



Agenda
Village of Arlington Heights
Senior Citizens' Commission
Commissions Room 2nd Floor

Arlington Heights Village Hall
33 S. Arlington Heights Road
Arlington Heights, IL 60005
February 16, 2015
7:00 PM

I. CALL TO ORDER

II. ROLL CALL

III. APPROVAL OF MINUTES

- A. January 12, 2015

IV. REPORTS

- A. Chairperson's Report
- B. Senior Impact Reports
 - 1. Arlington Heights Senior Center, Inc.
 - 2. Senior Center Advisory Council
 - 3. Legislation
- C. Senior Center Manager's Report

V. OLD BUSINESS

- A. Maturing of America

VI. NEW BUSINESS

VII. OTHER BUSINESS

- A. Announcements
- B. Correspondence

VIII. ADJOURNMENT

Persons with disabilities requiring auxiliary aids or services, such as an American Sign Language interpreter or written materials in accessible formats, should contact David Robb, Disability Services Coordinator, at 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, (847)368-5793 (Voice), (847) 368-5980 (Fax) or drobb@vah.com.



Item: Minutes of January 12, 2015

Department: Village Clerk

ATTACHMENTS:

Description	Type
Minutes of January 12, 2015	Minutes

Village of Arlington Heights
33 S. Arlington Heights Rd.
Arlington Heights, IL 60005

Senior Citizens Commission
Commissions Room, 2nd Floor
Monday, January 12, 2015

I. Call to Order

Chairperson Foss called the meeting to order. Those Commissioners present exchanged contact information.

II. Roll Call

Present:

Chairperson Foss

Erwin Campbell

Ruta Freimanis

Maureen Seleski

George Weber

Tem Williams

Also Present: Karen Hansen, Commission Liaison

Absent:

Sharon Adams

Pat Bielat

Fred Feldman

III. Approval of Minutes – November 17, 2014

Chairperson Foss wished to correct that she had indicated that she had voiced concern over not receiving notices of meetings, and that it was incorrectly stated that the agenda and minutes were not on the Village Of Arlington Heights website. Commissioner Freimanis also expressed concern

Village of Arlington Heights
33 S. Arlington Heights Rd.
Arlington Heights, IL 60005

about locating meeting notices. Karen Hansen noted that receiving the notices were something that the Commissioners had signed up for and that possibly somehow had become “unregistered” and showed on her cell phone that this was an option that they could enroll in. Commissioner Maureen Seleski, seconded by Commissioner Erwin Campbell, moved to approve the minutes of November 17, 2014 with that correction. All concurred.

IV. Reports

A. Arlington Heights Senior Center, Inc.

Commission Liaison Karen Hansen provided a short report on Arlington Heights Senior Center, Inc.

B. Chairperson’s Report

After a short discussion, the Commissioners decided to retain the originally proposed 2015 Meeting Schedule. It was noted that Commissioner Feldman would not be available November through March. Commissioner Campbell would not be available February through April.

Senior Citizens Commission Budget

Chairperson Foss asked that a copy of the Commission’s Budget be distributed to the Commissioners.

C. Senior Center Manager’s Report

Commission Liaison Karen Hansen provided a short update on the Senior Center, including the upcoming start of the tax program and the Age Options, this region’s Area Agency on Aging upcoming Request

Village of Arlington Heights
33 S. Arlington Heights Rd.
Arlington Heights, IL 60005

for Proposals. She outlined the possibilities, and indicated that she was aware of Catholic Charities and Community Nutrition Network both intending to submit proposals for the Title III C funds for Wheeling and Maine Townships. Commissioner Campbell noted that twice in a row he had shown up on his (appointed) day to drive and was told he wasn't needed. He stated that he had been a driver for the Meals on Wheels program since it had been at Park Place, but that he had been told by Community Nutrition Network that they were not aware he was a driver. Karen Hansen indicated that there had been staff turnover.

D. Senior Impact Reports

1. Not for profit corporation

Chairperson Foss noted that this had been on the agenda twice (already covered).

2. Senior Center Advisory Council

Commissioner Campbell noted that he would miss the March meeting. Chairperson Foss asked Commissioner Williams if she would like to fill in for Commissioner Campbell at the Advisory Council meetings. Commissioner Williams indicated she'd check her schedule. Chairperson Foss asked Commissioner Williams to let Karen Hansen know if she'd be able to make it.

3. Legislation

V. Old Business

Village of Arlington Heights
33 S. Arlington Heights Rd.
Arlington Heights, IL 60005

Chairperson Foss asked that the commissioners review the Maturing of America Report before the February meeting for discussion.

VI. New Business

The Commission briefly discussed whether or not they would be taking out an ad in the Almanac to advertise the Kenneth Hood Award and decided against it.

VII. Other Business

A. Announcements

Karen Hansen noted that some long time staff had left the Senior Center: Al Bender and Viktoria Bahrats from Catholic Charities and Sue Gribbons who had coordinated several Northwest Community Hospital programs at the Senior Center.

B. Correspondence

Commissioner Foss reported that she had received a response to her inquiry about Senior Services that she had posed to Northwest Community Hospital's CEO, Steve Scogna.

VIII. Adjourn

Commissioner Campbell, seconded by Commissioner Freimanis moved to adjourn at 8:18pm. All concurred.

Submitted: Karen Hansen, Commission Liaison
Senior Citizens Commission, Village of Arlington Heights
February 11, 2015



Item: Maturing of America

Department: Village Clerk

ATTACHMENTS:

Description	Type
Appendix A	Report
Appendix B	Report
Report Card	Report
MoA Narrative	Report

Committee members: Sharon Foss, Ruta Freimanis, Maureen Seleski & George Weber

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Health . . .

Have Should have / Would be nice to have

(Most services are not available daily.)	
<u>Village Nurse</u> Immunizations / Flu / Pneumonia Hepatitis	
<u>Health Education</u> Occasional Brown Bag	
<u>Health Fairs</u> NSH&F Day Sr. Cen. Day	
<u>Health Screenings</u> Cholesterol Diabetes Hearing Skin Cancer Vision Lions Club- Hearing & Vision Life Line	
<u>Lending Closet</u>	
<u>Blood Donor Program</u>	
<u>SHIP</u>	
<u>Dental Van</u>	
	More Nurse time
	Social Worker (Geriatric)
	Expanded: Dental, Eye, Hearing and Geriatric Coverage

Health - Next StepsStrategyChallengeAction StepBest PracticeFact

Provide assistance at the lowest level of need.

Funding



The Health Dept. could hire an additional part-time nurse to spend one morning a week at the senior center, & the other mornings provide additional home visits as the aging population grows.

Nurse – weekly “Ask the Nurse” Program.

Evidence-based health promotion as identified in 2006 by Center for Healthy Aging at the National Council on Aging.

We are living longer. The nation is graying. Older adults are predominantly women. Women have a higher poverty rate than men.
NioA & AARP 2003 – United States Aging Demographic Trends

Create a single point of entry for information about local services.

Funding



The cost could be shared with the Fire Dept. Fire Dept. portion would fund the days when they follow-up on the ambulance calls & the other days are for one-on-one appointments and outreach.

