

Breakout Session Guide

We request that you remain in the room for both sessions. We paired the sessions in a way to cover as much related content as possible, while hearing from multiple voices, and to minimize the disruption with transitions to different rooms. If you choose to switch rooms please use discretion.

At-a-Glance

Breakouts	1:00-2:15	Tuesday, October 18
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The Drake Room

1. Era of “Disruption”: Transportation Technology Innovations in Rural Communities
2. Who's On Board? How Older Americans Use Public Transit; and How to Make it Work for More People

The Gold Coast Room

1. We should have a sidewalk here!! ... Now what? (How to get those facilities you know your community deserves)
2. Vision Zero: Prioritizing Safe Mobility for All

The Michigan Room

1. Lifting Roadblocks to Building Complete Streets: Bringing Culture Change to Your State DOT
2. Complete Streets: Moving from Policy to Action

The Erie Room

1. Local Ballot Propositions to fund Transportation Infrastructure
2. Addressing Transportation via Multisector Coalition

Breakouts	10:45-12:00	Wednesday, October 19
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The Drake Room

1. Engaging with Funders: Communities and Funders Share Insights on Partnerships
2. Communicating Coast to Coast: Telling the Livable Communities Story from California to Maine and Everywhere in Between

The Gold Coast Room

1. Can Your Community's Comprehensive Plan be more 'Livable'?
2. Planning Healthy Communities for All

The Michigan Room

1. The Livability Index: Creating Livable and Healthy Communities for People of All Ages
2. Candidate and Voter Engagement: A Primer on How to Raise the Bar and Issues

The Erie Room

1. HomeFit - The Win/Win - How State Offices Can Work With Occupational Therapists
2. Finding Affordable Housing Solutions to Displacement

The Drake Room

1. Regional Planning Organizations & AARP: A Collaborative Approach to Age Friendly Communities
2. Replicable Lessons for Age Friendly Assessments in Cleveland and Columbus

The Gold Coast Room

1. Financing Your Way to a Livable Community
2. What's Good for Older Adults is Good for Children: Public Policy Collaboration in Advancing Healthy Communities

The Michigan Room

1. Volunteers Make Age-Friendly Communities Happen
2. NeighborWalks - A Collaborative Community Walking Program

The Erie Room

1. In the Beginning: Portland and New York...Past, Present and Future
2. The Lifetime Communities Collaborative - A New Approach in the Metropolitan Chicago Region

Breakouts Details	1:00-2:15	Tuesday, October 18
The Drake Room	1:00-2:15	Tuesday, October 18

Session One

Era of “Disruption”: Transportation Technology Innovations in Rural Communities

Speakers

Jana Lynott, Senior Strategic Policy Advisor, AARP Public Policy Institute

Ross MacDonald, Go Vermont Program Manager, VTrans

Valerie Lefler, President and CEO of Liberty Mobility Now, Inc.

Katherine Freund, Founder and President, ITN America

Session Description

The US transportation sector is undergoing massive change on a scale not seen since the automobile became ubiquitous in households across America. This change is fueled by “disruptive” technology that is altering how consumers interact with their transportation system. Innovation by the technology sector has introduced Transportation Network Companies (e.g., Uber and Lyft) to cities across America, expanding consumers’ transportation choices. “Demand responsive” transportation, whether in the form of private, public or non-profit volunteer transportation, is moving toward “on-demand” transportation. In communities across America we have seen a resurgence of public transportation use. Consumers, aided by Google Transit available on their smart phones, can quickly identify the quickest bus or train to their destination.

This session aims to showcase examples of how the public, private, and non-profit sectors are harnessing new technology typically associated with large urban areas, to offer on-demand transportation service in small cities, towns, suburbs, and rural communities. One out of every five persons age 65 and older does not drive and the great majority of older non-drivers live in suburban or rural areas of the country not well-served by public, or private taxi, transportation. These non-drivers are largely dependent on family and friends for rides and often they forgo travel for both life-sustaining and life-enhancing purposes. This era of industry “disruption” and technological development presents an opportunity to create new transportation services that meet the mobility needs and desires of both older and younger rural residents.

