Senior Civic Engagement in Brooklyn Park

2016 – 2017

Prepared by

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The contents of this report represent the views of the authors, and do not reflect those of RCP, CURA, the Regents of the University of Minnesota, or the City of Brooklyn Park.

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Introduction

Brooklyn Park has undergone a series of demographic and landscape changes in recent decades. As is happening across the nation, Brooklyn Park is home to a growing 55+ community and is joining other cities in assessing ways to become more age-friendly. The following is an assessment of feedback gathered from Brooklyn Park's 55+ community regarding community engagement within their demographic. This assessment begins by providing the methods used for gathering the feedback and a literature review of other practices that cities are implementing in the United States to become more age-friendly. This is followed by a presentation of the findings, including demographics, barriers and strengths; a discussion of limitations; and overall recommendations.

Methods

This assessment took place in three parts. First, the team undertook a literature review of the action plans created by twenty-six cities across the nation, including cities of diverse sizes, regions, and demographic factors. Second, the team developed a survey to be used at the Brooklyn Park 2017 Senior Forum on March 29, which took place at the Community Activity Center (see Appendix A). The survey used primarily close-ended questions to encourage responses but included a few open-ended questions. The content focused on seniors' current level of connection to the community and their ability and willingness to volunteer in the future. Three team members attended the forum and staffed a booth to solicit feedback from attendees. Twenty-four people completed the survey. The complete set of survey responses is included in Appendix B.

After analyzing the survey results, the team made some slight modifications to the survey, including incorporating more open-ended questions and additional demographic

questions. This revised survey (see Appendix C) was distributed at the Technology Open House for the 55+ Community on April 12, also held at the Community Activity Center. Though fewer seniors attended the open house than the forum, the smaller size allowed the team to personally ask each attendee to complete the survey, garnering nineteen responses. The complete set of survey responses is included in Appendix D.

Finally, the team completed two in-depth interviews of seniors attending the weekly Loaves and Fishes meal at Brooklyn United Methodist Church, to connect with seniors who are not already engaged with the programs offered at the Community Activity Center. The team used the revised survey questions as a guide for the interviews and a full summary of the interviews are included in Appendix E. The team attempted to contact other community partners who engage more diverse sectors of the Brooklyn Park community, attending the 4th Annual Community Forum on Race, held on March 11th and reaching out to both the Community Corner and African Immigrant Services; unfortunately, none of these efforts resulted in further information for this assessment.

Literature Review

Across the United States, cities are recognizing the importance of becoming age-friendly as the population becomes increasingly older. Brooklyn Park has asserted a goal of increased volunteerism as a step in creating a community that values all its residents regardless of age. For this literature review, the AARP Network of Age-Friendly Communities was utilized to determine concrete volunteer opportunities that the City of Brooklyn Park could potentially implement. The aim of the AARP initiative is to ensure that communities are "[w]ell-designed … promote health and sustain economic growth, and they make for happier, healthier residents — of all ages" (AARP, 2017). A total of twenty-six age-friendly action plans were reviewed

with nine plans ultimately providing content for recommendations. The frequently implemented solutions and innovative ideas are summarized below. The list of action plans that are referenced can be found in Appendix F. In line with the four areas of development identified by the Brooklyn Park Task Force on Aging, volunteer opportunities were divided into four categories: (1) community and civic participation; (2) public spaces and transportation; (3) housing; and (4) health and social services.

Opportunities to Increase Community and Civic Participation

- Support neighborhood associations to create additional social activities for all ages (Salem, MA)

- Host opportunities for seniors to document their oral histories (Salem, MA)

- Connect seniors and students to improve language skills: non-English speaking seniors can work with students studying their language; English-speaking seniors can work with ESL students (Salem, MA)

- Create incentives for local organizations to offer stipend volunteer programs for seniors (Salem, MA)

- Promote programs that allow older adults to mentor students (Chemung County, NY)

- Create an Age-Friendly Business Initiative to educate/train businesses on working with older adults (Augusta, GA)

- Educate seniors about establishing their own businesses (e.g., selling vegetables they grow) (Augusta, GA)

- Support transition programs for soon-to-be and new retirees (Ithaca and Tompkins County, NY)

- Utilize church groups for information collection and distribution (Macon-Bibb County, GA)

- Invite older adults to educational sessions on volunteering in the community (Atlanta, GA)

Opportunities to Use Public Spaces and Transportation to Facilitate Volunteering

- Partner with local college (e.g., North Hennepin Community College) to provide a volunteer car share program between students and seniors (Salem, MA)

- Improve walkability, sidewalk repair, and crosswalk timing by utilizing senior feedback (West Chester, PA)

- Offer "ride matching" for frequent visitors to community centers and other public spaces (Saint Louis County, MO)

Opportunities for Housing-Related Volunteer Work

- Conduct neighborhood-based care-calls in older age concentrated neighborhoods (Saint Louis County, MO)

- Connect people looking for small jobs with older seniors who need home repairs or modifications (Salem, MA)

- Implement neighborhood agreements for snow removal and lawn care (Auburn Hills, MI)

Opportunities for Volunteering in Health and Social Services Fields

- Vegetable delivery services (Auburn Hills, MI)

- Increase information sharing about long-term services and supports - utilize community knowledge and appoint ambassadors (Chemung County, NY)

- Make sure facility discharge planning is connected to community resources - utilize ambassadors (Ithaca and Tompkins County, NY)

- Offer free admission to caregivers accompanying seniors to recreation and cultural attractions (Salem, MA)

- Mobile pet visiting van (Salem, MA)

- Create a community-updated website with health and social service resources (Augusta, GA)

Findings

Demographics

The demographic profile of all survey respondents shows that most respondents were between 70 and 79 years of age. The complete responses from both survey dates are provided in figure 1, below.