Hire a Social Worker

“Healthy People 2010 reflects the very best in public health planning.”
Donna Shalala, former Secretary of Health & Human Services

“Education was repeatedly mentioned as a priority for the Arlington Heights Community: specifically, education on the availability of local services.”
2007 PRC Community Health Assessment

Supportive services are critical to the health, independence, and productivity not only of their direct clients, but also of the friends and family members who provide informal care. Providing more support to caregivers is an important economic & social priority for employers & communities that rely on their skills.”
A Blueprint for Action: Developing A Livable Community for All Ages

Provide an evidence-based chronic disease self-management program for older adults so they can better their quality of life.

Attracting seniors to commit to a program that lasts for 2 ½ hours and goes for 6 weeks.

Hosting “Take Charge of Your Health” programs aimed at empowering people with chronic conditions.

Stanford University’s “Take Charge of Your Health” program has been approved & endorsed by AoA, CDC, & NcoA.

“Older Americans are disproportionately affected by chronic diseases and conditions.”
“Chronic conditions currently limit activities for 12 million elderly individuals living in community settings.”
U.S. Administration on Aging FY 2006
OMB Approval No. 0985-0018

Nutrition . . .

Recommendation: Communities should support a range of healthy home-delivered and congregate meals, as well as educational and purchasing assistance programs to ensure that at-risk older adults have access to adequate nutrition. Nutrition programs also provide essential socialization opportunities for isolated seniors.

Have

Community Nutrition Network:

Congregate Meal Site for lunch
(Mon. – Fri. /no service on weekends & holidays)

Meals On Wheels
(Mon. – Fri./ no service on weekends & holidays)

Wheeling Twp.

Meals On Wheels
(Mon. – Fri./ no service on weekends & holidays)

Food Pantry
Holiday Basket Program

Elk Grove Twp.

Food Pantry
Holiday Basket Program

CEDA

Food Pantry
Holiday Basket Program

Pads

Village

Holiday Basket Program

Senior Center

Advisory Council sponsored (Quarterly) food celebrations
NCH sponsored "healthy cooking" classes

Should have / Would be nice to have

Need to have Diet and Nutrition Consultations available – could be for a fee.

Consults at a fee

Nutrition - Next Steps

Strategy	Challenge	Action Step	Best Practice	Fact
Provide dietary & nutritional support, information, and assistance to the older adults in Arlington Heights.	- Poor diets and physical inactivity increase health risks for many older adults. - Funding - The A. H. Health department could budget to hire a dietitian to provide counseling on nutrition issues. - Request support to fund this service from an outside agency, e.g., Administration on Aging (AoA) – In the senate, the appropriations Committee boosted funds for the AoA by 5.2% (\$38.5 million) for nutrition programs for “Choices for Independence.” (H of Rep. Increased AoA funding for nutrition programs by 3.2% (\$23.5 Million). - According to the USD, more than three quarters of a million Americans over 65 & living alone have difficulty providing themselves with a steady supply of food and experience some degree of hunger. (<i>National Council on Aging</i>.)	Need to have Diet and Nutrition Consultations available – could be for a fee.	Healthy People 2010 seeks to increase life expectancy & quality of life over the next ten years by helping individuals gain the knowledge, motivation, & opportunities they need to make informed decisions about their health. At the same time, Healthy People 2010 encourages local and state leaders to develop communitywide and statewide efforts that promote healthy behaviors, create healthy environments, and increase access to high-quality health care. Because individual & community health are inseparable, both the individual and the community need to do their parts to increase life expectancy and improve quality of life. (<i>Healthy People 2010</i>) The <i>Dietary Guidelines for Americans</i> recommends that to build a healthy base, persons 2 years and older choose a healthful assortment of foods that and that all adults be more active throughout the day and get at least 30 minutes of moderate physical activity most, or preferably all, days of the week.	“For the nation’s seniors, poor health should not be a foregone consequence of aging. Improvements in diet and physical activity can greatly improve the quality of life at any age.” <i>Healthier US: The President’s Health & Fitness Initiative, 1996</i> Over half the causes of premature death in Americans can be attributed to unhealthy behaviors, including poor diet habits, inactivity, and smoking. <i>Partnering to Promote Healthy Aging, NCoA</i> 10 Adequate nutrition is critical to healthy functioning and quality of life. 10 Good nutrition is essential to maintaining cognitive & physical functioning & plays an essential role in the prevention or management of many chronic diseases such as heart disease, cancer, stroke, diabetes, and osteoporosis. (<i>The Maturing of America</i>)

Exercise . . .

Recommendation: Communities should provide a range of fitness programs to assist older adults to safely and effectively exercise to improve their overall health and well being. Additionally, communities can ensure that their parks and recreational facilities include walking trails, benches and fitness facilities that would accommodate and attract older citizens.

Have	Should have / Would be nice to have
<u>Park District Programs, all require a fee</u> - Health Club at the Senior Center - Classes offered at the Senior Center & other Pk. Dist. Facilities - Golf , Tennis, Swimming, Hiking Trails, etc. at local Pk. Dist. Sites <u>Park District Programs, no fee</u> - Lake Arlington Walking Trail - Schaumburg Nature Trail - Palatine's Twin Lakes - Local Forest Presserves <u>Northwest Community Hospital FREE</u> - Walking Club at the Senior Center - Walking Club at Randhurst - Walking Club with High School District 214's Continuing Education's Gold Card Club Members	More free or reduced fee programs. Indoor free walking track

Exercise - Next Steps

Strategy	Challenge	Action Step	Best Practice	Fact
Promote the benefits of physical activity as a means of improving physical & cognitive health for the older adults in Arlington Heights. Develop exercise and active living programs tailored to older adults' preferences.	Poor diets and physical inactivity increase health risks for many older adults. Funding The Arlington Heights Park District should set aside funds to establish a number of free or subsidized exercise programs for people of all ages and establish free walking tracks.. The Park District should do more to promote exercise at all economic levels and could offer incentives to encourage people to participate.	Indoor free walking track More free or reduced fee programs	1. Disease specific exercise classes, e.g. exercise class for seniors with Parkinson's disease or osteoarthritis. 2. Stretch & Tone classes for more active seniors. 3. Strength training/ exercise classes. 4. Park District scheduling times at the schools for safe walking though the winter / summer months. <i>(The Maturing of America)</i> Readily available and accessible points of information where residents can easily find out about and participate in exercise and wellness programs. <i>(A Blueprint for Action: Developing a Livable Community for All Ages)</i>	¶ Current research shows that the benefits of physical activity extend over the entire lifespan. ¶ Studies have proven that physical activity can improve both the physical and cognitive health of individuals even into advanced age and can actually prevent or delay the onset of many chronic conditions. ⚡ Exercise by older adults, even those in their 90's, can greatly increase overall muscle strength as well as bone density. ⚡ Exercise can also improve an older adult's balance and ability to walk, resulting in maximum independence and decreasing the incidence of falls. <i>(The Maturing of America)</i> ⚡ Many people 90 & older who have become physically frail from inactivity can more than double their strength through simple exercises in a fairly short time. For some, that can mean the difference between getting up from a chair by themselves or depending on someone to help them. <i>(National Institute on Aging)</i>

Transportation . . .

Recommendation: Communities should assess their existing public transportation systems to see if they are available, accessible, affordable, or adaptable to the needs of a mobility-impaired aging population. Curb-to-curb Paratransit programs offer transportation security to frail older adults. Additionally, communities should offer driving assessment and training to help older adults remain on the road as safely as possible for as long as possible. Communities should also, as part of their regular maintenance, add large print road signs, grooved lane dividers, dedicated left turn lanes and extended walk times at pedestrian crosswalks to accommodate older drivers and pedestrians.

