Institute for Livable and Equitable Communities – Miami Valley Age-Friendly Communities Network

October 13, 2021
## Agenda

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<tr>
<th>Item</th>
<th>Topic</th>
<th>Time</th>
<th>Presenter</th>
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<td>I.</td>
<td>Welcome/Introductions</td>
<td>10:00 a.m.</td>
<td>Stacy Schweikhart</td>
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<td>II.</td>
<td>Reframing Aging</td>
<td>10:10 a.m.</td>
<td>Leigh Sempeles</td>
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<td>III.</td>
<td>Institute for Livable &amp; Equitable Communities</td>
<td>10:25 a.m.</td>
<td>Serena Anderson, Leigh Sempeles</td>
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<td>IV.</td>
<td>Livable/Equitable Age Friendly Yellow Springs</td>
<td>10:40 a.m.</td>
<td>Antonia Dosik</td>
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<td>V.</td>
<td>Villages Model</td>
<td>10:55 a.m.</td>
<td>Leigh Sempeles</td>
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<td>V.</td>
<td>Next Steps</td>
<td>11:10 a.m.</td>
<td>Leigh Sempeles</td>
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<td>VII.</td>
<td>Questions</td>
<td>11:15 a.m.</td>
<td>All</td>
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The next meeting will be: Thursday, January 12, 2022 @ 10:00 a.m. via Zoom.
Welcome

TIPS
• Please stay muted throughout the meeting
• If you have a question during the meeting, please put your questions in the chat box or click “Raise Hand”
• We are asking all participants to hold their questions until the end of the presentation
Learn: more about age-friendly communities

Assess: existing conditions, programs, policies & services

Reframe: aging by changing the narrative

Engage: older adults in decision-making processes

Work Together: on strategic partnerships, programs & plans

Commit: to becoming an age-friendly community
Reframing Aging
What is Old?
Reframing Aging

FrameWorks Institute: National Research
• Shift how people think through “reframing”
• Address negative attitudes toward aging
• What we emphasize; how we explain; what we leave unsaid

Other resources:
• Encore Network: Transforming the Encore Stage of Life
• Changing The Narrative: Ending Ageism Together

frameworks institute.org  encore network.org  changingthenarrativeco.org
### How Can We Reframe Aging?

**Instead of these words and cues:**

- “Tidal wave,” “tsunami,” and similarly catastrophic terms for the growing population of older people
- “Choice,” “planning,” “control,” and other individual determinants of aging outcomes
- “Seniors,” “elderly,” “aging dependents,” and similar “other-ing” terms that stoke stereotypes
- “Struggle,” “battle,” “fight,” and similar conflict-oriented words to describe aging experiences
- Using the word “ageism” without explanation
- Making generic appeals to the need to “do something” about aging

**Try:**

- Talking affirmatively about changing demographics: “As Americans live longer and healthier lives . . .”
- Emphasizing how to improve social contexts: “Let’s find creative solutions to ensure we can all thrive as we age.”
- Using more neutral (“older people/Americans”) and inclusive (“we” and “us”) terms
- The Building Momentum metaphor: “Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities.”
- Defining ageism: “Ageism is discrimination against older people due to negative and inaccurate stereotypes.”
- Using concrete examples like intergenerational community centers to illustrate inventive solutions

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How Can We Reframe Aging?

Avoid Unintended Negative Consequences

• Don’t lead with a story of overwhelming demographic shifts, where society will be overwhelmed by older people (silver tsunami, gray wave, etc.)

• Avoid talking about aging as a “civil rights issue,” this leads to unproductive effects and can prompt people to compare ageism to racism or sexism

• Avoid using language that refers to older people as “others” or reinforces paternalistic attitudes towards older people (elderly, senior citizens, vulnerable, etc.)

• Don’t overdo positivity, with portraits of extraordinary older people that are exceptional, not rule of thumb

• Avoid using individual-level examples, focus on changes to the decision-making rather than guiding personal decisions
Institute for Livable & Equitable Communities
Institute for Livable & Equitable Communities

Vision
The Institute places an intentional focus on livability and equity, launching programs and transforming systems that create a community where all people can thrive.

Mission
The Institute for Livable & Equitable Communities at the Miami Valley Regional Planning Commission (MVRPC) convenes critical partners and is the central point of coordination for a long-term, multi-faceted effort to address nine domains proven to enhance livability and equity in communities.

Institute Background: https://www.mvrpc.org/regional-initiatives/institute-livable-equitable-communities
What do we mean by livable & equitable?

**Livable** is place focused

**Equitable** is people focused

If it is Equitable, it is also Livable

Shared Mobility Principals for Livable Communities: [https://robin-chase-mz5n.squarespace.com/](https://robin-chase-mz5n.squarespace.com/)
What Does the Institute Do?

