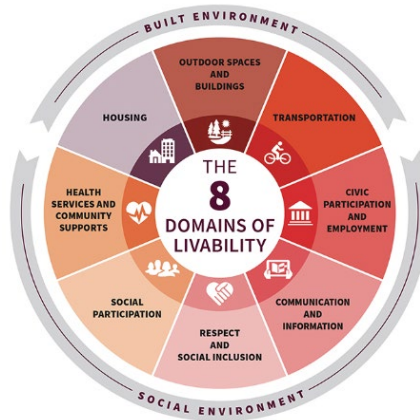
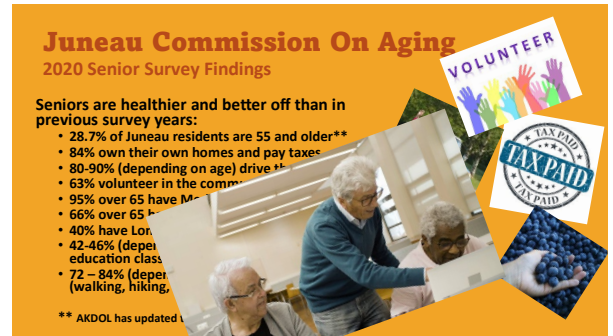




Juneau Commission on Aging Annual Report to the CBJ Assembly December 2024

The Juneau Commission on Aging (JCOA) is charged with advising the Assembly on matters related to seniors. Seniors over 55 now comprise **30% of Juneau's population**. Juneau's elders buy goods and services, volunteer extensively, and provide support to family members in our community. Many are retired with good benefits and a desire to remain in our community while contributing to its well-being. In an effort to focus our efforts effectively, the JCOA identified its top three priorities and all activities stemmed from these items.

Organization: Our first task this year was to begin the process of "disrupting aging". In the words of AARP's former CEO Ann Jenkins: *"We need to challenge outdated stereotypes and attitudes about getting older and spark new solutions that help people live better as they age. Today more people are embracing age as a period of continued growth and finding purpose in their lives."* The 2020 Juneau Senior Survey clearly indicated that Juneau seniors are healthier and better off than in previous survey years. To that end and in recognition that we are all aging, JCOA adopted the byline "Aging! So cool, everyone is doing it!" and began to focus on aging as a natural process that effects everyone and thus is a community wide issue. The JCOA developed their website <https://juneau.org/clerk/boards-committees/jcoa>, brochure, signage and robust presentations to bring attention to JCOA's efforts. The JCOA presented at conferences and represented Juneau's seniors in an array of venues related to aging. We identified our top three priorities as follows.



Priority One: Sustainable and Age-Friendly Community Planning. The CBJ Assembly joined the *Age-Friendly Network* in 2023 and the next step is to engage in the planning process. Age-Friendly Community Planning was developed by the World Health Organization and has been utilized throughout the world. This planning tool looks at eight (8) domains of livability that make a community viable for all ages, as well as aging in place. It is a tried-and-true mechanism that allows for comparability with other communities, as well as determining areas for improvement. The JCOA recommends that the CBJ join the JCOA and AARP in implementing this AARP planning process as a mechanism to determine how Juneau could be more "livable" for people of all ages.

Priority Two: Promoting Community Wellness, Safety and healthy aging for all ages by supporting a CBJ Community



Center. This year, JCOA actively promoted the concept of a CBJ Community Center using the Marie Drake Complex to provide recreational opportunities, wellness classes, informational courses and other resources to ensure seniors living in Juneau are able to continue to contribute to the community. While the Marie Drake Complex remains in question, the concept of a multi-generational CBJ Community Center remains a viable mechanism to support healthy maturing for people of all ages, while targeting our elders. Seniors contribute significantly and want to continue to live in the community we love. People of all ages are enabled to continue to contribute by striving to be as healthy as possible.

Elements of Universal Design

- No Step Entry – Flush Thresholds
- One Story Living & Ample Space
- Wide doorways and halls
- Non slip surfaces
- Good lighting/rocker light switches
- Lever door handles

Priority Three: Housing: Include *Universal Design* as a preferred priority for building age friendly housing for people of all ages. 84% of Seniors own their own homes in Juneau. Many would downsize if more age friendly housing were available - potentially opening up more housing units for working age families. The JCOA continues to promote the concept of Universal Design that meets the needs of community members of all ages and abilities, while allowing aging at home and in community with minimal assistance.

Aging! So cool, everyone is doing it!



Juneau Commission on Aging Annual Report to the CBJ Assembly December 2024

ATTENDANCE: *Each board shall submit to the Assembly a brief annual report setting forth the activities and accomplishments of the committee and the attendance record of each committee member during the preceding twelve months.*

	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Deborah Craig, Chair									A			
Linda Kruger, Secy												
Carol Ende	A								A			
Jennifer Garrison		FM			FM						FM	
Ann Stepetin	M		M	M		A	A	A				
Kimberly Atkison		A	A			A					A	
Jennifer Carson		A					A		A	A	A	
Emily Kane, Former Chair				A			R					
Assembly Liaison (novote)												
Waahlaal Giidaak/B. Blake		A		A	A	A	A		A			
Maureen Hall											1st	

Key: FM – Family Medical, M-Personal Medical, R - Resign

Aging! So cool, everyone is doing it!