



Winters Senior Commission on Aging

Teleconference via Zoom – <https://us02web.zoom.us/j/89261707425>

Or Dial In On Mobile Phone @ 1-669-900-6833 – **Meeting ID# 892 6170 7425**

Wednesday, August 12, 2020 @ 5:30 p.m.

AGENDA

Roll Call

Approval of Agenda

Approval of July 8, 2020 Minutes

Public Comments

At this time, any member of the public may address the Winters Senior Commission on Aging on matters, which are not listed on this agenda. Citizens should reserve their comments for matters listed on this agenda at the time the item is considered by the Winters Senior Commission on Aging. Public comments may also be continued to later in the meeting should the time allotted for public comment expire. The Winters Senior Commission on Aging will not discuss or act on any information due to the guidelines of the Brown Act. Individual(s) addressing the Winters Senior Commission on Aging will be limited to three minutes per person.

Discussion Items / Follow Up On Prior Action Items

1. Sub-committee update on developing community survey of needs regarding independent and assisted living community needs and implementation. Mike is the spokesperson. Debra has been contacted by Kaiser for a possible collaboration which this project may fill (data collection/data analysis and dissemination.)
2. Liaison Reports
 - City of Winters-Mayor Cowan-Senior Apartments and Community Center Grant Funding Status. New contact with Planning/Housing Department is Colleen Brock.
 - Yolo Healthy Aging Alliance – sample of handouts for community re: emergency shut offs. COVID-19 testing funds not released from HHS?
 - Yolo County Commission on Aging - Marianne & Wally
 - Winters Healthcare Foundation - extended opportunity to work in partnership with Mr. Chris Kelsch and Stacey McCall, who will be the liaison to the Winters Senior Commission on Aging.
 - AARP Age Friendly Communities - Julie Bates contact update. See Winters AARP survey results and information re: City of West Sacramento Implementing Age Friendly Communities
 - Agency on Aging Area 4 (AAA4) - Wally nutrition update
3. Next Steps as a Commission
 - a. Funding resource guide publication and circulation, Marianne re: RISE, Debbie re: Hispanic Advisory Committee (HAC)

- b. 2020 Census - change in date for completion to September, not October; need to ensure Post Office maintains funds; local legislator recommends funds be set aside in the next Congressional Relief Package.
- c. Survey regarding needs for assisted living and in-home services-task force members to continue (perhaps incorporate into complete community assessment of senior needs as opposed to a separate survey).
- d. Report and make recommendations to City on policy to become an AGE-Friendly community. See packet from Julie Bates.

4. **Future Agenda Items**

- e. Community: assist City in recruiting partnerships between Winters and other communities to establish either a Neighborhood or CERT. Coordinate with County Board recommended.
- f. Funding for senior apartment backup generator; perhaps join fund raising efforts with Hispanic Advisory committee or apply for grants, AND internet support for seniors for medical visits online and ongoing zoom meetings for seniors unable to attend in person?
- g. Partnership with senior apartment managers to recruit participants in SNAP program; investigate.

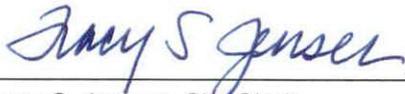
5. Next meeting: September 9, 2020 @ 5:30 p.m. via Zoom

Action Items

- 1. Finalize community survey of senior housing needs for assisted living.
- 2. Fund production Senior resource Guide and disseminate.
- 3. Meet with City of Winters with recommendations for adopting Policy for City to implement principals and requirements for Age Friendly Community as defined by AARP

Adjournment

I declare under penalty of perjury that the foregoing agenda for the August 12, 2020 meeting of the Winters Senior Commission on Aging was emailed/mailed to each member and posted on the outside public bulletin board at City Hall, 318 First Street on August 6, 2020 and made available to the public during normal business hours.



Tracy S. Jensen, City Clerk

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COUNCIL MEMBERS

Harold Anderson
Jesse Loren
Pierre Neu

MAYOR

Wade Cowan

MAYOR PRO TEM

Bill Biasi

CITY CLERK

Tracy S. Jensen

TREASURER

Shelly Gunby

CITY MANAGER

John W. Donlevy, Jr.



MINUTES OF THE REGULAR MEETING OF THE WINTERS SENIOR COMMISSION ON AGING HELD ON JULY 8, 2020

Date:	July 8, 2020
Time:	5:30 p.m.
Place:	Zoom
Roll Call	Completed.
Attending:	Commissioners: Michael Felsen, Debra Palmer, Cheryl Sandoval, Marianne Boyer. Liaison: Winters Councilman/Mayor: Wade Cowan Staff: City Clerk, Tracy Jensen
Absent	Tina Lowden, Carl Treseder
Review	Agenda reviewed, no additions
Review	Meeting Minutes for May 13, 2020. Motion to approve made by Mike. Motion seconded by Marianne. Roll call completed. Approved, unanimous vote.

1. Agenda Item #1: Final Draft, Winters Senior Resource Guide

Discussion/Decisions:	Information added by Mike to his section of the Guide. Debra will incorporate.
	SNAP application to be added to the Guide, for easy access. Debra will incorporate.
Action Items:	Motion to approve with changes noted above made by Marianne. Motion seconded by Mike. Roll call completed. Approved, unanimous vote.
	Future meeting, Commission to discuss fund raising.
	Debra to forward final document to Tracy.

2. Agenda Item #2: Final Draft Response to the Yolo County Subcommittee Recommendations

Discussion/Decisions:	<p>A. Discussed Final Draft, overall;</p> <p>B. Discussed OES Train the Trainer section:</p> <p>B1. Additional research completed regarding curriculum. No curriculum found.</p> <p>B2. Discussed related Assembly Bills (s).</p> <p>B3. Discussed recommendation for use of the Alzheimer's Association training resources, for now.</p>
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Action Items:	<p>Roll call completed regarding approval of the final draft of <i>Response to the Yolo County Subcommittee Recommendations</i>. Approved, unanimous vote.</p>
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Debra to forward final document to Tracy.

3. Agenda Item #3: Sub-Committee Update on Developing Community Survey Regarding Independent and Assisted Living Community Needs.

Discussion/Decisions:	<p>Mike is spokes person. Draft generated by the subcommittee with recommendations for questions to be integrated within the survey. Consider waiting until COVID-19 restrictions lift a bit, and then send survey out in several formats: housing areas, etc. See what kind of response is generated.</p>
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Discussed that *Survey Monkey* is not a free service.

- *Discussed need to determine where the information is going to go.
- *Consider sending information to the City Council for planning purposes.
- *Consider possibility of access to information on the City Website.
- *Newspaper seems to be a common place for people to reference information. Local newspaper (s)-may be interested in helping.

Action Items:	<p>Debra made a motion to hold further discussion/action until next month, when more Commission Members are present. Marianne seconded the motion. Roll call completed. Approved, unanimous vote.</p>
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4. Agenda Item #4: Liaison Report(s)

Discussion/Decisions:	<p><i>City of Winters-Mayor Cowan-Generators for senior apartments and city contact for CENSUS:</i> Winters area CENSUS is doing better than the rest of Yolo County. We are doing well. The apartments are moving along. We should get word on funding for the Senior Center by mid July, 2020.</p>
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Planning Commission - Lisa Baker- Senior Housing and Community Center Grant Status: Working with Planning Commission. Lisa is no longer on the Planning Commission. City staff met with her today, she is likely going to be coming back next month as a project manager. Update to be provided next month.

Yolo Healthy Aging - Debra- CA Budget Cuts affecting Seniors: Debra has been working with them on advocacy for adult day care and adult medical services for our seniors.

Yolo CO Commission on Aging - Marianne, Walley: Nutrition Programs, Great Plates: Marianne noted, program is now over. Provided for the month of June, only. *Great Plates* = Contacted people to determine who qualified for services. About 100 people qualified. Discussed criteria.

Winters Healthcare Foundation - Extended opportunity to work in partnership, Mr. Kelsch

AARP/Age Friendly Communities - Julie Bates: Debra, discussed making a recommendation to promote Winters as an age friendly community. Given known information, discussed criteria we have met, and criteria that Winters would need to meet, moving forward.

Action Items:

- *Senior Center: Mayor Cowan to obtain update regarding funding for the Senior Center.
- *Age Friendly Communities: Mayor Cowan to follow up with City Manager, John Donlevy, Jr., to gather any additional information obtained to date. Debra to meet with Julie Bates to get more information about how to qualify as well as benefits. Follow up next month. Plan to forward information obtained to City Council.

