfax Volunteers provides an easy way for seniors to get involved locally.
- Native Sons of Fairfax offers social activities and opportunities for community engagement.

Marin County:

- The Telephone Reassurance Program calls isolated seniors twice weekly.
- Ross Valley Village hosts monthly get-togethers, talks and hikes.
- Whistlestop Senior Center offers a multitude of nearby activities and classes.
- Many seniors socialize as they exercise their dogs in area dog parks, including one in neighboring San Anselmo.
- College of Marin and Dominican University in nearby San Rafael offer classes; Osher Lifelong Learning Institute offers classes for adults 50 and older.

Action Area 4: Social Participation

4.1 #9 Advocate for a wide variety of activities that appeal to older adults

- Action step 1: Develop additional town-offered classes attractive to seniors and encourage participation.
- Action step 2: Encourage older adults and task force members to participate in social events, such as Fairfax Parade and EcoFest, the Town picnic; Streets for People.
- Action step 3: Encourage participation in monthly Ross Valley senior luncheons.
- NEW! Action step 4: Encourage intergenerational projects pairing youth with seniors.

Status & Accomplishments – A1 & A3 completed, A2 & A4 progress

- ✓ *The Town held its first Senior Social and Age-Friendly Fair on Saturday, September 19, 2015 in the Women’s Club; along with opportunities for socializing, age-friendly topic tables with representatives provided information for older adults: Ross Valley Seniors; Age Friendly Fairfax; Marin Access; Alzheimer’s Association; CalFresh; Fairfax Library; Marin Sanitary Services; Marin Center for Independent Living; California Free Telephone Program (CTAP); Whistlestop; Marin Villages; Golden Years Medical (canes/walkers); Fairfax Farmers Market; Senior Episcopal Church; Lilypad Homes (Junior Second Units); Fairfax Volunteers/Food Pantry; Home Care Agencies; Marin Humane Society; Sutter Health (free blood pressure checks); Fairfax Recreation; the Community Wellness Center.*

- ✓ *Fairfax Recreation has offered chair and mat yoga for older adults 2-3 times a week and also self-defense courses for older adults beginning in 2015. Literature about Age Friendly Fairfax has included information about these classes and about the monthly Ross Valley senior luncheons. The current age friendly classes include yoga, dance (added in 2017), painting (added in 2017), self-defense, and in 2018, a one-day photography “salon” was added, along with Qigong and other new classes starting in September 2018. All classes are offered free to seniors; they are subsidized through funds allocated by the Town Council (the only jurisdiction in Marin County to offer free senior classes). The Fairfax Chess Club is also free and open to all ages on a drop in basis on Wednesday evenings at Fairfix Café. On the 3rd Saturday of most months, Sustainable Fairfax offers “Fairfax on Foot,” walks and hikes through areas of town open to all ages.*
- ✓ *In collaboration with San Anselmo, Fairfax hosts the “Ross Valley Seniors” monthly luncheon with guest speakers at the Women’s Club (1st Thursday of each month). Approximately 50-60 attend each month.*
- ✓ *Task Force members have participated in the Annual Fairfax Parade and EcoFest for several years (beginning in 2015), handing out literature and tabling for two days to provide information on local and countywide services for older adults. Tabling is also conducted at the Fairfax Picnic and at the Streets for People annual events.*
- ✓ *On April 18, 2018, Age Friendly began its monthly senior breakfast at the Barefoot Café. This is an opportunity for older adults and others to get together at a local restaurant each month; participants cover their own costs. Starting in September 2018 they were held at the Fairfix Café (and are rotated to other locations after approximately 6 months); now at Barefoot Café & will be rotated again soon.*
- ✓ *Working through Age Friendly, Children for Change (C4C, middle schoolers in Ross Valley) began taking oral histories of seniors 90 and over; working in partnership with Age Friendly and the Community Media Center of Marin, C4C interviewed on film Phyllis Gould, Fairfax’s Rosie the Riveter on March 18, 2019. C4C plan to continue with oral histories of seniors.*
- ✓ *The Task Force held its second annual event honoring seniors 90 & older in fall 2019 with intergenerational help – C4C served food to the attendees (see discussion below).*