Session Two

Who's On Board? How Older Americans Use Public Transit -- and How to Make it Work for More People

Speakers

Steven Higashide, Senior Program Analyst, TransitCenter

Session Description

There’s a clear need for improved public transportation that can address older Americans’ mobility needs. Yet in some ways, older Americans are transit’s toughest customers. Drawing on data from TransitCenter’s 2016 and 2014 “Who’s On Board” surveys of transit riders and American attitudes towards transportation, this session examines older Americans’ attitudes towards transit and what types of improvements make transit more useful for more people. The data shows that transit works best when it’s built in walkable neighborhoods

and when the service itself is frequent and fast – these fundamental elements are more important than adding amenities to the service, and have important implications for transit service design and community design. This presents serious challenges for those seeking to “age in place” in suburban areas. The session will also reference TransitCenter’s research looking at the potential for emerging mobility services to supplement transit and provide choice in areas that cannot be served effectively by transit.

The Gold Coast Room 1:00-2:15 Tuesday, October 18

Session One

We Should Have a Sidewalk Here!! ... Now What? (How to Get Those Facilities You Know Your Community Deserves)

Speakers

Suraiya Motsinger, Sr. Transportation Planner, WMPO
Suzanne Lafollette-Black, Associate State Director, AARP North Carolina

Session Description

We all know that there must be someone in government that can be held accountable for improving our pedestrian infrastructure network, but how do we find out who is in the hot seat where we live? And how do we get in touch with these folks to make sure they address the biggest concerns or opportunities for bicycle infrastructure in our community? If we know where there are needs, there is a way for all of us to effectively communicate with bureaucrats to get those critical bicycle paths built. An AARP staff person and a community partner in local government want to use this session to give you the inside scoop about how to be most effective in procuring the pedestrian infrastructure you know we need to make a Livable Community.

Session Two

Vision Zero: Prioritizing Safe Mobility for All

Speakers

Leah Shahum, Executive Director, Vision Zero Network
Shannon Guzman, Policy Research Senior Analyst, AARP Public Policy Institute
Luis Campillo, Los Angeles Metro Manager, AARP California
Shirley Gonzales, Councilwoman, San Antonio

Session Description

Communities across the U.S. are committing to Vision Zero, the goal of zero traffic fatalities and severe injuries among all road users of all ages and all backgrounds. But what is Vision Zero? And why is it generating such interest? Join us to learn how this innovative approach to safe mobility differs from past traffic safety efforts and what you can do to advance the goal of zero deaths and safety on our streets and sidewalks for all.

Session One**Lifting Roadblocks to Building Complete Streets: Bringing Culture Change to Your State DOT****Speakers**

Karen Kafantaris, Associate State Director for Community Outreach, AARP Michigan
Roger Millar, Acting Secretary at the Washington State Department of Transportation
Michele Boomhower, Director of Policy, Planning, & Intermodal Development, VTrans
Coralette Hannon, Senior Legislative Representative, AARP State Advocacy & Strategy Integration
Victor Dover, Founding Principal, Dover, Kohl & Partners

Session Description

To date, over 900 Complete Streets policies have been passed in the United States, including those adopted by 33 state governments, the Commonwealth of Puerto Rico, and the District of Columbia. But, there is more work to do. This session will address how state Departments of Transportation (DOTs) can help or hinder state and local advocacy efforts to adopt and implement Complete Streets policies. Just as efforts to adopt Complete Streets policies can be met with significant challenges, so too can efforts to implement policies once adopted.

Panelists will discuss their policy adoption experiences and provide examples of ways to strike a balance among stakeholder interests in the Complete Streets policy adoption process. They will also discuss ways in which Complete Streets policies can be used as a catalyst for broader discussions around identifying mobility needs; updating state standards, practices, and procedures; and leveraging the expertise and resources available to state DOTs through the M2D2 program. M2D2 refers to Smart Growth America's Multimodal Development and Delivery (M2D2) approach to working with transportation agencies to build internal capacity to develop and operate context-sensitive transportation networks that work for all modes of travel.