5. Agenda Item #5: Next Step as a Commission, Things to Consider:

Discussion/Decisions:

- A. *Funding Resource Guide - publication and circulation:* Debra to talk with Sheila Allen regarding cost. Digital and paper copies. Contact Hispanic Advisory Board. Marianne to network with RISE, also. Place on next months agenda.
- B. *Last push to help with accurate 2020 CENSUS:* Winters is on track, not needed.
- C. *Continued development and implementation of survey regarding needs for assisted living and in-home services:* Place on next months agenda.
- D. *Partnership with Senior Apartment Managers to recruit participation in SNAP program.* Consider methods to disseminate more applications. Keep on the Agenda-list to address within the next 3 months. Add SNAP application to the Senior Resource Guide.
- E. *Investigate, report and make recommendations to the city on policy to become AGE Friendly Community:* Debra and Wade to give us an update report next month.
- F. *Assist City in recruiting partnerships between Winters and other communities to establish a Neighborhood/CERT.* Recommendation considered, that unincorporated areas have a CERT program of their own. Also consider collaborating with other towns. See if we can be added to program (s) in Vacaville or Davis, when it comes to training. It will require a city employee who is part of our safety team to be involved. Work with our city regarding what direction they want us to go. Given the gap in services, CERT is a priority.

	<p>G. Funding for Senior Apartment backup generator-perhaps join fund raising efforts with Hispanic Advisory Committee or apply for grants. Note, generators are not on the original building plan for the senior apartments. There are different programs we can look into, grant or other. There is a generator at City Hall. Keep this on the agenda-list. May not get to it for another couple months. Assign subcommittee next month.</p>
	<p>H. Ongoing zoom meetings for seniors who are unable to attend in person. To continue.</p>
	<p><i>Other:</i> Marianne was asked to survey citizens in Winters regarding a dispensary for marijuana. City would have to change an ordinance: no business in town that violates federal law. There is some interest.</p>
	<p><i>Other:</i> Debra received a request to get feedback from the Commission: Would we be responsible for a monthly column that addresses senior issues, locally? Note, Winters Senior Foundation puts something out every other week. Determine if there is a need.</p>
Action Items:	<p>Review updates from the aforementioned "to dos" and generate a plan of action that incorporates agreed upon priorities.</p>

Adjournment:	Debra made a motion to close the meeting. Marianne seconded the motion. Roll call completed. Approved, unanimous vote. Adjourned at 6:11 p.m.
Next Meeting:	August 12, 2020

Cheryl Sandoval

Cheryl Sandoval
Secretary



ARE YOU PREPARED FOR THE NEXT PUBLIC SAFETY POWER SHUTOFF?

RIL is partnering with PG&E along with other community organizations to help older adults and people with disabilities be prepared by:



Receiving **RIL support** in the event of a Public Safety Power Shutoff (PSPS) or disaster.



Signing up for the **Medical Baseline Program** to lower the rate on your monthly energy bill, if you require the use of a medical or life support device.



Accessing **backup portable batteries** for those who require power for medical reasons. Individuals who use life-sustaining electrical support will be the highest priority.



Learning more to improve the energy efficiency, health, and safety in your own home.



Providing tools to help you create a **disaster plan**, including a **personalized disaster kit**.

Visit us online to apply and learn more:
WWW.RIL-SACRAMENTO.ORG/PSPS

Email or call us with questions:

Nicholas Lanphear, Disaster Preparedness Coordinator
nicholasl@ril-sacramento.org or (916) 446-3074

¡Se habla español!

Together with our partners,
we want you to be ready and
we're here to help!





Juntos con nuestros socios,
queremos que estés listo.
¡Estamos aquí para ayudarte!



¿ESTÁ PREPARADO PARA EL PRÓXIMO CORTE DE ENERGÍA?

RIL está trabajando con PG&E y otras organizaciones locales para ayudar que las personas con discapacidades estén más preparadas con las siguientes oportunidades:



Recibir el apoyo de RIL durante un desastre, un corte de energía inesperado o un corte planeado (PSPS).



Si requiere el uso de un **aparato médico o de soporte vital**, le podemos ayudar a inscribirse en la tarifa básica por razones médicas (Medical Baseline), que reduce su factura eléctrica mensual.



Recibir una pila portátil con **electricidad de reserva** para sus usos médicos. Individuos con aparatos de soporte vital recibirán prioridad.



Aprender más sobre como mejorar la eficiencia energética, la salud y la seguridad de su hogar.



Obtener herramientas para ayudarle a crear un **plan de desastre**, incluyendo un **kit de desastre personalizado**.

Para solicitar o aprender más:
WWW.RIL-SACRAMENTO.ORG/PSPS

Mándanos sus preguntas:

Nicholas Lanphear, Coordinador de preparación para desastres
nicholasl@ril-sacramento.org or (916) 446-3074



Staying Connected Without Power

In the event of high wildfire risks, your local energy company may need to turn off power in your community. This is called a **Public Safety Power Shutoff**. Learn how you can prepare and stay better connected in the event of a power outage.

