



## 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@aarp.org](mailto:livable@aarp.org).
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 1/31/2018

### Section 1: COMMUNITY DETAILS

**NAME OF THE COMMUNITY:** City of Glen Cove

**STATE:** New York

**POPULATION SIZE:** 26,964

**PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60:** 36.57%

**NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT:** Mayor Timothy Tenke

**OFFICE ADDRESS OF THE SIGNER:** Glen Cove City Hall, 9 Glen Street, Glen Cove, NY 11542

### 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]

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

Carol Waldman is the Executive Director of the Glen Cove Senior Center which currently serves the nutritional, recreational, social, and physical needs of over 1,800 members age 60 and older in the City of Glen Cove and surrounding communities in Nassau County. She oversees their health and well being by supervising counseling, case management, outreach, and advocacy efforts on behalf of older adults. She is on the Board of the Glen Cove InterAgency Council (IAC) and interacts on a daily basis with other government, civic, educational, religious, and human service organizations. She is President of the Nassau County Senior Service Providers Coalition which collaborates with the Nassau County Office for the Aging to provide vital programs and services to senior citizens. She has received numerous awards for her community activism on behalf of older adults and was the inspiration behind an important conference on aging and creativity to fight ageism in collaboration with Hofstra University. As the Liaison for the Glen Cove Senior Advisory Council to the Mayor, Carol brings suggestions for new initiatives for the Senior Advisory Council to work on each year. In an effort to meet the growing needs and challenges of our older population, she researched the AARP model for Age-Friendly Communities and realized it is exactly the direction Glen Cove is heading in but that we could benefit greatly from best practices in areas that we still need to

advance (such as more affordable housing, more adequate transportation options, and walkable streets.) She and the Advisory Council are eager to have access to model programs that Glen Cove can replicate, as well as be able to offer Glen Cove's creative solutions to what had been challenges to assist other communities.

### **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 Glen Cove is fortunate to have a thriving Senior Center which has a full time social worker and a social model adult day component to provide respite for caregivers of seniors with special needs. The Center itself provides daily transportation to health and wellness classes, recreational activities, social service support, a nutritious lunch, and weekly food shopping. The Glen Cove Senior Advisory Council to the Mayor is comprised of City residents and leaders from many areas including mental health, education, and religious organizations who meet monthly to receive a report from the Director of the Glen Cove Senior Center and to discuss ways to improve the quality of life of the City's older residents. The City has a seasonal men's homeless shelter, and low income and senior housing through the Housing Authority and private ownership. The City's Community Development Agency's Residential Rehabilitation Program for income eligible seniors provides funding for home repairs, energy efficiency, and handicap accessibility. The City hosts three assisted living facilities and three rehabilitation facilities that have strong relationships with the Senior Center. The City is very proud to promote a strong intergenerational link between the Senior Center and the many public and private schools, Boys and Girls Club, and the Youth Bureau. The City has a number of recreational and cultural facilities, a library, hospital, Police Department, Fire Department, EMS, and a Volunteer Medical Transportation Program that provides rides to and from medical appointments within the City. The Senior Center has a police liaison who comes to the Center each week to inform members of current scams, as well as to create a strong relationship for open communication on a number of safety issues. Although there is a public bus that comes through Glen Cove, the City provides a free service Loop Bus that stops at a number of strategic locations (ie. library, hospital, shopping center) each weekday. The City hosts two taxi companies that offer senior discounts, and has two train stations for access to New York City. As well, Glen Cove is the only local community that hosts a Senior Recognition Day to honor its centenarians and all seniors within the surrounding area. In hopes of obtaining Age-Friendly status, the Senior Advisory Council created a separate Advisory Committee made up of thirty-one members of the local community representing all eight AARP initiatives including leaders of government, housing, school systems, religious organizations, senior living, health care, and emergency management among others. This Committee will report to the Senior Advisory Council to the Mayor as well as other City representatives.

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

Through the leadership of the Glen Cove Senior Center, the Mayor's Office, and the Senior Advisory Council to the Mayor, we have conducted three senior focus groups, exploring the challenges they face and suggestions they had for making our City more "liveable" and appealing to them. The three groups were comprised of seniors from the community from diverse educational, cultural, and economic backgrounds. Each group was presented with two of the eight AARP initiatives to discuss and this provided important feedback for continued dialogue. We would expand these focus groups to include younger and older senior residents for their insight on the issues seniors care about and for what improvements we can make to ensure their wellbeing. We plan on holding more focus groups going forward and involving the Senior Center's Site Council to help disperse information and receive feedback. We will also create outreach materials which will be sent out to the local papers, placed on the Senior Center's and City's website and Facebook page. We will talk about the initiative on our radio show: Senior Moments, which airs from a local University, and we will hold and participate in Town meetings to seek suggestions and ideas from the the surrounding communities' senior groups.

**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 Glen Cove Senior Advisory Council to the Mayor created a special Age-Friendly Advisory Committee consisting of thirty-one members of varying ages and affiliations from the local community who will meet regularly to address the suggestions that have been put forth through the focus groups and other outreach efforts. They will be an advocacy force to implement new projects and services as needed. They will also look into best practices from other communities and pursue funding for new initiatives, with the support of the Glen Cove InterAgency Council and the Glen Cove Community Development Agency. This committee will report to the Senior Advisory Council to the Mayor, as well as other City representatives. Working with all of these groups will ultimately ensure that residents of all ages will be heard and represented. A volunteer administrative team has been put into place that consists of a senior and two non-seniors, one affiliated with our local hospital. Since discussion began about applying for Age-Friendly status through AARP and the WHO, an idea already germinated about creating a special area in one of our local parks for caregivers of loved ones suffering from dementia. This would involve the Senior Center, an assisted living, Parks and Recreation, the City Council, the Senior Advisory Council to the Mayor, the Age-Friendly Committee, and one of the Alzheimers Organizations.

#### 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?

By improving our little corner of the world, we hope to create a ripple effect that flows outward through Nassau County and New York State. As we work to become an Age-Friendly community, we will share our initiatives and ideas with others, thus expanding the the AARP/WHO community.

#### 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?

Carol Waldman, Executive Director of the Glen Cove Senior Center, read an AARP review of the City of Glen Cove. As much as the City has to offer, it was not rated very highly in a few areas, particularly in the area of housing. Carol was then motivated to suggest to the Glen Cove Senior Advisory Council to the Mayor that 2018's (and beyond) project should be to work with AARP/WHO to become an Age-Friendly City. In doing so, we would have the opportunity to enhance our current programs and services and create new and exciting goals that will improve communication, health and wellness, housing, transportation, employment opportunities, safety, and civic and social involvement.

#### 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 >



*Click here to add a link to where we can find your logo. Or, send us your logo by email attachment to [livable@aarp.org](mailto:livable@aarp.org).*