



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: 5/31/2018

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Forsyth County

STATE: North Carolina

POPULATION SIZE: 369,144

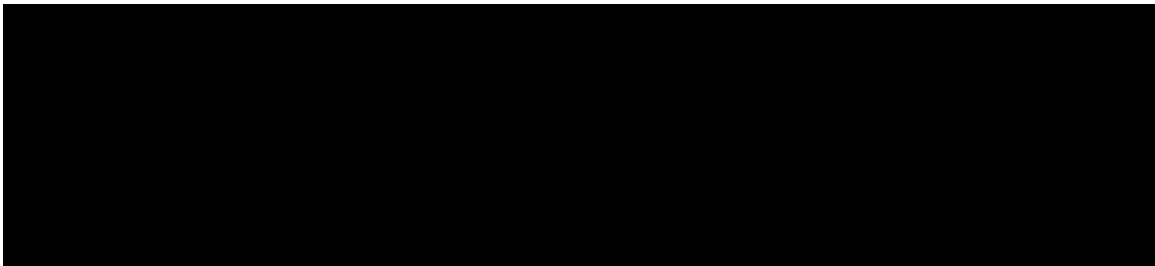
PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 21%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: David R. Plyler,
Chairman, Forsyth County Board of Commissioners

OFFICE ADDRESS OF THE SIGNER: 201 North Chestnut Street Winston-Salem, North Carolina 27101

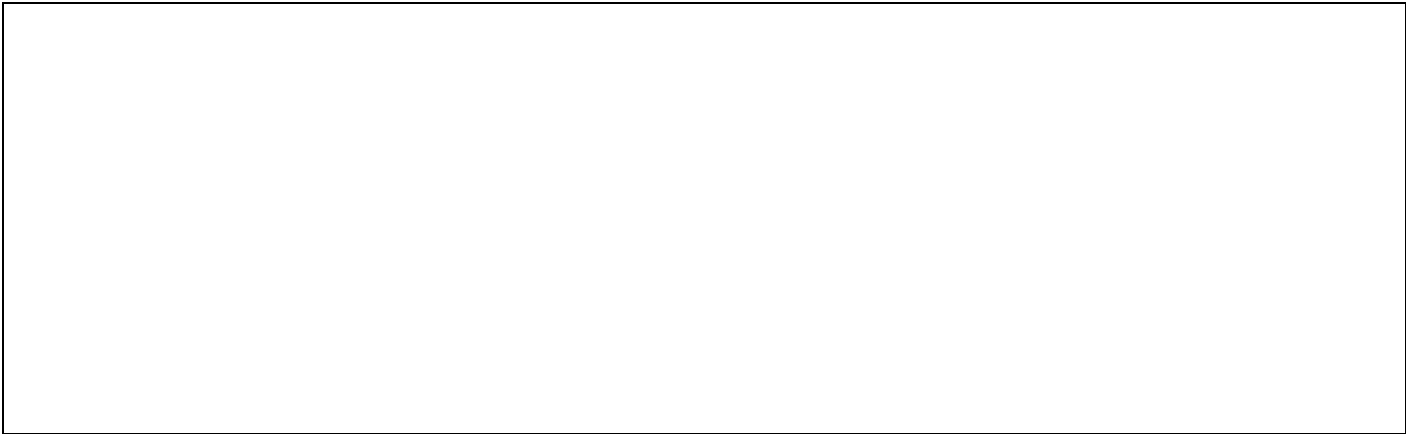
Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

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.



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

T. Lee Covington currently serves as the President and CEO of Senior Services, and has been involved in various nonprofit leadership positions for more than 27 years. He holds a B.S. in business administration and finance, with a minor in music, from Elon University, a master's in public administration from UNC Greensboro with a concentration in nonprofit management, and an Executive Certificate in Nonprofit Leadership from Duke University. In addition to his successful management of local nonprofits, Lee has served as President of the NC Association on Aging (NCAOA) and Meals on Wheels NC and currently serves on a national committee guiding the development of the Ad Council Campaign for Meals on Wheels America. He also attended, as a guest of AARP, the annual Livable Communities Conference in Dallas last November. Under Lee's leadership, Senior Services has played a role in shepherding an extensive collaborative research process that included developing a multi-faceted research framework, convening a variety of organizational partners, and engaging residents through multiple community events. Currently, Senior Services serves the backbone functions of administrative support and fiscal agent for Age-Friendly Forsyth, an emerging, stand-alone community initiative that evolved through the research collaborative.



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.