Session Two**Complete Streets: Moving from Policy to Action****Speakers**

Debra Alvarez, Senior Legislative Representative, AARP
Jason Broehm, Transportation Analyst, U.S. DOT
Emiko Atherton, Director, National Complete Streets Coalition
Brian McGuire, Associate State Director for Advocacy, AARP New Jersey
Dr. Jeanne George, Volunteer, AARP Louisiana

Session Description

Over the past decade, the demand for safe and convenient walking and bicycling alternatives has grown tremendously in communities across the country. Local advocates representing diverse sectors have come together to successfully push for Complete Streets policies that require that the needs of all road users of all ages and abilities are routinely considered through every phase of transportation projects. Despite policy success, all too often policy implementation lags far behind as streets remain dangerous for those on foot and bicycle, and missing sidewalks trap wheelchair users and others in their homes.

The panel will discuss their experience with implementation issues and describe tools to overcome the status quo in project development. Hear from the founder of the Complete Streets movement, and Director of the Office of Safety, Energy and the Environment at U.S. DOT, about the Mayors Challenge and other initiatives former Charlotte Mayor and current Secretary of Transportation Anthony Foxx has undertaken to rebalance pedestrian and bicycle accommodation within the broader transportation landscape. Local advocates will describe their challenges and successes in implementing Complete Streets, and the Director of the National Complete Streets Coalition will present tools to help communities overcome implementation obstacles.

The Erie Room

1:00-2:15

Tuesday, October 18

Session One

Local Ballot Propositions to fund Transportation Infrastructure

Speakers

Dana Kennedy, State Director, AARP Arizona

Vice Mayor Kate Gallego, District 8 Councilwoman, City of Phoenix

Steve Jennings, Associate State Director for Advocacy, AARP Arizona

Session Description

Learn how AARP is the organization that could influence the chief group of voters 50+ to win a ballot proposition. Phoenix lies at the heart of Maricopa County, currently the second fastest growing county in the country, and AARP Arizona one of the fastest growing AARP membership for state offices. Phoenix, long a Mecca for retirees (the area features nearly 250 golf courses) is now facing a future where ever growing thousands aging-in-place will need accessible public transportation options in addition to private automobiles. Phoenix voters have now approved financing for greatly expanded bus and light rail, more safety personnel on public transit, shade at all bus stops, additional walking and bicycle trails, and the “Safe Streets” package of streets design guidelines, among other things. The financing is through a 7/10 of 1 cent additional city sales tax. Fifty percent of the increased funding will be used for greatly expanded bus routes and increased frequency of service. Approximately 1/3 will be used to expand Phoenix’s light rail, which already links Phoenix with Tempe, home of Arizona State University, and Mesa, Arizona’s third largest city.

The combined AARP Arizona volunteers and staff, national AARP Campaigns, and AARP State Advocacy and Strategy Integration (SASI) staff coordinated with the MovePHX campaign, the Arizona Chamber of Commerce, health and education leaders for maximum visibility. AARP tactics targeted 50 and older female Phoenix voters, which polling showed to be the chief undecided voting group. Tactics included direct mail, direct telephone contacts, social media advertising and posts, and a TeleTown hall, among other things.

Session Two

Addressing Transportation via Multisector Coalition

Speakers

Dr. Kathy Black, Age-Friendly Sarasota Initiative Consultant, The Patterson Foundation; Professor, University of South Florida, Sarasota-Manatee

Laura Cantwell, Associate State Director for Advocacy, AARP Florida

Gail Holley, Safe Mobility for Life Program and Research Manager, Florida Department of Transportation

Session Description

This session will present a comprehensive multi-sector model to address transportation issues. The presentation will present an overview of key transportation issues at the state level and also include relevant multi-methods research on transportation identified in an age-friendly community. Approaches and tenets of the Florida Coalition for Safe Mobility will be shared and discussed with attendees.

