

# 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 2014<sup>1</sup> 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 2014<sup>2</sup> 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 2017<sup>3</sup>; components of the Plan are scheduled to be implemented through 2020. After the end of the implementation period, 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 Town’s Action 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).*

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### Domain #1: Outdoor Space and Buildings:

#### Town of Fairfax:

- Plentiful open space and hiking trails with nearby lakes and parks. Two parks downtown: Bolinas Park and Peri Park (this park was initially a playground for Bolinas Park; subsequently other amenities were added so it is now considered a separate park). Nearby at the entry to the Cascades is one park: Doc Edgar Park.
- 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.

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

<sup>2</sup> 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.

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

- 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.

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 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.
  - NEW! Action step 4: Reconstruct the main downtown parking area (“the Parkade”) for ADA accessibility.

**Status & Accomplishments – A1, A2, A3 & A4 completed (A2 continuing as needs arise)**

- ✓ *An informal 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 July 2020, PARC approved a memorial bench for John Doherty to be placed inside the tennis courts – his brother Owen Doherty will provide funding and wording for the memorial plaque. 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 September 2020, the Town’s PARC committee approved a memorial bench in honor of Catano Perez who was tragically murdered in San Francisco earlier in the year. The bench with a plaque in memory of Catano will be placed in Bolinas Park.*
- ✓ *From 2016 through late 2018, several benches were purchased by the Town for Age Friendly use in areas frequented by older adults; in addition, the Town’s memorial bench program was formalized in 2016/2017 and all new memorial benches now include arms*

for ease of use. Many memorial benches have been placed throughout the Town – to date, the last was approved in late 2020.

- ✓ 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 had been replaced by LED bulbs which provide better lighting and are more energy efficient.
- ✓ 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. A new bus shelter was provided along the Broadway side where none had existed prior; a large replacement bus shelter is near completion (projected July 2020) on the Sir Francis Drake side.

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.

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

- ✓ 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; in FY 2018/2019, the Council increased the partial reimbursement to \$1000 and continued the \$500 permit waiver. As of May 2020, since the program’s inception in 2015, 26 residents have used the program. The program continues at the same reimbursement rate with the permit fee waiver.
- ✓ 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. Curb cuts and some sidewalk repairs were completed along Bolinas Road in February/March 2020. It is projected that all the phases of the repairs will be completed in 2020 – 2021 (note: work may be delayed further due to the Covid-19 shelter-in-place (SIP) orders and reopening wherein the Town is allowing temporary use of certain sidewalks/parking for retail and dining to assist businesses negatively impacted by the SIP requirements).

#### 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. A flashing beacon and curb cuts replaced one location along Broadway which was conducted with the Parkade reconstruction. Most other locations were replaced by flashing beacons as part of some downtown sidewalks repairs conducted in 2020.
- ✓ There are several 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 new 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).

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#### 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 was 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.*

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## **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.
- [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 Summer 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.

- [The U.S. Department of Housing and Urban Development](#), or HUD, through the County of Marin offers 3<sup>rd</sup> 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 3<sup>rd</sup> party vouchers (work with County to advertise and include landlords in the County partnership program)
- NEW! Action step 4: Adopt renter protection ordinances
- NEW! Action step 5: Preserve existing affordable housing
- NEW! Action step 6: Create a Town rental assistance program during the Covid-19 pandemic to help very-low income Fairfax residents at risk for homelessness

#### **Status & Accomplishments – A1, A2, A3 & A4 completed; A5 progress; A6 established & in-process**

- ✓ *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 farmer’s 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 and will be completed in July 2020.*
- ✓ *Victory Village opened its waiting list 2/15/2020 opened in July 2020. The opening is considered a triumph for fair housing and access for people with physical challenges. Twenty-eight apartments are designed for tenants with mobility impairments, and three of those have enhancements for those with auditory or visual impairments. VV has 54 units (all section 8 housing for very low, low income and some chronically homeless; one will house a resident manager).*
- ✓ *In order to structure the financing for this 100% affordable housing project, Resources for*

