

**MIAMI VALLEY REGIONAL PLANNING COMMISSION  
MIAMI VALLEY AGE-FRIENDLY NETWORK  
MINUTES**

via Zoom Conference/Video Call  
<https://us02web.zoom.us/j/87429625414>

**October 13, 2021**

**ATTENDEES**

Brent Anslinger, Five Rivers Metroparks  
Judy Baker, Xenia Adult Recreation & Service Center  
Joe Baldasare, Dayton Foundation  
Becky Benná, Five Rivers Metroparks  
Sally Brown, Greater Dayton RTA  
Beth Burke, Five Rivers Metroparks  
Melonya Cook, Dayton UnitedWay  
Gail Dafler, Goodwill Easter Seals Miami Valley  
Antonia Dosik, L.E.A.F. Yellow Springs  
Elom Dossa, Montgomery County Commissioner's Office  
Michelle Garrett, Greater Dayton RTA  
Jennifer Giessler, City of Kettering  
Karen Hesser, Five Rivers Metroparks  
Walt Hibner, Center Point Energy (Vectren)  
Douglas Horvath, Five Rivers Metroparks  
Donna Kastner, Silver is Gold  
Erin Kies, Greeneville Transit System  
Susanne Kirchner, Dayton Metro Libraries  
Tony Klepacz, City of Kettering  
Jack Kuntz, Clayton Township  
Christopher Lipson, City of Dayton  
Madeline Loughery, Greater Dayton Area Hospital Association  
Kaitlyn Lowry, Five Rivers MetroParks  
Kristen Marks, Centerville-Washington Park District  
Kris McClintick, Harrison Township  
Karin Nevius, Area Agency on Aging  
Mike Parks, Dayton Foundation

Erin Rowekamp, Five Rivers MetroParks  
Richard Schultz, Concerned Citizen  
Bill Serr, City of Centerville  
Jeff Sheridan, Village of West Milton  
Elizabeth Sizer, Clinton County RPC  
Kathy Stevens, Area Agency on Aging  
Laura Stevens, Five Rivers MetroParks  
Barbra Stonerock, Dayton Foundation  
Taylor Stuckert, Clinton County Regional Planning Commission  
Doug Tayek, AARP Ohio  
Brad Townsend, City of West Carrollton  
Marci Vandersluis, Graceworks Lutheran Services  
Monica Walker, Dayton Art Institute  
Nicole Ware, AARP Ohio  
Shannon Webster, Greene CATS - Mobility Manager  
Bernadette Whitworth, Five Rivers MetroParks  
Noreen Wilhelm, Dayton Foundation  
James Williams, Clark County Job & Family Services  
Angela York, Five Rivers Metroparks  
Joshua York, Five Rivers Metroparks  
Danielle Zeisloft, Montgomery County Alcohol, Drug Addiction & Mental Health Services

**STAFF**

Serena Anderson  
Elizabeth Baxter  
Stacy Schweikhart  
Leigh Sempeles

The Miami Valley Regional Planning Commission hosted the Miami Valley Age-Friendly Network kick-off on October 13, 2021 at 10:00 p.m. via Zoom Video Conference (<https://us02web.zoom.us/j/87429625414> ).

**I. WELCOME AND INTRODUCTIONS**

Ms. Schweikhart welcomed the attendees and called the meeting to order at 10:00 a.m.

Ms. Sempeles introduced herself as a Del Mar Fellow, and provided a background on the Dayton Foundation's Del Mar Encore Fellows initiative. She stated the initiative deploys older adults who are recently retired and looking for a career transition into the community to work on key initiatives. Ms. Sempeles is working on the Miami Valley Age-Friendly Network through MVRPC's

Institute for Livable and Equitable Communities. Ms. Sempeles then invited Ms. Anderson to introduce herself.

Ms. Anderson introduced herself and presented on how people can get involved with this effort. She read through the following steps: Learn, Assess, Reframe, Engage, Work Together and Commit.

## **II. REFRAMING AGING**

Ms. Sempeles asked the attendees What does “old” mean to them. She then shared the video from AARP: [Millennials Show Us What ‘Old’ Looks Like](#). After the video, she stated we need to shift how people think about aging through “reframing” and address negative attitudes toward aging. Reframing is the choices that we make and how to say it.

Ms. Sempeles shared how we can reframe aging and provided a few examples of how we can redefine our language. Lastly, Ms. Sempeles shared the link to the [FrameWorks Institute](#) for more information regarding framing strategies to advance aging.

## **III. INSTITUTE FOR LIVABLE & EQUITABLE COMMUNITIES**

Ms. Anderson shared the background of MVRPC’s Institute for Livable and Equitable Communities. She showed the vision and mission statement, presented the organizational structure of the Institute and showed how the MVAFN and the Regional Equity Initiative fits under the Institute Steering Committee. She then briefly discussed the nine domains of the Institute.

Ms. Anderson stated that 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.

Ms. Sempeles shared a graph showing the changing demographics in the United States. She stated by the year 2035, older adults will outnumber children for the first time in history. The second graph she shared showed the changing demographics in the Miami Valley region and stated the delta is happening now.

Lastly, Ms. Sempeles discussed how communities can join the National Age-Friendly Movement and showed how to determine your community’s [Livability Score](#) by using AARP’s web-based tool. She compared the livability score from Dayton, Xenia and Troy by showing the score for each of the seven major livability categories: housing, neighborhood, transportation, environment, health, engagement, and opportunity.

## **IV. LIVABLE/ EQUITABLE AGE-FRIENDLY YELLOW SPRINGS**

Ms. Sempeles introduced Antonia Dosik, a Del Mar Fellow working on Livable/Equitable Age-Friendly Yellow Springs. Ms. Dosik shared the benefits of becoming a livable/equitable age-friendly community, such as more access to funding on the local, State and Federal level. She also discussed the process Yellow Springs has taken to become a more Livable/Equitable and Age-Friendly community and what their next steps are.

## **V. VILLAGES MODEL**

Ms. Sempeles provided information on the Village Model and explained that 90% of older adults want to stay in their homes and communities for as long as possible. The Village Model has helped with keeping older adults in their homes by creating a community of volunteers to help

with errands, transportation, small household tasks, daily check-in calls, and tech support. She also shared the health benefits associated with villages.

## **VI. NEXT STEPS**

Ms. Sempeles shared the next steps for the MVAFN including quarterly meetings, educational opportunities, and funding availability.

## **VII. QUESTIONS**

Ms. Schweikhart opened the floor for questions and discussions. The following topics were discussed: community trauma assessment, villages housed within senior centers, and working with AARP in the next meetings.

## **VIII. NEXT MEETING**

The next MVAFN meeting will be Wednesday, January 12, 2022 via Zoom.

## **IX. ADJORNMENT**

Ms. Sempeles thanked everyone for attending the meeting and adjourned the meeting at 11:16 a.m.