Breakouts Details	10:45-12:00	Wednesday, October 19
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The Drake Room	10:45-12:00	Wednesday, October 19
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Session One

Engaging with Funders: Communities and Funders Share Insights on Partnerships

Speakers

Andrea Burns, Director, Age-Friendly Boston

Peter Morelli, Consultant, AARP Maine

Nora Moreno-Cargie, President, Tufts Health Plan Foundation

Dr. Kathy Black, Age-Friendly Sarasota Initiative Consultant, The Patterson Foundation; Professor, University of South Florida, Sarasota-Manatee

Al Cressy, Chair, Bethel Age-Friendly Committee

Meg Callaway, Elder Services Coordinator, Charlotte White Center

Session Description

Panel participants share insights on how they create and maintain critical funding partnerships. Participants will learn how to communicate with funders, how states can educate funders about community needs, and some types of technical assistance offered by AARP offices.

Session Two

Communicating Coast to Coast: Telling the Livable Communities Story from California to Maine and Everywhere in Between

Speakers

Joy Hepp, Associate State Director for Communications, AARP California

Patricia Oh, Consultant, AARP Maine

Gail Kohn, DC Age-Friendly City Coordinator, DC Government

Session Description

Communication planning is key to getting the word out about a livable community initiative—to municipal government and partner organizations, the general public, older residents, and to funders. An effective communication plan (1) helps keep all of the organizations and individuals working on a livable or age-friendly project committed to a shared vision and representation of the livable community work; (2) identifies and implements a wide variety of communication activities—from word of mouth to special events and media campaigns; (3) ensures that the core group working on the project is keeping funders and other stakeholders apprised of accomplishments; and, (4) are customized to meet the unique needs of the livable or age-friendly initiative and are designed for the audience that needs to hear the message. In urban areas, the challenges of effectively communicating can include managing all of the organizations that are involved with a livable community or age-friendly initiative. In rural places, the challenge often is finding an effective means of communication.

No matter what method of communication is most appropriate for a particular message, it is important that the message be consistent. A good communication plan ensures consistency as well as effectiveness. As part of this session, we will present tools which guide the efforts of a livable community or age-friendly initiative to craft its communication method. After a brief discussion about communication planning by the two presenters, there will be an exercise that will allow participants (working in groups) to use the tools to create a communication plan in an urban, suburban or rural area.

The Gold Coast Room

10:45-12:00

Wednesday, October 19

Session One

Can Your Community's Comprehensive Plan be more 'Livable'?

Speakers

Kent Sovern, State Director, AARP Iowa

Session Description

Today, many cities are not engaged in cohesive, livable or age-friendly planning strategies. As people live longer, more city residents will need environments that are better suited for mobility, health, inclusion and livability. The city of Des Moines, Iowa, engaged in a collaborative planning effort with Age-Friendly Greater Des Moines and many other community stakeholders to advance an “Age-in-Everything” lens to the development of the city’s new comprehensive plan. As adopted, PlanDSM embraces livable community goals and includes almost all AARP/WHO age-friendly criteria in the new comprehensive plan. PlanDSM will guide and direct livable community development and re-development opportunities in the city and provide a template for development in other cities throughout the region. Join us for this session to learn how your livable community and age-friendly initiatives can proactively collaborate with others to include all-age thinking in your city’s planning processes.

Session Two

Planning Healthy Communities for All

Speakers

Aliza Norcross, Project Associate, American Planning Association

Milena Bernardinello, Healthy Community Planner, Capital Region Healthy Communities

Kate Riordan, Active Living Program Manager, Health by Design

Session Description

The Plan4Health project is a partnership between the American Planning Association and the American Public Health Association, with funding from the CDC, to create healthier communities. Plan4Health coalitions across the country have designed and implemented thoughtful solutions to community problems, and some have had an eye toward aging well and have partnered with local AARP colleagues. Active aging in the Plan4Health context is about rethinking daily lives and creating opportunities for healthier options. Aging well will be a series of small steps that add up to big changes. Milena's team from Madison, WI developed an Active Living Index and Kate from Indianapolis, IN pioneered the creation and adoption of Indianapolis' first Master Pedestrian Plan. Join them as they showcase the important work they have done in their communities.

