1. PLEDGE OF ALLEGIANCE

2. ROLL CALL

3. APPROVAL OF THE AGENDA

4. CONSIDERATION OF MINUTES

5. PUBLIC COMMENTS

6. CONSIDERATIONS AND REQUESTS
   6.a Age-Friendly City - Action Plan Overview
       Action Plan Summary for SAB 11-13-18_.docx

7. STAFF REPORTS
   7.a Monthly Report
       Senior Services Report - October 2018.docx

8. OTHER BUSINESS
   8.a Election of Officers

9. BOARD COMMENTS

ADJOURNMENT

The City Council Chambers is wheelchair accessible. Those needing assistance with hearing devices should contact the City Clerk's Office (253-841-5480) the Friday preceding the meeting.
Subject:
Age-Friendly City - Action Plan Overview

Presenter:
Linda Henry

Recommendation:
Endorsement of the Puyallup Area Aging in Community Committee (PAAICC) Action Plan.

Background:
Spring 2016 -- In a March 15th Proclamation, Puyallup declared that the City of Puyallup is committed to promoting, creating and sustaining communities for all ages. In late March, the City of Puyallup was designated as the first age-friendly city in Washington State by the AARP Network of Age-Friendly Communities, an institutional affiliate of the World Health Organization’s Global Network of Age-Friendly Cities and Communities.

Working with a new community stakeholder group representative of the 8 domain areas identified as being key in an age-friendly community, the PAAICC has been facilitating the process of meeting AARP age-friendly city requirements.

One of the requirements is to develop an Action Plan which will be submitted to the City Council in December. Prior to the presentation to Council, the PAAICC would like to receive input and endorsement from the Puyallup Senior Advisory Board.

Council Direction:

Fiscal Impacts:
N/A

ATTACHMENTS
  ● Action Plan Summary for SAB 11-13-18 .docx
AGE-FRIENDLY CITY PUYALLUP
Action Plan Overview Submitted by the
Puyallup Area Aging in Community Committee (PAAICC)
December 4, 2018

“Great cities do not happen by accident, they take careful
planning, public input and meaningful action.”

—Mayor Kimberley Driscoll, Salem Massachusetts
INTRODUCTION

Age-Friendly History

• 2001 -- Puyallup was one of 10 US cities participating in the AdvantageAge Initiative a community-building effort focused on creating vibrant and elder-friendly, or "AdvantAged" communities. A community stakeholder group including the mayor, members of the City Council and representatives from key community organizations were included to meet grant requirements.

• Spring 2016 -- In a March 15th Proclamation, Puyallup declared that the City of Puyallup is committed to promoting, creating and sustaining communities for all ages. In late March, the City of Puyallup was designated as the first age-friendly city in Washington State by the AARP Network of Age-Friendly Communities, an institutional affiliate of the World Health Organization’s Global Network of Age-Friendly Cities and Communities.

Working with a new community stakeholder group representative of the 8 domain areas identified as being key in an age-friendly community, the PAAICC has been facilitating the process of meeting AARP age-friendly city requirements.

Five-Year Action Plan Requirements

Phase I and Phase II

• Late 2016—May 2017 -- The AARP national community needs assessment was revised and conducted on individuals age 45+ living within 5 zip codes during late 2016 and early May 2017. (Survey data may be found in the appendix.)

• May 2017—present -- Survey data analysis was completed, analyzed and together with anecdotal input from community listening posts, was used in selecting four target domains to enhance age-friendliness as outlined in the following pages and include:
  ~~ Housing;
  ~~ Transportation;
  ~~ Communication and
  ~~ Respect and social inclusion.

Next Steps

• December 2018 – An Action Plan draft will be presented to the Council in December for input.
• Final action plan will be delivered to the Council in January 2019 for approval.
• March 2019 – Submit plan to the AARP. As a five-year plan, it is designed with implementation target dates and outcome measurements.

