



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

APPLICATION SUBMISSION DATE: 5/14/2018

### Section 1: COMMUNITY DETAILS

**NAME OF THE COMMUNITY:** Village of Arlington Heights

**STATE:** Illinois

**POPULATION SIZE:** 75,101

**PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60:** 24%

**NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT:** Thomas W. Hayes,  
Village President

**OFFICE ADDRESS OF THE SIGNER:** Village of Arlington Heights, 33 S. Arlington Heights Road, Arlington Heights, IL 60005

### 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:

A retired physician who specialized in Endocrinology and Metabolism and who is a 40-year resident of Arlington Heights, Dr. George S. Motto has always believed that a healthy lifestyle, proper nutrition, physical activity, clean environment, as well as involvement with others-family, friends, community-is necessary for living well for all age groups. As a member of the Arlington Heights Senior Citizens Commission (AHSCC), the American Society on Aging (ASA) and the American College of Lifestyle Medicine (ACLM), Dr. Motto learned of the AARP/WHO network of designated Age-Friendly communities. He immediately realized the social, economic and demographic achievements of the Village already reflect the spirit of the Age-Friendly Communities program. Dr. Motto believed it would be reasonable and appropriate to work with the Village to achieve this designation which is actually an application of his holistic approach to healthy living and aging. After a year of discussion and planning, the AHSCC accepted the challenge of working for the AARP/WHO Age Friendly Community designation, and recommended to the Village President and Board of Trustees that they endorse the plan, which they did. As chairperson of the Arlington Heights Age-Friendly Community Certification Committee, Dr. Motto will coordinate the total community effort in this regard.

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### **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.**

Arlington Heights has a long history of being active, as well as proactive in its approach to caring and planning for the physical, emotional and spiritual needs of older people. Due to actions taken in the 1980's and 1990's the Village has a very active Senior Center, supported by Village funding, which is the hub of Arlington Heights senior services and activities. The current Senior Center, built in the late 1990's, is a state-of-the-art facility incorporating under one roof non-profit service agencies including Catholic Charities, Northwest Senior Services, Catholic Charities Community Development and Outreach, Escorted Transportation Service Northwest, Northwest Community Healthcare, the Arlington Heights Park District, Arlington Heights Memorial Library, the Village of Arlington Heights Health and Human Services Department, the Arlington Heights Nurses Club Lending Closet, and Arlington Heights Senior Center, Inc., the not-for-profit fund raising agency for the Senior Center. The gathering of all these existing entities under one roof was planned and developed after exhaustive surveys, focus groups and town hall meetings conducted and administered by the AHSCC. Additionally, each of the Village departments and agencies are continually communicating to develop age-friendly practices and programs. Recent new programs include an Intergenerational Snow Removal Program for seniors, a "Walk Arlington Heights Initiative," continued modification of Park District programs for all ages, which includes the addition of a warm water therapy pool at the Olympic Park Indoor Swim Center, as well as a recent re-evaluation and codifying of senior services by the AHSCC. All these activities have made our Village more age-friendly not only for seniors but for all age groups. Proper coordination and evaluation of our current services and the development of new ideas and programs will help the Village become even more age-friendly.

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

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Older people have always played a major role in the development and implementation of Village policies, services and programs for all age groups. As stated previously, our current outstanding Senior Center was, in large part, the result of a senior led initiative through the AHSCC. There were over 120,000 visits to the Senior Center last year, indicating high acceptance and value. During that time period volunteer programs were supported by more than 30,000 volunteer hours. We intend to conduct small focus groups on the subject of the Age-Friendly Initiative with patrons of the Senior Center; conduct a comprehensive survey in the community; host community town hall type meetings, interview key senior service professionals; and meet individually with Village officials and department heads to seek their input as well as to share national benchmarks. We have initiated the creation of a steering committee, consisting of both public officials and private citizens to address the criteria in the Age-Friendly Communities Program, to more precisely identify issues to be addressed. We plan as well to work for the formation of specialized volunteer task forces to engage seniors, in their fields of expertise, to solve or evaluate senior related-issues and to develop special programs catering to seniors' stated interest and concerns, to not only engage more seniors, but help them adapt to "Aging in Place" and other components of Age-Friendliness.

**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.**

A review by the AHSCC of our current multitude of senior and other services for our citizens of all ages has revealed that the Village is in a good position to coordinate planning and implementation between departments and agencies. However, we are cognizant of the social changes that are underway that necessitate even greater numbers of expanded services (e.g., the tremendous impact of the aging in place "Baby Boomers" with their special needs and feelings of entitlement) as well as the increasing constraints on funding these services. Our Village has a very efficient government which actually includes an Integrative Services Department administered by the Assistant Village Manager. The goal is for the review and evaluation of the "Eight Domains" necessary for obtaining the AARP/WHO designation of "A Healthy Community for All Ages" to provide us with more tools and facts necessary to look at objectively and identify areas where better communication, collaborative planning and education will help prevent "siloeing" and encourage cooperation.

#### **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?**

When Arlington Heights is designated as an "Age Friendly Community for All Ages," it will be one of the few such communities in Illinois and in fact, the Midwest. As such, we will be able to add to the database in a different area of the country, and hopefully, be able to expand our influence to our surrounding communities and state. We will also be able to share experiences and ideas with other communities which seek Age Friendly Community certification.

#### **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?**

Over the past several years, the AHSCC has been discussing the desirability and feasibility of doing another comprehensive evaluation of our Senior Services Portfolio. This portfolio has been examined and evaluated (although no comprehensive survey had been performed since the 1990's) by the AHSCC in 2008 as part of the "Maturing of America Blueprint for Aging." The "Maturing of America" process resulted in the creation of a comprehensive list of recommendations to the Arlington Heights Board of Trustees with regard to eleven indicators: health; nutrition; exercise; transportation; public safety/emergency services; workforce development; lifelong learning; civic engagement/volunteer opportunities; aging/human services; and policies/guidelines that benefit older adults. However, because of the primarily budgetary constraints, many of the AHSCC recommendations could not be implemented. The AHSCC wanted to proceed, but how? About one year ago, two AHSCC Commissioners attended a seminar on the AARP/WHO Friendly Community for All Ages program presented by the Evanston, Illinois staff person who had worked to get Evanston so certified. With a better understanding of the AARP/WHO process through the efforts of the two AHSCC Commissioners it was decided by the AHSCC to use the AARP/WHO network template as a means of coordinating, updating and continually improving the Village's portfolio of Senior Services.

**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).*