Be Prepared

- **Keep your wireless phone batteries charged at all times.** Have an alternative plan to recharge your battery in case of a power outage, such as using your car charger to power your device or a portable battery.
- **Have a family communication plan in place.** Designate someone out of the area as a central contact and make certain that all family members know who to contact if they get separated.
- **Install a back-up battery if you use a VoIP home phone,** and consider purchasing a non-cordless telephone in the event of a power outage. A mobile phone may also help you stay connected if your home phone loses power during PSPS events.
- **Confirm your device has enabled Wireless Emergency Alerts.** Most smartphones and feature phones released in the last few years are capable of receiving Wireless Emergency Alerts (WEA), so make sure you have wireless emergency alerts turned on in your phone's message settings. Sign up for additional alerts in your county at calalerts.org.

Stay Connected

- **Try text messaging.** During an outage, text messages may go through more quickly than voice calls because they require fewer network resources.
- **Enable Wi-Fi calling.** Wi-Fi calling may let you talk and text from indoor locations if the cellular network is unavailable. When calling 9-1-1, device location data from nearby Wi-Fi networks will be used to help locate you. If that data isn't available, the emergency address you provide will be used.
- **Be prepared for high call volume.** During an emergency, the increased calling volume may create network congestion, leading to "fast busy" signals on your wireless phone or a slow dial tone on your landline phone. If this happens, hang up, wait several seconds and then try the call again.
- **Forward your home number to your wireless number in the event of an evacuation.** Because call forwarding is based out of the telephone central office, you will get incoming calls from your landline phone even if your local telephone service is disrupted at your home.
- **Keep non-emergency calls to a minimum** and limit your calls to the most important ones.

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

More Tips for People with Disabilities¹

- **Register with your local police department.** Remind them to keep a record of the help you may need during an evacuation, power outage or other emergency.
- **If you have a Personal Care Attendant,** work with that person to decide how you will communicate with each other if you are separated during an emergency.
- **Consider getting a medical alert system** that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so have a backup such as a cell phone or pager if the landlines are disrupted.

¹ <https://www.fcc.gov/reports-research/guides/tips-communicating-emergency>

State of California Resources

MEDICALLY VULNERABLE INDIVIDUALS

- A **nonemergency hotline** has been established by the State to help medically vulnerable Californians and health and community care facilities find resources in their communities during power shutoffs. The State hotline is (833) 284-3473. During power shutoffs or potential power shutoffs, hotline assistance will be available 9:00am-9:00pm. Assistance is available in many languages.
- The California Department of Aging contracts with and provides leadership and direction to Area Agencies on Aging (AAA) that coordinate a wide array of services to **seniors and adults with disabilities**. You can locate a resource center in your area by calling 1-800-510-2020.
- To find an open **pharmacy** during an active emergency, visit www.RxOpen.org

HOUSING AND EMERGENCY SHELTER

- For **emergency shelter** information, contact the Red Cross at <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>
- The CalWORKs Homeless Assistance Program is available to homeless families who are eligible for or receiving CalWORKs benefits. The program can provide financial assistance to pay for up to 16 days in a motel. To find out how to apply for assistance, contact your county. Find contact information at <https://www.cdss.ca.gov/county-offices>

OTHER RESOURCES

- The **California Office of Emergency Services** (Cal OES) is responsible for overseeing and coordinating emergency preparedness, response, recovery and homeland security activities within the state of California. The Cal OES website includes information on how individuals and families can prepare for an emergency. For more information, visit <https://www.caloes.ca.gov/individuals-families>

For more information from the State of California, visit
prepareforpowerdown.com.

How AT&T Keeps Customers Connected During Public Safety Power Shutoffs

What is a Public Safety Power Shutoff?

In the event of extreme or potentially dangerous weather conditions, a **Public Safety Power Shutoff (PSPS)** may be initiated by electric utilities in high fire risk and other areas. A PSPS involves the de-energization of the utility electrical systems to reduce the risk of electric lines igniting wildfires.

What happens to AT&T's network during a Public Safety Power Shutoff?

AT&T has designed its wireline and wireless networks in California in preparation for potential disaster situations, including those that result in or from power failures. We also have experience dealing with public safety power shutoff events and are further adapting our response plan as these events have become longer and larger in scope.