While the plan is intended to be a five-year process, it is hoped that creating and supporting a livable community for all ages becomes a lens through which all endeavors are measured.
Housing

Understanding that housing is at the heart of an age-friendly city, we envision housing options that attract and keep lifelong residents. The majority of older adults want to be able to age in place. They are not seeking to move away from the neighborhoods, the friends and the day-to-day routines that they have established through years of residency. However, factors such as accessibility and affordability can force older adults out of their communities in search of better options.

<table>
<thead>
<tr>
<th>Puyallup will:</th>
<th>Potential partners:</th>
<th>Target Implementation:</th>
<th>Outcome Matrix</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Promote the construction of innovative, affordable housing solutions such as mixed-use developments, accessory dwelling units, and accessible, single-story housing.</td>
<td>Puyallup City Council, Puyallup Department of Development Services/Permits, commercial developers, non-profit affordable housing developers, transit authorities, residents of the City of Puyallup</td>
<td>Ongoing, with goal of implementing age-friendly code revisions by the end of 2020</td>
<td></td>
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<tr>
<td>Currently, the city is improving collaborative relationships with building contractors to ease any existing obstacles to building more affordable housing.</td>
<td></td>
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<tr>
<td>2. Educate older adult residents of the City of Puyallup on existing housing options for older adults</td>
<td>Shared Housing Services, non-profit affordable housing developers (i.e. SHAG, CCS, Mercy Housing, KWA), Pierce County Housing Authority</td>
<td>Provide three educational workshops between July and December of 2019</td>
<td>Provide three educational workshops between July and December of 2019</td>
</tr>
</tbody>
</table>
**Transportation**

In recent surveys of older adults living in Pierce County, transportation has been identified as a clear need. Residents may lose the ability to drive as they age, or may not be able to afford insurance and upkeep on an automobile. We envision an age-friendly city that will take into account the transportation needs of residents who live away from the city center and ease the use of existing transportation options.

<table>
<thead>
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<th>Outcome</th>
<th>Metrics:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Directly educate residents about existing transportation options and alternatives to using private vehicles for travel within the City of Puyallup and common destinations in the Puget Sound region</td>
<td>Pierce Transit, Pierce County Coordinated Transportation Coalition, Pierce County Aging &amp; Disability Resource Center, private accessible transportation providers (i.e., Around the Sound), home care agencies, taxi services, Uber and Lyft.</td>
<td>Offer three in-person and web-based workshops between July and December of 2019</td>
<td>Surveys of older adults living in the City of Puyallup will show an increased understanding of transportation options, and increased frequency of use over baseline (livable communities survey)</td>
<td></td>
</tr>
<tr>
<td>2. Print and distribute household mailers to inform residents of the availability of 211 to assist with identifying appropriate transportation options.</td>
<td>United Way of Pierce County/211</td>
<td>Conduct first mailing citywide by September of 2019</td>
<td>211 will report a 10% increase in calls during CY 2020 from Puyallup zip codes requesting information about transportation alternatives over baseline (CY 2019).</td>
<td></td>
</tr>
<tr>
<td>3. Advocate with Sound Transit for adequate transit hub parking garage allocations and service to the City of Puyallup</td>
<td>Pierce County Coordinated Transportation Coalition, residents of the City of Puyallup and Sound Transit.</td>
<td>Ongoing, beginning immediately</td>
<td>Completion by 2020-2021</td>
<td></td>
</tr>
</tbody>
</table>
Communication

The multi-pronged efforts made by the City of Puyallup to ensure that we remain an age-friendly city will be largely overlooked without a comprehensive communication plan. To ensure that residents learn about the transformative initiatives undertaken by the City, information to be disseminated in a structured, purposeful way. We envision a community where there is a more robust presence of age-friendly city information across all communication platforms.

In an informal survey conducted at the 2018 Volunteer Fair, 8 of 10 respondents indicated a willingness attend an educational event to learn about community services and 6 would listen to a webcast.

