

Juneau has been accepted into the AARP Age Friendly Network of Cities and States. As the Juneau AARP Community Action Team (CAT) Coordinator I'm the local volunteer who, working with the Juneau Commission on Aging, tries to lead in productive ways that will result in making Juneau a more Age-Friendly community. Toward this end we have been awarded two AARP training opportunities and workshops in September.

The first training is with Jonathon Stalls, with America Walks and Walk2 Connect

<https://americawalks.org/programs/walk2connect/>

Jonathon will be in Juneau September 13-15 to conduct walkability training to help us learn to lead and conduct walking/rolling events focused on pedestrian safety, human connection, and public health and how to do walk audits. Jonathon spent 242 days walking across the United States in 2010 and has continued to move alongside thousands of people for thousands of miles. He founded Walk2Connect in 2012 and leads walking workshops for America Walks and Walk2 Connect.

Part of the focus of this training is on inspiring new and creative ways to connect community members in Juneau through walking.

We will be doing a glow light walk for all ages and abilities on Wednesday 9/13 at Twin Lakes Park 5:00-6:30 focusing on benefits of walking/movement. Thursday 9/14 from 10-3 we will be meeting somewhere in the Mendenhall Mall or vicinity for training on leading and conducting walks and events, focused on pedestrian safety, human connection and public health and on forming walking groups. Then on Friday afternoon 9/15, for those who are interested, we will be conducting a walk audit and using the AARP Walk Audit Tool Kit, 1-3pm.

The walk audit will focus in the Vintage Park area and the trail along the river behind Vintage Park. There has been significant residential and commercial growth in this area along with the new transit facility near the Mendenhall Mall and we would like to bring attention to walkability for residents and businesses in the area.

The second training is on Saturday 9/16 with trainers from 880cities. <https://www.880cities.org/> In the morning we will be learning about planning and developing outdoor facilities for all ages and the techniques of park audits and in the afternoon, we will be doing a park/trail audit. I have arranged for the morning training at classroom 205AB at Bartlett Hospital and in the afternoon we will be doing the audit at Twin Lakes.

It would be great to have members of the PRAC involved in either one or both of these workshops. Contact me for more information.

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