AT&T's network is designed with backup power solutions at multiple points throughout our network, and we have a fleet of mobile generators with a dedicated team that deploys these as needed. We have a response plan and protocols in place specifically for public safety power shutoff events. Our goal is to maintain communications for our customers and first responders to the fullest extent possible when these events occur; however, depending on the extent and duration of the shutoff, and our ability to access our facilities, we may not be able maintain all service through all shutoffs.



Additionally, our industry continues to work with Pacific Gas and Electric Company (PG&E), Southern California Edison (SCE), San Diego Gas & Electric (SDG&E) and other electric utilities to refine and improve the advance notification process.

How will I know what is happening with AT&T's network during a PSPS event or disaster?

Public notification – AT&T is expanding public notification and making a specific effort to expand outreach to consumers at heightened risk during power outages. Additionally, we are publicly disclosing outage information during PSPS events, available at att.com/outages.



Direct contact with AT&T external affairs – We have local external affairs representatives across the state available to work with you as needed to get updates and information. Your local contact is listed below.

How does AT&T maintain its network during Public Safety Power Shutoff events?

Proactive Preparation – AT&T coordinates directly with electric utilities, the California Public Utilities Commission, and the California Office of Emergency Services to prepare for PSPS events. We stage backup power solutions in advance of a PSPS for immediate deployment when electric utilities notify us that they are considering calling a PSPS.

24/7 Monitoring – AT&T monitors network power needs 24/7, which allows us to identify any issues and deploy generators where needed.

Multiple layers of backup power – AT&T's backup power system is robust. We have multiple layers of protection, backup power solutions, and tested planning and preparation protocols.



- Both wireline and wireless networks have backup power capabilities at various points, including batteries and permanent stationary generators at key sites.
- AT&T's central offices in all locations in California are equipped with generators to supply backup power to last at least 72 hours without refueling.
- All wireline and wireless switching centers have permanent stationary generators on site.

Cell Site Backup Power – All of AT&T's macro cell sites have a backup power solution. These solutions last from 4 to 72 hours, depending on the type of facility, and can be extended by adding mobile generators, as conditions allow, and refueling existing generators. AT&T has a system in place to monitor network power needs on a 24/7 basis, identify any issues, and if needed can move our mobile generators to different sites.

Extended backup power and temporary solutions – AT&T may also deploy temporary mobile back-up power solutions that can operate independently and without permanent power.

- Mobile generators are staged ahead of time in safe locations for immediate deployment when electric utilities notify us that they are considering calling a shutoff. With advance notice of a PSPS from electric utilities, and as circumstances allow, AT&T can deploy these assets to affected areas.

Commitment to California Public Safety – In addition to the billions AT&T will invest in improving our California network beginning in 2020, AT&T is spending over \$100 million on our Public Safety Power Shutoff Response Plan.

If you have questions about AT&T's Public Safety Power Shutoff response, please contact: Alice Perez at ap826x@att.com (916) 341-3458

If you are a FirstNet customer, you may also contact your FirstNet point of contact or call 800.574.7000 .



How easily and safely we're able to get from one place to another has a major effect on our quality of life. Livable communities provide their residents with transportation options that connect people to social activities, economic opportunities, and medical care, and offer convenient, healthy, accessible, and low-cost alternatives to driving.

Attribute Measure		Median US Neighborhood	Value
Convenient transportation options Frequency of local transit service	Total number of buses and trains per hour in both directions for all stops within a quarter-mile; measured at the neighborhood scale, higher values are better.	0	0
Accessible system design ADA-accessible stations and vehicles	Percentage of transit stations and vehicles that are ADA-accessible; measured at the metro area scale, higher values are better.	81.7%	67.7%
Convenient transportation options Walk trips	Estimated walk trips per household per day; measured at the neighborhood scale, higher values are better.	0.73	0.75
Convenient transportation options Congestion	Estimated total hours that the average commuter spends in traffic each year; measured at the metro area scale, lower values are better.	17.4	0.0
Transportation costs Household transportation costs	Estimated household transportation costs; measured at the neighborhood scale, lower values are better.	\$10,791	\$12,515
Safe streets Speed limits	Average speed limit (MPH) on streets and highways; measured at the neighborhood scale, lower values are better.	28.0	27.3
Safe streets Crash rate	Annual average number of fatal crashes per 100,000 people; measured at the neighborhood scale, lower values are better.	7.6	30.6

Policies

Safe streets State and local Complete Streets policies	Policy in Place	<input checked="" type="radio"/>
Convenient transportation options State human services transportation coordination	No Policy	<input type="radio"/>
Convenient transportation options State volunteer driver policies	Policy in Place	<input checked="" type="radio"/>
Commitment to livability State and local plans to create age-friendly communities	No Policy	<input type="radio"/>



A livable community fosters interaction among residents. From social engagement to civic action to Internet access, residents' individual opportunities to connect and feel welcomed help lessen social isolation and strengthen the greater community. The Index explores and examines the different ways in which residents engage with and support their communities, and how they impact livability as a whole.

