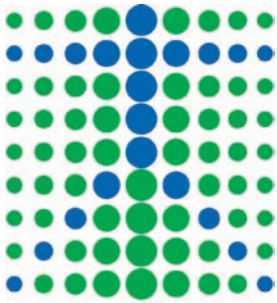# Developing a Livable San Antonio Metro Region for All Ages

Workshop Report Nine:
**Community Redesign &
The Built Environment**

**Partners for Livable
Communities**

n4a

Advocacy. Action. Answers on Aging.

MetLife Foundation

GUADALUPE

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www.aginginplaceinitiative.org

Through the generous support of MetLife Foundation, the ninth regional workshop of the Aging in Place Initiative was held in San Antonio, Texas on June 11, 2009 at The Guadalupe Cultural Arts Center.

For more information or resources relating to the Aging in Place Initiative, please visit:

www.aginginplaceinitiative.org

America is aging. Today roughly 37 million Americans age 65 and older represent slightly more than 12 percent of the country's total population. By the year 2030 the number of Americans in this age group will nearly double, accounting for one-fifth of the population. Due to the overwhelming desire of older Americans to age in place in their own homes, communities will face unprecedented challenges to providing the services and infrastructure that this population will demand. Yet, if communities are resourceful, innovative and prudent, these challenges will be eclipsed by the enormous share of social and human capital that will be made available by the largest, healthiest, best-educated and most affluent generation of older adults in American history.

The Aging in Place Initiative was created by Partners for Livable Communities, the National Association of Area Agencies on Aging, and other national civic groups to draw attention to the increasing aging demographic and to share information about how communities can achieve livability for all. With support from MetLife Foundation, the partners have supported the development of practical tools and resources to help communities jumpstart their conversations and take action to address the needs of older adults in their cities and neighborhoods.

> ## Simply put, Aging in Place is growing older without having to move.
>
> Aging in Place is a comprehensive, community-driven strategy to give Americans the services, opportunities and infrastructure so that they can grow old with dignity in their own homes while remaining active and engaged members of their communities.
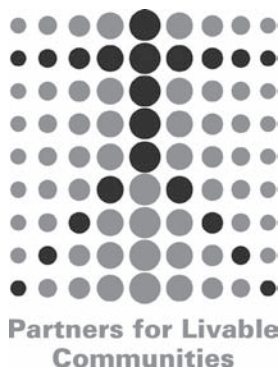
As part of this initiative, the partners supported *The Maturing of America* survey in 2006. This questionnaire found that although many communities have some programs to address the needs of older adults, very few have undertaken a comprehensive assessment of what it would take to make their community livable for all. As a result of these findings, the partners developed a comprehensive resource, *A Blueprint for Action: Developing Livable Communities for All Ages*, to provide communities with a concrete tool to help them plan for the future. The strategies and best practices outlined in the *Blueprint* can help communities make the incremental changes needed to create livable communities that are good places for the young and old alike.

Now, the initiative is on the road, hosting a series of regional workshops across the country that focus on one particular aspect, or theme, of Aging in Place. It is the goal of each workshop to bring together a diverse group of experts and stakeholders to share ideas and generate a local dialogue about Aging in Place efforts and challenges in the community. To help stimulate innovative ideas and new partnerships, workshop attendees are learning how they can receive small "JumpStart the Conversation" grants to fund their own projects. In addition, the initiative's Website, www. aginginplaceinitiative.org, has become an information and resource hub with a listing of the JumpStart grant winners along with best practices and the reports from each workshop.

This report documents the San Antonio workshop (the ninth in the series) which focused on redesigning community assets for Aging in Place. Regardless of whether you attended the workshop, this report provides an understanding of the types of features that make communities livable, as well as how existing assets can be redesigned as part of a comprehensive Aging in Place strategy.

Making a community ageless requires the collaboration of numerous players from the public, private and nonprofit sectors. We hope that this report provides a better understanding of how Aging in Place can be incorporated into all aspects of community life.

Your national hosts,

Partners for Livable Communities

n4a℠

Advocacy. Action. Answers on Aging.

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The ninth workshop of the Aging in Place Initiative was convened on June 11, 2009 in San Antonio, Texas, drawing a large and diverse audience of community stakeholders and experts eager to discuss how their community can be redesigned and made more friendly for people of all ages. The workshop, *Redesigning Communities for Aging in Place: Developing a Livable San Antonio Metro Region for All Ages*, was hosted by the Alamo Area Agency on Aging, the City of San Antonio, the Alamo Area Council of Governments, and the WellMed Charitable Foundation, and served as a forum for national and local experts to showcase winning strategies for rethinking and redesigning a community's assets to better serve the growing older adult population.

After some inspiring introductory remarks, workshop participants were treated to a presentation by Kathy Sykes, the Senior Advisor at the U.S. Environmental Protection Agency's Aging Initiative, who is a leading expert on how communities can make smart design changes to their built environment that benefit people of all ages. The workshop then focused on four key factors of community redesign that have emerged as challenges for communities across the country: Planning, Mobility, Health and Wellness, and Social Integration. Four experts from the San Antonio area spoke about each of these topics, sharing their knowledge and fielding questions from an engaged audience.

Ultimately, national and local experts agreed on a set of critical design changes that can make communities anywhere more livable for today's older adults, and those of tomorrow. Moreover, they agreed that the time is now for communities to rethink and redesign how they use existing assets as livability tools for people of all ages. Big or small, any community can find innovative ways to make its libraries, museums, parks, public spaces or recreation centers instruments in an Aging in Place strategy.

This report documents the workshop in San Antonio and provides a comprehensive analysis of the ideas that were discussed, the recommendations that were made, and the programs and organizations at work to rethink communities and make them more livable for all.

To help set the stage for the discussion that took place at the workshop, the following "Backgrounder" section (p. 2) provides demographic and other key information about the San Antonio metro region.

Critical findings and analysis from the workshop are found in the section, "A Place to Call Home: Rethinking the Built Environment for People of All Ages" (p. 5). This section thoroughly introduces the topic of community redesign and then focuses on specific challenges and solutions that are being tried and tested in communities throughout America.

Finally, a listing and description of several nationally-recognized community redesign strategies is found in the "Aging Friendly Innovations: Best Practices" section (p. 18).

Key Findings:

☐ Communities need to rethink how their existing assets can be used as part of an Aging in Place agenda

☐ Improving the built environment of a community can have as big of an impact on Aging in Place as developing programs and services

☐ Sound planning decisions such as preserving open space can create livable communities at little cost

☐ In addition to increasing public transit options, older adult mobility can be enhanced by rethinking crosswalks and promoting safe and accessible walkways

☐ Creative, community-driven changes to healthcare delivery practices can make older adults healthier and lower medical expenses

☐ Rethinking how public spaces are used can make older adults feel more socially integrated into their community

Workshop Details

What: A discussion about the strategies and solutions to redesigning community assets for Aging in Place

When: June 11, 2009

Where: Guadalupe Cultural Arts Center, San Antonio, Texas

Who: A large and diverse group of citizens, community stakeholders and national and regional experts

See Appendix, starting on p. 25, for the workshop agenda, speaker bios, a complete list of participants, and other helpful resources.

Backgrounder: Snap Shot of the Region

The greater San Antonio area is one of the largest and most diverse regions in the country. Encompassing more than 10,000 square miles, the 12-county area of south-central Texas which consists of the City of San Antonio and its environs is served by the Alamo and Bexar County Area Agencies on Aging (AAA), principle hosts of the San Antonio workshop. The City of San Antonio itself is the seventh largest city in the United States and for six years between 2000 and 2006 it held the title of the fourth fastest growing city in America. With such staggering growth and diversity, San Antonio can look forward to a variety of unique challenges and opportunities in the coming years.

The city's future will continue to build upon its rich history as one of America's most storied frontier towns and a bastion of Southwest American culture. Founded in the early 18th century, San Antonio grew to become the largest Spanish settlement in Texas. The legendary 1836 Battle of the Alamo came to define the city for generations and it remains one of the most famous battles in American history. Even today, millions of visitors come to the Alamo each year to remember the historic battle.

San Antonio is also renowned as the capital of "Tejano" culture. Tejano's are considered Texans of Hispanic or Latin-American descent, and typically have family roots in Texas that go back for generations. Tejano cuisine originated in Texas as a fusion of Mexican and Spanish cooking and has come to be known today as "Tex-Mex." Tejano music likewise has a distinctive sound, and is celebrated throughout the San Antonio region.

From a demographic perspective, the size, scale, and diversity of the San Antonio area can make planning and design decisions difficult. The region is unique in that the City of San Antonio is heavily populated, yet the metropolitan area does not have a high population density. Though the city ranks as the seventh most populous in the United States, the metropolitan statistical area ranks far behind at 28th. Like many places in America, San Antonio is growing mainly at its fringes and has not seen a resurgence in downtown living. This growth pattern is putting a strain on city services and creating additional long-term challenges as the city's older adult residents become more and more spread out.