The Michigan Room

10:45-12:00

Wednesday, October 19

Session One

The Livability Index: Creating Livable and Healthy Communities for People of All Ages

Speakers

Shannon Guzman, Policy Research Senior Analyst, AARP Public Policy Institute

Jana Lynott, Senior Strategic Policy Advisor, AARP Public Policy Institute

Dr. Rodney Harrell, Director of Livable Communities and Thought Leadership, AARP Public Policy Institute

Kimberly Smith, Associate State Director for Advocacy, AARP California

Session Description

The AARP Livability Index: Great Neighborhoods for All Ages is a robust and data-rich resource to help communities across the United States, measure how well they are meeting the needs of residents. The Index includes indicators related to affordable and accessible housing and transportation, health care services, and access to employment opportunities, among others. Moreover, the Index contains map features that display a location's population characteristics by age, life expectancy, and age diversity, all information that provides greater context to measuring a community's livability. The Livability Index offers a snapshot of current community conditions, identifies community challenges and shows the potential for communities to improve their residents' lives through policy action.

In this session, AARP experts will discuss the importance of creating livable communities for people regardless of age, highlight policies and other actions that encourage residents to remain engaged in community life, and show a live demonstration of the Livability Index. AARP state office staff and community partners will also share how policymakers and residents are applying the Livability Index to make decisions to help best shape communities of the future.

Session Two

Candidate and Voter Engagement: A Primer on How to Raise the Bar and Issues

Speakers

Bandana Shrestha, Associate State Director for Advocacy & Outreach, AARP Oregon
Nick Fish, City Commissioner, Portland City Council
Jerry Cohen, State Director, AARP Oregon

Session Description

This will be a multi-media presentation to share why and how AARP Oregon planned and conducted the 2016 Portland Mayoral Forum. Considered a “debate” per election law, the forum focused on "building a community for all ages and abilities." The event included live web streaming, post-event shared highlights, a voter’s guide for all Mayoral candidates to respond, and a targeted Convio effort addressing a "gas/road" tax dedicated to safe streets all in preparation for the May primary election.

The Erie Room

10:45-12:00

Wednesday, October 19

Session One

HomeFit - The Win/Win - How State Offices Can Work With Occupational Therapists

Speakers

Karen Kafantaris, Associate State Director, AARP Michigan
Laura Cantwell, Associate State Director, AARP Florida
Michael O'Connor, Occupational Therapist (OTRL, CAPS, CBIST), MiCH

Session Description

Are you interested in getting metrics with only a light lift for your state office? Find out how to connect and work with an Occupational Therapist (OT) volunteer to provide the AARP HomeFit Program in your state. This is a win/win! State offices get the metrics and the OT is able to educate the public about what OT's do in addition to being involved in a population based intervention. Surveys by AARP show that 89% of individuals want to remain in their current home as they age. As we get older, we often find areas of our home that were never problematic now become obstacles in our ability to remain there safely. The AARP HomeFit Program helps attendees identify these potential areas and provides solutions. AARP has formed a relationship with the American Occupational Therapy Association and has collaborated with Occupational Therapists to provide the AARP HomeFit Program presentations in several states.

This session will provide a brief overview of the AARP HomeFit Program, how two state offices have worked differently with OT volunteers to lead and present this program. Attendees will also hear from a volunteer OT who has been presenting for AARP Michigan for several years about why he does it and why he loves it.