Community Development (RCD, the project developer) sought/obtained various funding sources. Federal tax credits were primary; HUD monies were allocated by the Countywide Committee (CDBG/HOME) comprised of elected officials (including a Fairfax councilmember) and community representatives; the Marin Community Foundation provided funding; \$2.6 million was allocated from the County of Marin's Affordable Housing Fund in the form of a \$1.5 million grant and a \$1.1 million loan; a purchase price reduction was granted by the seller (Christ the Victor Lutheran Church) and other grants/funds. To help close a large funding gap just prior to construction, the Fairfax Town Council approved deferring payments of certain fees in November 2018 (road impact building, electrical, plumbing and mechanical permit fees, and business license fees) totaling \$210,000. The term is 15 years with annual payments of \$21,000 beginning in year 6 and the last payment to be made in year 15.

- ✓ Victory Village opened to residents in July 2020 during the Covid-19 pandemic and shutdowns – a virtual Grand Opening Tour was held in December 2020. As a way to welcome the residents and staff to Fairfax, more than 100 cloth hand-made masks were delivered to VV in October/December 2020. The face masks were made and donated by a fiber artist/quilter in the North Bay, a long-time friend of a Councilmember (who is a member of Age Friendly). The mask maker has donated about 1200 masks to Fairfax, the Canal, Marin City and West Marin to date.
- ✓ 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.
- ✓ 1<sup>st</sup> Renter Protection ordinance - 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 3<sup>rd</sup> party voucher holder (based on a Marin County ordinance). Fairfax is the 1<sup>st</sup> 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 1<sup>st</sup> town/city in Marin County to do so; the County adopted their ordinance in 2018.
- ✓ Renter protections: Town Council conducted the 1<sup>st</sup> reading of a permanent ordinance for Just Cause Evictions on March 6, 2019; 2<sup>nd</sup> reading was conducted on April 3, 2019 (takes effect 30 days after). Fairfax was the 1<sup>st</sup> town/city in Marin County to do so; the County adopted their ordinance in 2018.
- ✓ Renter protections: The Town Council conducted a 1<sup>st</sup> 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 1<sup>st</sup> town/city in Marin County to do so; the County adopted their ordinance in 2018.
- ✓ The Town Council adopted Ordinance 844 regarding Accessory Dwelling Units and Junior Dwelling Units (ADUS/JADUs) at the January 15, 2020 Town Council Meeting (takes effect 30 days after); this Ordinance updated the prior ADUs/JADUs ordinance, among other things, to be consistent with new state laws enacted in 2019. Ordinance 844 also

included the “amnesty provisions” of the prior ordinance and the 50% reduction in fees through 2027. An urgency ordinance with the same provisions was adopted in December 18, 2019.

- ✓ *Victory Village was the second time Marin County funds have supported a major affordable housing project in Fairfax. In February 2016, the Board of Supervisors approved \$675,000 to prevent 27 units of affordable family housing from being changed to market rates at the Piper Court Apartments. The apartments were deed restricted to remain affordable and are managed by the Marin Housing Authority. HUD monies were subsequently allocated by the Countywide Committee (CDBG/HOME) comprised of elected officials (including a Fairfax councilmember) and community representatives to partially (or wholly) reimburse the County for these funds.*
- ✓ *In August 2020, the Town Council allocated \$60,000 to create a rental assistance program during the Covid-19 pandemic to pay for one-month rent for very-low income Fairfax residents at risk of homelessness. The St. Vincent de Paul Society and Ritter House non-profits administer the program for the Town. By mid-December 2020, they estimated about 27 would be helped for ~\$45,000. The Town Council then allocated another \$30,000 (for a total of \$90,000) to continue the program, based on the non-profits’ recommendations, they will provide an additional months rent for most participants and any new applicants.*

### 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.*

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## **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.