Attribute Measure		Median US Neighborhood	Value
● Internet access Broadband cost and speed	Percentage of residents who have access to three or more wireline Internet service providers, and two or more providers that offer advertised maximum download speeds of 50 megabits per second: measured at the neighborhood scale, higher values are better.	0.0%	88.9%
● Civic engagement Opportunity for civic involvement	Number of civic, social, religious, political, and business organizations per 10,000 people: measured at the county scale, higher values are better.	7.3	5.2
● Civic engagement Voting rate	Percentage of people ages 18 years or older who voted in the last presidential election: measured at the county scale, higher values are better. Voting rates are bounded at 30% and 85%.	55.6%	48.4%
● Social engagement Social involvement index	Extent to which residents eat dinner with household members, see or hear from friends and family, talk with neighbors, and do favors for neighbors: measured at the metro area scale from 0 to 2, higher values are better.	0.98	0.93
● Social engagement Cultural, arts, and entertainment institutions	Number of performing arts companies, museums, concert venues, sports stadiums, and movie theaters per 10,000 people: measured at the county scale, higher values are better.	0.6	0.7

Policies

Internet Access State barriers to community broadband	No Policy	<input type="radio"/>
Civic engagement Early, absentee, or mail-in state voting laws	Policy in Place	<input checked="" type="radio"/>
Equal rights Local human rights commissions	No Policy	<input type="radio"/>
Equal rights Local LGBT anti-discrimination laws	No Policy	<input type="radio"/>
Commitment to livability State and local plans to create age-friendly communities	No Policy	<input type="radio"/>



America was built on opportunity—and our nation’s many thriving communities are no different. The degree to which a community embraces diversity and offers opportunities to residents of all ages and backgrounds is important to overall livability. Backed by a strong regional economy and fiscally healthy local governments, welcoming communities provide residents an equal chance to earn a living wage and improve their well-being, from jobs to education.

Attribute Measure		Median US Neighborhood	Value
● Equal opportunity Income inequality	Gini coefficient (the gap between rich and poor): measured at the county scale from 0 to 1, lower values are better.	0.46	0.47
● Economic opportunity Jobs per worker	Number of jobs per person in the workforce: measured at the metro area scale, higher values are better. Jobs are capped at 1.0 job per person.	0.75	0.71
● Education High school graduation rate	Adjusted 4-year high school cohort graduation rate: measured at the school district scale, higher values are better.	81.3%	84.0%
● Multi-generational communities Age diversity	Age-group diversity of local population compared to the national population: measured at the neighborhood scale from 0 to 1, higher values are better.	0.87	0.90

Policies

Local fiscal health Local government creditworthiness	No Policy	<input type="radio"/>
Economic opportunity State minimum wage increase	No Policy	<input type="radio"/>
Equal opportunity State expansion of the Family and Medical Leave Act	Policy in Place	<input checked="" type="radio"/>
Commitment to livability State and local plans to create age-friendly communities	No Policy	<input type="radio"/>

They say home is where the heart is—and the same holds true for the Livability Index. Housing is a central component of livability. Deciding where to live influences many of the topics the Index covers. We spend more time in our homes than anywhere else, so housing costs, choices, and accessibility are critical. Great communities provide housing opportunities for people of all ages, incomes, and abilities, allowing everyone to live in a quality neighborhood regardless of their circumstances.

Attribute Measure		Median US Neighborhood	Value
 Housing accessibility Basic passage	Percentage of housing units with extra-wide doors or hallways, floors with no steps between rooms, and an entry-level bedroom and bathroom: measured at the metro area scale, higher values are better.	2.6%	4.4%
 Housing options Availability of multi-family housing	Percentage of housing units that are not single-family, detached homes: measured at the neighborhood scale, higher values are better.	18.8%	22.9%
 Housing affordability Housing costs	Monthly housing costs: measured at the neighborhood scale, lower values are better. Monthly costs are capped at \$4,000.	\$999	\$1,603
 Housing affordability Housing cost burden	Percentage of income devoted to monthly housing costs: measured at the neighborhood scale, lower values are better.	18.4%	25.4%
 Housing affordability Availability of subsidized housing	Number of subsidized housing units per 10,000 people in a county: measured at the county scale, higher values are better.	124	189