Session Two

Finding Affordable Housing Solutions to Displacement

Speakers

Carmel Perez Snyder, Associate State Director for Advocacy & Outreach, AARP Oregon
Christine Lundberg, Mayor, City of Springfield
Courtney Griesel, Economic Development Manager, City of Springfield

Session Description

Late in 2015, at the request of Springfield Mayor Christine Lundberg, Governor Brown designated an Oregon Solutions (OS) collaborative effort around organizing solutions and resources to serve those directly and negatively impacted by a sudden mobile home park closure. This designation provided resources for organizing and generating catalytic conversations and actions around the complicated topic. The City of Springfield was named the leadership convener of the statewide process which, over the course of 7 months, moved discussions about needs and issues to action. A team of public, private and civic partners met throughout the short timeframe to generate a rapid response action plan intended to support residents of mobile home park communities impacted by closure.

Breakouts Details	2:45-4:00	Wednesday, October 19
The Drake Room	2:45-4:00	Wednesday, October 19

Session One

Regional Planning Organizations & AARP: A Collaborative Approach to Age-Friendly Communities

Speakers

Roberto Rey, Associate State Director, AARP Colorado
Brad Calvert, Regional Planning and Development Director, Denver Regional Council of Governments
Kathryn Lawler, Manager, Aging & Health Resources Division, Director AAA, Atlanta Regional Commission

Session Description

There is substantial overlap between AARP’s Age-Friendly/Livable Communities goals and the efforts of a small, but growing, number of regional planning organizations (RPOs) – known in some cases as Councils of Governments and/or Metropolitan Planning Organizations. RPOs from across the country are increasingly focused on assisting communities in their regions as they grapple with the challenges and opportunities posed by an aging population. While a few RPOs have emerged as key leaders on this issue, many more are focused on growing their capacity to effectively participate in, and potentially lead, age-friendly initiatives.

This session will explore the potential benefits of increased and enhanced AARP/RPO collaboration on age friendly/livable communities’ efforts. RPOs planning expertise, research capacity, and strong relations to local governments in their regions offer the possibility to more quickly ramp up age friendly efforts, in individual communities and throughout their regional planning areas. The strengths of RPOs pair well with AARP’s capacity to mobilize membership, share best practices, and provide material/research support. Discussion will

draw on the outcomes of a recently concluded conference between 12 RPOs and their respective AARP State Offices. Representatives from Denver and Atlanta RPOs will share their successes in raising awareness on the impacts and opportunities associated with a growing older adult population, including success stories in communities that are not currently in the Age-Friendly Network.

Session Two

Replicable Lessons for Age-Friendly Assessments in Cleveland and Columbus

Speakers

Doug Tayek, Associate State Director Outreach, AARP Ohio

Jane Fumich, Director, Cleveland Department of Aging

Emily Campbell, Associate Director, Williamson Family Fellow for Applied Research, The Center for Community Solutions

Katie White, Age Friendly Community Coordinator, Mid-Ohio Regional Planning Commission

Joanne Binette, Senior Research Advisor, AARP Policy, Research and International Affairs

Session Description

This presentation will demonstrate the innovation and replicability of the assessment and planning phase of Age-Friendly Initiatives in Cleveland and Columbus. While the oversight structure and agencies housing the initiatives differ between Ohio's two largest cities, there is a consistency among assessment tools and process. This presentation will cover the development of the Cleveland assessment tool, using AARP resources as a baseline, and how that process was replicated in Columbus, creating a unique assessment for that city along with a statistically significant statewide Age-Friendly comparison. Cleveland will share the process used to collect data through the creation of a unique assessment tool built off of the AARP resources, maximized by the expertise of the Center for Community Solutions, that speaks specifically to the population of Cleveland, but is easily replicable for other communities. This tool, when combined with existing data lead to a comprehensive Age-Friendly Assessment Report. The presentation will discuss how the collected assessment analysis was used to create a community summit which engaged partners from across Cleveland to develop the initial draft of the Age-Friendly Implementation plan. The Mid-Ohio Regional Planning Commission (MORPC) and Center for Community Solutions will demonstrate how the replicability of Cleveland's assessment development, has allowed MORPC to develop a unique assessment for Columbus which has the Cleveland tool and the AARP tool as its base. AARP Ohio will discuss the state office's role in the development of each assessment. The two current Age-Friendly Communities in Ohio have found value in consistency among the assessment tools while still maintaining the ability to respond to each community's unique needs. The assessment model developed by Cleveland and Columbus cultivates consistent and reliable metrics on the age-friendliness of each community; this model can be replicated by other states and communities throughout the AARP Age Friendly Network.