Snapshot of the Greater San Antonio Region

The City of San Antonio has a population of 1.3 million, and its metropolitan area is estimated to have just more than 2 million

San Antonio is the seventh most populous city in the United States and the second largest city in Texas

Older adults in the San Antonio region make up 22 percent of the population—nearly double the statewide average

The number of older adults age 60 and over is expected to rise 55 percent between 2010 and 2020 in the San Antonio area

The largest minority group in the Alamo AAA region is Hispanic, representing 20 percent of the population
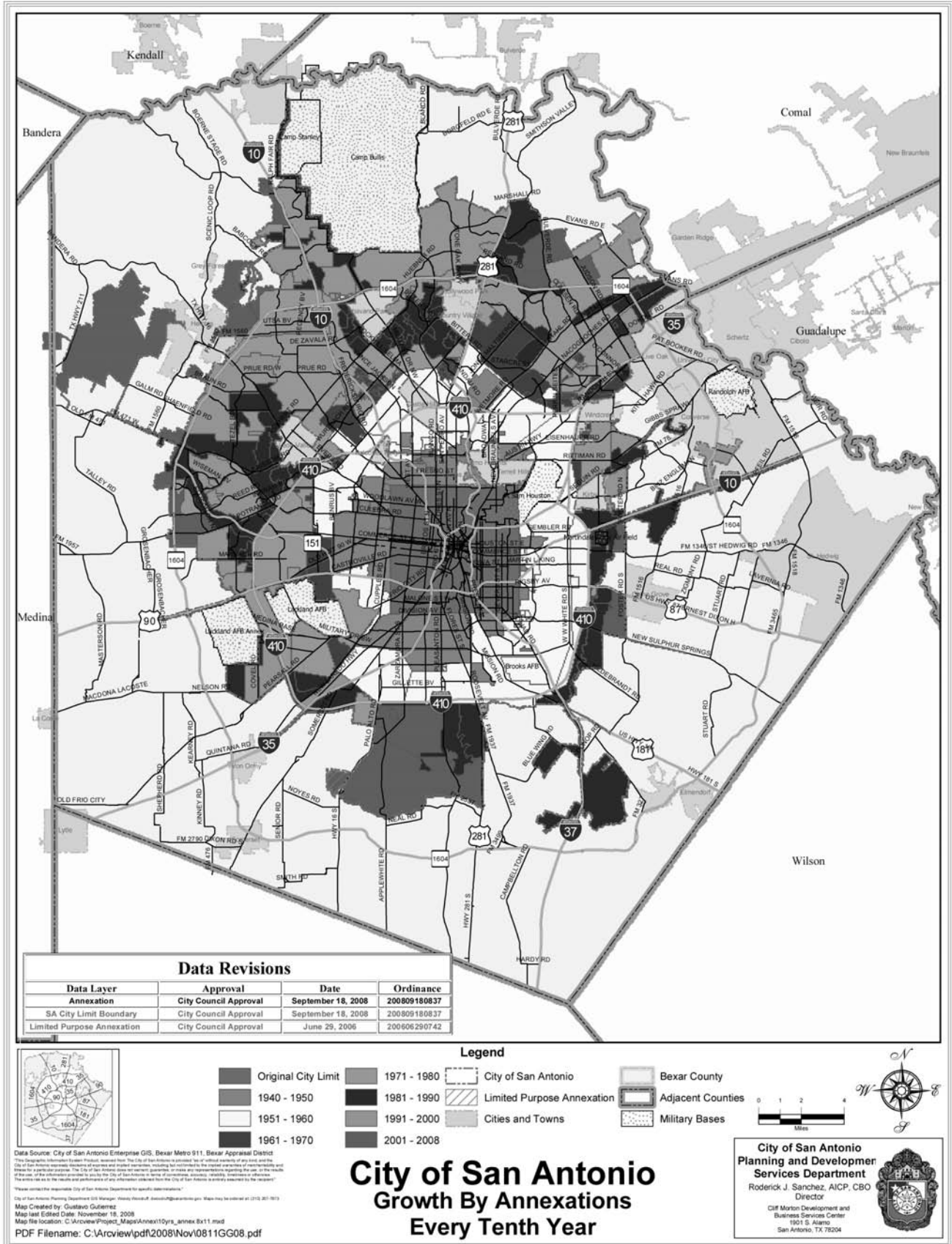
For more information about demographics and population trends in the San Antonio Area, see the Alamo Area Agency on Aging Area Plan: Fiscal Years 2008-2010, available at www.alamoaging.org/pdffiles/2008-2010AlamoAreaPlan.pdf.

Expected population growth figures provide a warning for what is to come: The total population over the age of 60 is expected to rise by 55 percent from 2010 to 2020, with the growth rate among Hispanics reaching as high as 70 percent. The number of older adults age 85 and older will climb by 47 percent, and a large majority of them are expected to live at or near the poverty line.[1]

As a community facing the challenge of how to rethink its existing assets to serve its residents in the future, San Antonio is fortunate to have had a long history of making innovative planning and design decisions. It is certainly a city that has transformed itself more than once. San Antonio's River Walk, a network of pedestrian walkways one storey beneath the ground that runs for 2.5 miles along the San Antonio River, was completed in 1941 and continues to be studied as an international model of a dynamic, attractive public space. At the time it was built, the River Walk revitalized not just the river, but the entire community and it continues to rank as one of the top two visitor attractions in Texas.

Endowed with a rich history, San Antonio is a community that will continue to face its challenges head on, and thrive. The following section explores some of these challenges along with the solutions that places anywhere can implement to make their communities livable for people of all ages.

Data Revisions

Data Layer	Approval	Date	Ordinance
Annexation	City Council Approval	September 18, 2008	200809180837
SA City Limit Boundary	City Council Approval	September 18, 2008	200809180837
Limited Purpose Annexation	City Council Approval	June 29, 2006	200606290742

Legend

Original City Limit	1971 - 1980	City of San Antonio	Bexar County	
1940 - 1950	1981 - 1990	Limited Purpose Annexation	Adjacent Counties	
1951 - 1960	1991 - 2000	Cities and Towns	Military Bases	
1961 - 1970	2001 - 2008			

City of San Antonio
Growth By Annexations
Every Tenth Year

**City of San Antonio
Planning and Development
Services Department**
Roderick J. Sanchez, AICP, CBO
Director

Cliff Morton Development and
Business Services Center
1901 S. Alamo
San Antonio, TX 78204

map credit: City of San Antonio

A Place to Call Home:
Rethinking the Built Environment for People of All Ages

When the Aging in Place Initiative visited San Antonio, Texas on June 11, 2009 to host its ninth workshop, the venue itself served to reinforce one of the messages of the day: all communities have assets. The historic Guadalupe Cultural Arts Center is a revered cultural institution in San Antonio and a reminder to people within and beyond the city that such livability assets have the potential to make an enormous impact on all members of the community. With six distinct learning areas including theater, dance, media arts, and literature, the Guadalupe Center is a place where the young and old alike can engage in culture and the arts, while strengthening the community at large.

A sizeable, diverse city such as San Antonio clearly benefits from the Guadalupe Cultural Arts Center, a national model of an asset that helps to round out a comprehensive, community-driven Aging in Place strategy. Yet, the San Antonio workshop revealed that, like most cities in America, the community has work to do to create an environment that is genuinely friendly to the needs of the young and old alike.

At the day's event, titled, *Redesigning Communities for Aging in Place: Developing a Livable San Antonio Metro Region for All Ages*, the emphasis was on how livability assets—anything from museums and parks to arts centers and sidewalks—can be redesigned to better serve the growing older adult population, and the community as a whole. In declaring that the time is now to begin the conversation and re-examine existing assets in San Antonio, workshop participants heard from national speakers about comprehensive measures that can enhance livability in their own community. Then, the workshop highlighted four distinct areas on which the community can focus its redesign efforts: Planning, Mobility, Health & Wellness, and Social Integration.

This section will begin with a discussion of the design components of a livable community by drawing on the presentations of national speakers

Welcoming Remarks
Gloria C. Arriaga
Executive Director,
Alamo Area Council of Governments

Welcome from the Sponsors
Helen Eltzeroth
Chief Programs and Communications Officer,
National Association of Area Agencies on Aging

Keynote Speaker
Kathy Sykes
Senior Advisor,
Aging Initiative, U.S. Environmental Protection Agency

Local Experts
Carol Zernial
Executive Director,
WellMed Charitable Foundation

Don Smith
Director,
Tarrant County Area Agency on Aging

Dr. Heywood Sanders
Professor,
Department of Public Administration, University of Texas at San Antonio

Ken Hosen
Principal,
KFH Group

"We want to be able to highlight the assets that we have and see how they can be improved."

—Debbie Billa, Director, Alamo Area Agency on Aging

at the San Antonio event. Then, the section will explore specific steps that communities can take to address redesign challenges, as identified by local leaders in San Antonio, as well as communities across the country.

Thinking about a Built Environment for All

The Built Environment is defined as the buildings, roads, utilities, homes, fixtures, parks and all other man-made entities that form the physical characteristics of a community.[3]

At the San Antonio workshop, speakers started off by providing the audience with a vision of what a truly livable community looks like—a vision that is, admittedly, quite a ways off for most communities. Nevertheless, it is important to understand the countless components that go into making a livable community. These components—comprising design features, sound planning, and adequate infrastructure—come together to create what is known as the built environment of a community. This environment has profound consequences on the way of life for each and every citizen, affecting one's mobility, personal health, and social interactions with others. And, as evidence shows, the built environment has consequences for the health of the natural environment and the ecosystems of which a community is a part.

The following are some of the salient components of the built environment discussed at the San Antonio workshop that support livability for all.

Walkable Neighborhoods = Healthy Neighborhoods

Over and over again, experts point to walkability as one of the most crucial elements of livable communities, and of a sound Aging in Place strategy. If older adults are unable to walk safely in their neighborhoods then their physical health often suffers, and they are forced to rely on other transportation and services arrangements to meet their needs.

