



Membership Application

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

- If you have questions while completing this form, please email livable@aarpp.org.
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 8/29/2017

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: City of San Rafael

STATE: California

POPULATION SIZE: 59,000

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 24.5%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Mayor Gary O. Phillips,
City of San Rafael

OFFICE ADDRESS OF THE SIGNER: 1400 Fifth Avenue, Room 203, San Rafael, CA 94901

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.

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

Chair of San Rafael Age-Friendly Task Force; Chair of San Rafael Village

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 to become more age-friendly.

The City of San Rafael is beginning its community planning process for the update of its comprehensive long-range plan. General Plan 2040 will address community growth and physical development. There will be a "General Plan Steering Committee" formed to provide guidance, oversight and direction. There is a designated senior community representative to ensure that the aging population's needs and concerns are appropriately addressed. This representative will be closely linked to the SR Age-Friendly Task Force and their work. Highlights of existing policies that can be built upon include: HOUSING: San Rafael's General Plan 2020 specifically encourages housing that meets the needs of SR's older population, including Junior Second Unit ordinance adopted 2016,, Alternative low income housing options, full service senior communities as well as memory care and assisted living, continued policy support to preserve programs to help special needs populations, by preserving existing affordable rental housing and continued support for permit streamlining, house sharing, aging in place assistance.; TRANSPORTATION: SMART Train service to begin in 2017 with two stops in San Rafael, including downtown, Whistlestop provides door-to-door transportation for seniors and disabled, San Rafael Village provides rides to seniors through a network of volunteers and Golden Gate Transit Bettini Transit Center in downtown SR with bus service linked to San Francisco, airports and throughout the County; OUTDOOR SPACES: 3 community centers offering active seniors programs with 1,100 members, Multicultural services provided by Whistlestop, congregate meal sites at two community centers, 19 neighborhood parks, 6 community parks, 1 County park and 1 State park. SOCIAL PARTICIPATION: City Sponsored workshops coordinated with local non-profits to educate and support older adults, Goldenaires club for seniors offering a variety of activities, Farmer's Markets downtown and yearly at Civic Center, San Rafael Village -offers social activities, Osher Life Long Learning Institute at Dominican University - classes and events for older adults, College of Marin Emeritus classes and 3 library branches. COMMUNICATION: City of San Rafael website and Snapshot electronic newsletter, San Rafael Village e-newsletter and webpage, Nextdoor social media neighborhood communication tool city wide, Marin County Aging and Adult Services Information and Referral Help Line, Whistlestop Annual Directory of Older Adult Services, Federation of San Rafael Home Owner's Associations, Marin IJ and News Pointer daily and weekly newspapers. COMMUNITY SUPPORT AND HEALTH SERVICES: Marin County Health and Wellness Campus with public health clinics, Marin Community Clinics (FQHC), Kaiser Permanente hospital and outpatient services, Marin General Hospital, Sutter Health and Rotocare free clinic in downtown San Rafael.

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

San Rafael (SR) is the county seat of Marin County and has Marin's largest senior population. Following are some strategies we will undertake to engage and involve older and younger people as volunteers in our Age-Friendly efforts: SR is composed of 26 unique neighborhoods. 3 umbrella organizations serve these geographic groups – a Federation of SR Neighborhoods, North SR Coalition of Residents and Point San Pedro Road Coalition. The Canal Alliance represents a fourth area, (Canal). We believe these neighborhood associations and coalitions will provide linkages and opportunities for assistance in assessing and prioritizing needs, sharing information and outreach in general to older residents; SR is a central address for many of the non-profit organizations who provide a variety of services to seniors in SR and countywide. These organizations offer a variety of support services including transportation, socialization, health services, information and referral. In addition, we have several retirement communities whose residents would benefit from age-friendly facilities and programs. Each of these offer opportunities to meet with older adults and communicate with senior clients through newsletters and programs to find out what changes are needed; Our active non-profit community provides opportunities for us to plan with all of San Rafael's culturally diverse populations as well as veterans and older homeless adults. The Marin