Figure 1

Age of Survey Respondents

| Age Group	Count
Less than 50	1
50-59	1
60-69	7
70-79	21
80-89	5
90+	1
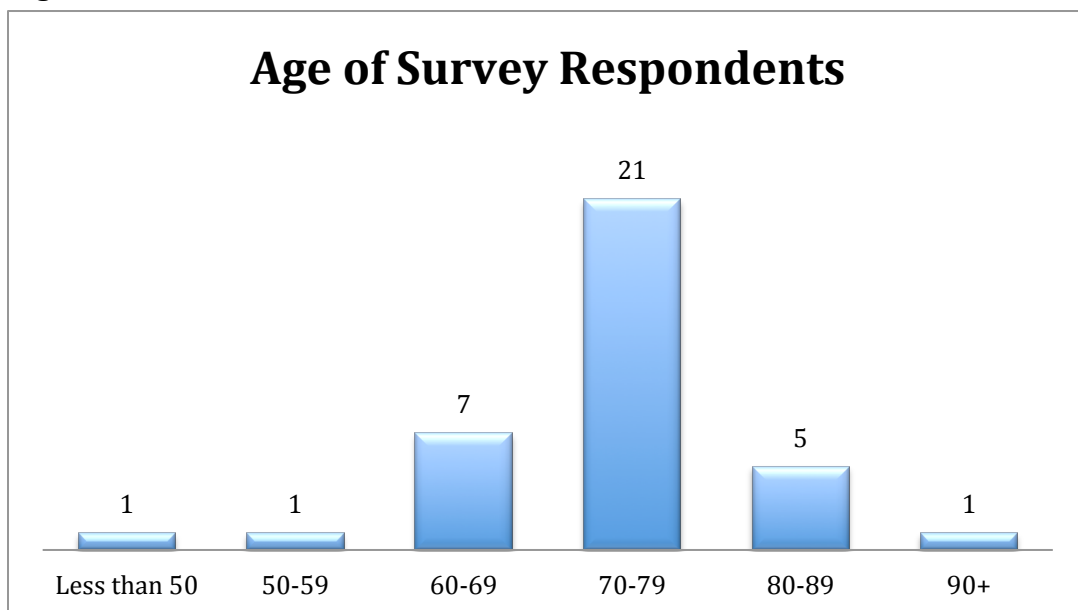
R

Race and gender demographics were collected only in the tech open house survey. Of the nineteen respondents, eight provided their racial identity: all identified as white. Eight respondents provided their gender identity, six of whom identified as female, two identifying as male.

In both surveys, the team asked about the respondent's current level of connection to the Brooklyn Park community. Most respondents indicated that they felt either moderately or very connected; approximately 24 percent of respondents said they felt slightly connected to the community. The complete responses from both survey dates are provided in figure 2, below.

Figure 2

How connected do you feel to the Brooklyn Park community?
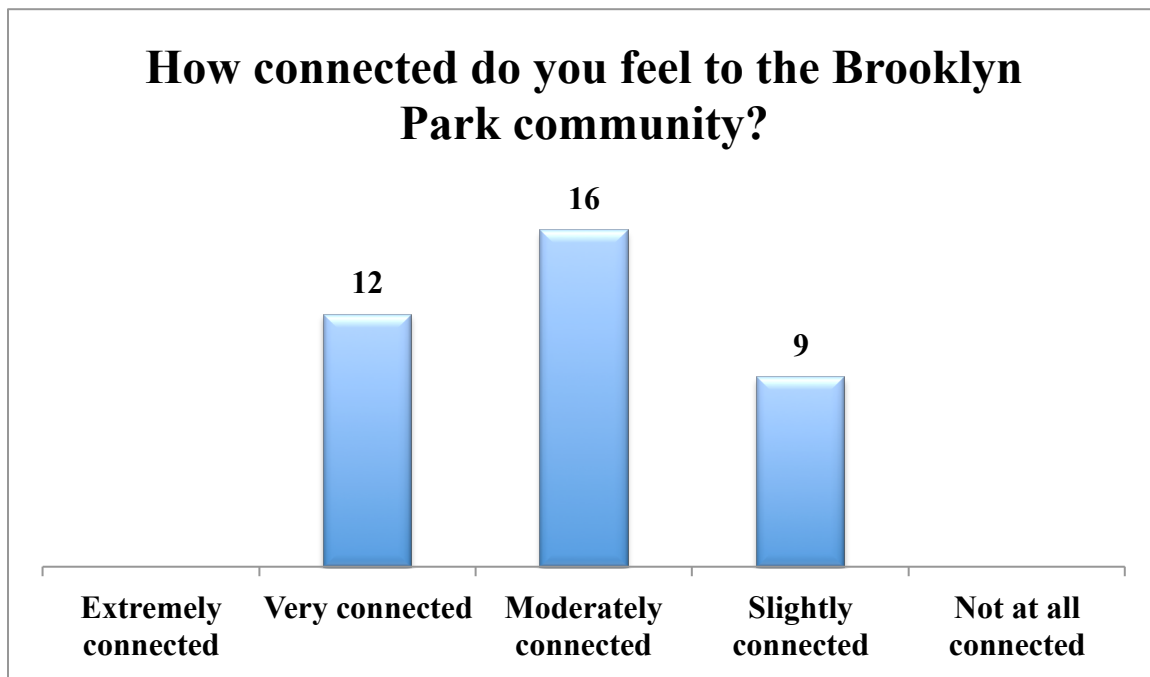
Finally, both surveys asked respondents to indicate the best way for the city to share information with them. Respondents could select more than one answer. Most respondents indicated that regular mail or email were the best ways for the city to communicate with them. All respondents who selected "social media" indicated a specific preference for Facebook. Those

who selected "other" most commonly expressed preference for a community newsletter, such as the Sun Post. The complete responses from both survey dates are provided in figure 3, below.

Figure 3

What are the best ways for the city to share information with you?

Barriers

There were four primary barriers to civic engagement identified from the feedback. First, new community members do not feel as connected to the community and do not feel they have the same opportunities to be engaged as longer-term residents. Second, transportation options to community engagement opportunities is limited. This is not a surprising barrier, and was noted by many other cities in the literature review. Based on the information collected during the in-depth interviews, this is also a very gendered barrier as women in the 55+ age demographic are less likely to know how to drive or have access to a car than their male counterparts. Third, those who gave feedback held the perception that the city of Brooklyn Park is not as focused on senior issues compared to other communities. Those with these perceptions drew specific comparisons

with Champlin and/or Maple Grove. Lastly, specifically regarding volunteering, many people felt that they do not have time currently or that there are no interesting opportunities available to them. The time constraints were also noted by other cities in the literature review as many members of the 55+ community either need to or simply want to continue working

Strengths

As with barriers, there were four primary areas of strength identified in the feedback. First, many people spoke positively about the current senior programming being provided. This included positive reviews of exercise classes along with educational classes, luncheons, and trips. Second, the 55+ community enjoyed a variety of existing sources of community connection. Examples provided in this category were community meals (particularly the Lion's waffle breakfast); community events; informal neighborhood connections; and National Night Out. Third, many respondents already enjoyed civic engagement opportunities such as being part of neighborhood associations, volunteering as election judges, or volunteering in general. When asked if they volunteer, 41 percent of respondents were already volunteering and 22 percent of respondents indicated that they were interested in doing so. Lastly, many people reported having strengths they would be willing to share with the community, particularly music and teaching.