Have

Taxi: regular fee and subsidized

Wheeling & Elk Grove Twp. Buses

TRIP Program

Escorted Transportation Services/ NW

Most Senior Living Residences have vehicles

PACE

Metra Service, free & CTA passes for disabled and 65+

RTA cards done at Sr. Center

AARP & 55 Alive Defensive Driving Classes

Should have / Would be nice to have

Visual reality driving tests such as the
"Mature Driver Programs" in Sylvan Lake, Michigan. – Best Practice

Hartford program consultations- talking to parents about taking away the keys. – Best Practice

Road signage: larger print & better placement like the Michigan Traffic Improvement Association

Roads: Improved turning and egress lanes
like the Michigan Traffic Improvement Association

Longer & safer timing at Crosswalks:
crossing at NCH & Vail as example

Parking Spaces should be designed for people with reduced mobility.

Flashing lights on Stop signs (Thomas St.) should be added whenever a new stop sign goes up
– so that people are aware of it.

Transportation - Next Steps

Strategy	Challenge	Action Step	Best Practice	Fact
Create a community that supports the benefit of walking to maintain health & promote independence.	Design and driving considerations can make walking difficult and / or dangerous.	Conduct a walk-ability survey for areas with no sidewalks; intersections with fast lights, NCH & Vail as example; intersections with brick roads/ sidewalks, etc.	Develop best practice standards and create ordinances to enforce them	"The physical environment in suburban areas, where most older adults live, often discourages active transportation modes like walking." A Blueprint for Action: Developing A Livable Community for All Ages
Create/ maintain access to services for seniors who are unable to drive.	Customer-oriented community transportation options are often lacking for older adults.	Encourage the Village to re-instate the taxi subsidy for ETS/NW and remain involved in the TRIP Working Process.	<u>TRIP</u> : Township Riders Initiative Pilot ETS/NW: Escorted Transportation Services/ Northwest	"One in five Americans age 65 and above does not drive." A Blueprint for Action: Developing A Livable Community for All Ages
Develop a "Share the Road" approach for all drivers on our roads.	Bushes on corners at intersections blocking signage & impairing traffic views, turn lanes not designed for the mobility limited, street signs too small to read or not well placed for ease in reading.	Recommend that the village actively support improving: Road signage, larger print & better placement; Roads- Improved turning and egress lanes; and Parking Spaces - designed for people with reduced mobility.	The Traffic Improvement Association. Forty years of traffic safety services	"The process of Aging often involves a deterioration of physical & functional skills that make driving more difficult. When visiting the doctor or getting a bag of groceries becomes an ordeal, residents can become less healthy and more isolated & communities pay the price in the form of increased services & a less productive and engaged citizenry." A Blueprint for Action: Developing A Livable Community for All Ages
Improved safety standards benefit the entire community.	Cuing drivers when something new is added to what may be a routine route.	Flashing lights on Stop signs (Thomas St.) should be added whenever a new stop sign goes up – so that people are aware of it.		
Enable older adults to remain mobile & engaged in their community.	Funding a new resource and educating current service providers.	Implement interactive driving programs that assist mature drivers in self-evaluation, education, & self-improvement techniques to improve safety.	Mature Drivers Workshops created by the Traffic Improvement Association.	

Public Safety/Emergency Services . . .

Recommendation: Communities should ensure that public safety personnel and first responders are trained to handle the specialized needs of older adults and that these needs are specifically addressed in community disaster plans. They also need to investigate and consider adapting new technologies designed to ensure the safety and well-being of older adults, especially the most frail and those who suffer from dementia.

Have	Should have / Would be nice to have
Northwest Suburban Special Needs Advisory Panel (SNAP) → Donuts with Doug Emergency Beacon: Light Bulb Program Life Line Packets for paramedics Postal Alert Program Meals On Wheels programs Elder Abuse program through Catholic Charities Emergency Power Outage partnership with local hotels	NW SNAP: Tools for First Responders, in each village vehicle within the police & public works departments Alzheimer's Safe Return program Emergency Generator at the Senior Center so it can really serve as an emergency shelter. A sidewalk materials protocol because the brick sidewalks, as in the downtown area, are pretty to look at but they are dangerous to walkers of all ages, wheel-chair users, and seniors with walkers. Bushes at intersections - If there isn't an ordinance, one should be created.

Public Safety/Emergency Services - Next Steps

Strategy	Challenge	Action Step	Best Practice	Fact
Disaster Planning & Preparedness	Educate & distribute personal disaster kits for senior/disable. Supply donations. Keep kits current.	Presentation & distribution at Senior Center. Make a wish list & advertise need.	Develop “buddy” system for neighbors to help each other.	People are on their own for the first 72 hours. The Citizen Corps mission is to harness the power of every individual through education training, & volunteer service. FEMA CITIZENS CORP TRAINING
Emergency Generator at the Senior Center	Funding, Maintenance	Add to Village budget	Emergency shelter at the Senior Center	Power outages are commonplace during disasters, and they may last several days. Reduce these losses and speed the recovery process by installing an emergency generator. FEMA
Geriatric Education for First Responders	Equipment, Funding	Mandatory education Staff resource SNAP “Tools for First Responders”	Awareness w/s Age Bias Health Dept. Social Worker Alzheimer’s Safe Return program	The Brookings Institution cited in their May 2007 “Living Cities Census Series, that the projected senior growth for Illinois 2000 – 2030 at 61%. 2000-10 at 7%, 2010-20 at 24% & 2020-30 at 21% An estimated 4.5 million Americans currently have Alzheimer’s disease, including 1 in 10 individuals over 65, and nearly half of those over 85. 60% of these patients are likely to wander from their homes. Up to 50% of wandering Alzheimer patients will become seriously injured or die if not found within 24 hours. U.S.Rep.M.Walters
Safe environment	Public participation Fall prevention	Advertise on Public Access Channel A sidewalk materials protocol to facilitate use for all ages.	- Police/ Neighborhood Watch Programs - Police/ citizens Academy - Donuts with Doug	Knowledge is power. Creates a feeling of ease with police officers.

Housing . . .

Recommendation: Communities should play a critical role in promoting the development of home modification programs that assist older citizens to adapt their existing homes to meet their needs. Additionally, communities should assess their land use plans, zoning ordinances and building codes to promote the development of a range of housing options that meet the needs of an aging population – from active adult communities, smaller "universally designed" multi-unit dwellings, congregate housing developments, assisted living facilities, continuing care retirement complexes as well as shared housing options such as accessory dwelling units (i.e. independent housing united within existing single-family homes or an attached or separate cottage on the lot of existing homes). These should be as close as possible to transportation links and/or walkable distance from daily needs like medical services or shopping.

Have

Should have / Would be nice to have

Senior Shared Housing Program
(No longer housed in Arlington Hts. –RCE closed, cases now with Center for Concern)

3 subsidized Sr. Housing Apartments →

New condos on the north end of town were built with the caveat that a percentage of the units must be affordable.
→

Housing Commission →

Great Housing Stock →

Retirement & Assisted Living Options →

Home Again program with flexible spending →

Not sure how long the HUD contract is in effect to keep them as subsidized housing units.

Should have a policy about any new buildings.

Are they looking at mc mansions v/s keeping affordable single family housing.