Policies

Housing accessibility State and local inclusive design laws	No Policy	<input type="radio"/>
Housing affordability State and local housing trust funds	No Policy	<input type="radio"/>
Housing options State manufactured housing protections	No Policy	<input type="radio"/>
Housing affordability State foreclosure prevention and protection	Policy in Place	<input checked="" type="radio"/>
Commitment to livability State and local plans to create age-friendly communities	No Policy	<input type="radio"/>



What makes a neighborhood truly livable? Two important qualities are access and convenience. Compact neighborhoods make it easier for residents to reach the things they need most, from jobs to grocery stores to libraries. Nearby parks and places to buy healthy food help people make smart choices, and diverse, walkable neighborhoods with shops, restaurants, and movie theatres make local life interesting. Additionally, neighborhoods served by good access to more distant destinations via transit or automobile help residents connect to jobs, health care, and services throughout the greater community.

Attribute Measure		Median US Neighborhood	Value
● Proximity to destinations Access to grocery stores and farmers' markets	Number of grocery stores and farmers' markets within a half-mile: measured at the neighborhood scale, higher values are better.	0.0	2.1
● Proximity to destinations Access to parks	Number of parks within a half-mile: measured at the neighborhood scale, higher values are better.	0.0	1.5
● Proximity to destinations Access to libraries	Number of libraries located within a half-mile: measured at the neighborhood scale, higher values are better.	0.0	0.5
● Proximity to destinations Access to jobs by transit	Number of jobs accessible within a 45-minute transit commute: measured at the neighborhood scale, higher values are better.	0	0
● Proximity to destinations Access to jobs by auto	Number of jobs accessible within a 45-minute automobile commute: measured at the neighborhood scale, higher values are better.	55,312	33,390
● Mixed-use neighborhoods Diversity of destinations	Mix of jobs within a mile: measured at the neighborhood scale, higher values are better.	0.81	0.88
● Compact neighborhoods Activity density	Combined number of jobs and people per square mile: measured at the neighborhood scale, higher values are better.	3,567	3,332
● Personal safety Crime rate	Combined violent and property crimes per 10,000 people: measured at the county scale, lower values are better.	304	324
● Neighborhood quality Vacancy rate	Percentage of vacant housing units: measured at the neighborhood scale, lower values are better.	8.8%	1.5%

Policies

Mixed-use neighborhoods
State and local TOD programs

No Policy

Commitment to livability
State and local plans to create age-friendly communities

No Policy

Winters, CA
Yolo County, 95694

59
Total Score

What is Livability?

Livable communities have diverse features that satisfy the needs of people of all ages, incomes and abilities. Learn more about AARP's Livability Index at www.aarp.org/livabilityindex.

Top Third
67 - 100+

- 84**  **HEALTH**
PREVENTION, ACCESS, AND QUALITY
- 75**  **ENVIRONMENT**
CLEAN AIR AND WATER

Middle Third
34 - 66

- 60**  **NEIGHBORHOOD**
ACCESS TO LIFE, WORK, AND PLAY
- 53**  **HOUSING**
AFFORDABILITY AND ACCESS
- 52**  **OPPORTUNITY**
INCLUSION AND POSSIBILITIES
- 49**  **ENGAGEMENT**
CIVIC AND SOCIAL INVOLVEMENT
- 40**  **TRANSPORTATION**
SAFE AND CONVENIENT OPTIONS

Bottom Third
0 - 33

This community does not score below average in any of the seven Livability categories.

Learn how you can make your community more livable and raise your score, visit www.aarp.org/livabilityindex.
For policy research and analysis on livable communities, visit www.aarp.org/livablepolicy.
For general resources on livable communities, including AARP's Network of Age-Friendly Communities, visit www.aarp.org/livable.

WEST SACRAMENTO Implementing AGE FRIENDLY COMMUNITIES

Start with thinking about how it's all going to be implemented," he said.

It's easy to conduct a survey, create an action plan and then assign a few people to implement the plan, he said.

"But that almost never produces real change, and especially not the kind of transformative change that we're seeing with things like this microtransit pilot, or what we hope to do with the volunteer piece," Cabaldon said.

For West Sacramento, what made the age-friendliness plan actionable was recognizing the real reason age-friendly issues were not at the forefront before. Instead, they were relegated to a single commission that had little power.

The antidote to the plan that just sits on a shelf gathering dust is having a plan that emphasizes action.