<table>
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<th>Target Implementation:</th>
<th>Outcome Metrics:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Maintain an up-to-date Age-Friendly Puyallup website that includes information with links to resources for older adults and their families</td>
<td>City of Puyallup, United Way of Pierce County/211, Pierce County Aging &amp; Disability Resource Center, Sound Transit, Pierce Transit, multiple other community-based organizations</td>
<td>June 2019</td>
<td>The City of Puyallup will measure an increase in page visits to the Age-Friendly Puyallup website of at least 20% between CY 2019 and CY 2020</td>
</tr>
<tr>
<td>2. Implement an ongoing series of informational webcasts, distributed quarterly, and communication events used to share information about services and opportunities for older adults.</td>
<td>Puyallup Senior Advisory Board, Puyallup-Sumner Chamber of Commerce, Puyallup Main Street Association, Puyallup Senior Activity Center, Salvation Army-South Hill Senior Center, MultiCare Celebrate Seniority, senior housing providers</td>
<td>First webinar will be launched in July of 2019</td>
<td>Surveys of older adults will identify the City’s webcasts and communication events (e.g., Ice Cream with the Mayor) as sources of information for community-based resources</td>
</tr>
</tbody>
</table>
**Respect and Social Inclusion**

As we age, we often face overt and subtle forms of ageism. We envision an age-friendly city that embraces all older adults by creating opportunities for older adults to contribute to the community, and by fostering opportunities for different generations, different cultures and different ethnicities to share knowledge and life experiences with one another. Regardless of one’s age, beliefs, or nationality, individuals are sought and valued for their differences as well as their similarities.

<table>
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<th>Target Implementation:</th>
<th>Outcome Metrics:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Create a coordinated approach that promotes affordable, accessible, age-friendly educational and enrichment activities that are affordable for older adult residents of Puyallup.</td>
<td>Puyallup Senior Activity Center, Salvation Army-South Hill Senior Center, MultiCare Celebrate Seniority, YMCA, Puyallup Parks and Recreation, Puyallup Senior Advisory Board and Pierce College Puyallup.</td>
<td>January 2020</td>
<td>The City of Puyallup will see a 5% increase over baseline in the number of older adults reporting participation in community-based activities</td>
</tr>
<tr>
<td>Currently, the city has been supportive of such activities. In 2018, the city awarded a community grant to the Puyallup Area Aging in Community Committee to help sponsor the Aging EXPO 2018.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Create an intergenerational annual event that celebrates ethnic and cultural diversity in the City of Puyallup through intergenerational activities</td>
<td>Puyallup Parks and Recreation, Puyallup Senior Advisory Board, MultiCare, Kaiser Permanente, Puyallup Main Street Association, Rotary, Lions Club, Kiwanis, Korean Women’s Association, Puyallup Tribe and the Fair.</td>
<td>First festival to be held during calendar year 2020</td>
<td>Attendance of at least 150 during the first year, including at participation by at least 50 older adults.</td>
</tr>
</tbody>
</table>
SUMMARY

This Action Plan is a culmination of a process begun nearly twenty years ago. Through both formal and informal feedback, it is how this representative group of residents desire a livable community to be. It offers suggestions of how the city and partner organizations can work together to enhance what already exists and to formulate new opportunities.

In essence, being a livable community represents a belief that all residents no matter their age, beliefs or nationality are sought and valued for their differences as well as their similarities. Puyallup has the opportunity of championing such a belief.
ACKNOWLEDGEMENTS

PAAICC Board Members

Jamie Gregory, Rick Crozier, Charles Emlet, Linda Henry, Doug McCormick, Deborah Gurney, Marion Larimer, Cyndi Falceto, Shelby Grenon, Brenda Milewski, Lauren Adler and Lisa Doyle, Suzanne Johnston.

Community stakeholder organizations that served during all or any part of the process beginning in August 2016.

