



Membership Application

To join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Cities and Communities

APPLICATION SUBMISSION DATE:

April 5, 2017

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY:

Novato

NAME OF THE STATE:

California

POPULATION SIZE:

54,194

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60:

26%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT:

Denise Athas, Mayor

OFFICE ADDRESS OF THE SIGNER:

Denise Athas
Mayor, City of Novato
922 Machin Avenue
Novato, CA 94945

Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES. The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

Please describe the named person’s role in the city or community’s age-friendly initiative:

Dr. Hagerty is a Professor Emeritus at UC Davis. He is a Commissioner serving on the Marin County Commission on Aging. The Commission is a federally mandated advisory council to the Marin County Board of Supervisors. The Commission works closely with Aging and Adult Services on behalf of Marin County’s older adults. He chairs the Novato Age-Friendly initiative.

Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS

1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans can become more age-friendly.

The city of Novato is already a leader in quality of life for aging adults. AARP ranked Novato first in the nation among small cities in health (AARP’s Livability Index), and in the Top 10 for entertainment, cultural, and arts access. The Age-friendly Task Force has worked with Novato city planners to integrate age-friendly precepts into the Novato General Plan 2035, which is the city’s long-term strategic plan and roadmap for the future.

The chart presented on the next page reflects the City of Novato’s current community policies, programs and services for older adults. They are listed within the eight domains of livability for older adults:

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| <p>1. Outdoor Spaces and Buildings</p> | <ul style="list-style-type: none"> • 23 city-owned parks, 3 county parks and 1 state park. • 15 public facilities including senior center, pools, and day care. • Most facilities have been fitted with ADA-conforming ramps, elevators, and toilets with handicap access. • Ongoing program to retrofit remaining buildings to ADA conformance. |
| <p>2. Transportation</p> | <ul style="list-style-type: none"> • Trains: SMART train with fast service from Santa Rosa to San Rafael, expanding to Larkspur Ferry • Buses: Golden Gate Transit from Santa Rosa to San Francisco, seniors get 50% off; Whistlestop Wheels provides door-to-door service for seniors and disabled • Taxis: Novato Dial-a-Ride door-to-door service with 2 hour notice. Catch-a-Ride within Marin County at a reduced rate for seniors and disabled; • Autos: STAR system by Whistlestop reimburses volunteer drivers for mileage when they provide door-to-door trips; For the handicapped driving themselves, priority parking spaces for handicapped near most buildings. |
| <p>3. Housing</p> | <ul style="list-style-type: none"> • 556 units for seniors in 10 developments, most with deed-restrictions on maximum income • 526 units in 2 Senior Mobile Home parks • 245 units in Assisted Living & Residential Care Homes • 181 beds in Skilled Nursing Facilities |
| <p>4. Social Participation (Access to leisure and cultural activities, and opportunities for social and civic engagement)</p> | <ul style="list-style-type: none"> • Margaret Todd Senior Center/Novato Independent Elders Program: enrichment and fitness courses, multicultural events, game groups, specialty groups, outreach services, yoga, line-dancing, bocce ball, volunteer work. • Novato Senior Citizens Club: socializing, magazine exchange, sign-ups for catered lunches, overnight and day trips, and special events. The club hosts Sunday Bingo, Thursday Crafters' group, Sunday Brunch. • Novato Village: one of a national network of villages offering work exchanges, luncheons, coffees, walking groups. • Novato Community Events: Novato Art, Wine & Music Festival, Pacheco Plaza Summer, Music Series, Sunday's on Sherman, Downtown Farmers' Market, Special Olympics, Torch Ceremony, Nostalgia Days Rod and Custom Car Show, Marin Summer Theatre, Novato Space Festival, 4th of July Parade, Marin Museum of Contemporary Art, Novato Theatre Company performances, Marin Museum of Contemporary Art annual, Meet the Marin Farmers Reception and Dinner, Ride the Lake Fundraiser, and Novato Sunrise Rotary Oktoberfest. |
| <p>5. Respect and Social Inclusion</p> | <ul style="list-style-type: none"> • Crime rate: 228 crimes per 10,000 people vs 304 Median US neighborhood. • Access to Parks: 0.8 parks within a ½ mile walk of home. • Access to Libraries: .2 libraries within a ½ mile walk of home. |
| <p>6. Civic Participation and Employment</p> | <ul style="list-style-type: none"> • Voting rate: 68% compared to 56% nationally. |