Oakland Makes Walking a Priority

Facing a growing number of pedestrian accidents, the City of Oakland, California decided to take action. In 2001, the city developed one of first Pedestrian Master Plans in the country with the goal of making walking easy and safe for all. (See p. 18 for more information)

Unfortunately, many American communities lack the principle walkability asset that a neighborhood requires—sidewalks. In examining more than 10,000 local governments on their readiness for the growing aging population, the *Maturing of America* survey found that only 66 percent of communities had adequate sidewalk systems linking residences and essential services.[2] San Antonio is one of the cities that has work to do to make walking easier for older adults. A recent audit by the City of San Antonio of its pedestrian friendly infrastructure found that "existing pedestrian facilities were incomplete, inadequate, and inaccessible."[4]

Jogging, Walking & Biking Trails

Second to sidewalks, livable neighborhoods require dedicated jogging, walking and biking trails. These amenities provide a safe environment for exercise that can be used by the entire community. Moreover, older adults are unequivocal in their desire for more walking and jogging trails in their

neighborhoods. The National Association of Homebuilders reports that they are, in fact, the number one amenity that adults age 55 and older want when thinking about moving to a new community.[5]

Together, adequate sidewalks and walking/jogging/biking trails are so important because they can have the effect of not only creating more livable neighborhoods, but also more healthy communities in general. Research presented at the San Antonio workshop by Kathy Sykes, the Senior Advisor at the U.S. Environmental Protection Agency, demonstrates the health consequences that inactivity is having on communities across America. Obesity rates in the United States are growing and the condition may soon rival cigarette smoking as the major cause of preventable disease and premature death. It is also strongly linked to high rates of chronic illness, and in terms of chronic conditions, obesity has effects similar to 20 years of aging.[6]

The effect that sidewalks alone have on inactivity and obesity cannot be overstated. A recent study by researchers from San Diego State University revealed that city dwellers (who tend to walk more frequently) are healthier than their suburban counterparts. "The biggest single factor influencing physical activity around the world," the study determined, "is accessibility to sidewalks."[7]

Mixed Land Use & Affordable Housing

Speakers at the San Antonio workshop also expounded on the importance of developing mixed land use neighborhoods, together with affordable housing, for creating livable and healthy communities. The need for these types of developments is particularly pressing giving the stark shift in demographics that is occurring throughout the United States. Echoing a large and growing body of research on the topic, Kathy Sykes informed workshop participants that the percentage of American households consisting of a married couple with children has declined steadily for the past half century and could fall as low as 26 percent by the year 2040. At the same time, the share of U.S. households without children is expected to grow by 86 percent.[9]

These facts are troubling because in many communities, new housing developments continue to be designed and built for the nuclear family. Municipalities, lured by the promise of high property tax revenues, often encourage the construction of large, luxury homes. Moreover, cities are growing mainly at the peripheries in developments that segregate homes, workplaces, retail venues, and

> *"The biggest single factor influencing physical activity around the world is accessibility to sidewalks."*

Building Livable Communities Improves the Environment

Kathy Sykes, the Senior Advisor at the U.S. Environmental Protection Agency's Aging Initiative, shared with the audience at the San Antonio workshop how taking steps to make the built environment more livable also has the effect of improving the health of the natural environment.

Part of the reason is that when people have safe and accessible walking and biking paths, and live close enough to the services they need, driving time can be reduced significantly. Thus, EPA studies have shown that placing "a new development in an existing neighborhood, instead of on open space at the suburban fringe, can reduce miles driven by as much as 58 percent. Communities that make it easy for people to choose to walk, bicycle, or take public transit can also reduce air pollution by reducing automobile mileage and smog-forming emissions."[8]

Compact developments that preserve open spaces can also improve water quality by limiting the amount of toxic chemicals that are allowed to runoff into drinking-water supplies. Finally, redeveloping abandoned or underused industrial and commercial facilities—known as brownfields—cleans up the area, removes environmental contamination, and reduces the need to expand cities at the periphery.

For more information on the environmental benefits of building more livable communities, see the EPA's report, "Our Built and Natural Environments: A Technical Review of the Interactions between Land Use, Transportation, and Environmental Quality," available at www.epa.gov/smartgrowth/built.htm.

services—growth patterns that will make transportation and service delivery a challenge as the population ages.[10]

Creating mixed use streets and neighborhoods, complete with more affordable housing options, is one of the best ways to build more livable communities because their advantages touch nearly every Aging in Place-related issue. Mixed use developments have the effect of creating a public space or gathering area to attract everyone in the neighborhood. A stronger sense of community and social integration is created when residents, workers, older adults and families are drawn to a distinctive public space that has a lot to offer. With services and retail options nearer to residents, the physical activity of people of all ages increases and reliance on transportation is lessened.

Walkable neighborhoods, jogging, walking and biking paths, and mixed use developments are just a few select features of community design that fosters Aging in Place—features that were discussed thoroughly at the San Antonio workshop. A built environment that is friendly to people of all ages will also have vibrant and safe parks, a range of transportation options, affordable and accessible services, and attractive and distinct places to serve as gathering points for the community.

While it would be nice to implement all of these features into the fabric of the built environment in cities across America, the reality is that developing most of these projects is prohibitively expensive, particularly during tough economic times. In San Antonio, workshop participants expressed their desire to make progress now, asking the speakers, "What can we do tomorrow to make our community more livable?"

The good news is that there are concrete steps that communities can take to meet their challenges and get the ball rolling on an Aging in Place agenda that makes the built environment more livable for all. In fact, this particular moment holds tremendous promise for the future of America's communities as they confront shifting demographics and think of ways to serve a larger older adult population in the future. If they are to be successful, they will need to take a creative approach and rethink how existing assets can play a part in making the community friendly for

A Mixed Use Model in Denver, Colorado: Stapleton

On the site of what was once the bustling Stapleton airport, a new mixed use community has cropped up that stands as an international model of a healthy, vibrant, and attractive development. The 7.5 square-mile site seeks to blend a more urban form and density with wide sidewalks, parks and new public schools. The Stapletown development also provides retail spaces, recreation centers, public art projects, offices, and medical facilities all close by to residents.[12]

Unlike many other urban infill redevelopments that market to niche population groups such as young singles, or empty nesters, Stapleton's wide range of housing options draws a truly diverse group of residents. All of the homes and apartments are within walking distance of shops and schools—usually no more than a quarter of a mile away, with extensive biking and walking trails that make it easy to get around and reduce traffic.

Development at Stapleton is also environmentally friendly and attractive. Homes exceed the federal Energy Star standards, and developers studied Denver's historic neighborhoods to produce a range of home styles, all with garages in the back with alley access. To encourage social diversity, both luxury and affordable homes often exist on the same block.

Stapleton has won countless awards for its model and garnered attention from officials from Texas to China. Yet, the development's most telltale sign of success comes from the residents themselves who feel at home in a community with so much to offer.

For more information, visit www.stapletondenver.com.

"What can we do tomorrow to make our community more livable?"

—San Antonio workshop participant

people of all ages. For example, are the sidewalks, bike paths, museums, libraries, parks, etc. meeting the needs of the older adult population? Are they meeting the needs of young people? Of families? How can they be improved? What new partnerships can be forged? What new leadership can be engaged? Government is not the only group that needs to be asking these questions and taking action—businesses, nonprofits, civic organizations, and citizens each have a key role to play.

The following are sets of challenges and solutions related to the four subject areas discussed at the San Antonio workshop that communities anywhere can look to as examples of ways to rethink assets and take action today for Aging in Place.

Rethinking how existing assets can play a part in making the community friendly for people of all ages.

☐ Are the sidewalks, bike paths, museums, libraries, and parks meeting the needs of the older adult population?

☐ Are they meeting the needs of young people?

☐ Are they meeting the needs of families?

☐ How can they be improved?

☐ What new partnerships can be forged?

☐ What new leadership can be engaged?

Planning

Challenge:	Communities sometimes lack the resources to carry out effective planning measures
Solution:	Bring all voices, including older adults, into the planning process
	Push for smart planning decisions that are not costly
	Focus change on existing neighborhoods, not just new developments

The planning challenges that affect older adults are, by some measure, more difficult to tackle than most others. Unlike special services or programs which can more easily be built from the ground up, a community cannot change its entire built environment overnight. Rather, it is forced to work with what it has by assessing its current layout and looking for ways to improve. This can be an arduous challenge, but it can also be a unique opportunity for creative and engaged communities to have a crucial impact on the quality of life of current and future older adult residents.

In San Antonio, workshop participants expressed concerns similar to those being voiced in communities across America. Particularly during times of economic downturn, states and municipalities struggle to find the resources needed to improve their built environment. Concerned citizens and civic groups are clamoring to take action now, but they are want for steps that they can take.

The good news is that there are valuable needs that citizens can fulfill to help shape the planning process in any community. For one, people can become more cognizant of the planning decisions being made in their area by attending planning commission meetings and registering their feedback.

Community Driven Planning in San Antonio

In San Antonio, input from residents was critical in creating the city's Bicycle Master Plan in 2005. The plan has set in motion a series of steps to make biking a safe and popular choice for people in the San Antonio community. (See p. 19 for more information)

Developers are always present when city planning decisions are being formulated, but their interests need to be balanced by other business groups, nonprofit organizations, neighborhood associations, civic groups, and residents. Older adults, in particular, need to be brought to the table so that they can help influence the changes that will affect the built environment around them.