Recommendations

Based upon the feedback provided, we have compiled specific recommendations related to the following areas: (1) increasing volunteerism; (2) communicating with seniors; (3) increasing educational classes and entertainment; and (4) focusing on outreach to underrepresented groups.

Increasing volunteerism

To increase volunteerism, offering more short-term commitments may increase the number of seniors willing to engage. Many seniors expressed views that it was much easier for them to commit to short-term or single event volunteer opportunities but that taking on a long-term, regular volunteer schedule felt difficult. Short-term and more flexible volunteer opportunities will also accommodate those seniors who are still working. As many seniors expressed that they currently did not feel there were interesting volunteer opportunities, if the city were able to identify a diversity of options (including diversity in scheduling, length, population, and skills required) this might incentivize greater participation. The diversity of ages and abilities among the 55+ community in Brooklyn Park offers an opportunity for creative engagement both with other populations (e.g., volunteering with children) and within the senior community (e.g., seniors that still drive supporting those who no longer drive).

Communicating with seniors

Many of the cities reviewed during the literature review identified similar goals of increasing volunteerism. Most of these cities were working to build a centralized database of volunteer opportunities that was made widely available to seniors. A centralized listing of diverse volunteer opportunities for seniors may facilitate seniors getting involved, especially those who are newer to the city and have fewer existing connections. Though these volunteer databases were most commonly stored online, a Brooklyn Park database could be advertised in the more traditional forms of communication identified by seniors as the best way to get in touch with them, including by regular mail service or posting a notice in the newspaper or the Sun Post.

Education and entertainment

Though the survey and interviews focused on volunteering, seniors also expressed a clear desire for more educational classes and entertainment. With respect to educational classes, respondents stated that they wanted to continue learning and exchanging ideas, suggesting that education classes led by seniors themselves may be one opportunity to increase both educational opportunities and volunteerism among those seniors leading classes. As with general volunteer opportunities, seniors preferred short-term or one-time classes and generally preferred small group class formats. Popular suggestions for future educational classes included technology, specifically education on using Apple products, and book clubs. expressed wanting to continue learning and exchanging ideas.

Along with educational materials, seniors expressed a clear desire for more entertainment opportunities. Many respondents suggested showing movies in the senior center on a semi-regular basis and others mentioned the possibility of outdoor concerts. In general, respondents expressed interest in having opportunities for social connections in a more-informal entertainment setting as opposed to a structured volunteer setting.

Underrepresented populations

Finally, the city needs to focus on conducting outreach to the senior communities who are absent from this assessment. As mentioned in the barriers, all the respondents in this assessment were white and all who provided information spoke English. These demographics suggest that a significant portion of the 55+ population in Brooklyn Park, including seniors who are immigrants or refugees, is not accessing the current senior programming. This population may benefit from increased civic engagement as many older adults who are immigrants or refugees

experience isolation when they arrive in the United States due to language barriers, cultural barriers, and family responsibilities.

Other participants at the Senior Forum who work with more diverse populations suggested that the team contact the following organizations to hear from a different group of seniors: Brooklyn United Methodist Church; Parkhaven Apartments; the Hennepin County Health Equity Engagement Cohort; the Hmong farmer's market; the Latino services at St. Al's Catholic Church; Community Corner; and African Immigrant Services. Though the team reached out to several of this organizations, we were only able to collect information from participants in the Loaves & Fishes program at Brooklyn United Methodist Church. As the city continues to develop opportunities for civic engagement, we recommend specific and robust outreach to these or other organizations that serve members of the Brooklyn Park community who are not currently connecting with the city programming. Relatedly, age demographics on both ends of the spectrum in the 55+ community (those 55-70 and 80+) were also underrepresented in senior programming and require a concentrated effort for future outreach.

Limitations

An evident limitation to this assessment was that those who responded to our survey were likely to be individuals in the community that were already well-connected. These individuals were already attending events the Brooklyn Park Senior Center was hosting. Another limitation to this assessment was that the demographics of the survey respondents provided a narrow scope to our data. Specifically, there was a lack of ethnic and age diversity among respondents, as mentioned above. The relatively brief time frame of this assessment, the team's limited previous knowledge of Brooklyn Park, and the small sample size may make it more likely that the team over-

evaluated the information (e.g., reading too much into a single respondent's statements) or misinterpreted the findings. To reduce such errors, we have included the raw survey and interview data in appendices B, D, and E to allow the city to review and draw any additional conclusions.

Conclusion

Brooklyn Park's current programming is by and large successful with the ages 70-79, white demographic. There are significant strengths with reaching this demographic and providing activities that contribute to the engagement of these seniors. However, there are significant gaps in reaching the following demographics: Residents who are 79+, residents new to the city, residents with an immigrant or refugee status, and residents of color. There also is a gap for reaching those under 70. Additionally, there are different perceptions of what "community engagement" can mean within the 55+ community. Many seniors requested more opportunities to socialize rather than volunteer. These are all things to take into consideration for moving forward with an age-friendly Brooklyn Park.

References

AARP. (2017). An Introduction to the AARP Network of Age-Friendly Communities. AARP. Retrieved 18 April 2017, from http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/an-introduction.html

Appendix A
Senior Forum Survey Questions

1. How connected do you feel to the Brooklyn Park community?
   - ☐ Extremely connected
   - ☐ Very connected
   - ☐ Moderately connected
   - ☐ Slightly connected
   - ☐ Not at all connected

2. When do you feel most connected to the community?

3. What is one thing the city could do to help you be more engaged in the community?

4. Would you be interested in using your skills and talents as a volunteer in the community?
   - ☐ Yes
   - ☐ No
   - ☐ Already volunteer

5. What are the best ways for the city to share information with you? (*Mark all that apply*)
   - ☐ Regular mail
   - ☐ Email
   - ☐ Social media: _____ (*Please specify the preferred platform— Facebook, Twitter, etc.*)
   - ☐ Flyers or posters in the community
   - ☐ Newspaper
   - ☐ Other: _____

6. What is your current age?
   - ☐ Less than 50 years old
   - ☐ 50-59
   - ☐ 60-69
   - ☐ 70-79
   - ☐ 80-89
   - ☐ 90+

The City of Brooklyn Park wants to learn more about how it can better support community engagement for the 50+ population. If you are interested in attending a 45-minute focus group to share your thoughts and experiences please answer the following questions.