Key service providers targeted towards older people in the county include Senior Services, the Shepherd’s Center of Winston-Salem, and the Shepherd’s Center of Kernersville. These organizations have been serving the county for over 30 years and offer a wide variety of supports such as Meals on Wheels, adult day care, caregiver relief, older adult education, transportation, and home repairs to name a few. Leadership from these three organizations have been heavily involved in the research and planning phases of Age-Friendly Forsyth, and have shared a strong partnership over the years. Forsyth County has several other older adult resource and service providing organizations including Hospice and Palliative Care Center, the Elder Law Clinic, the YMCA, Habitat Forsyth, Senior Financial Care, and Winston-Salem Recreation and Parks; as well as a few organizations focused on the arts and creativity in aging for older adults such as the Arts Council, and Second Spring Arts. Additionally, the county is home to the Sticht Center for Healthy Aging and Alzheimer Prevention, and Wake Forest’s Alzheimer’s Disease Core Center- one of the three Centers located in the 12-state Southeast region. A variety of corporate partners have made aging-related challenges a priority and have provided funding for aging research and planning. Historically, Forsyth County government has supported aging issues, with most recently the mayor of Winston-Salem signing the Milken Institute’s Mayor’s Pledge, joining the movement for purposeful, healthy aging and committing to making Winston-Salem better for older residents. The Forsyth County Aging Services Planning Committee hosts the Senior Power Think Tank, led by active seniors and other aging advocates, who regularly meet with the mayor to update him on aging-related issues and needs. A variety of organizational partners, including health care and other non-profits, corporate, education, and philanthropic agencies, as well as community members, have spearheaded local planning efforts through the initiative, Age-Friendly Forsyth. In order to determine community perspective on how Forsyth County was fairing across a variety of focus areas, a community survey of more than 1,000 residents was conducted, and three World Café-style Community Conversation events were held. Shortly after, key findings were presented to the community through a Planning Symposium, where more than 100 community members gathered to provide direction on priority focus areas for the initiative moving forward. Our community’s next steps include developing Age-Friendly Forsyth into a collective impact initiative where we will convene key stakeholders to begin building out a shared community plan, with the primary goal being to support active and healthy aging by creating a community where people can live their best lives.

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

Residents have been heavily involved in the research processes to date, and will continue to remain at the center of community planning activities. Data surrounding senior volunteering indicates that 19% (9,100) of seniors who are not currently volunteering would like to be volunteering, but barriers such as lack of information or transportation exist. A key component of Age-Friendly Forsyth includes implementation of a robust resident engagement plan that would tap into groups of seniors represented in the data set that have a desire to volunteer through development of a Resident Council that would be comprised of committed residents, adults aged 60 or older (or their caregivers), that geographically represent the County's aging population. The Resident Council will help drive the work of Age-Friendly Forsyth and be heavily involved in all initiative decision-making processes, as well as bridge work happening within the initiative to community members through local resident groups, which include existing community volunteer groups and residents who would like to be involved. Resident engagement is the most important piece of the collective work currently taking place, and directly impacts program sustainability. Through the work of Age-Friendly Forsyth, residents will be connected to services, assist in identifying, developing, and spreading best practices, and assist in developing pilot programs in various action networks across six outcome areas: physical and mental health, financial health, housing and safety, accessibility and mobility, support network, and empowerment and engagement.

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.

To date, a variety of organizational partners including Novant Health and Wake Forest Baptist Health, and other nonprofits, corporate, education, and philanthropic agencies, as well as community members, have been involved in research and planning processes of the Age-Friendly Forsyth initiative. As we prepare for the next phase of this new collaborative initiative, the focus is on addressing needs of aging adults by working together to promote efficient use of available resources and ensuring maximum impact. We are currently building out a structure that includes a Leadership Team comprised of leaders from a variety of organizations in the community that will help fund the initiative, and residents. Additionally, a Resident Council will be formed, and will consist of committed residents that geographically represent the County's aging population. Issue-specific teams that are comprised of organizational representatives and residents will build shared community plans around each outcome area.

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?

We hope to contribute by modeling what an age-friendly community should look like. We are building a robust structure to engage all stakeholders in community planning, and hope to share what our community learns through this process to help accelerate planning and improvement efforts for other communities. More specifically, we have conducted an intense research process, and what we believe to be a comprehensive engagement approach to include residents in community planning that could potentially serve as an emerging best practice.

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?

The community recognized early on the value of being an AARP Livable Community; therefore, research activities within the Age-Friendly Forsyth initiative were informed by the eight Domains of Livability. The community was fortunate to have an AARP representative, Helen Mack, involved in the research and planning processes, and have greatly benefitted by having Mark Hensley as our AARP Associate State Director, who has served as a great resource and guide through this process. More specific motivations of pursuing this affiliation include the associated benefits such as public recognition of Forsyth County's commitment to become more age-friendly—something we hope to use as a leverage for recruiting resident volunteers, opportunities for partnerships with other communities, access to a wide variety of resources and toolkits, promotion of local developments and success—to aid in building momentum, and connection with decision-makers and planners across the state. Ultimately, we believe joining the Network will result in increased sustainability of the Age-Friendly Forsyth initiative, and further enhance community buy-in surrounding the need for development of a comprehensive aging plan, and improved alignment and enhancement of the services that already exist in our community.

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 >



www.seniorservicesinc.org/agefriendlyforsyth