Domain #5: Respect and Social Inclusion:

Town of Fairfax:

- Town Council occasionally honors seniors (William Sagar, Phyllis Gould, Sam Parry, Lou Vaccaro, Peter Arrigoni, Rose Tabor).
- The Rosie the Riveters (with special recognition of Phyllis Gould, our “Fairfax Rosie”) were 1st honored in March 2014 by Town Council Resolution, Ms. Gould was the Fairfax Festival Parade’s Grand Marshall in June 2014, and in 2015, a special plaque honoring the Rosies and Ms. Gould was presented and installed in the Women’s Club.
- Community residents are generally respectful, polite and helpful to seniors.
- Fairfax Recreation plans a Holiday “giving tree” project linking seniors to families to do yard work, deliver groceries and sing carols.
- Senior events and classes are free for seniors.

- Activities that bring generations together include the town picnic, Holiday Craft Fair, holiday caroling and the Fairfax Festival.

Marin County:

- The Telephone Reassurance Program calls isolated seniors twice weekly.
- The Commission on Aging encourages seniors to join committees and attend monthly educational events.
- Health and Human Services' adult and aging division works to understand and address needs of seniors countywide.
- AARP Experience Corps Marin offers volunteer opportunities for adults age 50 and older to tutor schoolchildren in reading.

Action Area 5: Respect and Social Inclusion

5.1 #10 Promote a cultural of respect and inclusion

- Action steps 1 & 2: Identify seniors who are 90 years and older and create an annual event honoring the town's elders.
- NEW! Action step 3: The Town Council reinstates Citizen of the Year awards and honors other older adults at Council meetings when applicable

Status & Accomplishments – A1, A2 & A3 completed

- ✓ *Members of the task force obtained the County voter rolls in December 2017 to identify seniors who are 90 years and older; 54 were identified who are 90 (or close to 90) and over. The TF also identified them in 2019.*
- ✓ *The Task Force held its 1st annual event to honor these elders on September 6, 2018; it will be held concurrent with the Ross Valley Seniors lunch. Approximately 13 people 90 & better were honored; the 2nd annual event was held on October 10, 2019 - approximately 6 people were honored. The 2nd event was intergenerational, middle schoolers with Children 4 Change served the food to the attendees.*
- ✓ *In 2019, then Mayor Coler reinstated the Citizen of the Year award; two older adults were named by the Town Council in October 2019– Jody Timms (AF TF Chair and other) and David Smadbeck (ED, Chamber and other).*
- ✓ *Seniors have been honored by the Town Council, in 2019, Peter Arrigoni, William Sagar (both in memorium) and Rose Tabor were honored with proclamations.*

5.2 #11 Advocate for age-friendly businesses

- Action step 1: Collaborate directly with local businesses and with the Fairfax Chamber of Commerce to encourage more age friendliness & provide discounts
- Action step 2: Identify specific ways businesses can support seniors, for example, by providing good lighting, signage and accessibility.

Status & Accomplishments – A1 progress; A2 pending

- ✓ *Members of the Task Force met with the Chamber of Commerce Executive Director in December 2017 to begin the discussion of engaging businesses. Information was provided based on a New York City program on easy and minimal or low cost ways to encourage age friendly approaches for businesses. First steps - ED sent out an email blast to businesses with some tips; he also included a discussion for the Chamber's 2018 retreat.*

- ✓ *In fall 2018, members of the task force began reaching out to businesses regarding possible “senior” discount days. For example, Fairfax (a hair salon) offers an everyday of the week 15% discount to 65 and older; Fairfax Market has two days per week for senior discounts (62 & older, 5% off on Tuesdays and Saturdays); the complete list of “senior discounts” was posted on the Town’s Age Friendly website in March 2019; flyers are also available in various locations.*

Domain #6: Civic Participation and Employment:

Town of Fairfax:

- Seniors participate in town government: Town Council; General Plan Implementation Committee; Planning Commission; Open Space Committee; Park and Recreation Commission; Climate Action Committee; the Volunteer Board; and the Chamber of Commerce
- Additional Fairfax volunteer opportunities include:
Sustainable Fairfax
Fairfax Theatre Company
Fairfax Library
Native Sons of California: Fairfax
Ross Valley Seniors
Fairfax Food Pantry
Congregate Meals (Note: currently not being held in Fairfax; AF is working to reinstitute – planned to start after renovations in mid-2020 at Bennett House, a low income independent senior living complex in Fairfax)
Whistlestop Volunteers
- Fairfax Employment opportunities include:
San Anselmo / Fairfax Patch Job Board
The Crossing Guard Program

Marin County:

- YWCA Fifty+ Program, a free employment-training and job- placement service for women 50 and older
- Marin Economic Forum, resume services and job training and opportunities
- AARP Experience Corps Marin
- Marin County School Volunteers, Seniors helping students in classrooms
- Center for Volunteer & Nonprofit Leadership
- Marin County Volunteer Opportunities
- AARP chapters
- Ross Valley Rotary Club: San Anselmo
- College of Marin Re-entry Services

Action Area 6: Civic Participation and Employment

6.1 #12 Engage the senior population to be actively involved in the community

- Action step 1: Recruit seniors to volunteer for Fairfax Volunteers, providing short- and long-term opportunities.
- Action step 2: Provide flexible opportunities for older adult employees to work.
- Action step 3: Work with Ross Valley Villages to recruit local members and volunteers to assist seniors as they age in place.

Status & Accomplishments – A1 & A3 progress; A2 pending

- ✓ *A quorum of the Town of Fairfax Volunteers are seniors; the task force should partner with them to have the Volunteers reach out to seniors for short and long term opportunities.*
- ✓ *In July 2018, the monthly senior forum outlined local volunteer opportunities with Fairfax and Ross Valley Villages and to learn about economic possibilities through the YWCA Women over 50 Program. See age friendly forum lists below.*

Domain #7: Communication and Information:

Town of Fairfax:

- Information link on services for seniors on town website and public noticing of all town meetings, workshops and events.
- Email communications from Ross Valley Seniors.
- Two brochure holders for senior literature at library.
- Tables targeting seniors at Streets for People, Fairfax Festival, Senior Fair.
- Fairfax Festival parade with Age Friendly Fairfax float advertising for community involvement.
- Frequent Commission on Aging reports at Town Council meetings, streamed live online and on Channel 26.
- Town Council meetings presentations in late 2015/early 2016 featured organizations that provide assistance to older adults, such as the California Free Phones Access Program (11/2015) and Marin Villages (1/2016)
- Fairfax Library includes free classes and computers connected to the internet.
- Fairfax Recreation mails a catalog of classes and activities, including those targeted to seniors, twice yearly to all residents.
- Nextdoor, a website for neighborhood awareness and neighbor-to-neighbor communication.

Marin County:

- Telephone help line for seniors, a newly organized information, intake and referral program, including Spanish-speaking social workers, at (415) 457-4636 or (415) 457-INFO.
- The Commission on Aging distributes to Town Hall, the library and senior housing centers a quarterly Great Age newsletter. Also available online.
- The Marin Independent Journal, a daily newspaper, features a senior column on Tuesdays.
- Pacific Sun, a weekly newspaper, distributes Whistlestop Express newsletter, also available online.
- Whistlestop and Fairfax Library offer classes for seniors on how to use computers and access the internet.
- Countywide senior information and resources are available online.
- MarinScope Community Newspapers offers a column of interest to seniors.

Action Area 7: Communication and Information

7.1 #13 Partner with various organizations to increase communication and information

- **Action step 1: Offer monthly forums in the library focusing on how to improve communication about local and countywide programs for older adults.**

- Action step 2: Work with the Friends of the Library to place in the Fairfax Library a large display case with literature on senior programs.
- Action step 3: Dedicate an area in the library for older adults.
- NEW! Action step 4: Partner with the Fairfax Library on joint senior programming.
- NEW! Action step 5: The Town of Fairfax should have an accessible website.