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| | <ul style="list-style-type: none"> • Cultural, Arts, and Entertainment institutions: 3.0/10,000 compared to 0.6/10,000 nationally. • Unemployment rate: 3.3% vs. 6.2% in California • Citizenship classes, ESL classes, and Alma Latina group at MTSC. |
| 7. Communication and Information | <ul style="list-style-type: none"> • City of Novato website: government services and community activities for seniors • Margaret Todd Senior Center (see above) • Friendship Line – Via telephone contact with seniors, trained staff and volunteers provide well-being check-ins, crisis intervention, and referrals. Staffed 24 hours every day of the year. • Marin County Aging and Adult Services – 457 - Information and assistance help line • Travel Navigators – Operated by Marin Transit, this is an informational resource for public transit trips |
| 8. Community Support and Health Services | <ul style="list-style-type: none"> • Novato Community Hospital: 24 Hour Emergency, General Surgery, Intensive Care and Laboratory Services, with 40 beds (8 for Intensive Care). • Kaiser Permanente Hospital within 5 miles: 24 Hour Emergency, General Surgery, Intensive Care and Laboratory Services. • Kaiser Novato Medical Offices for ambulatory care, with imaging and laboratories. • Marin Community Clinics: 2 medical and 1 dental clinic in Novato. • Episcopal Senior Communities/Novato Independent Elders Program at MTSC: Dining site, the Produce Market, Brown Bag Market, Home Delivered Grocery Program, Health Services Day, Flu Clinics, ongoing educational workshops, Rotary Home Team (assists with small home repairs), Yardwork assistance, blood pressure checks. • Meals on Wheels • Disaster preparedness classes offered by Fire Dept, and first-responders are trained and organized. |

2) How will the community engage and involve older people in the process of becoming a more age-friendly?

Our Age-friendly Task Force is comprised of older adults who are active in leadership roles on the Marin County Commission on Aging, Novato Village, Margaret Todd Senior Center, Independent Elders’ Program, the League of Women Voters, Novato Senior Citizen’s Club and the Novato Human Needs Center. Our plan is to widen this network by partnering with local service groups (i.e., Novato Rotary, Novato Sunrise Rotary, Novato Lions, Novato Sons-in-Retirement, Soroptimists International of Novato, faith-based organizations, etc.) In addition, we plan to promote age-friendly within the business community (older adults have money to spend...why not spend it locally?) We plan to leverage all these connections to build awareness, generate support, seek out the under-represented, identify service gaps, and recruit volunteers.

3) Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

The Novato Age-friendly movement enjoys the strong, unanimous support of Novato City Council members, and those relationships will continue to be nurtured by the Task Force. As we've indicated, age-friendly concepts have been integrated into the City of Novato's long-term Strategic Plan. In addition, three Task Force members are County Commissioners serving on the County Commission on Aging. These factors provide a unique opportunity for Novato to collaborate and integrate resources both on a city and county level to benefit older adults in the Novato community.

Section 4: NETWORK MEMBERSHIP

Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

4) How do you hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

The Novato Plan includes the development of a robust website that will reflect Novato's Age-friendly Plan, projects, activities, goals, etc. This will enable us to share our progress with all communities, thus encouraging interest in the Age-friendly movement. We are working with the Novato City Council to develop an innovative financial plan that will assist older adults who are "house-rich/cash-poor" (not uncommon in Marin County.) Once finalized, we look forward to contributing that information to the WHO database of innovative age-friendly programs. Finally, one of the Novato Task Force's ongoing activities includes networking with other cities in our county, encouraging them to become more Age-Friendly and to apply for the designation.

5) What motivated your community to join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

With the high percentage of older adults living in our community, it became clear that this designation would benefit Novato for a number of reasons. It would provide our small town with access to a global network of experts in aging, the latest news on age-friendly community projects, best practices, and model legislation. Also, it would give us the opportunity to collaborate with other age-friendly communities. Perhaps most importantly, the designation would stimulate a formal, ongoing assessment of Novato's progress in meeting the needs of its older citizens not only today, but for years to come.

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6) Please provide a digital (JPG, PNG or PDF) file or link of a logo or other image that represents your community.



THE CITY OF
NOVATO
CALIFORNIA