- MultiCare Good Samaritan Hospital
- Kaiser Permanente Puyallup (Formerly Group Health)
- Puyallup Independent School District
- Mel Korum YMCA
- Puyallup Activity Center (Senior Center)
- Life Care Centers of Puyallup and South Hill
- Pierce College Puyallup
- The Herald
- Pierce Transit
- Pierce County Aging and Disabilities Services
- SHAG Housing
- Wesley Bradley Park
- UW Tacoma
- Puyallup Main Street Association

Stakeholder members who served during all or any part of the process beginning in August 2016.

- Linda Henry
- Charley Emlet
- Jamie Gregory
- Rick Crozier
- Deborah Gurney
- Doug McCormick
- Shelby Grenon
- Cyndi Anderson
- Marty Cavaluzzi
- Penny Grieller
- Cindee DeWitt
- Nellis Kim
- Ron Myers
- Tyler Hemstreet
- Stephanie Roberts
- RP Parasio
- Linda Woodall
- Suzanne Johnston
- Stacie Brown
- Brian Devereux
- Rick Schultz
- John Hopkins
- Peggy Quallis
- Lisa Osterloh
- Karen Lucas
- Rachelle McGinnis
- John Hopkins

With special thanks to:

University of Washington Tacoma, Collaborative Publicly Engaged Scholarship (CPES) Program; Jullie Le, a student researcher who was supported by the grant and who assisted the stakeholders during her independent research study supervised by Charles Emlet, Amanda Frame, Community Outreach Director, AARP Washington whose guidance has been invaluable and Kaiser Permanente Puyallup for their generosity in hosting stakeholder meetings.
Survey Analysis

The survey was available for approximately three months until July 30, 2017. Once the survey time period was closed, a member of the stakeholder group and volunteers entered all the hard copy survey responses into Survey Monkey so that an analysis of all data could be analyzed in a uniform way. At the end of that time period we collected 237 surveys total with 67% being submitted online. A question by question analysis of the community survey needs assessment data was completed using the analysis functions available in Survey Monkey. Table 1 provides a breakdown of the survey respondents by demographic information obtained as part of the survey.

In addition, listening posts were held at a number of locations to assess input from people about their expectations of an age-friendly community. Sites included meetings of various civic organizations, a City Council meeting, booth at the Farmer’s Market, Puyallup Library and the May 2016 Blaze a Trail to Successful Aging community event. While anecdotal in nature, many of these comments mirrored the formal data.

Table 1: Sample Characteristics

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Range (Mean)</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>46-96 (70.29)</td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>33.1</td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>66.5</td>
<td></td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>51.85</td>
<td></td>
</tr>
<tr>
<td>Cohabitating</td>
<td>2.3</td>
<td></td>
</tr>
<tr>
<td>Divorced</td>
<td>18.52</td>
<td></td>
</tr>
<tr>
<td>Widowed</td>
<td>22.22</td>
<td></td>
</tr>
<tr>
<td>Never Married</td>
<td>1.85</td>
<td></td>
</tr>
<tr>
<td>Separated</td>
<td>3.24</td>
<td></td>
</tr>
<tr>
<td>Years in Community</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt; 5</td>
<td>26.07</td>
<td></td>
</tr>
<tr>
<td>5 but &lt; 15</td>
<td>20.09</td>
<td></td>
</tr>
<tr>
<td>15 but &lt; 25</td>
<td>20.09</td>
<td></td>
</tr>
<tr>
<td>25 but &lt; 35</td>
<td>9.40</td>
<td></td>
</tr>
<tr>
<td>35 but &lt; 45</td>
<td>11.11</td>
<td></td>
</tr>
</tbody>
</table>
Living Arrangements

- 45 or more: 13.25
- Child/children under 18: 10.73
- Child/children 18 or older: 11.30
- Children away at college: 7.14
- Parents: 1.79
- Other adults, relative or friend 18+: 24.74

Health Insurance

- Medicare: 72.60
- Medicaid: 12.29
- VA or other military health coverage: 23.24
- Insurance through a current or former employer: 43.81
- Insurance purchased directly from an insurance company: 40.31