#### **Status & Accomplishments – A1 & A3 completed, A2 completed and in-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 several 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. Examples of the Town's 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 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 Fairfax Café. On the 3<sup>rd</sup> Saturday of most months, Sustainable Fairfax offers "Fairfax on Foot," walks and hikes through areas of town open to all ages.*

- ✓ *During the Covid-19 pandemic, Fairfax Recreation has offered senior classes virtually, e.g., 8 or more mat/chair yoga classes are being offered; others are planned for Fall 2020. Some outside yoga classes are offered.*
- ✓ *In collaboration with San Anselmo, Fairfax hosts the “Ross Valley Seniors” monthly luncheon with guest speakers at the Women’s Club (1<sup>st</sup> 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.*
- ✓ *The Town has closed portions of Bolinas Road generally annually since 2015 for “Streets for People,” a one day event for all ages including residents and visitors (many older adults attend or participate each year). Merchants and organized groups participate; the Age Friendly Task Force has tabled each year. It was no held in 2020 due to the pandemic.*
- ✓ *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 Fairfax Café (and are rotated to other locations after approximately 6 months); now at Barefoot Café & will be rotated again soon. During the Covid-19 pandemic, “Breakfast with Friends” is being held virtually.*

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## **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 1<sup>st</sup> 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 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**

1. #10 Promote a culture 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 reinstitutes Citizen of the Year awards and honors other older adults at Council meetings when applicable.
- NEW! Action step 4: Encourage intergenerational projects pairing youth with seniors.

**Status & Accomplishments – A1, A2 & A3 completed; A4 – in progress**

- ✓ *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 1<sup>st</sup> annual event to honor these elders on September 6, 2018; it was held concurrent with the Ross Valley Seniors lunch. Approximately 13 people 90 & better were honored; the 2<sup>nd</sup> annual event was held on October 10, 2019 - approximately 6 people were honored. The 2<sup>nd</sup> event was intergenerational, middle schoolers with Children 4 Change (C4C) served the food to the attendees. The 3<sup>rd</sup> annual event was held during the Covid-19 pandemic, instead of a get-together, gift baskets will be delivered to each of the participants on October 24, 2020 (58 were identified; eleven participated). Included in the basket were several gifts with a handmade card for each by C4C and donated handmade face masks with numerous other gifts.*
- ✓ *In 2019, then Mayor Coler reinstituted 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 of Commerce and other).*
- ✓ *Seniors have been honored by the Town Council, in 2015 Phyllis Gould was honored, in 2018 Lou Vaccaro (in memorium), in 2019, Peter Arrigoni, William Sagar (both in memorium) and Rose Tabor were honored with proclamations.*
- ✓ *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 intend to continue with oral histories of seniors working in coordination with Fairfax Age Friendly.*

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, Hairfax (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.*

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## **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 late-2020 or early 2021 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**

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 older adults 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**

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).*
- ✓ *Beginning in Fall 2017, the task force holds a monthly series of hour-long community forums at the Women’s Club and continuing at the Library (currently held monthly often with a break during the summer/winter). During the Covid-19 pandemic, forums were held virtually by Zoom.*
- ✓ *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. During the Covid-19 pandemic, the forums will be held virtually for certain key topics.*
- ✓ *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). Suspended during the pandemic as the Library is closed to visitors.*
- ✓ *Coordinating with the Task Force, Bennett House held a weekly Chair Yoga class; classes were suspended during Bennett House renovations and the pandemic.*
- ✓ *The Town of Fairfax launched its accessible website in late 2018. Age Friendly is on the front page of the website with a user-friendly button to access all age friendly information.*

**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.

**Status & Accomplishments – A1 completed, A2 completed & in process; A3 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.*

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**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**

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.
  - NEW! Action step 6: During the Covid-19 pandemic, create a volunteer match program to assist older adults with shopping and other errands, keep connected and limit their exposure.
  - NEW! Action step 7: Create a list of Emergency Tips for Older Adults to be distributed widely to residents of all ages (Police/Fire can also provide at emergency medical calls).
  - NEW! Action step 8: Work with local Get Ready/CERT, FireWise and other community groups focused on disaster preparedness to support the development of Neighborhood Response Groups (NRGs) with block captains who can identify and support older adults and vulnerable populations in the event of shelter in place and/or evacuation orders.
  - NEW! Action step 9: Provide an opportunity for older adults to “Ask an Expert” (a Social Services Navigator) prior to the monthly forums.