Taxes an issue for some seniors

Credible Reverse Mortgage Information

Housing - Next Steps

Strategy	Challenge	Action Step	Best Practice	Fact
1. Provide a range of housing types at various levels of affordability. 2. Add flexibility to local zoning codes to increase the supply of affordable and age-appropriate housing. Permit senior-specific remodeling variations.	Starter homes in our town are not affordable housing stock. ~ Zoning regulations discourage a broad range of age-appropriate housing options.	Ask the Housing Commission to investigate the following ideas: - Institute property tax relief or tax credit programs for older homeowners living in our Village. - Build partnerships between housing and service providers. - Incorporate accessory dwelling units and senior-friendly housing in the zoning code. - Universal design & visitability for new construction	- Universal design & visitability for new construction. - The National Assoc. of Home Builders and AARP have teamed to create the Certified Aging-In-Place Specialist program, which trains specialists in home design and remodeling for the elderly. - Provide older adults with assistance completing tax forms & partner with real estate professionals to educate homeowners about financing options such as reverse mortgages. <i>(National Assoc. of Area Agencies on Aging & MetLife Foundation)</i> Examples of local government housing programs: emergency repair program, installation of ramps, snow removal from driveways, smaller garbage receptacles for the elderly, maintenance assistance program for limited-income senior homeowners. <i>(The Maturing of America)</i> People working cooperatively can provide weatherization services for homeowners & renters. An extensive volunteer program engages citizens in a variety of important activities, including skilled repair work, home & yard maintenance, and installation of modifications.	 Enabling residents to age successfully in their homes and communities is critical to a community's ability to retain its tax base and preserve neighborhood stability.  Homeownership rates among adults age 65 and over are higher than the national average and stand at more than 80%  Housing options for a community's oldest and frailest residents are equally important in providing less expensive alternatives to institutionalized care.  One in every four renters age 50 and above pays 50 percent or more of their annual income on rent.  Although the myth persists that older adults move en masse to the Sunbelt states once they retire, the overwhelming evidence is that older adults prefer to "age in place" in their existing homes & communities. To do this successfully, many may need to modify their home or move into another residence that is more accessible, affordable, or appropriate in size to accommodate their changing needs. <i>(The Maturing of America)</i>
Provide low-cost or free assistance to senior homeowners by organizing a volunteer program to perform home and yard maintenance on a regular or yearly basis.	Assisting seniors with leaf &/or snow removal.	Offer one day where all outside waste is picked up at no cost & tie it into the annual Make a Difference Day. Involve the senior center volunteer coordinator in a senior homeowners and/or renters, home/yard maintenance program.	Examples of local government housing programs: emergency repair program, installation of ramps, snow removal from driveways, smaller garbage receptacles for the elderly, maintenance assistance program for limited-income senior homeowners. <i>(The Maturing of America)</i> People working cooperatively can provide weatherization services for homeowners & renters. An extensive volunteer program engages citizens in a variety of important activities, including skilled repair work, home & yard maintenance, and installation of modifications.	

Taxation and Finance . . .

Recommendation: Communities should assist older citizens by providing tax assistance and relief to those most in financial need. Additionally, communities should provide education and training for older adults about how to protect themselves against financial fraud and predatory lending.

Have

Should have / Would be nice to have

Free Federal and State tax preparation:
Available to seniors with income of \$50,000 or less: at the Senior Center, Library, and Wheeling Twp. offices.

Catholic Charities offers a bill payer service for seniors enrolled in the Community Care Program.

Property tax allowances:
Homeowner exemptions for all principal residence owners.
Senior citizen tax exemptions for all 65+.
Property tax freeze for 65+ with income of \$50,000 or less.

Illinois Income tax allowances:
\$2,000 deduction for each claimed dependant.
\$1,000 deduction for every 65+ dependant.
Income from US Bonds and notes is exempt from Illinois tax.
Retirement income from Social Security, Pensions, IRA's and other such plans is not taxed in Illinois.

Village allowances:
Reduced vehicle sticker and waste removal fees.

Counseling, at the senior center, for seniors who have financial concerns.

ID theft prevention education.

Banks providing education and training for older adults about how to protect themselves against financial fraud and predatory lending, ie: reverse mortgages.

Taxation and Finance - Next Steps

<u>Strategy</u>	<u>Challenge</u>	<u>Action Step</u>	<u>Best Practice</u>	<u>Fact</u>
Enable older citizens to avoid fraudulent practices and better manage their finances	Securing funds and manpower to enable the Police Dept. to use their expertise to develop a fraud avoidance workshop and counselor program.	Develop fraud avoidance workshops and counseling programs to educate seniors and their adult children. Create a marketing plan. Recruit & train volunteers		Identity theft costs consumers \$6 billion a year. US Dept of Justice. In 2006, there were 428,319 fraud related consumer complaints reported to the FTC.

Workforce Development/Lifelong Learning . . .

Recommendation: Communities should develop or partner with others who offer job training and retraining programs and lifelong learning opportunities that assist older adults to remain in the workforce. Additionally, communities should promote employment option – such as part-and flextime work options – to attract and retain an aging workforce.

Have

Should have / Would be nice to have

Lifelong learning opportunities through:
Harper, Roosevelt, Northwestern, High School District 214, Library,
Park District, Metropolis, & the Senior Center

Employment/ networking/ mentoring opportunities through:

- Wheeling Township's "Senior Employment" program for folks over 50
- Some of the larger churches provide job mentoring, networking, & resume assistance
- CEDA, Northwest provides a multi-faceted job assistance program.

Volunteer opportunities are far too numerous to even mention

Library offers internet access and computer classes at the senior center & the library.

Veri-Spring type wellness for life programs

Rotary could be used to inform business people how they can educate their employees about senior issues, and to influence businesses on how to attract and retain an aging workforce.

Educate businesses about Family Medical Leave Act.

Flex time offered for caregivers to attend to parents needs.

Workforce Development/Lifelong Learning - Next Steps

<u>Strategy</u>	<u>Challenge</u>	<u>Action Step</u>	<u>Best Practice</u>	<u>Fact</u>
Planning for Eldercare	Flex time offered for caregivers to attend to parents needs. Educate businesses about the Family Medical Leave Act.	Rotary and/ or Chamber of Commerce could be used to inform business people how they can educate their employees about senior issues, and to influence businesses on how to attract and retain an aging workforce.	Provide a business with an “Elder-Friendly” stamp if they meet specific criteria.	41% of Baby Boomers who have a living parent are helping to care for them. USA TODAY/ ABC GALLUP POLL 61% of those who care for the elderly are women. Often they are forced to take time off of work thereby reducing income & benefits. NATIONAL ALLIANCE FOR CAREGIVING and AARP Of those boomers who aren’t providing care for parents now, 37% think they will in the future. Of those, half say they are concerned about their ability to do so. USA TODAY/ ABC GALLUP POLL

Civic Engagement/Volunteer Opportunities . . .

Recommendation: Communities should create and expand opportunities for the effective and purposeful participation of older citizens on community boards and commissions as well as to create and expand meaningful volunteer opportunities in local government and non-profit organizations.

Have

Should have / Would be nice to have

The Township, Village, Park District, Schools, and Library all have Boards & Commissions & Committees where people can volunteer their time & expertise.

There are volunteer opportunities almost everywhere... the hospital, the various senior life communities and nursing homes, numerous social service organizations, all of the churches and schools, etc.