Interfaith Council is headquartered in SR and we will seek their assistance in reaching out to the numerous faith communities in our city; SR is also home to a host of service organizations such as Rotaries, Lions and Elks Clubs, breakfast clubs, professional associations and civic groups that meet regularly and offer opportunities for programs and discussions about local community issues. Many members and leaders of the organizations are seniors, retirees, and community activists. They also provide a way to learn what would most benefit San Rafael's older residents; Several Marin housing advocacy organizations are based in SR, including the League of Women Voters, the Coalition for a Livable Marin, Marin Environmental and Housing Coalition and Sustainable San Rafael. These groups are already developing policy proposals that would make it easier to build more housing for older residents who would like to downsize or find a place with memory care or assisted living; Our County of Marin Commission on Aging plays an active role in the development of Age-Friendly communities across the County and San Rafael's representatives on the Commission on Aging play leadership roles on the San Rafael Age-Friendly Task Force. They will provide information to senior neighbors and help assess local needs. We intend to connect with these and other coalitions whose interests intersect with ours around such issues as accessibility, safety, transportation, housing and other issues of importance to an Age-Friendly community. Through meetings, focus groups and surveys we will develop a plan that represents the interests of all of San Rafael's residents, both young and older.

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.

Members of the San Rafael Age-Friendly Task Force have met with city stakeholders and/or government representatives to generate support and coordination of Age-Friendly planning. A brief introduction of the Age-Friendly Community Coalition's planning efforts was reported to the San Rafael City Council in May 2017. The Mayor and city council members have agreed to support the AARP/WHO application process and submitted a letter of endorsement. The Age-Friendly Task Force has a wide network to ensure a collaborative process. A City Council member, who is an active member for the Task Force meets semi-monthly with the City Manager, Community Development Director and the Interim Park and Rec Manager to present updates and specific requests as the application and subsequent implementation processes evolve. Marin County Commission on Aging representatives to the City of San Rafael are Task Force members who report to and have the support of the Marin County Board of Supervisors. In addition, the Program Director of the Aging Action Initiative who oversees the collaboration of over 100 county-wide agencies and groups working for an age-friendly Marin, is a member of SR Age-Friendly Task Force. Age-Friendly groups from throughout the County have formed the Age-Friendly Marin Network which meets monthly. The four WHO/AARP designated Age-Friendly cities' representatives serve as mentors to other Marin communities for the application and planning efforts. The SR Age-Friendly Task Force works closely with the County Division on Aging and the Commission on Aging in their respective county-wide efforts of advocacy, education, resources and services for seniors. Each of the previously stated departments, agencies and networks have agreed to work collaboratively with the SR Age-Friendly Task Force and with each other to support San Rafael becoming a member of the AARP/WHO Network of Age-Friendly Communities.

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 City of San Rafael is committed to preparing for its rapidly growing aging population. We embrace WHO/AARP's approach to active aging as a life-long process that focuses on health, social and civic participation and the engagement of the entire community. San Rafael, with a population of 59,000, is a suburban/urban community, ethnically diverse (28% Latino, 4% African-American and 9% Asian and uniquely connected to the County of Marin through its designation as the County seat. As we plan for an more Age-Friendly community, we will research and share best practices relating to similarly situated communities in the Bay Area and beyond, as well as share innovative new approaches and programs for marginalized populations such a veterans and people who are homeless. As the most diverse city in Marin County, which has distinct inequities in income and health outcomes for both aging adults and the general population, we are committed to developing strategies that address these distinctions as part of our community plan. Along with the data from our needs assessment, we will be sharing these findings with with Network.

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?

Key motivational factors for San Rafael (SR) to join the AARP/WHO Age-Friendly movement: To answer the call to action and become part of creating an Age-friendly World; To recognize that San Rafael, the 20th mission in California, was first recognized as a place of healing for neophytes at the SF mission. This statement from the City General Plan "living well in San Rafael" sums up the quality of life today. We want to keep that for San Rafael's aging residents; To maximize the role that SR has as the hub of Marin County and the most diverse city in Marin County; To make the most of SR's potential as the most urban area of Marin to help our low income seniors living here and the growing number of people aging in SR; To create a city where individuals who live and contribute so much to their community can stay and continue to be a vibrant and essential part of the culture; To meet the need for choice in viable, affordable and safe housing for SR's older residents; To combat the effects of ageism as a form of social discrimination and a determinant of health; To provide viable job opportunities for seniors who need and want to work; To support health systems that meet the needs of older people; To focus on long-term healthy systems, including older people taking care of other older people; To address income disparities that result in health care inequality -very few private practice physicians accept Medicare and fewer still accept Medi-Cal.

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

The image resolution should be at least 72 dpi. As an example of an image, here's ours >



<https://www.cityofsanrafael.org/documents/city-logo/>