Name: _____

Contact phone number: _____

Are you generally available to attend a focus group on any of the following dates? (*Mark all that apply*)

- ☐ Afternoon of Sunday, April 9
- ☐ Morning of Wednesday, April 12
- ☐ Morning of Thursday, April 13
- ☐ Morning of Thursday, April 20
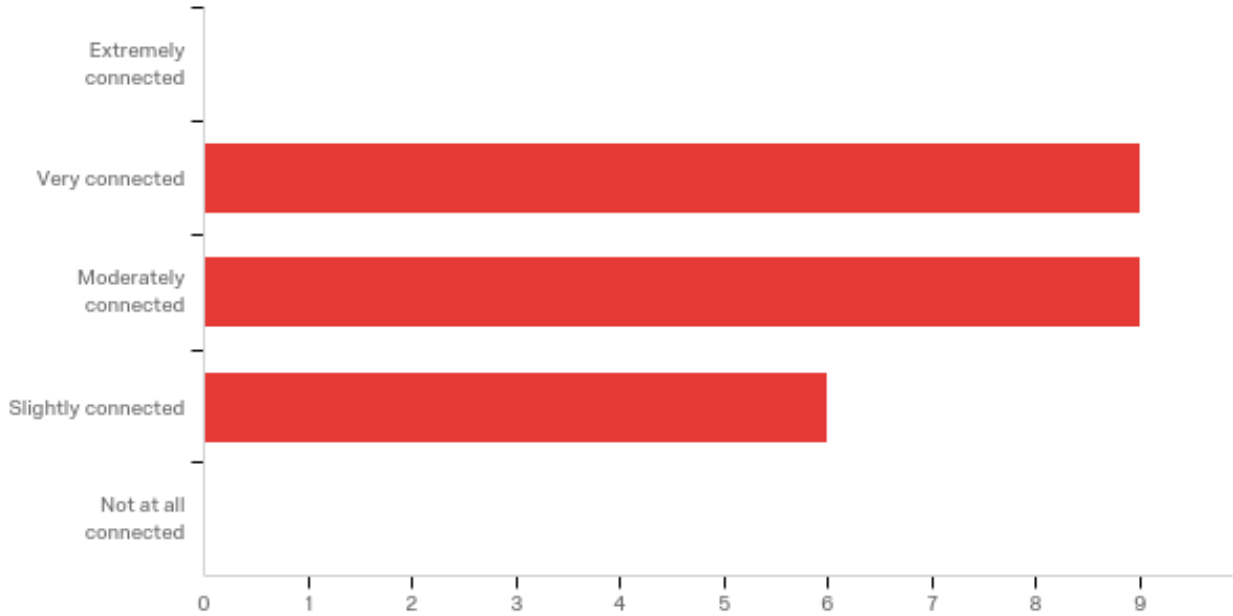- ☐ Interested but cannot attend these times

We will follow up with you to let you know the specific time/location of the focus group meetings and to confirm your availability

Thank you for sharing your thoughts!

Q1 - How connected do you feel to the Brooklyn Park community?

#	Answer	%	Count
1	Extremely connected	0.00%	0
2	Very connected	37.50%	9
3	Moderately connected	37.50%	9
4	Slightly connected	25.00%	6
5	Not at all connected	0.00%	0
	Total	100%	24

Q2 - When do you feel most connected to the community?

When do you feel most connected to the community?

Community gatherings

Visiting with neighbors

Serving as an election judge

When volunteering or attending community meetings and working as an election judge.

Senior day trips

Park events; parades; website!!; MAC BPPD (multicultural)

When I attend classes

When I see my neighbors outside; when I see children of three races playing happily together in the neighborhood!

Senior forum; Lion's waffles

Night out

Through flyers that come through the mail.

Continually - Senior Center activities, etc.

Community center activities; Night Out; neighborhood watch

Senior center; active community

Park and travel outings

Toastmasters group

NNO, Crime Watch Meeting. Meeting with staff at Crime Watch Captain Meetings.

The mailings about new things coming into the area.

I like neighborhood events.

I quilt for the police department every week and still have friends here. Lived here for 27 years.

Community events

Q3 - What is one thing the city could do to help you be more engaged in the community?

What is one thing the city could do to help you be more engaged in the comm...

| |
| --- |
| ? Live in Osseo |
| It's good |
| Through senior events |
| Outdoor concerts; more park events |
| It's great that the Silver Sneakers classes are set up to attend as I can |
| More bus trips for seniors |
| Advertise |
| Get more information for new community residents. |
| Have area events |
| Put tables and firepits/BBQs and shelter back in Norwood Park. Taking them out lets negative elements take over and keeps good people away. |
| Reduce difficulty working with senior director of activities. |
| More programs for seniors |

Q6 - Would you be interested in using your skills and talents as a volunteer in the community?
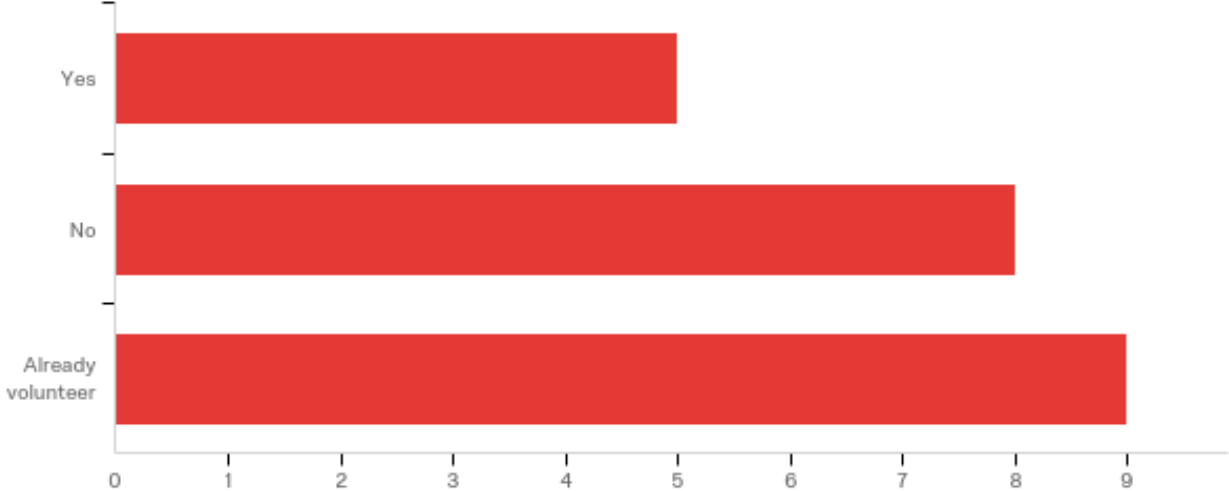
#	Answer	%	Count
1	Yes	22.73%	5
2	No	36.36%	8
3	Already volunteer	40.91%	9
	Total	100%	22