Senior Center Programs: Meals on Wheels, CNN, Great Books, Travel, Laughter, etc.

The Nurses Club, CERT Groups, LifeSource, Red Cross, Tax Aides, SHIP, BP Clinic, Mended Hearts, etc.

Volunteer Center, which serves as a clearing house.

Intergenerational Adult Day Care Center Opportunities.

Intergenerational Opportunities: Read to Learn

Senior Olympics, Police Citizen Academy, CERT, Election Judges, Court Watchers at the Rolling Meadows Court House

AARP's service in/ service out exchange program for volunteers where they can bank hours to use when they need them.

A volunteer in the schools program, like district 15 where the volunteers get tax credits toward their property tax bill.

Snow shoveling program.

Expand intergenerational learning opportunities.

Broadening the wood shop

Civic Engagement/Volunteer Opportunities - Next Steps

<u>Strategy</u>	<u>Challenge</u>	<u>Action Step</u>	<u>Best Practice</u>	<u>Fact</u>
Intergenerational community engagement	Develop leaf raking/snow shoveling program with students.	Meet with the volunteer coordinators at the Service Over Self Clubs in the local Middle & High Schools, as well as the Youth Group Coordinators at the local churches to develop a program.	“Adopt” a neighbor and assist them on a regular basis.	Most Americans choose to age in place. US CENSUS BUREAU
Exchange Volunteer service hours	Getting government agencies to develop programs that assess value to time & services provided.	AARP’s service in/ service out exchange program for volunteers where they can bank hours to access services when needed.	Palatine school district.	There are municipalities that exchange volunteer time for credits toward property taxes.
Revamp volunteer programs	Meet the needs of baby boomers Improve the utilization of boomer’s skills Offer meaningful volunteer opportunities Remove volunteer stereotypes	Develop services that offer short term positive results. Implement good interviewing practices to better assess each volunteer’s skills and interests.	Volunteer clearing houses offer numerous opportunities.	Retired & Senior Volunteer Program, Northwest Volunteer Center, Paint-A-Thon, Christmas in April, and Habitat for Humanity are relatively short-term, positive results projects. JOURNAL OF VOLUNTARY ACTION ENERGIZE, INC.

Aging/Human Services , , ,

Recommendation: Communities should promote the development of a single point of entry for information and access to all aging services. Additionally, communities should expand support for the broad range of supportive services that older adults need to remain living independently at home and in the community for as long as possible from fitness and socialization services for younger, healthy older adults to more intensive in-home supportive care for frail seniors.

Have

Should have / Would be nice to have

Aging Supportive Services:

There are numerous places for seniors to access information & referrals: the Senior Center, the Village Health Department & Human Services Coordinator, Northwest Community Hospital's Senior Services Department, Wheeling & Elk Grove Township offices, Catholic Charities, Kenneth Young Center, as well as other governmental offices and private agencies.

- | | |
|--|--------------------------|
| ▲ Assistance with Activities of Daily Living | ▲ Case Management |
| ▲ Arts & Education Opportunities | ▲ Emergency Services |
| ▲ Exercise Programs | ▲ Geriatric Assessments |
| ▲ Health: Ed./ Screenings/ Services | ▲ Home Health Care |
| ▲ Home Modification Programs | ▲ Homemaker Services |
| ▲ Medicare/ Medicaid: ed.& assist. | ▲ Meal delivery |
| ▲ Nutrition Services | ▲ Public Safety programs |
| ▲ Tax/ Finance: info.& assist. | ▲ Transportation |
| ▲ Volunteer Opportunities | |

Resource Directories:

- Village Human Services Directory
- Northwest Community Hospital Senior Services: Resource Directory & Support Group Directory

Age Options, the Department of Health & Human Services and other state & county agencies devoted to assisting seniors also provide information about county, state, and federally funded programs and services.

A single point of entry for all information with access to all aging service programs and agencies.

An evaluation system that matches a senior's need to all available services.

We need Social Workers who can meet with seniors individually and counsel them on all of the programs & services that they qualify for. They should also serve as ombudsmen.

These Social Workers could be a resource for adult children and village departments that are having encounters with senior homeowners.

These Social Workers could also follow-up on ambulance calls for seniors to insure that these people don't fall through the cracks.

Support services for grandparents raising grandchildren.

Aging/Human Services - Next Steps

<u>Strategy</u>	<u>Challenge</u>	<u>Action Step</u>	<u>Best Practice</u>	<u>Fact</u>
Help older adults remain living independently at home in the community as long as possible by providing access to support services.	Entry into this maze of fragmented and sometimes costly services is difficult and confusing under the best of circumstances. Educate reception staff at village hall & senior center so they can act as “information & referral experts”	Hire a geriatric social worker. Social Worker(s) function: - Identify & meet with seniors, (and caregivers), in need of supportive services. - Evaluate senior needs & match them to affordable services, - Act as an ombudsman when necessary Develop an outreach program linking the Social Worker(s) to the Senior Center as a single point of entry into aging services for seniors and their adult children. Train first responders, (police, fire, EMT’s) and hospital personnel to recognize seniors in need of supportive services and to carry & distribute business cards for the social worker, where appropriate. Develop and implement an awareness campaign for the outreach program that includes creating a public service announcement for the papers, the cable station & the electronic sign.	Annually updated local service listings for seniors, provided by both the Village and Northwest Community Hospital are useful, reproducible best practice pieces. Mount Prospect has a social worker who specializes in senior issues.	Aging service programs provided by all levels of government, volunteer, and private agencies are unknown to most seniors.

Policies/Guidelines that Benefit Older Adults . . .

Have

Should have / Would be nice to have

The Village has policies that provide discounted garbage service and vehicle stickers.

The Village has mechanisms in place, the Senior Commission advises the Board on senior related issues, and the Advisory Council advises the Senior Center.

The Village has numerous other Commissions, Boards, and Task Forces that report to the Village Board.

Age Options, as the state's department on aging, provides policies as guided by the Older American's Act.

Police and Prosecutors have ordinances that place additional penalties for crimes committed against the elderly.

A thorough review process of the Village's Policies, Practices, Ordinances, and Codes to determine what needs to be changed in order to better meet older adult's needs and requirements to age in place within their community.

Policies/Guidelines that Benefit Older Adults - Next Steps

<u>Strategy</u>	<u>Challenge</u>	<u>Action Step</u>	<u>Best Practice</u>	<u>Fact</u>
To become a Village that welcomes, support, and assists seniors to age in place.	Financial, physical, and regulatory impediments to seniors that wish to remain in their homes, within our village.	The Senior Citizens Commission should elicit input from seniors regarding their needs and problems on a regularly scheduled basis. (Once every ten years?) The Planning and Housing Commissions should be strongly encouraged to review existing policies and guidelines regarding land use and building codes in light of the extensive senior population living in the community. Ongoing factors to keep in mind are: universal housing design concepts, which make it easier for residents to age in place; increasing allowable population density; plus a broad range of other ideas. Recommend that the Village review property tax regulations to determine the feasibility of service credits as a means of alleviating the growing property tax burden for some of our seniors.	- Universal design & visitability for new construction. - The National Assoc. of Home Builders and AARP have teamed to create the Certified Aging-In-Place Specialist program, which trains specialists in home design and remodeling for the elderly. - Provide older adults with assistance completing tax forms & partner with real estate professionals to educate homeowners about financing options such as reverse mortgages. <i>(National Assoc. of Area Agencies on Aging & Metlife Foundation)</i>	16% of A.H. residents were 65+ in 2000 and that number is expected to increase 20% by 2030. <i>(U.S. Census Bureau)</i> Housing options for a Community's oldest and frailest residents are equally important to providing less expensive alternatives to institutionalized care. Although the myth persists that older adults move en masse to the Sunbelt states once they retire, the overwhelming evidence is that older adults prefer to "age in place" in their existing homes & communities. To do this successfully, many may need to modify their home or move into another residence that is more accessible, affordable, or appropriate in size to accommodate their changing needs. <i>(The Maturing of America)</i>

Maturing of America Recommendations
for the Village of Arlington Heights
by the Senior Commission to the Village Board.