Disability, handicap or chronic disease prevention participation

- Myself: 23.56
- My spouse or partner: 9.13
- Both: 3.37
- No prevention of participation: 63.94

Hispanic: 3.41

Racial Background

- Caucasian: 95.87
- African American: 1.65
- American Indian or Alaska Native: 1.65
- Asian: 1.65
- Native Hawaiian or Pacific Islander: 0.83
- Other: 0.83

Overall Survey Impressions:

- A greater number of surveys were completed online than was anticipated;
- In general, there is a disconnect between what people believed to be important in an age-friendly city and what they actually know exists and
- Improved communication appeared to be a need in all domains.
Subject:
Monthly Report

Presenter:
Doug McCormick

Recommendation:

Background:
Staff will provide a brief overview of October senior programs and events offered by the Puyallup Activity Center.

Council Direction:
Information only.

Fiscal Impacts:

ATTACHMENTS

- Senior Services Report - October 2018.docx
Puyallup Activity Center  
Senior Service Report  
October 2018

Cirque du Soleil: Volta  
On Sunday, October 21st, the Puyallup Activity Center ventured to Marymoor Park for an exciting Cirque du Soleil show under the big top. This high-flying acrobatic show left our trip-goers in awe! Cirque du Soleil: Volta, is inspired by a popular game show host who has been blinded by both fortune and fame. He begins a personal quest to once again find himself by going through past memories after meeting a group of free spirits who helps him during his journey. This acrobatic show will leave yourself empowered to, “fulfill and recognize one’s true potential.” Prior to this amazing performance our seniors enjoyed a lovely brunch at BJ's Brewhouse.

Holiday Craft Bazaar  
The Activity Centers annual Holiday Craft Bazaar was on Saturday, October 20th. This special event featured 29 vendors marketing a variety of new, handcrafted, and commercial items from festively dressed booths, a warm lunch consisting of chili dogs with all the fixings and pop. The Bazaar is a great kick-off event for the Centers upcoming holiday season programs and is always a lot of fun for the Center, vendors, and our community. Additionally, many Puyallup residents really look forward to the Bazaar each year because it’s a great way to find that one-of-a-kind item or special gift for someone that simply can be found in stores.

8th Annual Volunteer Fair  
The Activity Centers annual Holiday Craft Bazaar was on Saturday, October 13th. The event feature 28 vendors marketing a variety of new, handcrafted, and commercial items from festively dressed booths. As in past years, a warm lunch consisting of chili dogs, chips, and soda was available to purchase from the Centers Special events committee and this meal has become a crowd favorite staple and tradition of this event. The Holiday Craft Bazaar is a great kick-off event to the Centers upcoming holiday season programs and is always a lot of fun for the Center, vendors, and our community. Furthermore, many Puyallup residents really look forward to this event each year because it’s a great way to find that one-of-a-kind item or special gift for someone that cannot easily be found in our local stores.

Sehmel Homestead Park  
On Tuesday, October 23rd, the Puyallup Activity Center explored a beautiful 98.0-acre park located northwest of downtown Gig Harbor. This large property includes 76.0 acres of meadows, naturalistic ponds, wetlands, and a forest conservancy area. This lovely park is full of 4 miles of trails, several picnic areas, an outdoor amphitheater and a master demonstration garden along with other picturesque areas. After their trek, everyone enjoyed lite shopping, and their choice of a restaurant for lunch in UpTown Gig Harbor.
Senior Advisory Board Agenda Item Report

Submitted by: Sarah Harris
Submitting Department: Parks, Recreation and Facilities
Meeting Date: 11/13/2018

Subject:
Election of Officers

Presenter:
Sarah Harris

Recommendation:
Hold election for new Board Chair due to the resignation of previous Chair.

Background:
The Board Chair resigned prior to the October meeting. The Vice-Chair assumed the role of Chair for the October meeting but proposed that the Board hold a new election for the Chair position at an upcoming meeting.

Council Direction:

Fiscal Impacts:

ATTACHMENTS