Joanne Binette from AARP will present on the AARP Age-Friendly Assessment tool, focusing on how the tool can be used by communities that do not have the resources to develop one of their own. Joanne will discuss how AARP PRI uses the information from each of the communities using the assessment to compare and contrast the needs of older adults in each community and develop new policies and opportunities from that information.

Session One

Financing Your Way to a Livable Community

Speakers

Barrie Tabin Berger, Senior Legislative Representative, AARP Government Affairs

Bandana Shrestha, Director of Community Engagement, AARP Oregon

Amy Gallant, Advocacy Director, AARP Maine

Christopher Widelo, Associate Director of Advocacy, AARP New York

Session Description

State and local governments, citizens, and partner organizations like AARP are considering ways to make communities places where people of all ages can live full lives. In order to achieve this goal, community residents need to have access to important services and features, such as health care, employment opportunities, reliable transportation systems, accessible and affordable housing, and safe infrastructure, to name a few. However, ensuring that communities have these important services in place can sometimes be complicated and costly. This session will review successful actions governments and communities have taken to secure funding for initiatives that help to create services and systems that enhance livability for all residents.

Session Two

What's Good for Older Adults is Good for Children: Public Policy Collaboration in Advancing Healthy Communities

Speakers

Marla Hollander, National Partnership Manager, American Heart Association

Stephanie Ramirez, Associate State Director, Advocacy, AARP California

Jessica Meaney, Managing Director, Investing in Place

Session Description

Cross-sector collaboration is an essential strategy for addressing society's most difficult and complex challenges. Over the past four decades, obesity rates have soared among all age groups. Today, nearly one-third of children and adolescents in the United States live at an unhealthy weight. Obese and overweight children and adolescents are more likely to be at increased risk for type 2 diabetes, heart disease, stroke, hypertension, and certain forms of cancer. We now understand that the places we live impact our ability to engage in healthy lifestyles like walking and eating healthy foods. Healthy community design that embraces concepts like completed streets and walkable neighborhoods also enable older adults to age in place, maintaining independent and healthy lifestyles. We have the opportunity to continue to move the needle in support of public policy campaigns that support the development of healthy places and spaces.

Led by Voices for Healthy Kids and AARP staff, this session will share examples of state and local policy campaigns that are achieving success in supporting active places and healthy food access (complete streets, bike and pedestrian appropriations and healthy food financing initiatives). We will share the ingredients

needed to mount successful issue advocacy campaigns and highlight the need for strong collaboration between unlikely bedfellows. We will highlight core components of the Los Angeles, CA Measure M ballot initiative being spearheaded by Investing in Place which is supporting policy and advocacy approaches to enhance of walkable communities.

The Michigan Room **2:45-4:00** **Wednesday, October 19**

Session One

Volunteers Make Age-Friendly Communities Happen

Speakers

Jane King, Strategic Planning Chair, Alexandria Commission on Aging; Community Ambassador, AARP Virginia
Sue Ballou, Co-Chair Housing Priority Group, Partnership for Age-Friendly Communities in Larimer County
Bob Prath, Chair, Livable Communities Advisory Team, AARP California
Margot Seay, National Volunteer Director, AARP
Megan Hookey, Vice President, AARP Office of Volunteer Engagement

Session Description

Facilitated by AARP’s Megan Hookey, four speakers from diverse communities spanning the country will make a powerful case that volunteers are essential catalysts for community change. Representing Alexandria, Virginia; Kingsport, Tennessee; Larimer County, Colorado; and California, they report that, without volunteers, work on age-friendly communities would not have happened. Though the geography and demographics of the communities vary markedly, the speakers in this session will report some similar experiences demonstrating the effectiveness of volunteers in stimulating development of age-friendly communities.