October 2008

Page 1 of 2

Phase I (2009 –2011):

2009

Create a budget plan that supports the following strategic initiatives. Support existing models of public transportation for seniors.

#4 – Transportation

Review the village's policies for road signage, safer crosswalks & parking, sidewalk materials, improved turning & egress lanes, as well as intersection ordinances.

#4 – Transportation & #5 – Public Safety

Charge the Senior Commission with re-evaluating Phase II pieces and reporting back to the Village Board with their recommendations, annually. Commission will continue to monitor national and local MOA results as well as other best-practice initiatives, and will advise staff of grants and recognition possibilities.

2010

Hire a geriatric social worker, (MSW).

(This need was stated in all accreditation documents.)

#1 - Health & #10 - Aging/Human Services

Add geriatric competencies to all Village job descriptions and annual training as a segment of review policies.

#5 – Public Safety & #11 – Policies/ Guidelines that Benefit Older Adults

Request all village departments review their policies & procedures to insure that policies & procedures meet an older adult's requirements to age in place within their community.

#5 – Public Safety & #10 – Policies/ Guidelines that Benefit Older Adults

Request that all pertinent Commissions examine the concepts of universal design and visitability in all new and reconstruction design.

#6 - Housing

Ask the Housing Commission to explore gaps in senior housing and provide a resource for credible reverse mortgage information.

#6 – Housing

Ask Village Administration to investigate linking property tax credits with volunteer donations of time in all of the school districts, with the library, and the park district.

#6 – Housing & #9 – Civic Engagement/ Volunteer Opportunities

Ask emergency services to investigate the cost & feasibility of instituting a reverse 911 calling system to advise residents of severe weather, Alzheimer's Safe Return, Missing Children, etc.

#5 – Public Safety

Maturing of America Recommendations
for the Village of Arlington Heights
by the Senior Commission to the Village Board.

October 2008

Page 2 of 2

Phase I (2009 –2011) continued:

Charge the Senior Commission with re-evaluating Phase II pieces and reporting back to the Village Board with their recommendations, annually. Commission will continue to monitor national and local MOA results as well as other best-practice initiatives, and will advise staff of grants and recognition possibilities.

Phase II (2012 –2014):

2011

Develop a bi-annual Chamber/ Commission meeting to dialogue about evidence-based best practices relating to businesses being senior friendly for their customers and how businesses can attract & retain an aging workforce.

#8 – Workforce Development

Continue to partner with organizations that provide lifelong learning and encourage civic engagement for older adults.

#8 – Lifelong Learning & #9 – Civic Engagement/ Volunteer Opportunities

2012

Develop a business plan for expanded geriatric health initiatives and explore grant options.

#1 - Health & #10 - Aging/Human Services

Work with the Northwest Suburban Transportation Consortium to review transportation programs and their ability to meet transportation needs of the community over the next 5 – 10 years.

#4 – Transportation & #5 – Public Safety

Charge the Senior Commission with re-evaluating Phase II pieces and reporting back to the Village Board with their recommendations, annually. Commission will continue to monitor national and local MOA results as well as other best-practice initiatives, and will advise staff of grants and recognition possibilities.

2013

Present the business plan for expanded geriatric health initiatives and begin Implementation, once approved.

#1 - Health & #10 - Aging/Human Services

2014

Evaluate the senior center in light of anticipated senior needs over the next 5-10 years and beyond.

Evaluate the effectiveness of the aging in place, smart growth initiatives, to date.

Maturing of America Study

Committee decision on 4/23/07 is to have the report completed by 10/1/07 presented to the Commission with recommendations for approval on 10/15/07 and then brought to the next Village Board meeting. *MS*

Last Revised
4-23-07

Senior Commission 2007 Committee Report Card

Health . . .

Recommendation: Communities should play a major role in ensuring access to a range of needed preventive health care services for older adults. These include health education, community-based health screenings and counseling on prescription drug programs, which are essential to the health and well being of America's aging population.

Have

Should have / Would be nice to have

(Most services are not available daily.) <u>Village Nurse</u> Immunizations / Flu / Pneumonia Hepatitis <u>Health Education</u> Occasional Brown Bag <u>Health Fairs</u> NSH&F Day Sr. Cel. Day <u>Health Screenings</u> Cholesterol Diabetes Hearing Skin Cancer Vision Lions Club- Hearing & Vision Life Line <u>Lending Closet</u> <u>Blood Donor Program</u> <u>SHIP</u> <u>Dental Van</u>	Expanded: Dental, Eye, and Hearing Coverage
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Next Steps

Recommend a one-page sheet that lists all of the services available.

Nutrition . . .

Recommendation: Communities should support a range of healthy home-delivered and congregate meals, as well as educational and purchasing assistance programs to ensure that at-risk older adults have access to adequate nutrition. Nutrition programs also provide essential socialization opportunities for isolated seniors.

HaveShould have / Would be nice to have

<u>Community Nutrition Network:</u> Congregate Meal Site for lunch (Mon. – Fri. /no service on weekends & holidays) Meals On Wheels (Mon. – Fri./ no service on weekends & holidays) <u>Wheeling Twp.</u> Meals On Wheels (Mon. – Fri./ no service on weekends & holidays) Food Pantry Holiday Basket Program <u>Elk Grove Twp.</u> Food Pantry Holiday Basket Program <u>CEDA</u> Food Pantry Holiday Basket Program <u>Pads</u> <u>Village</u> Holiday Basket Program	Need to have Diet and Nutrition Consultations available – could be for a fee. Consults at a fee
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Next Steps

Exercise . . .

Recommendation: Communities should provide a range of fitness programs to assist older adults to safely and effectively exercise to improve their overall health and well being. Additionally, communities can ensure that their parks and recreational facilities include walking trails, benches and fitness facilities that would accommodate and attract older citizens.

HaveShould have / Would be nice to have

Park District Programs, all require a fee
 Health Club at the Senior Center
 Classes offered at the Senior Center &
 other Pk. Dist. Facilities
 Golf , Tennis, Swimming, Hiking Trails, etc. at
 local Pk. Dist. sites

Northwest Community Hospital FREE
 Walking Club at the Senior Center
 Walking Club at Randhurst

High School District 214's Continuing Education's
 Gold Card Club
 Various exercise programs offered each semester

More free or reduced fee programs.

Indoor free walking track

Next Steps

Transportation . . .

Recommendation: Communities should assess their existing public transportation systems to see if they are available, accessible, affordable, or adaptable to the needs of a mobility-impaired aging population. Curb-to-curb Paratransit programs offer transportation security to frail older adults. Additionally, communities should offer driving assessment and training to help older adults remain on the road as safely as possible for as long as possible. Communities should also, as part of their regular maintenance, add large print road signs, grooved lane dividers, dedicated left turn lanes and extended walk times at pedestrian crosswalks to accommodate older drivers and pedestrians.