Status & Accomplishments – A1 completed & continuing, A2 & A3 progress; A4 & A5 completed.

- ✓ *The Town held its first Senior Social and Age-Friendly Fair on Saturday, September 19, 2015 in the Women’s Club (see Domain #4, Social Participation above for more information).*
- ✓ *The task force holds a monthly series of hour-long community forums (on the 3rd Friday of the month) beginning in the fall of 2017 at the Women’s Club and continuing at the Library (currently held monthly often with break during the summer/winter).*
- ✓ *See the list of the forums below, under Domain #8, Community Support and Health Services. The forum held on February 23, 2018 was "Staying in Touch with Family & Friends" – with a communications and computer expert and a speaker from the California Telephone Access Program; phones and devices were on display. This forum was followed by a special 2-hour class, "Making your Smartphone Work for You!" Learning the basic features of your phone including Wi-Fi, sending text messages, how to make it easier to see and hear, connect with Bluetooth devices and turn it into a magnifier. The Library also held subsequent classes on Android and iPhones for older adults.*
- ✓ *In late Fall 2017, the Library allocated two Lucite holders for senior information.*
- ✓ *In March 2018, a binder of a multitude of services for older adults was placed in the Fairfax Library. The library does not have room for a dedicated area.*
- ✓ *In September 2018, the Fairfax Library, building on the success of the Town’s Age Friendly Friday forums, began offering "age friendly Fridays"- two Fridays include chair yoga, the other will have social hour or other topics of interest (all are free and supported by Friends of the Library).*
- ✓ *Coordinating with the Task Force, Bennett House now holds a weekly Chair Yoga class.*
- ✓ *The Town of Fairfax launched its accessible website in late 2018. Age Friendly is on the front page of the website.*

7.2 #14 Use technology to communicate more broadly

- Action step 1: Develop an Age Friendly Fairfax presence on the Town’s website.
- Action step 2: Build an email list of Fairfax seniors to quickly disseminate pertinent information and materials.
- Action step 3: Mail letters to all Fairfax seniors notifying them of Age Friendly Fairfax’s progress and encouraging them to sign up to be on the email list.
- NEW! Action step 4: Develop handout for Police/Fire to provide at emergency medical calls.

Status & Accomplishments – A1 & A2 completed & in process; A3 & A4 pending

- ✓ *The websites of both Fairfax Recreation and the Town of Fairfax are continually updated as the age friendly initiative develops, keeping all those who visit those websites abreast of local programs and projects for older adults (Fairfax Recreation’s website area has a page dedicated to age friendly). The Town of Fairfax website was revised completely in late 2018/2019 – Age Friendly was updated, is more user friendly and ADA accessible as part of the Town’s website changeover. Age Friendly is now on the front page of the website.*
- ✓ *Email addresses from interested community members are sought at every event and via the Fairfax Recreation website; periodic email blasts are sent to inform older adults of opportunities and activities of interest to them. (Note: As some older adults do not use email, other methods will and should also be employed to reach them).*
- ✓ *Two times a year, the Fairfax Recreation Catalog features a section with information on the age friendly program, including classes, senior luncheons, community forums, etc. The Catalog is mailed to all Fairfax residents in addition to being posted on the Town’s website.*
- ✓ *In March 2018, the Town/Age Friendly began sending its monthly email newsletter on age friendly topics- sent to older adults and other interested parties.*

Domain #8: Community Support and Health Services:

Town of Fairfax:

- Weekly Saturday Food Pantry at Fairfax Community Church.
- Senior Lunch on Sundays at Fairfax Community Church (no longer held, AF working to reinstate).
- Complementary and alternative healthcare options include chiropractors, acupuncturists, yoga and a health spa.
- Sustainable Fairfax offers an annual pharmaceutical drug take-back day,
- CareMeridian, a skilled nursing facility in Fairfax, treats people recovering from brain and spinal cord injuries and medically complex illnesses.