INSTITUTE STEERING COMMITTEE

Regional Equity Initiative

Livable Communities Initiative

REGIONAL EQUITY NETWORK

AGE-FRIENDLY NETWORK

CONVENING MEETINGS & EVENTS AROUND EACH DOMAIN - REGIONAL PARTNERSHIPS!
What is an Age-Friendly Community?

Age friendly means assessing policies, programs, structures around the physical and social environment to ensure communities are livable for all ages and stages of life.
The Changing Demographics: The US

By 2035, older adults will outnumber children for the first time in history
The Changing Demographics: The Miami Valley Region

For our Region, the delta is happening now. Note: delta starts at age 60.
Join the National Age-Friendly Movement

Enrollment – AARP/WHO
Age-Friendly Communities/Coalition of Communities in Ohio

Year 1: Conduct a survey and listening sessions

Year 2: Create an action plan

Years 3-5: Implementation

Year 5: Progress/status update
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<th>Dayton, Ohio</th>
<th>Xenia, Ohio, 45385</th>
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<td>Inclusion and possibilities</td>
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Villages Movement – It Takes A Village

• Started almost 20 years ago in Beacon Hill, Boston, MA “Supporting living longer better at home”
• Today, more than 300 villages across the nation:
  – Varied in terms of services provided, paid staff vs. all volunteer, hybrid
  – In development, scaling up, operational www.vtvnetwork.org
• Washington Area Villages Exchange – largest regional consortium
  75 Villages in DC, Maryland and Virginia www.wavevillages.org
• Ohio – Columbus/Franklin County – Age-Friendly plan
  – 5 Villages: Village Central, Village Connections, Village on the Vile & Ville on the Hill
What is a Village?

- Community of Volunteers, structured nonprofit status, volunteer managed vs. paid staff, community, government involvement
- Help with errands, transportation, small household tasks, daily check-in calls, tech support
- Programming - social network to reduce social isolation/loneliness
- Information /referral services (one place to call); ListServs; Washington Consumer Checkbook, office assistance
- Mainly supporting middle-income older adults; membership fee or N/A; scholarships
Services Provided by Volunteers

- Transportation:
  - Medical appointments
  - Grocery store, bank, post office
  - Errands
- Exercise and wellness classes
- Help with minor household chores
- Technology assistance
- Friendly Visits, Walking Buddy
- Occasional yard work
- Management and leadership Volunteers
- Intergenerational; "Retirement Job"
Why Do We Need Villages?

- Older adults want to stay in their homes and communities for as long as possible and remain independent, verified by research.
- Connections to family, friends, and neighbors, peace of mind when family members are far.
- Need for creative housing solutions.
- Availability of community support services.
- Hiring assistance is costly and piecing together different types of assistance is overwhelming.
- Assisted living/nursing home costs.

Lower-income older adults feel all of these challenges more acutely.
Neighbors helping Neighbors
- Volunteers & Members create special relationships that strengthen social connections

Wellness and Educational Programs
- Falls Prevention, Tai Chi, Estate Planning, Advance Directives, Book Clubs, Exercise
- Weekly “Coffee and Conversations”

Gatherings
- Pop Up Picnics, Thanksgiving, Holidays
- Happy Hours
Social isolation is harmful to your mental/physical health. Chronic loneliness is associated with:

- 29% increased risk of coronary artery disease
- 32% increased risk of stroke
- 64% increased risk of developing dementia
- 26% increased risk of death
Established Village - Arlington Neighborhood

- Volunteers provide direct support to keep seniors safe at home:
  - 135 drivers
  - 155 volunteers provide other services
  - 1,470 services fulfilled in 2020
- Small paid staff: Executive Director, Member Services Manager, Volunteer Coordinator, Care Manager (all part-time)
- Volunteers provide behind-the-scenes management expertise
- Financial Aid Fund paid 80% of membership fee for lower-income seniors. Membership Fee waived during COVID - Fairfax County
Livable/Equitable/Age-Friendly Yellow Springs
Why Become A Livable/Equitable/Age-Friendly Community?

- It benefits all ages
- Enhances social relationships & community bonds
- Creates economic & social benefits
- Creates healthy & connected neighborhoods
- Age friendly communities have lower public & personal costs related to illness & health care
- Brings opportunities for coordination & collaboration along all 8 AARP Domains

Fact: 1 in 5 Americans will be 65 & older by 2030. In Yellow Springs, that happened in 2020.
Next Steps
Next Steps

- Quarterly meetings: next meeting held Wednesday, January 13th at 10am via Zoom (mark your calendars!)
  - Educational opportunities: guest speakers around Institute domains, age-friendly experts, etc.
  - Invite: other regional partners to join the Network
  - Work together: to establish regional age-friendly community objectives, share resources and to build strategic partnerships, programs & plans
- Funding: availability next year for agencies who are active in the MVAFN to implement demonstration projects which promote age-friendly communities in the Miami Valley region
Questions
For more information about the Miami Valley Age-Friendly Communities Network:

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encore_fellows.html

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