Have

Taxi: regular fee and subsidized

Wheeling & Elk Grove Twp. Buses

TRIP Program

Escorted Transportation Services/ NW

Most Senior Living Residences have vehicles

PACE

Metra Service

RTA cards done at Sr. Center

AARP & 55 Alive Defensive Driving Classes

Should have / Would be nice to have

Visual reality driving tests such as the “Mature Driver Programs” in Sylvan Lake, Michigan.

Hartford program consultations- talking to parents about taking away the keys.

Road signage: larger print & better placement like the Michigan Traffic Improvement Association

Roads: Improved turning and egress lanes like the Michigan Traffic Improvement Association

Longer & safer timing at Crosswalks: crossing at NCH & Vail as example

Parking Spaces should be designed for people with reduced mobility.

Reflectors on Stop signs (Thomas St.) should be added whenever a new stop sign goes up – so that people are aware of it.

Next Steps

Bushes on corners at intersections: Is there an ordinance? Is it not enforced?

Public Safety/Emergency Services . . .

Recommendation: Communities should ensure that public safety personnel and first responders are trained to handle the specialized needs of older adults and that these needs are specifically addressed in community disaster plans. They also need to investigate and consider adapting new technologies designed to ensure the safety and well-being of older adults, especially the most frail and those who suffer from dementia.

Have

Should have / Would be nice to have

Northwest Suburban Special Needs Advisory Panel (SNAP) → Emergency Beacon: Light Bulb Program Life Line Packets for paramedics Postal Alert Program Meals On Wheels programs Elder Abuse program through Catholic Charities Emergency Power Outage partnership with local hotels	NW SNAP: Tools for First Responders, in each village vehicle within the police & public works departments Alzheimer's Safe Reform Emergency Generator at the Senior Center so it can really serve as an emergency shelter. A sidewalk materials protocol because the brick sidewalks, as in the downtown area, are pretty to look at but they are dangerous to walkers of all ages, wheel-chair users, and seniors with walkers. Bushes at intersections - If there isn't an ordinance, one should be created.
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Next Steps

Housing . . .

Recommendation: Communities should play a critical role in promoting the development of home modification programs that assist older citizens to adapt their existing homes to meet their needs.

Additionally, communities should assess their land use plans, zoning ordinances and building codes to promote the development of a range of housing options that meet the needs of an aging population – from active adult communities, smaller "universally designed" multi-unit dwellings, congregate housing developments, assisted

living facilities, continuing care retirement complexes as well as shared housing options such as accessory dwelling units (i.e. independent housing unit within existing single-family homes or an attached or separate cottage on the lot of existing homes). These should be as close as possible to transportation links and/or walkable distance from daily needs like medical services or shopping.

Have

Should have / Would be nice to have

Next Steps

Taxation and Finance . . .

Recommendation: Communities should assist older citizens by providing tax assistance and relief to those most in financial need. Additionally, communities should provide education and training for older adults about how to protect themselves against financial fraud and predatory lending.

Have

Should have / Would be nice to have

Next Steps

Workforce Development/Lifelong Learning . . .

Recommendation: Communities should develop or partner with others who offer job training and retraining programs and lifelong learning opportunities that assist older adults to remain in the workforce.

Additionally, communities should promote employment option – such as part-and flextime work options – to attract and retain an aging workforce.

Have

Should have / Would be nice to have

Next Steps

Civic Engagement/Volunteer Opportunities . . .

Recommendation: Communities should create and expand opportunities for the effective and purposeful participation of older citizens on community boards and commissions as well as to create and expand meaningful volunteer opportunities in local government and non-profit organizations.

Have

Should have / Would be nice to have

Next Steps

Aging/Human Services, , ,

Recommendation: Communities should promote the development of a single point of entry for information and access to all aging services. Additionally, communities should expand support for the broad range of supportive services that older adults need to remain living independently at home and in the community for as long as possible from fitness and socialization services for younger, healthy older adults to more intensive in-home supportive care for frail seniors.

Have

Should have / Would be nice to have

Next Steps

Policies/Guidelines that Benefit Older Adults . . .

Have

Should have / Would be nice to have

Next Steps

The Village of Arlington Heights
Senior Citizen Commission's
2008 - Maturing of America
Blueprint for Aging
Background & Recommendations
for the Village of Arlington Heights.

October 13, 2008

Why attempt to measure the “senior readiness” of the Village of Arlington Heights in the year 2007?

Narrative

America and its communities are aging and aging rapidly. As the Baby Boomer generation, those born between 1946 and 1964, reaches retirement age the number of Americans over age 65 is expected to reach 71.5 million by 2030. This is twice the number that existed in the year 2000.

Data

In December of 2005 a publication entitled 65+ in the United States: 2005 was created as a “Special Studies” report by the U.S. Department of Health & Human Services: National Institutes of Health & National Institute on Aging, and the U.S. Department of Commerce: Economics and Statistics Administration and U.S. Census Bureau. This report holds great significance for our region because of the following facts. In the Countries with More than One Million People Aged 80 and Over: 2000 and 2030, the data for 2000 showed China as #1 and the United States ranked #2, (Table 2-7, Page 31). In the Population Aged 65 and Over Ranked by Top 50 Counties: 2000, (Table 5-7, Page 136), Cook County is listed as #2 behind Los Angeles who is the only county in the United States with more seniors over the age of 65. And the pattern is repeated in the Population Aged 85 and Over Ranked by Top 50 Counties: 2000, (Table 5-7, Page 136), where Cook County is listed as #2 behind Los Angeles again.

This comes as no surprise when we look at 2000 Arlington Heights specific population data and we see that Illinois at 12.1% Persons 65 and Over category, and Arlington Heights at 16.1%.

By the year 2020, almost one in four Illinoisans will be 60 and older, and one in ten will be 85 or older.

Lifestyle

The American Association of Retired Persons Foundation, International Longevity Center – USA and Thomas Perls, M.D. director of the New England Centenarian Study evaluated the impact of heredity and lifestyle on longevity. They determined that when it comes to longevity, heredity usually determines about 30% and the other 70% can be attributed to lifestyle and environment.

Programs designed to promote wellness, prevention, and self-care will impact both the quantity and quality of life for our community members.

The Senior Commission's 2008 - Maturing of America Committee's Blueprint for Aging Recommendations in the Village of Arlington Heights was based upon The Maturing of America study which focuses on "Getting Communities on Track for an Aging Population".

This study is intended to help cities and counties better meet the needs of their aging population and to harness the experience and talent of their older citizens. Five national organizations joined forces to identify ways to prepare for the aging of this population.

In the project's first phase they surveyed 10,000 local governments to:

- Determine their "aging readiness" to provide programs, policies, and services that address the needs of the older adults & their caregivers
- ensure that their communities are "live-able" for persons of all ages; and
- to harness the talent, wisdom and experience of older adults to contribute to the community at large.

The initiative was led by the organizations listed below and funded by MetLife Foundation.

National Association of Area Agencies on Aging (n4a)

MetLife Foundation

International City/ County Management Association (ICMA)

National Association of Counties (NACO)

National League of Cities (NLC)

Partners for Livable Communities (PLC)

The project focuses on 11 Indicators:

Health . . .