Marin County:

- Aging and Adult Services programs:
 - Information and Assistance program, (415) 457-4636
 - Project Independence: Marin County’s care-transition program
 - HOPE and Senior Peer Counseling
 - Congregate Meals, Meals on Wheels, Meals of Marin
 - In Home Supportive Services for financially eligible seniors
 - Long-Term Care Ombudsman Program helps seniors in assisted-living facilities
 - Adult Protective Services combats financial and other elder abuse
 - Financial Abuse Specialist Team, or FAST, a multidisciplinary team of public agency representatives helps elders manage their money and avoid elder abuse
- Marin Community Clinics – healthcare services for low-income county residents
- Community hospitals – Marin General Hospital is five miles away, Sutter Health Novato Community Hospital is 14 miles away, and Kaiser Permanente San Rafael is seven miles away

- Several hospices serve Marin County
- Marin Center for Independent Living provides older adults services, such as home-safety checks and minor home renovations, including installing grab bars
- Ross Valley Villages developing slowly

Action Area 8: Community Support and Health Services

8.1 #15 Advocate for a supportive community to help older adults stay healthy

- Action step 1: Offer information sessions at the library on topics such as balancing to avoid falls, aging and memory loss, maintaining financial security and reporting elder abuse.
- Action step 2: Work with community groups to provide educational events for end-of-life planning.
- Action step 3: Distribute File of Life forms (emergency medical information) which attach to refrigerators and contain emergency information, including advanced directives and Physician Orders for Life-Sustaining Treatment, or POLST, forms.
- Action step 4: Create an annual “giving tree” project for older adults with limited income and support during the holiday season.
- NEW! Action step 5: Fire Safety – connect youth with seniors for yard cleanup and debris removal for fire prevention.

Status & Accomplishments – A1, A2, A4 completed; A3 & A5 pending

- ✓ *The Town held its first Senior Social and Age-Friendly Fair on Saturday, September 19, 2015 in the Women’s Club (see Domain #4, Social Participation above for more information).*
- ✓ *A series of monthly senior forums were held in the fall of 2017 at the Fairfax Women’s Club. In 2018, the monthly forums will be held at the Fairfax Library. On October 27, 2017, the forum “Insuring your Good Health” was held; see description below.*
- ✓ *On August 24, 2018 and on September 28, 2018, the monthly age friendly forums will cover (respectively) "Staying Physically Fit & Preventing Falls" and "Can We Prevent and Even Reverse Cognitive Decline through What We Eat?" See the descriptions below.*
- ✓ *A small giving tree project was held during the 2016 holiday season - caroling, gift giving, etc. were provided.*

Monthly Forums and the Social Services Navigator (Ask an Expert)
<i>The monthly forums address many of the topics listed above, and are listed below as they appear in informational brochures:</i>
September 22, 2017: "Getting Around in Marin" <i>What are all the transportation options available for seniors? We'll learn about travel navigators at Marin Access (including paratransit and taxi services); rides available with Marin Villages; Golden Gate local bus services; Clipper cards, etc. ride-sharing with Lyft and Uber, car-sharing, etc.</i>
October 27, 2017: "Insuring Your Good Health" <i>Learn about Medicare and insurance health plans (Kaiser, SCAN), particularly how to make changes during the open enrollment period, including to Part D. Medicare Parts A, B, C and D were covered.</i>
November 17, 2017: "Housing Opportunities in Fairfax--Are There Any?" <i>Whether you are a homeowner or a renter, low income or high, come learn about shared housing, junior second and accessory dwelling units; subsidized housing (Bennett House and Victory Village); local apartment complexes, etc.</i>