In addition, many planning decisions need not cost a lot, or any, taxpayer money. If a community can't afford to install sidewalks or build new biking paths, it can still take action that will chart a course for livability now and in the future. For one, city planners can recommend that certain parcels of land remain as open space. Open spaces provide a myriad of recreational, ecological, and aesthetic benefits to the communities that surround them. Although some municipalities tend to view open space as a wasted development opportunity, studies show that there are numerous economic benefits to preserving land as open space. One such study looked at Howard County, Maryland, a rapidly developing county near Washington, D.C, and observed that the presence of nearby open space increased residential land values significantly.[13] Other surveys confirm that as more and more residents are willing to pay more to live near open spaces, land values—and consequently property tax revenues—rise.[14]

A final planning strategy discussed at the San Antonio workshop that has particular relevance during periods of economic downturn is to focus change on existing neighborhoods. Though community leaders commonly focus on developing brand new residential neighborhoods on open lands, it is often better to focus on the existing built environment and to look for ways to improve or re-use it. Taking this approach is cheaper; it improves the quality of life of more people, and is a smarter way to plan for the future.

Mobility

Challenge:	Older adults struggle to move about their communities safely and easily
Solution:	Rethink the existing mobility challenges, and include the entire community in focusing attention on crosswalks and pedestrian safety
	Look beyond the public sector and create new partnerships that can expand transportation options for older adults

Previous Aging in Place Initiative workshops have examined the transportation issue in depth, focusing on improving public transportation and creating new transit projects to enhance the mobility options available for older adults. In nearly every workshop, securing affordable and reliable transportation emerges as one of the most critical challenges for older adults

to remain in their homes and stay engaged in their communities. In San Antonio, however, the mobility discussion took a different turn, focusing on how communities can examine their built environment and find ways to improve it. As with the planning issue, improving mobility for older adults has rewards for people of all ages and is something in which everyone in the community ought to take part.

One such mobility challenge that was discussed at the San Antonio workshop was how to improve the pedestrian experience for older adults. Though the presence of walkable sidewalks is undoubtedly a critical component of this challenge, it is not the only issue. Kathy Sykes, in her presentation to workshop participants, made light of the difficulties that many older adults experience while trying to cross the street. Due to decades of transportation policy that has promoted driving as the ubiquitous mode of transportation, the safety and accessibility of road crossings has often been neglected. Sykes emphasized the importance of having crosswalks that are clearly visible to drivers and traffic signals that allow enough time for older adults to cross. In addition, anyone in the community can take measures to make streets and neighborhoods safer places to walk, such as:

- writing a letter to the editor of the local newspaper to bring attention to a dangerous intersection or raise awareness of pedestrian safety issues
- contacting the Mayor or a City Council member to ask for walkability improvements
- asking local police to increase enforcement of speed limits in neighborhoods
- surveying walking routes and contacting the Department of Public Works if sidewalks, signals, and signs need to be improved

Pedestrian Fatalities

In 2005, older adults age 65 and over represented 12 percent of the U.S. population yet they accounted for 20 percent of all pedestrian fatalities.[15]

Know Your Walk Score

A new website is making it easy for people to evaluate the walkability of a city or the neighborhood surrounding a particular location. The interactive site, www.walkscore. com, identifies all of the surrounding amenities of a given location and rates its walkability on a 100-point scale. (See p. 21 for more information)

"If you talk to people, they have ideas—there's no shortage of ideas in San Antonio."

—Richard E. Martinez, Senior Planner, City of San Antonio

Making the road safer for pedestrians has the added benefit of improving safety for motorists as well. Brighter crosswalks and bigger warning signs keep motorists of all ages alert to the presence of pedestrians and makes mobility easier for everyone.

In San Antonio, participants were also encouraged to look beyond the public sector to find ways of creating additional transportation options for older adults who can no longer drive. Ken Hosen, a transit expert who spoke about mobility options at the workshop, emphasized the importance of engaging businesses and community groups to help play a role in providing transportation for those in need. With an estimated 600,000 Americans age 70 and over ceasing to drive each year, this need cannot be overstated.[16]

Hosen suggests leveraging the commercial interests of local businesses and community institutions to help lend a hand in transportation issues. For example, organized business districts or individual stores can sponsor shuttle services that complement public transit routes. Medical centers, community centers, and even entertainment venues can all play a role in drawing older adults out of their homes and into the community, and businesses will often receive a boost by bringing more customers through their doors. At the workshop, Hosen explained how a United Supermarkets grocery store in Lubbock, Texas has created a model of business-sponsored transit that is serving older adults and the store's business interests at the same time. Known as the Shoppers Shuttle, the store pays to operate a bus so that older adults in areas without public transit can get to the store to shop for their groceries.

One of the advantages about engaging in partnerships with businesses and community groups is that anyone can do it. Businesses are always eager to cultivate new customers and show their commitment to the community, and they can be more receptive to fresh ideas.

Health & Wellness

Challenge:	Many community designs and healthcare practices make it difficult for older adults to remain healthy as they age
Solution:	Think of creative ways for older adults to stay active
	Explore a "chronic care model" and other ways of changing healthcare practices so that older adults receive higher quality and more comprehensive care

The beginning of this section touched upon the consequences that a walkable, livable community has on the health of older adults. Indeed, the correlation between the lack of adequate sidewalks and rates of inactivity make a strong case for taking measures to ensure that neighborhoods where older adults live are walkable and accessible to recreation opportunities.

"The first thing people need to do is start talking to folks. Places that work are places where people get out and get to know one another!"

—Heywood T. Sanders, Professor, Department of Public Administration, University of Texas at San Antonio

Communities that are smart and creative have shown that there are additional ways to engage older adults in health and wellness opportunities that go beyond sidewalks and jogging trails. The City of Portland, Oregon is one such community that is promoting health and wellness for its older adult residents. Portland already has adequate sidewalks and a network of more than 270 miles of bike paths, but the city wanted to do more to encourage older adults to be active. A partnership effort of the Bureaus of Transportation and Parks & Recreation created a 'Senior Bike Program' to provide older adults with free, comfortable, recumbent tricycles and helmets so that they become comfortable and knowledgeable about the community's greenways. In addition, the city started a 'Senior Strolls' program to lead older adults on walks through several neighborhoods. (See p. 22 for more information)

Places like Portland understand that it takes commitment from a broad cross-section of the community to help older adults stay healthy and fit. Other cities have also shown how creative programs and partnerships can play a big role in community health. For example, in Chicago, a dance theater launched a class for older adult women who were inspired to start dancing after seeing performances. In Texas, the Texercise program was launched by the Department of Aging and Disability Services to educate and involve older adults and their families in physical activity. The program sponsors a number of activities including free exercise classes, yoga, and square dancing lessons. And in Arizona, the 'Camine con Nosotros' program targets older, low-income Latinas to promote walking and physical activity in their communities (*see the Best Practices section on p. 18 for more information about Health & Wellness programs such as these*). The possibilities for creating an effective health and wellness initiative for older adults are endless and need only dedication and ingenuity to be unleashed.

The San Antonio Aging in Place workshop addressed one other angle of the health and wellness issue—that of how health care delivery can be improved to enhance the quality of care that older adults receive. This topic was touched upon at a previous Aging in Place workshop in Kansas City, which discussed in part how some states are experimenting with changes to Medicare and Medicaid policies to improve care and save costs.[18] In San Antonio, the healthcare conversation took on a slightly different twist, emphasizing another way that communities can rethink how they deliver quality care to older adults.

Although healthcare has been transformed over the past decades by tremendous advances in technology and medicine, the way in which healthcare is financed and delivered, in many ways, is still outdated. This is because healthcare providers tend to offer a service model based on episodic

Chronic Disease Facts

• Nearly half of all Americans live with a chronic condition

• By 2030, the number of Americans with chronic conditions will increase by 37 percent

• The leading chronic conditions among people age 65 and older are hypertension (51 percent), arthritis (37 percent), heart disease (29 percent), and eye disorders (25 percent)

• People with chronic conditions account for 83 percent of all health care spending [17]

care for acute illnesses. So while heart attacks and strokes are much more survivable today than they were in years past, healthcare could be more effective if the underlying chronic conditions that cause such diseases receive more monitoring and treatment. A so-called 'chronic care' model is being heralded across the country as a solution that can provide more effective care at lower costs to the growing number of Americans with chronic conditions such as heart disease, diabetes, and hypertension.

At the workshop the case was made for a chronic care model by Carol Zernial, the Executive Director of the WellMed Charitable Trust in San Antonio. Zernial laid out the key elements of a chronic care model that WellMed incorporates into their practice including frequent, planned visits with teams of healthcare professionals who engage patients about their care to improve outcomes and ensure quality. The idea is to make patients more informed about their health, and doctors and medical personnel more focused on overall patient health rather than simply disease treatment.

As communities like San Antonio are experimenting with chronic care models, others are looking to evidence-based disease prevention as a way to share strategies and replicate positive outcomes throughout the medical community. Though it will take time for a national consensus to emerge regarding the most effective healthcare strategy for the growing older adult population, there is no doubt that the answers will involve rethinking the ways of the past and involving a variety of community assets working together to keep older adults healthy.