Q4 - What are the best ways for the city to share information with you?(Mark all that apply)
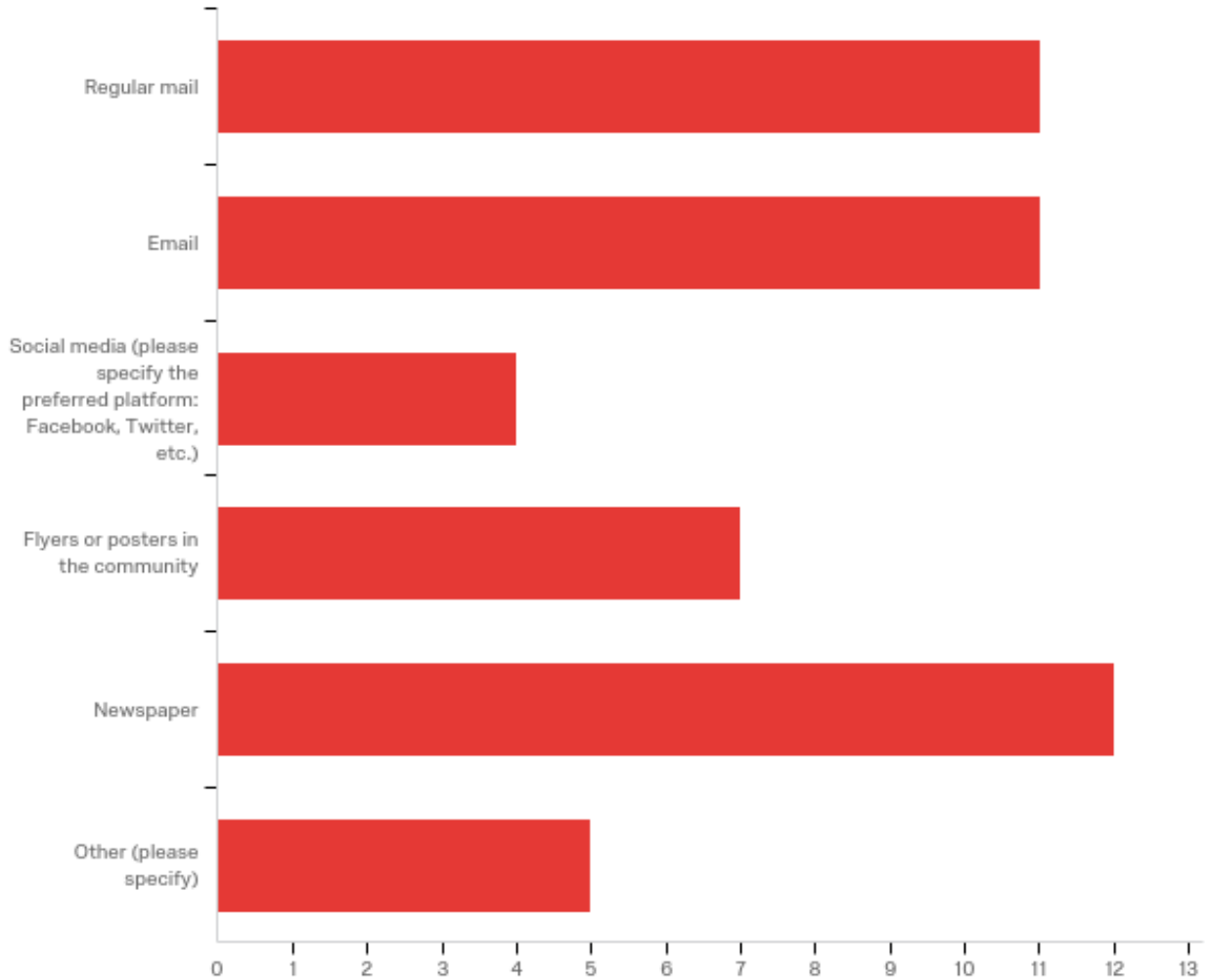
#	Answer	%	Count
1	Regular mail	47.83%	11
2	Email	47.83%	11
3	Social media (please specify the preferred platform: Facebook, Twitter, etc.)	17.39%	4
4	Flyers or posters in the community	30.43%	7
5	Newspaper	52.17%	12
6	Other (please specify)	21.74%	5
	Total	100%	23

Social media (please specify the preferred platform: Facebook, Twitter, etc...

Social media (please specify the preferred platform: Facebook, Twitter, etc...