Recommendation: Communities should play a major role in ensuring access to a range of needed preventive health care services for older adults. These include health education, community-based health screenings and counseling on prescription drug programs, which are essential to the health and well being of America's aging population.

Nutrition . . .

Recommendation: Communities should support a range of healthy home-delivered and congregate meals, as well as educational and purchasing assistance programs to ensure that at-risk older adults have access to adequate nutrition. Nutrition programs also provide essential socialization opportunities for isolated seniors.

11 Indicators, (continued):

Exercise . . .

Recommendation: Communities should provide a range of fitness programs to assist older adults to safely and effectively exercise to improve their overall health and well being. Additionally, communities can ensure that their parks and recreational facilities include walking trails, benches and fitness facilities that would accommodate and attract older citizens.

Transportation . . .

Recommendation: Communities should assess their existing public transportation systems to see if they are available, accessible, affordable, or adaptable to the needs of a mobility-impaired aging population. Curb-to-curb Paratransit programs offer transportation security to frail older adults. Additionally, communities should offer driving assessment and training to help older adults remain on the road as safely as possible for as long as possible. Communities should also, as part of their regular maintenance, add large print road signs, grooved lane dividers, dedicated left turn lanes and extended walk times at pedestrian crosswalks to accommodate older drivers and pedestrians.

Public Safety/Emergency Services . . .

Recommendation: Communities should ensure that public safety personnel and first responders are trained to handle the specialized needs of older adults and that these needs are specifically addressed in community disaster plans. They also need to investigate and consider adapting new technologies designed to ensure the safety and well-being of older adults, especially the most frail and those who suffer from dementia.

Workforce Development/Lifelong Learning . . .

Recommendation: Communities should develop or partner with others who offer job training and retraining programs and lifelong learning opportunities that assist older adults to remain in the workforce. Additionally, communities should promote employment option – such as part-and flextime work options – to attract and retain an aging workforce.

Civic Engagement/Volunteer Opportunities . . .

Recommendation: Communities should create and expand opportunities for the effective and purposeful participation of older citizens on community boards and commissions as well as to create and expand meaningful volunteer opportunities in local government and non-profit organizations.

11 Indicators, (continued):

Aging/Human Services , , ,

Recommendation: Communities should promote the development of a single point of entry for information and access to all aging services. Additionally, communities should expand support for the broad range of supportive services that older adults need to remain living independently at home and in the community for as long as possible from fitness and socialization services for younger, healthy older adults to more intensive in-home supportive care for frail seniors.

Policies/Guidelines that Benefit Older Adults . . .

Planning policies and guidelines, including land use and building codes, can have a direct impact on older adults and their ability to age in their homes and communities. Older adult's housing needs often differ from those of younger people. The number of lots per acre and other density restrictions can be lifted to accommodate the needs of older adults to have their own homes but have minimal, if any yards. It can be a challenge; however, communities that take a fresh look at existing policies through the lens of meeting older adults' needs can come up with innovative strategies.

Communities should reach out to older adults, either periodically or routinely, to engage them in discussions about changing existing services and policies or developing new programs that will enhance their quality of life.

The second phase of the initiative is **A Blueprint for Action, Developing a livable Community for All Ages.**

Americans are enjoying longer and healthier lives. Tremendous advances in healthcare, economic security and the delivery of supportive services have profoundly altered the experience of aging for the better. These dramatic improvements for older Americans and their communities have created both new challenges and new opportunities.

The Blueprint for Action guide is intended to provide local leaders with tools to build the collaborations needed to create livable communities for people of all ages. The guide provides practitioners with tools, resources, and best practices. It is this tool that the "Maturing of America Committee" used to measure the eleven indicators and develop the following "report card" for the Village of Arlington Heights.

Executive Summary:

The Village of Arlington Heights is a forward thinking, traditional community that has the largest aging population in the state of Illinois. The Senior Citizen Commission determined that it was in the best interest of the Village to create an ad-hoc committee charged with investigating how the Village weighed in on the eleven indicators that **The Maturing of America** study proposes.

The Maturing of America Committee began meeting in April of 2007 and took a six-month hiatus during the Senior Center's Accreditation Process. The committee's findings and recommendations are detailed on the following twenty-two pages, Appendix A. The full report details the committee's listing of what the village currently has and should have to be ready for an aging population, in respect to the eleven indicators. The proposed "should have" category lists strategies, challenges, action steps, best practices, and facts. Appendix B contains the prioritized recommendations for the five-year period, 2009 to 2014.

The overall findings should come as no surprise. The Village of Arlington Heights has a Senior Center that recently won national accreditation because of its unique delivery system of services, one-stop shop approach, dedication of staff, community involvement, and unwavering leadership.

The Village is well poised for the aging boom that has already begun; however, there are opportunities that exist both within and outside the purview of the Senior Center.

The report highlights the need for additional nursing services, a geriatric social worker, and expanded dental, vision, hearing, and geriatric medical services under the Health section. Nutrition lists the need for diet & nutrition consultations. The Exercise segment voices the need for more free or reduced fee programs and indoor walking paths. Transportation needs that surfaced, encompassed road signage, driving mobility programs, improved turning & egress lanes, safer crosswalks, and parking. Public Safety suggestions include the need for an emergency generator, improved sidewalk materials, intersection ordinances, Alzheimer's Safe Return program, and Tools for First Responders. Housing brought forth issues of universal design & visitability, housing options, tax credits, and credible reverse mortgage information. The Taxation category raised the need for financial counseling, ID theft prevention education, and banking involvement in protecting older adults from financial fraud & predatory lending. Workforce Development/ Lifelong Learning focuses on the needs of businesses to be both senior customer friendly and how to attract & retain an aging workforce. Civic Engagement/ Volunteer Opportunities flushed out the need for volunteer banking of service hours, tax credits, home maintenance opportunities and expanded intergenerational activities. The Aging/ Human Services section reinforces the need for a geriatric social worker and the Policies/Guidelines that Benefit Older Adults section discovered the need to review all of the Village's policies best discern if they meet an older adult's requirements to age in place within their community.

The Maturing of America Committee's report card is a snapshot of recommendations that would require the involvement of all Village Commissions and Departments. It is not intended to serve as an all encompassing listing of the services and activities that will be needed in the Village as the population ages, but rather to provide the starting point in the conversation.

Each recognized opportunity should be fully developed and explored before being considered for implementation.

It is the role of the Senior Commission to advise the Village Board of Trustees on matters that concern the senior citizens who reside within the Village of Arlington Heights. The Senior Citizen Commission takes this responsibility seriously. The Commission: held Senior Commission Forums in 1995, conducted the Senior Needs Survey in 1996, presented a Five-Year Plan in 1996, served on the Village's Senior Center Task Force, the Relocation Advisory Committee, and the Senior Center Accreditation Committee.

The Maturing of America Committee submitted a copy of his report to the Senior Citizen Commission on March 24th, 2008. It was unanimously approved with the hope that the Village Board will utilize this report and its subsequent recommendations to positively impact the lives of our senior residents in the years to come.

It is our hope that "the city of good neighbors" continues to walk firmly into the future, with or without support hose.

Sincerely,

Maureen Seleski, Chair

On behalf of the Arlington Heights Senior Commission

Presented to the Village Board at a Committee of the Whole Meeting on October 13, 2008.