Social Integration

Challenge:	Opportunities are lacking for older adults to remain engaged and active in all aspects of their community
Solution:	Create safe and attractive public gathering places to draw older adults out of their homes and into the community
	Rethink the way that community groups and institutions such as museums, libraries, and community centers serve older adults by making them accessible and desirable venues for people to interact with others

The final issue that was discussed at the San Antonio workshop was how the built environment has an impact on social integration among older adults. Older adults consistently say that one of the most difficult parts of aging is maintaining connections with friends and family and engaging with those around them. No matter how physically healthy one may be, social integration and community engagement are vital for healthy aging. In fact, studies show that social isolation in older adults is linked to low levels of physical and mental health.[19]

The good news is that smart community designs and proactive strategies by community institutions can have a big impact on increasing social integration among older adults. The first thing that communities need to look at is the public spaces around which older adults live. As discussed previously, attractive, and safe public spaces such as sidewalks, greenways, and parks are key components to livable communities, in part because they promote physical activity and increase mobility options for everyone. But attractive public gathering spaces also serve as a haven for older adults who feel isolated and alone. Research shows that because these spaces tend to draw people out of their homes, the presence of green outdoor common space "predicted the strength of neighborhood social ties and sense of community."[20]

In addition to rethinking the built form of neighborhoods, organizations and institutions need to rethink the role that they can play in combating social isolation in their community. There are a host of programs and organizations that provide services and opportunities for those who come calling, but those who don't often fall through the cracks. In San Antonio, participants learned about a community-based strategy to help particularly vulnerable older adults stay healthy and engaged in the community.

Rethinking the Library as an Asset for Older Adults

In San Diego, California, the county public library serves as an invaluable asset for older adults in the community. To reach out to diverse groups of older adults, the library holds countless events and programs each month such as multilingual book clubs, discussion groups, and even yoga and Pilates courses. (See p. 24 for more information)

Don Smith, Director of the Tarrant County Area Agency on Aging, based in Fort Worth, Texas, recognized the high number of older adults that live alone in the community and convened a series of focus groups with nonprofit organizations, faith-based groups, and other city agencies to see how they can work together to address their needs. The group's efforts have culminated with the Neighbor Helping Neighbor program, which has succeeded in identifying isolated older adults and providing them with the services they need.

The winning strategy, says Smith, is to involve as many partners as possible and draw upon their strengths. For example, the faith community can be a valuable resource for learning about the older adults in a neighborhood and reaching out to them. The Neighbor Helping Neighbor program also partners with postal employees and staff from organizations such as Meals on Wheels because they can be the only ones who come into contact with isolated older adults.

Part of reaching out and fostering social integration means creating meaningful opportunities that will draw older adults out of their homes and into the community. Museums, libraries, community centers and other places have a special ability to engage with older adults, no matter their income, race, or cultural background. Libraries can offer events, or even meals for older adults to enjoy; local theaters and arts centers such as the Guadalupe Cultural Arts Center can invite older adults to complimentary showings or invite them to serve as volunteer ushers; and schools can invite older adults to share their stories with students and serve as mentors. The cost of these measures is in creativity and dedication, and the institutions that are successful at this will notice a profound impact, not only on the older adults in their community, but on how people of all ages interact, share their experiences, and create strong social ties.

Everyone deserves a place to call home—a livable neighborhood where residents feel safe and welcomed, and where they have access to recreational opportunities and the other amenities they need to stay well. This livability vision is attainable for any community that can demonstrate the creativity, commitment and knowledge to rethink and transform their existing assets.

The San Antonio workshop demonstrated that it is one community that is doing just that. It is a place with a rich history, and a diverse and dedicated population whose future is brighter than ever.

Aging Friendly Innovations: Best Practices

The following are initiatives and programs, within and beyond the San Antonio area, that have helped communities rethink and redesign their built environment to serve as a model for Aging in Place.

Planning

Oakland Pedestrian Master Plan
Oakland, California

When collision data revealed that it ranked among the most dangerous municipalities in the state for pedestrian injuries and fatalities, Oakland, California decided to act. In 2001 it developed a comprehensive 'Pedestrian Master Plan,' with the goal of creating a "pedestrian-friendly environment; where public spaces, including streets and off-street paths, will offer a level of convenience, safety and attractiveness to the pedestrian that will encourage and reward the choice to walk."

Oakland's plan was one of the first in the country and in developing it, the city identified the top ten collision intersections for pedestrians, child pedestrians, and older adult pedestrians, as well as school neighborhoods with high numbers of collisions. To gain input from residents, city officials conducted over 70 community presentations, and a Citizens Pedestrian Advisory Committee was formed to organize and solicit feedback from all segments of the population.

The twenty-year plan lays out ambitious goals for Oakland's pedestrian future, including an extensive network of safe, accessible and attractive pedestrian routes, along with a host of green public spaces that aim to make walking more attractive. Though these goals have not all been revealed, the plan has already had a big impact. By distributing city walking maps and sponsoring events such as Walk to School Day, the city is engaging a new generation on the benefits of being a pedestrian.

To learn more, visit www.oaklandnet.com/government/Pedestrian/index.html

Planning Lifelong Communities
Atlanta, Georgia

The Atlanta Regional Commission (ARC) Area Agency on Aging, as a division of the ARC, worked very closely with the ARC's Board and its planning staff to develop a process for planning Lifelong Communities. In many respects, the Atlanta Regional Commission, and its AAA, have been the model for planning for Aging in Place. The ARC describes its planning process as transforming "the region from the bottom up. Rather than create one regional plan that local communities implement, professionals with a wide range of expertise, older adults and caregivers form local county-based partnerships. These community groups then analyze the local data, challenges and opportunities; identify priorities and implement strategies."

For the Atlanta region, Lifelong Communities have three major goals:

• Promoting housing and transportation options
• Encouraging healthy lifestyles
• Expanding information and access to services

To learn more, visit http://www.atlantaregional.com/html/467.aspx

San Antonio/Bexar County Bicycle Master Plan
San Antonio, Texas

The Bicycle Master Plan was the culmination of an effort by the City of San Antonio and Bexar County to make biking a truly viable transportation option for all of the area's residents. Initiated and guided by vocal citizens who desired to have a comprehensive bicycle network throughout the city, the plan stands as a model for other local governments who seek to channel community input and make biking a priority.

The Master Plan sets out a series of goals and objectives to institutionalize bicycling, build a network to increase ridership, and make biking safe through education and enforcement. The Metropolitan Planning Organization of the City of San Antonio and Bexar County was in charge of creating the plan and they held a number of public meetings and events to solicit ideas, and worked extensively with a number of state and local government agencies.

To learn more and read the plan, visit
www.sanantonio.gov/oep/pdf/hikebike/Bicycle%20Master%20Plan.pdf

2020 Community Plan on Aging
Charlottesville, Virginia

To prepare for the doubling of the older adult population that is expected by the year 2020 in the Charlottesville, Virginia area, the community created the "2020 Community Plan on Aging." Spearheaded by the Jefferson Area Board on Aging (JABA), which serves as the AAA for Charlottesville and five surrounding counties, the plan was developed together with the Jefferson Area Planning Board and many area residents who contributed their time and professional expertise. A conference and public forums were held to elicit broad public participation, and 85 organizations and 500 individuals helped to shape the plan. The plan's goals call for:

• Promoting coordinated and accessible healthcare
• Supporting maximum independence and lifelong health and support to family caregivers
• Offering choices—affordable living options for seniors and support to family caregivers
• Designing communities to enhance quality of life
• Fostering vibrant engagement in life

- Strengthening caring communities through active citizenship
- Strengthening intergenerational connections

To learn more, visit www.jabacares.org/page/full/2020-plan

Mobility

PedFlag Program
Kirkland, Washington

One place that is striving to make pedestrian mobility easier and safer is the City of Kirkland, Washington, a suburb just outside of Seattle. As part of a comprehensive effort to encourage walking and ensure safety, the community launched the PedFlag Program, which has placed flags at 63 crosswalks around the city. Pedestrians, who carry the flags through a crosswalk and deposit them at the opposite side for others to use, more easily attract the attention of drivers. Kirkland pioneered the PedFlag program in the United States in 1996, and it has since spread to municipalities in over a dozen states. The city has continued to improve upon the program, producing a pedestrian safety video to highlight the importance of using the flags.

In addition to the PedFlag program, Kirkland has installed flashing lights at some crosswalks and invested in miles of new sidewalk and bike lane projects. Its efforts earned it the 2007 Achievement Award from the E.P.A.'s Building Healthy Communities for Active Aging Award program.

To learn more, visit www.epa.gov/aging/bhc/awards/2007/index.html#kirkland

Shoppers Shuttles sponsored by United Supermarkets
Lubbock, Texas

In Lubbock, Texas, an innovative transportation partnership project has emerged as a model for how businesses can help serve the needs of the older adult community, while improving their bottom line. The United Supermarkets location in Lubbock became aware of the difficulties that older adults were having in reaching their local grocery store, particularly during daytime hours when public transportation options were few and far between. In response, the company offered to pay for one of the city's unused buses to operate along a fixed route that targets older adults and those with disabilities, and provides them with a free ride to the grocery store. The program has been tremendously successful, adding additional routes to serve another United Supermarkets location in the city and making tens of thousands of trips annually. The grocery store continues to pay 100 percent of the operating costs, and estimates that its cost per trip is approximately $3.75, well worth it to draw in the additional customers and establish a positive relationship with the community.

Variations of the Shoppers Shuttles programs have taken root in other parts of the country, sometimes serving neighborhoods where the only local grocery store has closed or moved. In Austin, Texas, for example, the HEB grocery store offered to provide a

complimentary bus for residents of a predominantly Latino neighborhood after the company moved the only grocery store that served the area.

To learn more about the Shoppers Shuttle program and others like it, see the report produced by the Transit Cooperative Research Program, *Guidebook for Change and Innovation at Rural and Small Urban Transit Systems*, available at www.tcrponline.org/bin/publications.pl?category=9

Walk Score
online

Walk Score has emerged as a popular and valuable tool to evaluate the walkability of a city, neighborhood, or particular address. Through its interactive Website, the organization identifies all the surrounding amenities of a given address, including grocery stores, restaurants, parks, museums, libraries, drug stores, etc. It then calculates the location's unique 'Walk Score' on a 100-point scale and rates it with terms such as 'Car-dependent' or 'Highly Walkable.'