Facebook

Facebook

Facebook

Other (please specify)
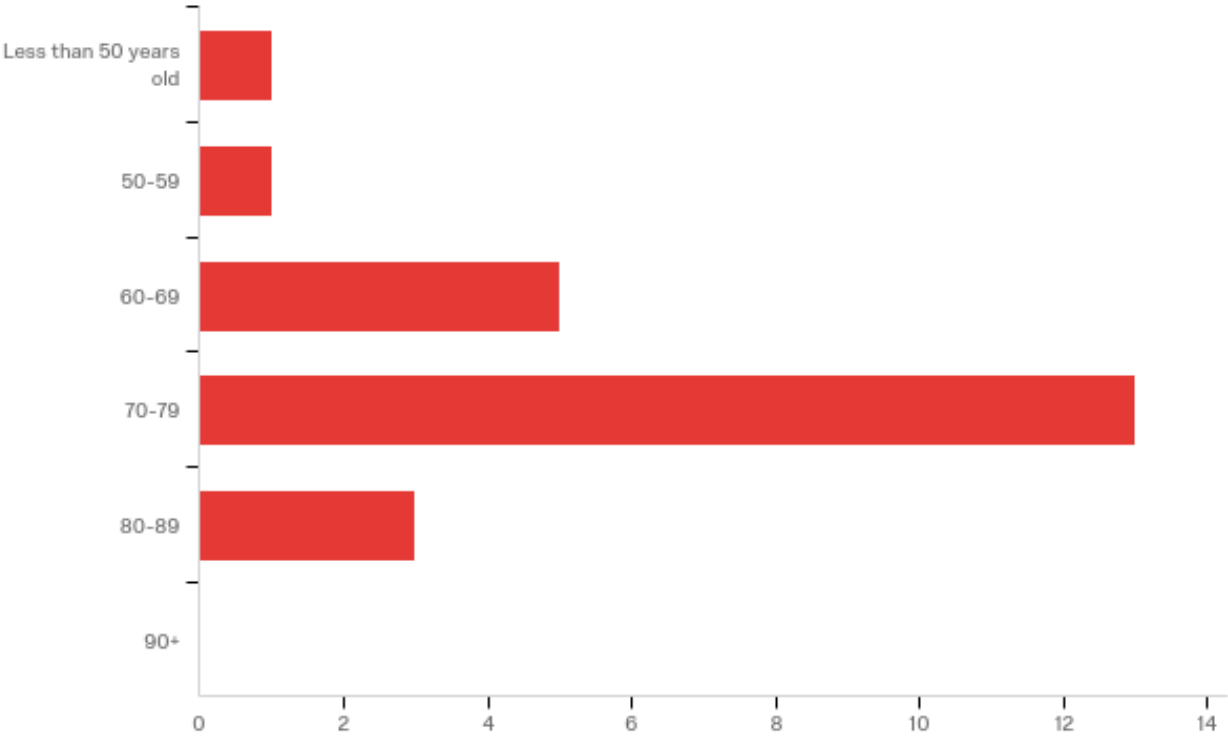
Other (please specify)

Newsletter

Sun newspaper

(Specifically the Sun Post newspaper)

Channel 12 TV

City newsletter

Q5 - What is your current age?

#	Answer	%	Count
1	Less than 50 years old	4.35%	1
2	50-59	4.35%	1
3	60-69	21.74%	5
4	70-79	56.52%	13
5	80-89	13.04%	3
6	90+	0.00%	0
	Total	100%	23

Appendix C
Tech Open House Survey Questions

1. How connected do you feel to the Brooklyn Park community?

2. What specific activities make you feel connected?

3. How could the city make you feel more connected?

4. Do you currently volunteer?
   - If yes: Why did you start volunteering?
   - If no: Why don't you volunteer? (E.g., no time, no interesting opportunities)

What are the best ways for the city to share information with you? (*Mark all that apply*)
- ☐ Regular mail
- ☐ Email
- ☐ Social media: _____ (*Please specify the preferred platform—Facebook , Twitter, etc.*)
- ☐ Flyers or posters in the community
- ☐ Newspaper
- ☐ Other: _____

What is your current age?
- ☐ Less than 50 years old
- ☐ 50-59
- ☐ 60-69
- ☐ 70-79
- ☐ 80-89
- ☐ 90+

Racial Identity

Gender

Brooklyn Park Tech Open House
May 1st 2017, 10:19 am MDT

Q1 - How connected do you feel to the Brooklyn Park community?

How connected do you feel to the Brooklyn Park community?

Very
Good
Mostly to senior services
Fairly connected
Okay
Getting better
Somewhat: just started coming
Somewhat
Pretty good
3 on a scale of 1-5
New to area
Very
From New Hope - saw your info on the tech conference
Quite connected
Somewhat

Q2 - What specific activities make you feel connected?

What specific activities make you feel connected?

Senior programs: all the staff I have contact with in street & maintenance as well as senior services

Fitness active

Exercise classes

Bone Building class; Zumba; ice skating rink

55+ educational

55+ classes

Exercise classes and fairs of different types

Luncheons; informatives of all variety

Classes, events

Senior exercise classes; luncheons, seminars, entertainment, lecture series; quality restaurants, theatre

Neighborhood; community; volunteer

Neighborhood association; community offerings

I like to get updated re: tech info

Senior trips and activities

All

Q3 - How could the city help you feel more connected?

How could the city help you feel more connected?

Some computer classes for seniors

I think the city does a pretty good job of that right now

Small groups to be offered with different subjects to last about 45 minutes to 1 hour. Bible class, book club, Mac computer class--Something that could be once a week or one time class or a class for 4-6 weeks only (short term is easier to plan)

Movie theatre/show a movie here; a good downtown

More events

I feel that we frequently leave BP for activities in Champlin, Anoka, Maple Grove, C. Rapids, and Blaine, as they have interesting activities. BP is not specifically focused on seniors, much more on our diversity issues in this community

The senior tech and other updates are vital

Don't know

Q9 - Do you currently volunteer? If yes, why did you start? If no, why don't you volunteer?

Do you currently volunteer? If yes, why did you start? If no, why don't you...

Yes: able to help

No: no time right this time

No: have not found something I'm interested in

No: haven't thought about volunteering

No: no interesting opportunities

No: just learning

No: I am interested in short-term volunteering (not ongoing)

Yes

No: no interesting opportunities

Yes: sometimes at Woodland Elementary

No: I need interesting opportunities that work for me (I do volunteer at a school)

No: too involved in our own church and downsizing

Yes: been volunteering for about eight years

Yes: I keep busy

Q4 - What skills or talents would you be willing to bring into a community engagement setting?