### **Status & Accomplishments – A1, A2, A4 & A9 completed; A3, A5 & A7 pending; A6 completed and continuing; A8 in process**

- ✓ *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 beginning in the fall of 2017 at the Fairfax Women’s Club. Starting in 2018, the monthly forums are held at the Fairfax Library. During the Covid-19 pandemic, all forums are held virtually. Beginning in Fall 2020, several Age Friendly’s in Marin County (including Fairfax’s) collaborate to hold joint virtual forums.*



- ✓ *Social Services Navigator: In late 2017, the Task Force began a new service held just prior to the monthly forums, the Social Services Navigator (SSN) or Ask an Expert: Participants could 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. The SSN was discontinued in late 2019.*
- ✓ *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 covered (respectively) "Staying Physically Fit & Preventing Falls" and "Can We Prevent and Even Reverse Cognitive Decline through What We Eat?" See the descriptions below. Forums have been held and continue to be held monthly (sometimes more frequently) – see exhaustive list below. During the Covid-19 pandemic, forums were/are held virtually.*
- ✓ *A small giving tree project was held during the 2016 holiday season - caroling, gift giving, etc. were provided.*
- ✓ *In March 2020, during the Covid-19 pandemic, the Town created a 1 to 1 Volunteer Matching Program – local volunteers (>130) are organized and shop, fill & pickup prescriptions, pickup take-out, walk dogs and more to assist older adults and minimize their potential exposure. Volunteers also help by keeping in contact (helping folks feel less nervous and alone during this time) and check-in on what support is needed.*
- ✓ *In June 2020, the Town Council approved hiring a part time Neighborhood Response Group coordinator to begin working with NRGs in FireWise communities to identify older adults, AFN and other vulnerable adults for potential disaster evacuation/shelter in place, etc. The coordinator was hired by the Town in July/August 2020.*

### **Monthly Forums and the Social Services Navigator (Ask an Expert)**

***The monthly forums address many of the topics listed above; all are listed below as they appear in informational brochures and newsletters:***

***September 22, 2017: "Getting Around in Marin"*** 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.

***October 27, 2017: "Insuring Your Good Health"*** 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.

***November 17, 2017: "Housing Opportunities in Fairfax--Are There Any?"*** 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.

***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 (SSN) 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. The SSN was discontinued in late 2019.**

**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.

**January 10, 2020: "Starting the New Year Clutter Free!"** *Where did all this "stuff" come from and how do I go about letting things go and clearing my space?* Come learn to de-clutter and stay organized!

**January 31, 2020: "Celtic Strings"** Violinist Charmian Stewart and cellist Amanda Craver will present a Scandinavian Celtic string concert.

**February 14, 2020: "Getting My Ducks in a Row: Wills and Trusts"** Find peace of mind by getting your legal documents in place, learn the basics of estate planning from local attorney, Lisa Fialco.

**February 28, 2020: "Fiddle & Banjo Tunes"** Fiddler and Banjoist John Pedersen will delight us with traditional old time dance music from the South, Midwest, West and Northeast, as well as Irish tunes.