No forum was held in December 2017 due to the holidays.
January 26, 2018: "Stretching Your Dollars for Financial Stability" What are the resources available for planning your financial future so you'll have enough to enjoy your golden years? What part will Social Security play? Come hear experts from SparkPoint and Money Matters and share your own insights for prosperity.
February 23, 2018: "Staying in Touch with Family & Friends" We all rely on phones and more and more on computers. What special challenges come with age and how do you go about getting the technology you need if you have hearing, vision or mobility limitations? Join a communications and computer expert and a speaker from the California Telephone Access Program; phones and devices will be on display. This forum will be followed by a special 2-hour class, "Making your Smartphone Work for You!" Learn the basic features of your phone including Wi-Fi, sending text messages, how to make it easier to see and hear, connect with Bluetooth devices and turn it into a magnifier.
March 23, 2018: "Ready. Set. Go. Preparing for Fire, Flood, Earthquake" Your life could depend on being organized and ready should an unwelcome disaster come your way. Thinking and moving as quickly as possible under pressure takes advanced preparation. Get the best advice available and learn those critical tips to keep you safe if trouble comes knocking on your door.
April 27, 2018: "Are My Ducks in a Row? Getting Started on End of Life Planning" Now is the best time to learn the options and issues you'll need to address in your later years. Having an Advance Directive for Healthcare, a POLST, a living trust, final arrangements and heart-to-heart conversations with your family are just some of the ducks that need lining up, are there more on your to do list?
May 25, 2018: "Will I Know if I'm Losing My Memory? Remembering as We Age..." Memory changes normally as the years roll by. How do we keep our brains and bodies fit to slow the effects of time on our ability to remember what's important in life? Lots of research and information is available on keeping our cognition as healthy as possible, come hear from those most in the know.
Social Services Navigator: In late 2017, the Task Force began a new service held just prior to the monthly forums, the Social Services Navigator or Ask an Expert: Participants can meet with a task force member if they have questions or concerns about resources for older adults in Marin. Handouts, brochures and information are available on transportation, housing, Medicare, aging at home, Ross Valley Villages, hospice, driving, memory issues, etc.
June 22, 2018: "Did You Forget to do Your Spring Cleaning?" Where did all my stuff come from and how do I go about letting things go? Over time, our belongings can just pile up... Come hear from an expert on how to de-clutter, as well as getting and staying organized!
July 27, 2018: "Contributing and Working: Options for Community Service and Income" Staying engaged with our communities, out of financial need or for personal fulfillment, as well as giving back can enrich our lives with meaning and purpose that might slip away as we move into our later years. Come hear about local volunteer opportunities with Fairfax and Ross Valley Villages; and learn about economic possibilities through the YWCA Women over 50 Program.
August 24, 2018: "Staying Physically Fit & Preventing Falls" How important is exercise as we age and what are the benefits? What types of exercise are best for older adults—cardio, stretching, core strengthening? A fall might not seem like it will happen to us but what are the ways in which we can prevent falls, at any age?
September 28, 2018: "Can We Prevent and Even Reverse Cognitive Decline Through What We Eat?" What underlies our cognitive health and how can we care for ourselves on a daily basis so we can age with clarity and vitality? Eating healthy is an on-going goal for all of us. Come hear the latest in research and practice from Leni Felton, Clinical Nutritionist.
October 26, 2018: "Standing on Solid Ground: Taking Care of Financial and Insurance Needs" Join us as we look over our financial health and consider how to plan for a strong financial future. We'll also reflect on our

insurance choices, including how to evaluate our Medicare options and if we've enrolled in a long term care insurance plan, how and when to utilize its benefits.

November 16, 2018: "Housing Challenges: What Are Our Options and Our Rights?" If you are a homeowner in Marin, what might be your options to stay in your home as you age—have you considered a junior or accessory dwelling unit, or sharing your home? If you are a renter, what are your rights when rents get raised and what other options might be available for your housing needs?

December 21, 2018: "Handling Life's Emotional Ups & Downs" Enjoying and feeling at ease with life, and also experiencing loneliness and depression are common at all ages. But aging brings its own special challenges and advantages. What specific tools or resources can help us with these ups and downs of living? Join our conversation with a clinical therapist to consider making the most of our feelings and experiences.

