



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: 11/6/2017

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Arlington

STATE: MA

POPULATION SIZE: 43,000

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 23%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Adam Chapdelaine,
Town Manager

OFFICE ADDRESS OF THE SIGNER: 730 Massachusetts Ave., Arlington, MA 02476

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]

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

Susan Carp, the Executive Director of the Arlington Council on Aging will be the community contact for the AARP Network of Age-Friendly Communities. The Council on Aging is the town department designated to provide advocacy, support services, and programs to help Arlington elders live dignified and independent lives. The Council's primary responsibilities encompass the design, promotion, and implementation of programs and services that address the needs of Arlington's elder population. The Arlington Council on Aging is able to do this through collaboration with both private and public agencies and services in the community. Additionally, positive development happens through partnership with the Massachusetts Executive Office of Elder Affairs. Ms. Carp will manage the initiative in collaboration with other community stakeholders including, older adults, town departments, and local aging services agencies. Alongside her, Carp has retained Anita Albright, an AARP volunteer and private consultant to provide guidance during Phase 1. Kya Roumimper, a graduate fellow the Merrimack College Community Engagement degree program, will be working with the Council on Aging from August 2017 to May 2018.

During this period she will assist in the Age Friendly planning phase through continuous community outreach and research.

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 Arlington Council on Aging, administrative services, and senior center is located at 27 Maple Street. Under the Department of Health and Human Services, the Council on Aging's designated focus is the older adults in the community. The Council provides a central gathering point in the community where citizens can congregate for programs and services. To increase accessibility and capacity the COA partners with the town library, local movie theater, and school department to host multigenerational programming. The municipality promotes to support health and social well-being such through Tai Chi for Arthritis, Chronic Disease Self-Management, medication practices, stress management, exercise programs, lectures, support services, and other social programs. The Council is also responsible for coordinating the AARP Tax Service, Community Teamwork, and Fuel Assistance for all ages. With all 43,000 citizens cohabiting just 5.5 square miles, all programming sites are designed to be near public transportation. For those who need assistance with transportation, the COA has an impressive volunteer system that helps fill that need gap. Additionally, the town of Arlington will be updating its ADA Self-Evaluation and ADA Transition Plan next spring. There will also be significant renovations to the Senior Center, the main hub for the seniors and the venue for many intergenerational programs. Lastly, our Housing Production Plan, which was adopted by the Arlington Redevelopment Board and Board of Selectmen, recommends that the community adopt an Accessory Dwelling Unit bylaw and make other modifications to zoning and policies/ practices to accommodate older people and people of all abilities.

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

The Council on Aging's mission includes the inclusion and participation of older adults in the programs and processes that affect our everyday lives. We will use a variety of methods to continue this work during the Age-Friendly Initiative including affinity groups, community meetings, and outreach via various platforms. We will provide access points for information through multiple initiatives. We plan to speak on the Age-Friendly Initiative on our cable program, "Living Out Loud" that is filmed every Thursday. Additionally, we will facilitate meetings throughout the community by utilizing relationships with the five HUD properties, houses of worship, and the two town libraries. We will invite the older adults at these events to participate on our Age-Friendly advisory committee. Additionally, our intergenerational programs will deconstruct age barriers and provide a platform for people under and over the age of 60 to converse. Furthermore, we will also use an age-friendly survey to assess the age-friendliness of Arlington and help with the development of a Livable Community action plan. The community outreach initiatives will foster a sense of urgency for catalyzing change in the community. We are ensuring that we are taking measures to invite all people to the table and giving them the space to voice their thoughts. Beyond inclusion, the community will be the leaders in identifying need and strategizing solutions for a successful process. No planning initiatives will take place without their voice. Arlington highly values community engagement and this initiative is a great opportunity to foster good relationships. The Council on Aging's Board of Directors actively supports our town in becoming more age-friendly. The members represent a broad cross section of our community and bring valuable years of experience in social, health, and financial services as well as aging programs. Likewise, the Community Engagement Fellow will be attending every committee meeting over the course of the academic year to further collaboration and outreach.

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.

Under the management of the Town Manager, Adam Chapdelaine, there is a concerted effort to foster town-wide collaborations for the Age-Friendly Initiative thus facilitating access to various town departments and opening lines of communication. Additionally, the Council on Aging is a part of the larger organizational structure that is Health and Human Services, enabling participation of people and programs that benefit groups of all ages. The resulting town management support, existing collaborations, and the health and human services model will bring greater visibility and create momentum for community wide projects. The Council on Aging has a long history of creation and implementation of programs for older adults through collaboration with agencies and local businesses. The COA intends to build upon these relationships and engage them in the campaign for a livable community in Arlington. The Age-Friendly Initiative will catalyze joint effort of positive community development. The support of the Age Friendly Initiative by the town manager will promote trans-departmental communication and collaboration across thirty-two departments. This will promote utilization of every opportunity that arises in the town budget to enhance the lives of all age groups.

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?

Arlington has already begun to work in several of the World Health Organization domains and intends to continue this work for the Age-Friendly Initiative. The campaign will provide Arlington with an opportunity to learn from and reflect on the successes of other cities and towns. In turn, we will be able to contribute the models of change that have worked in our community with the hope that other regions will be able to adapt them to their needs. We seek to benefit from and contribute to the resources needed to become an Age-Friendly community by utilizing national and global research, theories, frameworks, and practices.

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?

According to the 2012 Arlington census roughly 28.23% of the population is age fifty-five or older. This represents more than a quarter of our citizens and informs us that Arlington is seeing this demographic shift at a higher rate than Massachusetts is. With any population shift, we have to ask ourselves how we are going to build capacity for the health of all our citizens. The Council on Aging has served as a spearhead within the community for the engagement and perspective of people of all ages to bridge intergenerational barriers. We truly strive to become a community to ensure that older adults live safe and dignified lives. We hope to utilize AARP and WHO's network of Age-Friendly Communities in our efforts.

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.arlingtonma.gov/departments/health-human-services/council-on-aging>