Visitors can also find a ranking of the most walkable cities in America as well as property information for most locations. The site is useful for those interested in moving to a more walkable community or for people who might want to know about more of the amenities within walking distance of their home.

To learn more and get your walk score, visit www.walkscore.com

Health & Wellness

Mature H.O.T Women
Chicago, Illinois

The Deeply Rooted Dance Theater is the professional dance ensemble of Deeply Rooted Productions in Chicago. After receiving feedback from attendees of the dance performances, Deeply Rooted launched a class for "Mature H.O.T. Women"—that is, Health Conscious, Optimistic, and Triumphant—in January of 2007. "The performances made people want to dance," says Charmaine Hamer, the Business Manager for Deeply Rooted Productions, who spoke about the increasing demand among active older adults and baby boomers for the dance class.

The classes have grown and the organization now holds four, eight week sessions per year. Although the women in the class range in age, most are between 45 and 75. Participants do not need to have dance experience to take part in the class, which is geared to older women and includes extended warm up and cool down periods.

To learn more, visit www.deeplyrootedproductions.org

Senior Bike Program and Senior Strolls
Portland, Oregon

Portland continues to raise the bar when it comes to providing innovative programs, strategies and infrastructure to support its older adult population. The city is a model of smart growth, having compact neighborhoods centers that allow most homes to be within walking distance of businesses, schools and services. Connecting these neighborhood centers is a network of more than 2,000 sidewalks, an extensive public transit system and over 270 miles of bike lanes and paths.

To encourage older adults to use this infrastructure, the city's Bureau of Transportation and Parks and Recreation launched two separate programs: the Senior Bike program and Senior Strolls. Through the bike program, older adults are provided with free, comfortable, stable, recumbent bicycles and helmets so that they can get acquainted with the city's bike paths and have their questions and concerns answered.

The Senior Strolls program likewise aims to make older adult residents confident in walking as a regular transportation option. Guides lead older adults on easy, pleasant, social walking trips through neighborhoods across the city, and participants can then move on to hiking trips and other excursions. As a result of the program, a majority of participants have reported walking more and replacing at least one driving trip with walking.

Because of programs such as these, Portland was the recipient of the 2008 Achievement Award from the E.P.A.'s Building Healthy Communities for Active Aging Award program.

To learn more, visit www.epa.gov/aging/bhc/awards/2008/index.html#portland

Texercise Program
State of Texas

The State of Texas' Texercise program was initiated by the Department of Aging and Disability Services to educate and promote physical activity among older adults and their families. The goal is to motivate community participation and create a more healthy lifestyle throughout the state. The program is notable for its strong emphasis on creating local, community-based partners to join in the effort, rather than organizing and administering it at the state level.

Texercise has about ten regional teams comprising of state and local partners that plan events and educational offerings for the older adult community. Partners include the Texas Department of State Health Services, Area Agencies on Aging, AARP, as well as local businesses and regional chain stores such as Sam's Club and Gold's Gym. In San Antonio, the Alamo Texercise team organizes regular activities such as park walks and free exercise classes, yoga courses, older adult self-defense, and dance classes.

To learn more, visit
www.dads.state.tx.us/services/agingtexaswell/texercise/index.html

Social Isolation

Guadalupe Cultural Arts Center
San Antonio, Texas

Founded in 1980, the Guadalupe Cultural Arts Center's (Guadalupe) mission is to preserve, promote and develop the arts and culture of the Chicano/Latino/Native American peoples of all ages and backgrounds through public and educational programming in six disciplines: Dance, Literature, Media Arts, Theater Arts, Visual Arts and Xicano Music. Over almost thirty years, Guadalupe has emerged as a pillar of the San Antonio community and grown to become the largest community-based, multi-disciplinary organization in the United States.

Guadalupe offers an extensive roster of events, including numerous opportunities for older adults to experience the arts in a warm and welcoming setting. Through a partnership with the WellMed Charitable Trust, receptions, films, dance performances and art showings are all offered to older adults in the San Antonio community. The events allow older adults to socialize with others, share their experiences and learn something new, and they are always free and well-attended.

To learn more, visit www.guadalupeculturalarts.org

Neighbor Helping Neighbor
United Way's Area Agency on Aging, Tarrant County, Texas

The Tarrant County Area Agency on Aging has a spearheaded a program that enlists community members in an effort to combat social isolation and help older adults feel more connected to those around them. Neighbor Helping Neighbor is a partnership effort that provides a number of complimentary services to older adults including transportation, minor home repairs, shopping assistance, yard work, or just social visits with friendly volunteers. The program recruits volunteers, and together with city workers, postal employees, and staff from partner organizations such as Meals on Wheels, trains them to look for warning signs of an isolated older adult.

Aware of the health risks that social isolation poses to older adults, the Tarrant County Area Agency on Aging started their program in 2006 by conducting needs assessment research, focus groups, and studies to determine the areas of the county with the highest concentration of older adults living alone. Neighbor Helping Neighbor has been successful in Tarrant County, serving more than 4,000 older adults, with plans to add additional areas by the year 2010. As the program grows, the Area Agency on Aging has continued to develop local leaders and refine its strategies so that Neighbor Helping Neighbor becomes even stronger in the future.

To learn more, visit
www.unitedwaytarrant.org/AboutUs/AreaAgencyonAging/AAAServices/NeighborHelpingNeighbor/tabid/301/Default.aspx

San Diego County Library
San Diego, California

The San Diego County Library has received national recognition for its innovative programs and extraordinary approach to community learning. Among its countless offerings, the library holds regular music and cultural events, computer classes in English, Spanish and Arabic, reading clubs for patrons of all ages, and adult literacy programs.

The library also offers a number of programs for older adults including:
- Book clubs
- Philosophical discussion groups
- "Ask a Doctor"
- "Ask a Lawyer"
- "Ask a Pharmacist"
- Yoga and Pilates courses

The San Diego County Library is responsible for serving a population of over 3 million people that are geographically and culturally diverse, and spread throughout rural, urban and ethnic populations. The San Diego County Library consists of 33 branches and two mobile libraries throughout San Diego County. Over half a million county residents have library cards, giving them access to the institution's collection of over million books, CDs, DVDs and other materials.

To learn more, visit www.sdcl.org

**Redesigning Communities for Aging in Place:
Developing a Livable San Antonio Metro Region for All Ages
Thursday, June 11, 2009
Guadalupe Cultural Arts Center**

9:00 am   **Coffee and Sign-In**

9:30 am   **Welcoming Remarks and Introductions**

- Gloria C. Arriaga, Executive Director, Alamo Area Council of Governments
- Paul Elizondo, Commissioner, Bexar County, Precinct 2
- Patty Ortiz, Executive Director, Guadalupe Cultural Arts Center

9:50 am   **Creating Livable Communities for All Ages: National Perspective**

- Helen Eltzeroth, Chief Programs and Communications Officer, National Association of Area Agencies on Aging
- Robert McNulty, President, Partners for Livable Communities

10:10 am   **Redesigning San Antonio for Everyone**

- Kathy Sykes, Senior Advisor, Aging Initiative, US Environmental Protection Agency

10:40 am   **Key Factors of Community Redesign: Local Experts' Perspective–Part I**

Moderator: Debbie Billa, Director, Alamo Area Agency on Aging

- *Opportunities for Improving Health and Wellness*: Carol Zernial, Executive Director, WellMed Charitable Foundation
- *Opportunities for Improving Social Integration*: Don Smith, Director, Tarrant County Area Agency on Aging

11:30 am   **Break**

11:45 am   **Key Factors of Community Redesign: Local Experts' Perspective–Part II**

- *Opportunities for Improving Planning*: Dr. Heywood Sanders, Professor, Department of Public Administration, University of Texas at San Antonio
- *Opportunities for Improving Mobility*: Ken Hosen, Principal, KFH Group

12:30 pm   **Questions and Answers**

12:50 pm   **"JumpStart the Conversation" Grants Overview**

12:50 pm   **Wrap-up**

Appendix: Speaker Bios

Ken Hosen
Vice President
KFH Group

Ken Hosen is an expert in transportation planning and operations with 30 years of research and practical experience in planning and managing transit systems. His expertise spans paratransit management and planning, human services transportation management and planning, rural and small urban transit systems, project evaluation, technology research and procurement and writing practical guidebooks for transit professionals. He served on the Certification Council of the Community Transportation Association of America (CTAA), and holds membership in the Access Committee of the American Public Transportation Association (APTA).

Ken has an M.S. in Planning from the University of Texas.

Heywood T. Sanders
Professor, Department of Public Administration
University of Texas at San Antonio

Dr. Sanders has been active in academia for over 30 years. He has been bestowed such honors as the Woodrow Wilson National Fellowship and the Charles Abrams Fellowship. He has written several articles on urban development and community planning. Dr. Sanders has written two books, The Politics of Urban Development and Urban Texas: Politics and Development. His expertise includes urban development, fiscal policy, urban politics and policy, and quantitative methods.

Dr. Sanders has an A.B. in Political Science from Johns Hopkins University and a Ph.D. in Government from Harvard University.