Another secret weapon for West Sacramento's age-friendly action plan was AARP.

The city partnered with AARP early in the process, adopting the organization's existing age-friendly framework and obtaining ideas, volunteer support and even funding from the organization.

Deputy Mayor Jon Robinson, who heads the city's age-friendly efforts, describes AARP's framework as structured enough to provide a helpful path forward, but flexible enough to be integrated with things the city is already doing. The city created the plan simultaneously with its state-mandated comprehensive general plan. Those plans overlapped significantly.

Cities who apply for and are accepted into AARP's Network of Age-Friendly Communities commit to producing a plan within two years -- and then implementing the plan over the next three years. After the initial five-year commitment, cities must recertify and continually adjust their plan if they wish to stay in the network.

In West Sacramento's case, AARP provided a grant to help fund a statistically valid, mailed survey of all city residents over the age of 45. The city held focus groups at a senior residence and in an underserved neighborhood. Focus group participants filled out the survey. The survey was also distributed with Meals on Wheels, at public meetings, in utility bills and online.

Another AARP grant allowed the city to offer free rides for seniors learning to use the new rideshare service. Coupled with community training sessions, the promo codes helped older adults adopt a potentially daunting new service.

AARP also connected West Sacramento with experts in a number of areas and even provided volunteers to assist the city in registering seniors to try the rideshare program.

Among AARP's most valuable gifts to West Sacramento was its help in shifting the mindset of public policy makers and community partners.

All too often, Cabaldon said, society defines seniors by a set of deficits. With this deficit-oriented mindset, services for seniors can feel limiting and depressing rather than engaging and uplifting.

"We found we got a lot more engagement with seniors when we focused on possibilities," he said. "They don't want to hear, 'This is how we're dealing with your lack of mobility and your health challenges and your dementia.'"

"They have the same aspirations and hopes as everyone else."

The idea is to address seniors' needs without focusing on negative stereotypes or deficits.

For example, prior to the age-friendly action plan, West Sacramento may have viewed its shift from buses to microtransit as an updated paratransit, or service for individuals with disabilities.

"But what we heard back was folks weren't going to use that," Cabaldon said. "They wanted to get in a cool Mercedes Benz and pretend they were going off to a kickboxing class or something. Or maybe they actually wanted to take a kickboxing class."

Assisted Living Facilities
And Other Licensed Residential Care Facilities

1. What are we doing?
2. What are we trying to measure in the survey?
3. What will we do with the information?
4. Monkey Survey is FREE – Marianne will analyze these services.
Once data is collected, what then?

Proposed SURVEY Version #1

1. Would Winters benefit from an Assistant Living Facility or a Skilled Living Facility?

Assistant Living Facility: *(definition by Cheryl)* How Important: 1 2 3 4 5
(1 less important – 5 most important)

Residential Care Facility for the Elderly (RCFE): A housing arrangement for persons, 60 years of age and over, where 24-hour non-medical care and supervision is provided. RCFE are often referred to as assisted living facilities, or board and care homes.

Skilled Nursing Facility: *(definition by Cheryl)* How Important: 1 2 3 4 5
(1 less important – 5 most important)

SNFs: A health facility that provides skilled nursing and supportive care to persons who needs this type of care on an extended basis.

2. Are you or a member of your family interested in Assistant Living/Skilled Living Facility in Winters?

Under the next 5 years	<input type="checkbox"/>	Not Sure	<input type="checkbox"/>
From 5 to 10 years	<input type="checkbox"/>	Not Sure	<input type="checkbox"/>
Over 10 years	<input type="checkbox"/>	Not Sure	<input type="checkbox"/>

3. What services would you or your family be interested in?
 24 hour care Limited Medical Supervision Recreation Services OTHER _____

4. What would be your deciding factor (s) in choosing an Assistant Living Facility or Skilled Nursing Facility for you or your family member?
 Cost Location Services Medical condition OTHER _____

5. Household Income:
 \$1- \$20,000 \$20,000 - \$50,000 \$50,000 - \$100,000 \$100,000 +

Other notes:

Survey should be in English & Spanish

After approval from Commission – Announcement in the WINTERS EXPRESS

MONKEY SURVEY download at the following:

City of Winters WEB SITE

Winters Senior Foundation: get permission for there email list to forward

Neighbor Website (need permission?)

Hard copies of Survey:

Water statement insert

Winters Express

Senior Club

Businesses – Post Office, etc. (Marianne has a list)

Senior Apartments

Etc: _____