What skills or talents would you be willing to bring into a community engag...
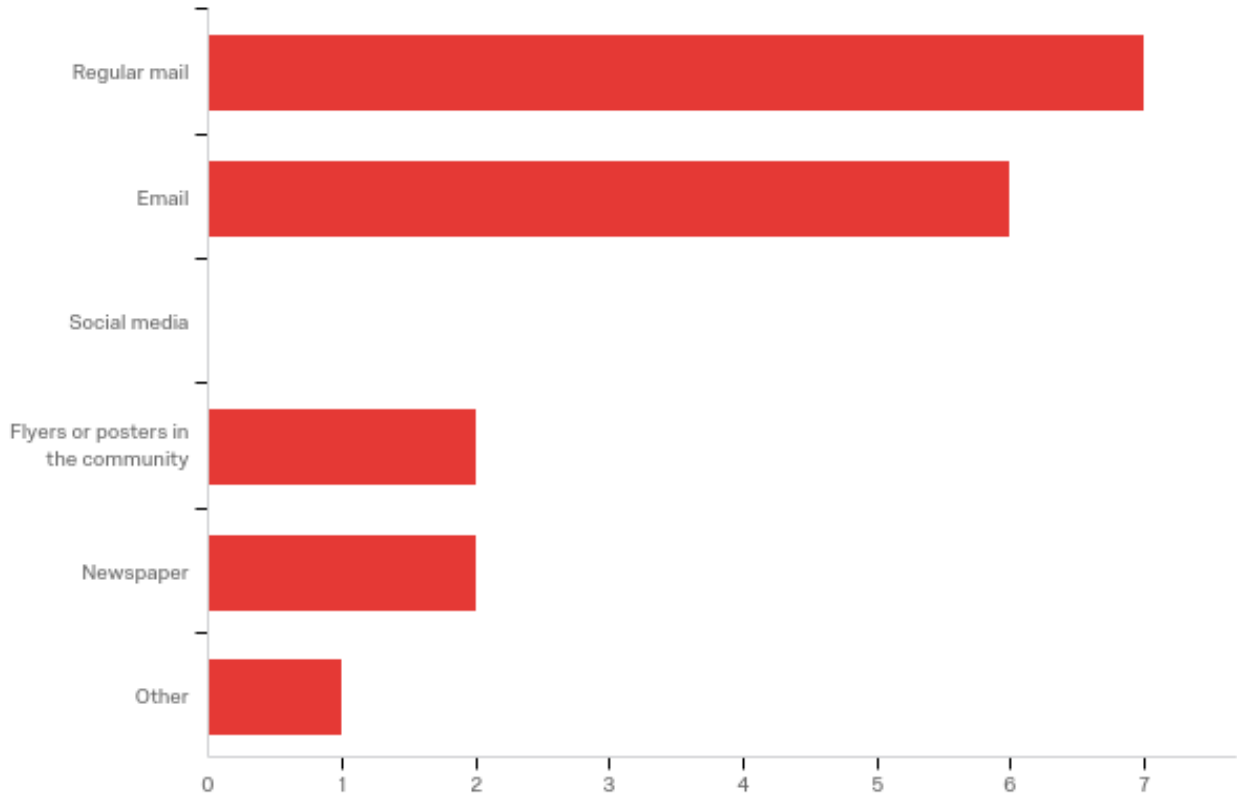
Former teacher

I have a teaching background

Willing to be on a panel about retirement as reinvention (I did this class at Brunswick UMC)

Not sure

I play piano

Q5 - What are the best ways for the city to share information with you?

#	Answer	%	Count
1	Regular mail	63.64%	7
2	Email	54.55%	6
3	Social media	0.00%	0
4	Flyers or posters in the community	18.18%	2
5	Newspaper	18.18%	2
6	Other	9.09%	1
	Total	100%	11

Social media
Social media
Other

Other

Sun Post

Q6 - What is your current age?
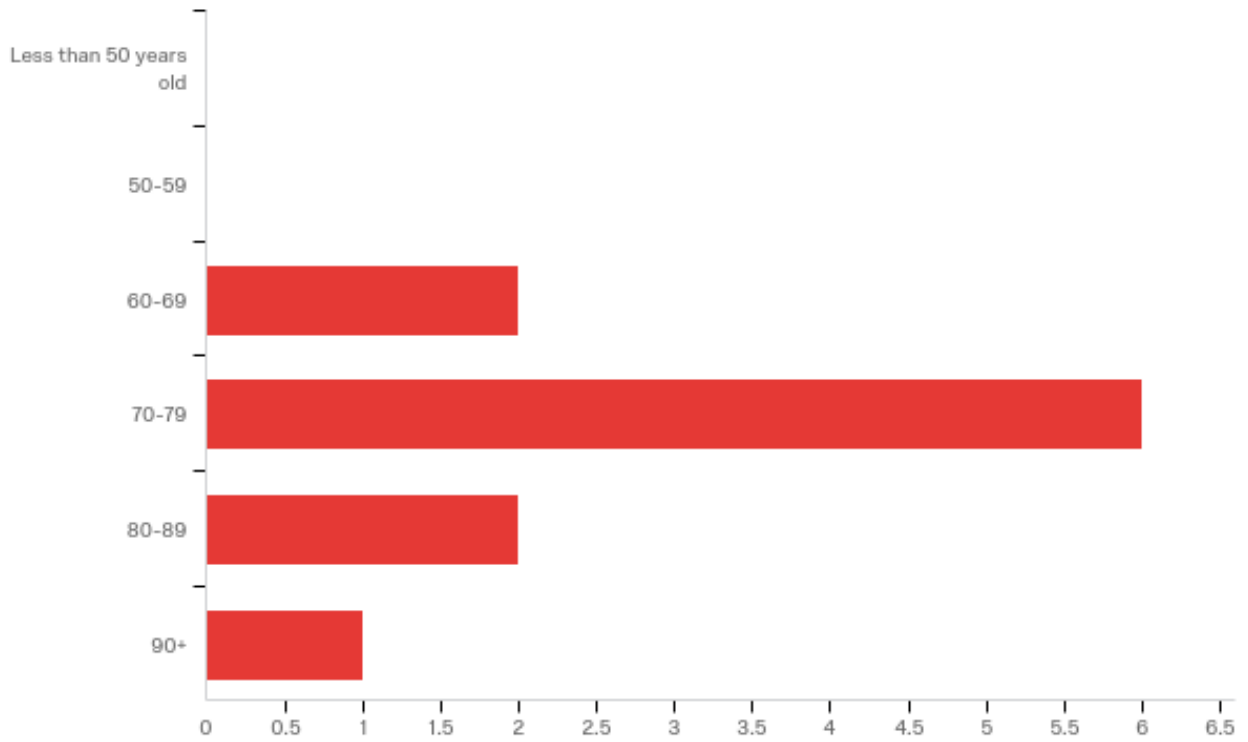
#	Answer	%	Count
1	Less than 50 years old	0.00%	0
2	50-59	0.00%	0
3	60-69	18.18%	2
4	70-79	54.55%	6
5	80-89	18.18%	2
6	90+	9.09%	1
	Total	100%	11

Q7 - What is your racial identity?