Don Smith
Director
Tarrant County Area Agency on Aging

Don Smith has served as the Director of the Tarrant County Area Agency on Aging at the United Way since October 2005. He has 25 years experience working for health, human service and governmental organizations including the Heart of Texas Council of Governments in Waco, the Houston-Galveston Area Council, and North Central Texas Council of Governments in Arlington. He has also served on numerous state-wide task forces, work groups and committees for the Texas Department on Aging, Department of Human Services, Department of Aging and Disabled Services and Texas Association of Area Agencies on Aging. Don formed community coalitions in Houston, Waco and Tarrant County through his leadership to eliminate duplication, fragmentation and streamline access to the health and human services which has led to two national grants for the Heart of Central Texas Real Choice initiative and the Tarrant County Aging and Disability Center. Recently, he led the creation of twelve grass roots Neighbor Helping Neighbor projects in Tarrant County that serve communities with high concentrations of low income, isolated older adults.

Don has a B.A in Psychology, a B.S. in Gerontology, and an M.A. in Urban Affairs.

Kathy Sykes, during her 23 year career, has held various health and aging policy positions in both state and federal government. In 1998, she began working for the U.S. Environmental Protection Agency in the Office of Congressional and Intergovernmental Affairs as the lead on budget and appropriations. Since 2002, Kathy has served as the Senior Advisor for EPA's Aging Initiative where she raises awareness among older adults, caregivers, health care providers and the leaders in aging about environmental health hazards and encourages older adults to become environmental stewards to address environmental challenges that face our society. Her commitment to improving the environment and health of persons of all ages through smart growth practices is exemplary. She serves as the Chairperson for the Steering Committee for Building Healthy Communities for Active Aging. She has also served as the Associate Director for Planning & Legislation for the CDC's National Institute for Occupational Safety and Health, as professional staff for the U.S. Special Committee on Aging, and as Associate staff for United States Representative David R. Obey. She also worked in Madison, WI for the Administrator of the Wisconsin State Division of Health.

Kathy has a Master's in Public Policy & Administration and Health Services Administration from the University of Wisconsin-Madison.

Kathy Sykes
Senior Advisor
U.S. Environmental Protection Agency, Aging Initiative

Carol Zernial's involvement in the field of aging spans over 20 years. She is a national expert on evidence-based disease prevention and health promotion programs for seniors. Her background includes work for the 1995 White House Conference on Aging and the American Association of Homes and Services for the Aging. She serves on the Leadership Council of the National Council on the Aging and is immediate past-chair of the National Institute on Community-based Long-Term Care.

Carol Zernial currently serves as the Executive Director of the WellMed Charitable Foundation and Vice-President of Community Relations for WellMed Medical Management. Before joining WellMed, Ms. Zernial was the director for the AACOG Bexar Area Agency on Aging in San Antonio, Texas and was the Vice-President of the Texas Association of Area Agencies on Aging (T4A). She received the 2008 Outstanding Professional in Aging Award in Texas for her contributions to the field of aging.

Carol has a Masters in Social Gerontology

Carol Zernial
Executive Director and Vice President of Community Relations
WellMed Charitable Foundation

Appendix: Workshop Participants

Megan Abilez
San Antonio Housing Authority

Coral Adema
Alamo Area Council of Governments

Chris Alderete
Nurses In Touch, Inc.

Cindy Alleman
Acadian Monitoring Services

Elizabeth Allen
Express News

Melva Perez Andrews
Department of Occupational Therapy,
Lions Low Vision Center of Texas

Gloria Arriaga
Alamo Area Council of Governments

Carol Balliet
Friends Meetings of San Antonio

Bobbie Barker
St. Davids Community Health
Foundation

Bobbie Barker
SDCHF

David Bavero
MetLife, San Antonio

Belinda Benavidez

Valerie Biediger
Bexar Area Agency on Aging

Debbie Billa
Alamo Area Agency on Aging

Monica Bonilla
Catholic Charities

Ashlea Boyle
City of Kerrville

Cindy Brown
Vistacare

Carol Buttler
City of Live Oak

Ilse Calo-oy
Catholic Charities, RSVP

Marian Carter
Quaker

Virginia Chandler
Los Jardines Neighborhood Association

Julie Cornelius
The SCOOTER Store

Bernadine Dailey
Odyssey HealthCare

Jacqui de los Santos
LeFleur Transportation

Patrice Doerries
Hill Country CARES

Frank Dunlap
Wells Fargo Wealth Management

Mary Durham
Comal County Senior Center

Edward Dylla
Texas Silver Haired Legislature

Paul Elizondo
Bexar County, Precinct 2

Helen Eltzeroth
National Association of Area Agencies
on Aging (n4a)

Elizabeth Esparza
City of San Antonio

Silbia Esparza
San Antonio Time Dollar Community
Connections

Cassandra Farias
City of San Antonio

Scott Ferguson
WBC Opportunities

Isa Fernandez
City of San Antonio Department of
Community Initiatives

Helen Flores
Caring Companions

Betty Ford
Department of Aging and Disability
Services

David Frost
VIA Metro Transit

Irene Garnett
Partners for Livable Communities

Irene Goan
The Village at Incarnate Word

Paula Goodson
Williamson-Burnet County
Opportunities

Gwen Goodwin
Texas Southern University Center for
Transportation

Rebecca Gray
National MS Society

Doris Griffin
Jefferson Outreach

Rebecca Grona
Caring Senior Service

Tiffany Harris
Alamo Area Council of Governments

Linda Harvey
Med Team, Inc.

Kimberly Haynes
Dept. of Aging & Disabilities

Martha Henderson
Med Team Inc.

Dalia Hernandez
Lifespan Healthcare

Patsy Hodges
Dietert Center

Ethan Horne
Horne Development

Ken Hosen
Kfh Group

Wendy Huston

Burma Hyde
Bexar AAA

Guadalupe Iruegas
San Antonio Time Dollar Community
Connections

G. Peter Irwin
City/County Commission for Elderly
Affairs

Jacqueline Jackson
The Consulting Group

Margie Jetton
Better Consumer Choices

Annette Juba
Greater Austin CARES

Pamela Kelly
RMI

Mike Kelne
Golden Manor Jewish Senior Services

Russell Koff
consultant

Maegan Krueger-Blaschke
UTSA

Joyce Lauck
AGE

Elizabeth Lesnek
PeriDot

Ruth Lofgren
Bexar Senior Advisory Committee

Sanford Lyles
ProArts Collective

Kristin Lynch
Peterson Hospice

Genevieve Manley
DADS

Linnie Martin
Alamo Area Agency on Aging

Richard Martinez
City of San Antonio

Lisa Mattingly
Memorial Medical

Marie McClure
Archdiocese of San Antonio

Donovan McNeil
Senior News

Robert McNulty
Partners for Livable Communities

Lina Morales
City of San Antonio

Yvette Moran
Bexar County

Anna Moreno
Bexar County

Arnoldo Morin
City of San Antonio

Gale Murden
AACOG Bexar Area Agency on Aging

Ruth Nancarrow
Northeast Senior Assistance

Martha Nelson
Senior News

Sterling Neuman
Alamo Service Connection

Jackie Newman
Vistacare

Patty Ortiz
Guadalupe Cultural Arts Center

Antonio Patron
Texas Department of Aging and
Disability Services

Rick Perry
Caring Senior Service of the Texas Hill
Country

Jeanenne Petree
Odyssey HealthCare

Wendy Plischke
Nurses In Touch

Martha Ramirez
AACOG/BAAA/ASC

Susan Rangel
DARS-DBS

Catherine Rearick
SEC Planning, LLC

Maeve Reddin
City of San Antonio

Bob Reisen
Wells Fargo

Gloria Reyes
City of San Antonio

Marlene Richter
Care Improvement Plus

Diane Riojas
Molina Healthcare of Texas

Ruben Rodriguez
Bexar County

Cathy Rosado
Molina Healthcare

Cynthia Salinas
City of San Antonio

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Emilio Serrano
City of Live Oak

Mindi Silver-Weiss
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Don Smith
Area Agency on Aging of Tarrant
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Kathy Sykes
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Jeanie Teel
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Ethel Turner
San Antonio Housing Authority

Connie Turney
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Services

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Jim Vaughn
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Racinda Vekasy
Choice One Medical

Mario Velo
Family Service Association

Ruby Vera
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Alicia Walter
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Beborah Wilder
New Connections, St Davids
Community Health

Michael Wilson
SDCHF

Michael Wilson
St. Davids Community Health
Foundation

Tina Woods
Dietert Center

Carol Zernial
WellMed Charitable Foundation

Appendix: Resources

San Antonio Region Links

Alamo Area Agency on Aging
http://www.alamoaging.org

Alamo Area Council of Governments
http://www.aacog.com

Bexar Area Agency on Aging
http://www.bexaraging.org

City of San Antonio
http://www.sanantonio.gov

Guadalupe Cultural Arts Center
http://www.guadalupeculturalarts.org

WellMed Charitable Foundation
http://www.wellmedcharitablefoundation.com

National Links

Aging in Place Initiative: Developing Livable
Communities for All Ages
http://www.aginginplaceinitiative.org

Partners for Livable Communities
http://www.livable.com

National Association of Area Agencies on Aging
http://www.n4a.org

Active Living by Design
http://www.activelivingbydesign.org

National Association of Counties
http://www.naco.org

National Association of Home Builders
http://www.nahb.org

National Council on Aging
http://www.ncoa.org

National League of Cities
http://www.nlc.org

Partnership for Solutions
http://www.partnershipforsolutions.org

Project for Public Spaces
http://www.pps.org

Smart Growth Online
http://www.smartgrowth.org

United States Environmental Protection Agency's
Aging Initiative
http://www.epa.gov/aging