January 25, 2018: "Aging in Place with Grace" Have you thought about your most, and least, preferred scenarios for how you'd like your later years to unfold? What would best support your health and personal care, finances, transportation needs, living situation, etc. Thinking and planning ahead will help you control or manage the choices and decisions you do have as you age.

February 22, 2018: "Fire, Ambulance and Police Services" Handling medical or disaster emergencies when you are overwhelmed or possibly ill can be a real challenge. Come hear from trusted first responders on when it's appropriate (and why) to call 911, and what to expect. If an evacuation is needed due to a disaster (a fast moving fire for instance), how would you be notified and how can you be ready to go if that is mandated.
Special Addition 2-4pm "Age Well / Drive Smart" You are a good driver, but as you age you may begin to experience functional changes or medical conditions that can affect your ability to drive safely. The good news is you have the ability to change your driving habits or take other corrective steps that can allow you to stay safe on the road. Join CHP Officer Andrew Barclay for this senior driver awareness class.

March 22, 2018: "Are My Ducks in a Row? Part One: Wills and Trusts" You've heard it's important to have a will or a trust. What are these documents and why do they matter? Join us for a discussion of legal documents to express your wishes for how your finances will be handled if you become ill or after your death. Planning now can give you peace of mind and avoid hassle, heartache and costs later. Come learn basics of estate planning from local attorney, Lisa Fialco.

Special 5th Friday Forum 1-4pm March 29, 2019: "Resources for Veterans" Veteran volunteer, Mark Seely, will be available to meet with veterans and their families to discuss such issues as health, disability compensation, vocational rehabilitation and employment, education and training and VA life insurance.

April 26 2019: "Are All My Ducks in a Row? Part Two: Conversations & Documents for Medical Planning" Now is the best time to learn the options and issues you'll need to address in your later years regarding your health. Beginning with a heart to heart conversation with yourself and your family will greatly support the process of getting prepared and then moving on to your paperwork, including having an Advance Directive for Healthcare, a POLST, and making final arrangements.

May 24 2019: "Ready. Set. Go. Preparing for Fire, Flood, Earthquake" Your life could depend on being organized and ready should an unwelcome disaster come your way. Thinking and moving as quickly as possible under pressure takes advanced preparation. Get the best advice available, especially geared for older adults, and learn those critical tips to keep you safe if trouble comes knocking at your door.

Special 5th Friday Forum 1-3pm May 31, 2019: "Age Well / Drive Smart" You are a good driver, but as you age you may begin to experience functional changes or medical conditions that can affect your ability to drive safely. The good news is you have the ability to change your driving habits or take other corrective steps that can allow you to stay safe on the road. Join CHP Officer Andrew Barclay for this senior driver awareness class.

June 28, 2019: "Getting Around in Marin" What are all the transportation options available for older adults? We'll learn about the travel navigators and services offered by Marin Access, including paratransit and taxi services; also rides programs available from Marin Villages and Whistlestop; Golden Gate local bus services; Clipper cards; ride-sharing with Lyft and Uber, car-sharing, etc.

September 13, 2019: "Final Arrangements-Our Last Duck to Get in a Row" What are your thoughts and plans for the very end of your life? Would you want hospice services; would you consider Aid in Dying? What do you want to have happen to your physical body and is a funeral or Celebration of Life in your plans? Come learn all the questions you need to ponder and which answers speak to you.

October 11, 2019: "Medicare Made Clear" Join us to learn all about your Medicare choices with Rozan Donals. We'll also share tools and resources to help you understand the coverage that may be right for you, including free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, we're here to help.

November 8, 2019: "Cognitive Health to Counter Memory Loss" Memory changes normally as the years roll by but how do we keep our brains and bodies healthy to slow the effects of time on our ability to remember what's important in life? Lots of research and information is available on keeping our cognition as strong as possible, come hear from those most in the know.

December 13, 2019: "Building Your Social Strength: Family, Friends, Community" A strong social life is paramount to happiness and it is common as we age to need someone there for us, temporarily or on-going. We also may want to offer our support and friendship to others. Bring your experiences, concerns and successes as we explore and strengthen our networks of social support.