Jane King will discuss the role of volunteers in the enrollment of Alexandria, a compact city of 150,000, in the Age-Friendly Community Network. Margot Seay will describe Kingsport, population 48,205, and its remarkable progress in community planning. Many volunteers were among the 200 who were key to the agreement by the city elected officials to create One Kingsport, a commitment to improvement in health, housing, transportation, employment, and cultural engagement for all ages.

Sue Ballou will talk about The Partnership for Age-Friendly Communities in Larimer County, population 315, 988, where volunteers will write the Age-Friendly Action Plan. Bob Prath will discuss California where, in the last year, seven communities have enrolled in the Network. This effort has given California volunteers opportunity to work in a wide variety of leadership and community roles.

Session Two

NeighborWalks - A Collaborative Community Walking Program

Speakers

Bandana Shrestha, Director of Community Engagement, AARP Oregon
Carmel Perez Snyder, Director of Advocacy & Outreach, AARP Oregon

Session Description

NeighborWalks is a collaborative community walking program with a vision to get more people walking every day for health, transportation, environment, and community. All walks are led by AARP volunteers with support from community partners and AARP staff. This program has proved to be a great tool to promote walking and health, as well as walkability, pedestrian safety, livable and age-friendly communities. It is also a powerful way to build community presence. Additionally, as a volunteer-based initiative, it affords state offices a great opportunity to engage and partner with volunteers in a meaningful way. Learn more about NeighborWalks as we dive deeper into the technique around creating a successful volunteer and community engagement program.

The Erie Room

2:45-4:00

Wednesday, October 19

Session One

In the Beginning: Portland and New York...Past, Present and Future

Speakers

Jerry Cohen, State Director, AARP Oregon

Beth Finkel, State Director, AARP New York

Nick Fish, City Commissioner, Portland City Council

Lindsey Goldman, Deputy Director, Healthy Aging, The New York Academy of Medicine

Session Description

The panel will briefly address the impetus for Portland and New York City to become the first two US cities to join WHO/AARP Age-Friendly Cities. They will explore the cities' current status and review metrics and returns on investments to date. They will also provide a look forward to where each city is headed as the initial leaders of Age-Friendly Communities as well as key learnings along the way.

Session Two

The Lifetime Communities Collaborative - A New Approach in the Metropolitan Chicago Region

Speakers

Brad Winick, Consultant/Catalyst/Dot Connector, Planning/Aging

Rosanna Marquez, State President, AARP Illinois

Rosa Ortiz, Program Director, Enterprise Community Partners

Sharon Post, Director, Center for Long-Term Care Reform, Health & Medicine Policy Research Group

Session Description

This session will introduce a unique approach to developing an age-friendly region. In 2015, six Chicago area organizations—AARP Illinois, Chicago Metropolitan Agency for Planning, Enterprise Community Partners, Health & Medicine Policy Research Group, Metropolitan Mayors Caucus, and the University of Illinois at Chicago College of Urban Planning and Public Affairs—convened the Lifetime Communities Collaborative (LCC) to augment and leverage work being done throughout the region to begin to address our changing demographic realities. The LCC is unique in several areas, including its lifetime approach to creating livable

communities to benefit everyone regardless of age or ability, its multi-sectoral emphasis to break down barriers and engage individuals in various fields, and its regional scope that crosses political and geographic barriers.

The LCC envisions a region of age-friendly neighborhoods and communities, but key issues such as transportation and health care require a broad vision that transcends place-specific efforts. The panel will feature key LCC stakeholders discussing the formation of the LCC, how the LCC is beginning to impact this important regional conversation, highlighting several early place-based pilot initiatives, and discussing the LCC's plans for the future.