Walk Score
http://www.walkscore.com

1 "Alamo Area Agency on Aging Area Plan: Fiscal Years 2008-2010" Produced by the Alamo Area Agency on Aging and the Alamo Area Council of Governments.
http://www.alamoaging.org/pdffiles/2008-2010AlamoAreaPlan.pdf

2 *The Maturing of America: Getting Communities on Track for an Aging Population*. National Association of Area Agencies on Aging, MetLife Foundation, Partners for Livable Communities, et al. Page 21. http://www.aginginplaceinitiative.org/MaturingofAmericaSurvey

3 Centers for Disease Control and Prevention. "Healthy Places Terminology."
www.cdc.gov/healthyplaces/terminology.htm

4 *Assessing Smart Growth in San Antonio, Texas*. Bradley A. Schacherl. Applied Research Project submitted to the Department of Political Science, Texas State University. 2008. Page 35.
http://ecommons.txstate.edu/arp/279/

5 "Most Popular Amenities for 55+ Home Buyers." The National Association of Homebuilders. www.nahb.org/generic.aspx?genericContentID=6145

6 Presentation by Kathy Sykes at the San Antonio Aging in Place workshop. June 11, 2009.
www.aginginplaceinitiative.org/SanAntonioPresentations

7 Gina Jacobs. "City Dwellers Worldwide Healthier than Suburban Counterparts." San Diego State University. June 16, 2009.
http://newscenter.sdsu.edu/sdsu_newscenter/news.aspx?s=71384

8 "Environmental Benefits of Smart Growth." U.S. Environmental Protection Agency.
www.epa.gov/smartgrowth/topics/eb.htm

9 Presentation by Kathy Sykes at the San Antonio Aging in Place workshop. June 11, 2009.
www.aginginplaceinitiative.org/SanAntonioPresentations

10 Aging in Place Initiative's third workshop report, *Developing a Livable Kansas City Metro Area for All Ages*, page 5, for more information on this topic. Available for download at, www.aginginplaceinitiative.org/WorkshopReports

11 *Lower Direct Medical Costs Associated with Physical Activity*. Centers for Disease Control and Prevention. October 6, 2000.
http://www.cdc.gov/media/pressrel/r2k1006a.htm

12 Michael Leccese. "Denver's Stapleton: Green Urban Infill for the Masses?" *Terrain.org: A Journal of the Built & Natural Environments*. Fall/Winter 2005.
www.terrain.org/articles/17/leccese.htm

13 Jacqueline Geoghegan. "The Value of Open Spaces in Residential Land." *Land Use Policy*. Vol. 19, 2002. Pages 91-98. http://ccb.ucr.edu/events/symposium2007/documents/value-open-space/geoghegan-2002.pdf

14 "The Economic Benefits of Parks and Open Space: How Land Conservation Helps Communities Grow Smart and Protect the Bottom Line." *The Trust for Public Land*. 1999.
www.tpl.org/tier3_cd.cfm?content_item_id=1147&folder_id=727

Notes

[15] Presentation by Kathy Sykes at the San Antonio Aging in Place workshop. June 11, 2009. www.aginginplaceinitiative.org/SanAntonioPresentations

[16] "Questions Arise As More Older Americans Outlive Driving Privilege." National Institute on Aging, 2002.
www.nia.nih.gov/NewsAndEvents/PressReleases/PR20020729Questions.htm

[17] Partnership for Solutions. *Chronic Conditions: Making the Case for Ongoing Care.* A report produced by Johns Hopkins University and The Robert Wood Johnson Foundation. September 2004. www.partnershipforsolutions.org.

[18] *Developing a Livable Kansas City Metro Area for All Ages.* The Aging in Place Initiative's third workshop report. Page 11. www.aginginplaceinitiative.org/WorkshopReports

[19] Erin York Cornwell and Linda J. Waite. "Social Disconnectedness, Perceived Isolation, and Health Among Older Adults." *Journal of Health and Social Behavior.* Vol. 50, No. 1. (2009). http://news.uchicago.edu/images/pdf/090318.JHSB_March09_Cornwell.pdf

[20] Byoung-Suk Kweon et al. "Green Common Spaces and the Social Integration of Inner-City Older Adults." *Environment and Behavior.* Vol. 30, No. 6, November 1998.
https://webs.aces.uiuc.edu/herl/docs/BSKSullivanWiley98.pdf

About the Aging in Place Initiative Team

Partners for Livable Communities (Partners) – A national, non-profit organization working to renew communities for all ages. Partners has over twenty-five years of experience in solving community problems by providing information, leadership and guidance that help communities help themselves. www.livable.com

National Association of Area Agencies on Aging (n4a) – A leading voice on aging issues for Area Agencies on Aging across the country and a champion for Title VI-Native American aging programs in our nation's capital. Through its presence in Washington, D.C., n4a advocates on behalf of the local aging agencies to ensure that needed resources and support services are available to older Americans and their caregivers. www.n4a.org
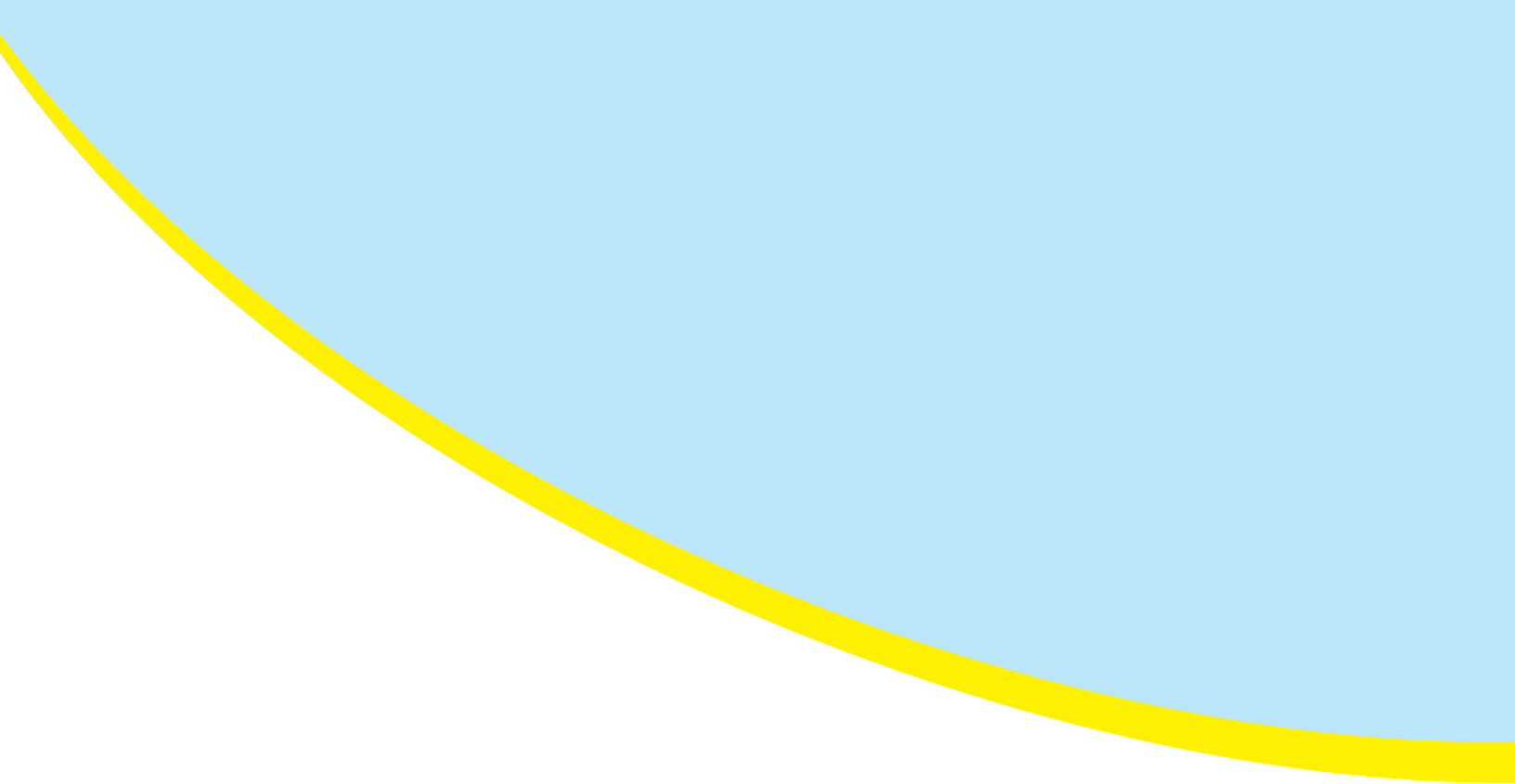
ICMA (International City/County Management Association) – The premiere local government leadership and management organization. http://icma.org

National League of Cities (NLC) – The largest national organization representing municipal governments throughout the United States. www.nlc.org

National Association of Counties (NACo) – A national organization representing county governments in the US. www.naco.org

Made possible by a grant from:

MetLife Foundation – Established in 1976 by MetLife to carry on its long-standing tradition of corporate contributions and community involvement. The Foundation has been involved in a variety of aging related initiatives addressing issues of caregiving, intergenerational activities, mental fitness, health and wellness programs and civic involvement. Since 1986, the Foundation has supported research on Alzheimer's disease through its Awards for Medical Research program and has contributed more than $11 million to efforts to find a cure. www.metlife.org

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1429 21st Street, NW
Washington, DC 20036
202-887-5990
www.livable.com

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1730 Rhode Island Ave., NW, Suite 1200
Washington, DC 20036
202-872-0888
www.n4a.org

www.aginginplaceinitiative.org