What is your racial identity?

Caucasian
White
Caucasian
Mixed white
White
Caucasian
White
Caucasian

Q8 - What is your gender?

What is your gender?
Female
Female
Male
Female
Male
Female
Female
Female

Appendix E
Loaves and Fishes Interview Summaries

<u>Loaves and Fishes Interviewee 1</u>

We met interview participant 1 at Loaves and Fishes, hosted by Brooklyn United Methodist Church every Friday at noon. According to her, it is an excellent space for seniors to build community as well as have a free meal. Many seniors are living on a fixed income, so having a free meal provided is very helpful. Many people come to Loaves and Fishes to gain support and socialize. The meal is advertised in the church bulletin and in the paper as well as on signs outside of the church. Regarding what draws people in besides advertising, the participant said food is always a great motivator for attendance and participation for the 55+ community.

For volunteer opportunities that would interest her and other 55+ adults, she discussed teaching children how to read as well as garden. She also indicated some good programs in the community that are good models for engaging adults who are 55+: Second Harvest and SUNNY program. Second Harvest's mission is feeding the hungry, including seniors, which again highlight's her previous point of the importance of food to those in the 55+ demographic. The second participant interview will elaborate further on the SUNNY program.

Another successful group this participant mentioned was a knitting group that met at Brooklyn United Methodist Church every Wednesday. She discussed how important faith communities are in engaging seniors and building community. Lastly, she had two primary suggestions for improving volunteer opportunities and engaged for the 55+ demographic. First, she requested opportunities to be on more days of the week. Second, she identified transportation and affordability as barriers to people being able to volunteer. Transportation can be expensive if an individual does not have a license or access to a car. This is also a highly-gendered barrier

because many women in that age group never learned to drive and instead depended on their husbands for transportation. If their husband passes away, many of these women feel stranded and isolated because of lack of transportation. A possible way to mitigate this would be volunteer sites providing transportation vouchers.

Loaves and Fishes Interviewee 2

Our second interview participant echoed many of the same themes as our first participant, however elaborated further on resources and how opportunities for the 55+ community could be enriched further. This participant was a very active volunteer in the SUNNY program, also hosted by Brooklyn United Methodist Church. She elaborated that SUNNY stands for Serving Up Nutrition Now for Youth. The program runs during the summer Monday, Wednesday, and Friday. Many 55+ individuals are the ones serving the food, and she also emphasized the importance of seniors having access to free or affordable meals.

SUNNY provides free lunches to children and seniors. The lunches are nutritious, providing a vegetable, fruit, protein, grain, and snack in each meal. The program was started because the church identified kids who are normally in school are provided a free lunch throughout the school year but go without during the summer. This participant also thought the Evangelical Free Church in Brooklyn Park provided similar meals to children. She also indicated Community Emergency Assistance Programs (CEAP) as a major resource in the community that could provide helpful feedback on how to better engage the 55+ community. CEAP runs programs such as Meals on Wheels, coordinates the churches that provide free meals, have a free clothing thrift store, etc.

She also mentioned the Wednesday knitting group at the Brooklyn United Methodist Church as an example of a successful engagement and shared that the shawls knitted in that

group went to nursing homes. For her suggestions, she also highlighted transportation being a significant barrier for seniors engaging and volunteering. She suggested a helpful program to start would be engaging confirmation teens to help seniors with yard work and other house projects as a part of their confirmation classes. Other volunteer opportunities she suggested were gardening as well as orchestrating a drive to collect toiletries and other necessities for highly mobile youth. It was important to this interview participant that there be more intergenerational bonds formed between youth and seniors.

Appendix F
List of Age-Friendly Community Action Plans

City/County Name	Web Address
Atlanta, GA	http://www.aarp.org/content/dam/aarp/livable-communities/documents-2016/Age-Friendly%20Atlanta%20Action%20Plan.pdf
Auburn Hills, MI	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/auburn-hills-michigan-age-friendly-action-plan.html
Augusta, GA	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/augusta-ga-action-plan.html
Bethel-Greenwood-Newry-Woodstock, ME	http://www.aarp.org/content/dam/aarp/livable-communities/documents-2017/Bethel-Greenwood-Newry-Woodstock-Action%20Plan-February-2017.pdf
Big Flats, NY	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/chemung-county-age-Friendly-action-plan.html
Chemung County, NY	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/chemung-county-age-Friendly-action-plan.html
Cleveland, OH	http://www.aarp.org/content/dam/aarp/livable-communities/documents-2017/AgeFriendlyClevelandActionPlan-2017-2019.pdf
Colorado Springs, CO	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/colorado-springs-action-plan.html
Des Moines, IA	http://www.aarp.org/livable-communities/info-2014/creating-an-age-friendly-des-moines.html
Honolulu, HI	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/honolulu-age-friendly-action-plan.html
Ithaca and Tompkins Counties, NY	http://www.aarp.org/content/dam/aarp/livable-communities/documents-2016/Age%20Friendly%20Ithaca%20and%20Tompkins%20County%20Action%20Plan.pdf
Macon-Bibb, GA	http://www.aarp.org/livable-communities/info-2014/macon-bibb-georgia-age-friendly-action-plan.html

Montgomery County, MD	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/montgomery-county-maryland-accomplishments.html
Newport, VT	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/newport-city-vermont-action-plan.html
New York, NY	http://www.agefriendlynyc.org/
Portland, OR	http://www.aarp.org/livable-communities/Plan/planning/info-2014/action-plan-age-friendly-portland-or.html
Princeton, NJ	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/princeton-nj-action-plan.html
Saint Louis County, MO	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/st-louis-county-action-plan.html
Salem, MA	http://www.aarp.org/content/dam/aarp/livable-communities/documents-2017/AgeFriendlyActionPlanSalemMA-2016.pdf
Washington, DC	http://www.aarp.org/livable-communities/livable-in-action/info-2014/creating-an-age-friendly-dc-action-plan.html
West Chester, PA	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/west-chester-action-plan.html
Westchester County, NY	http://www.livablecommunitieswestchester.org/