**Due to the Covid-19 pandemic and subsequent shelter-in-place public health orders, two of the following forums were not held and are indicated in red - all held were virtual by ZOOM**

**CANCELLED! March 13, 2020: "Getting My Ducks in a Row: End of Life Planning"** *It's never too early to put your plan in place, write an Advance Directive, a POLST, and think about your final arrangements.*

**CANCELLED! April 10, 2020: "The Climate Emergency: Time to Get Involved!"** *Climate change has gone from a global phenomenon to an urgent fight for our very lives, on this 50th anniversary of Earth Day.*

**May 8, 2020: "Ready. Set. Go. Preparing for Fires, Floods & Earthquakes"** Come hear the critical tips to be prepared and keep you safe should an unwelcome disaster come knocking at your door. **By ZOOM**

**May 29, 2020: "Being an Ally to Those Different From Me"** America is the land of the diverse, how can I be an ally to those folks different from me due to age, race, gender, sexual orientation, class, etc.? **By ZOOM**

**June 12, 2020: "Medical Cannabis: Is it Right for Me?"** What are the ins and outs of using and buying cannabis products for improving health and treating medical conditions common in older age? Presentation by Mitcho Thompson who has been teaching on many aspects of Herbal Medicine for over a decade. He is the current Vice President of the Sonoma County Herb Association. **By ZOOM**

**July 22-23, 2020: "iPhone Training and Tips to Make Your Smartphone Work Better for You!"** This two-part training will review the basic functions of your phone, including sending texts, using apps, connecting to Bluetooth devices and supporting accessibility such as making text bigger and your phone louder and easier to hear, and much more. Presenter: Contessa Bunn, California Telephone Access Program. **By ZOOM**

**August 26, 2020: "Staying Safe in the World of Scams"** Learn valuable advice from members of the Marin County Financial Abuse Specialist Team (F.A.S.T.) to avoid becoming a victim of scams, frauds, and IRS impersonators targeting us right in our own neighborhoods. Marin F.A.S.T. enlightens and educates us on how to protect ourselves against common financial scams and now new frauds related to Covid-19. **By ZOOM**

**Beginning in the Fall 2020, several Age Friendly Committees across Marin began collaborating on monthly classes, which was more easily facilitated as all were/will be conducted virtually through ZOOM during the Covid-19 pandemic.**

**August – September, 2020: Smartphone Classes (iPhone and Android):** To learn more about small group, individualized trainings offered by the State-funded California Telephone Access Program (CTAP), call 1-866-271-1540, email [smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org) or [follow this link](#). CTAP also offers free specialized phones for those who are mobility, hearing or sight impaired. **By ZOOM**

**September 23, 2020: "Ageism 101 & How to be an Ally"** Join us as we have discussions about our experience of ageism-how we understand our own situation, barriers, challenges and building our capacity to respond to ageism. Also, learn how you can be an ally - a positive force for change in fighting systemic racism and achieving social justice for low-income communities. **Speaker: Linda Jackson. By ZOOM**

**October 28, 2020: "Medicare Annual Choices & Changes 2021"** Come learn about all your Medicare choices and the changes for 2021, whether you're just getting started or needing to consider options during open

enrollment. Topics to be covered include Medicare Advantage plans, prescription drug plans, supplemental plans, the low-income assistance program, etc. **Speaker: Diana López, HICAP Counselor. By ZOOM**

**November 18, 2020: “Getting Your Ducks in a Row for End of Life Planning”** It’s never too early for a heart to heart conversation with yourself and your family so you can put your end of life plan in place, including having an Advance Directive, a POLST (Physician Order for Life Sustaining Treatment), and making your final arrangements. **Speaker: Jody Timms. By ZOOM**

**December 16, 2020: “Cultivate an Empowered Life & Welcome 2021”** 2020 has been a year unlike any other. At times most of us have felt disempowered, low on energy, lacking connection – maybe even a slight depression. How can you create a plan that will allow you to thrive through these challenges? The answer lies in understanding how to cultivate your energy and your mindset. Join Marin resident **Barbara Waxman**, a leadership coach, gerontologist, speaker and author as she leads a conversation about developing the skills and mindset to prepare for 2021. **By ZOOM**