

Membership Application

To join the **AARP Network of Age-Friendly States and 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
- If you need additional space for answering the questions you may add an additional sheet of paper

Section 1: COMMUNITY DETAILS

APPLICATION SUBMISSION DATE: June 19, 2020

Original submission to the World Health Organization: 6/12/19

NAME OF THE COMMUNITY: *Redwood City*

STATE: *California*

POPULATION SIZE: *86,380*

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: *21.4%*

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Diane Howard, Mayor

OFFICE ADDRESS OF THE SIGNER: Redwood City, City Hall, 1017 Middlefield Road, Redwood City, CA 94063

Section 2: COMMUNITY CONTACT for the AARP Network of Age-Friendly States and 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:

Redwood City Age-Friendly Initiative Task Force Member

The person named above agrees to be subscribed to the [AARP Livable Communities Weekly e-Newsletter](#), which is one of the primary ways we share useful news and resources. To add additional subscribers, type their names and email addresses into below. Once this application is processed, a subscription confirmation message will be sent so the individual can confirm that they want to subscribe. To subscribe today, follow the link above or visit [AARP.org/Livable-Subscribe](https://www.aarp.org/Livable-Subscribe).

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.

Summary of activities to date: Redwood City offers programming and activities for seniors through several city and community-based agencies. These agencies provide a range of services to the older adults of Redwood City. The services focus on programs, activities, and information dedicated to the growing multi-cultural aging population their caregivers, and families. For example, the Veterans Memorial Senior Center and the YMCA offer a variety of senior-focused classes. The classes are intended to help older persons be informed, healthy, and independent. In addition, Peninsula Family Service's Fair Oaks Adult Activity Center offers many programs and services that empower older adults and increase their self-esteem, offering a place where they can belong and connect with others through social activities, healthy meals, fitness classes and screenings. These services have been expanded over the years to address the emerging needs of older adults and to maintain their quality of life.
Webpage: <https://www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors>

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

Engagement of older people: There is a standing Senior Affairs Commission. We have formed an ongoing city-wide age-friendly task force, which includes a member of the Senior Affairs Commission and members of the City Council. Task force meetings are held at the Fair Oaks Adult Activity Center of Peninsula Family Service. We conducted four focus groups involving diverse older persons. The first focus group was comprised of service providers for older persons, the second focus group was older adults at the YMCA, the third focus group was older adults at the Veterans War Memorial Senior Center, and the final focus group was with Spanish-speaking older adults. We made sure that the focus group materials were translated into Spanish, and we had a Spanish-speaking facilitator. This has been a grassroots, ground-up activity.

We understand and appreciate the value of the AARP and World Health Organization age-friendly initiative. Redwood City is part of a three-city pilot that was launched in 2018, and the plan is to have all 20 cities in San Mateo County become age-friendly. We are committed to making our communities livable, vibrant, diverse, and inclusive. We share the value and mission of AARP and WHO Age-Friendly Cities.

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.

Cross-sectoral collaboration: We are partnering with a San Mateo County-wide Core Leadership Team. We are utilizing quantitative data from the San Mateo County Health Department. We have conducted community information seminars with a variety of community groups, such as Rotary International, faith organizations, senior housing facilities, and health clinics. The purpose was to educate and connect the audience to the age-friendly initiative. County Supervisor Canepa's office is directly involved with the age-friendly initiative in Redwood City. The Center for Age-Friendly Excellence has provided city-wide technical assistance.

Additionally, Redwood City has an active Senior Affairs Commission that advises City Council on older adult issues. In order to make Redwood City more age-friendly, we are implementing three new projects based on our focus group data. These projects are going to be part of a series and will be ongoing.

First, many seniors said that they felt isolated and sometimes lonely, and few late afternoon-early evening activities, so we are going to implement a senior social club at the Fair Oaks Adult Activity Center. This will be a monthly event, and will include refreshments, music, dancing, and socializing. The second event was a "Garden Harvest Party" at the Fair Oaks Community Center where we invited the seniors to come and enjoy an evening of good food, socialization, and a tour of the Center's community garden. The UC Master Gardener volunteers led the tours and answered questions regarding drought tolerant plants, fall gardening, and other horticultural questions. A total of 33 seniors attended. The third event was an Age-Friendly Expo in partnership with AnewVista which is a local non-profit. 25 vendors provided senior product demonstrations, provided gift bags, coupons to local retailers, free food, and local high school students provided one-on-one assistance to seniors on how to operate their smart phones and tablets. The final planned event to engage and involve seniors is going to offer senior morning play at the newly construction all-inclusive all-age and ability Magical Bridge Playground. The Magical Bridge Playground is a world-renowned concept designed to be socially inclusive for children and adults of varying physical and cognitive abilities. Magical Bridge aims to go beyond typical playground designs, which often inadvertently overlooks the growing autistic population, cognitively challenged, visually and hearing impaired, physically limited and the aging population.

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 States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

Redwood City is a very urban community facing rapid growth in high technology. It's very important that we keep the needs of older persons from being overlooked as this area continues to develop economically. A strength of Redwood City has been our ability to collaborate across organizations, both vertically and horizontally; vertically with direct involvement of the County Supervisors and County Manager. We have been able to engage people horizontally in a variety of community-based organizations and bring them to the table to discuss how to make Redwood City more age-friendly, with particular attention to aging social policy. We hope to share our experience with cross-sectional engagement and policy development.

5) What motivated your community to join the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

Redwood City recognizes the value that our older adult population contributes to the community. As this older population continues to increase, it is vital that we grow and develop the age-friendly qualities that we offer, with a particular acknowledgement of our older residents. We believe that our commitment to this on-going goal of being an Age-Friendly City will increase the overall quality of life and health of our community at large.

6) Provide a digital file or link of a logo or other image that represents your community and for which you have reprint rights. The image resolution should be at least 72 dpi. As an example of an image, here's ours:

