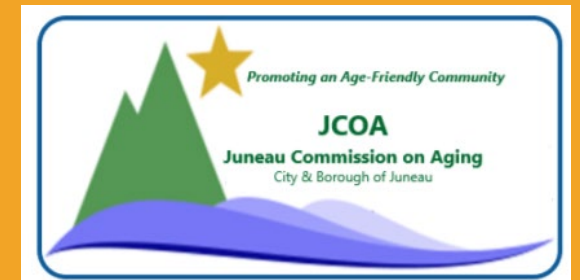


***Aging! So cool,
everyone is doing it!***



Juneau Commission on Aging



**May 13, 2024
Presentation**

Juneau Commission On Aging

2020 Senior Survey Findings

30% of Juneau's population is 55 and older**
Today's seniors are healthier & better off:

- 84% own their own homes and pay taxes
- 80-90% (depending on age) drive their own cars
- 63% volunteer in the community
- 95% over 65 have Medicare Insurance
- 66% over 65 have State of Alaska Retirement
- 40% have Long Term Care Insurance
- 42-46% (depending on age) take continuing education classes (UAS/CS)
- 72 – 84% (depending on age) recreate weekly (walking, hiking, swimming, biking, gyms, skiing)



Juneau Commission On Aging Communities are 'Aging' Worldwide

- Texas: Booming In-Migration

- **Benefit:** High paying jobs, good schools and childcare
- **Downside:** Extreme heat, hurricanes & water shortages

- Juneau

- **Downside:** High cost of living, housing and childcare shortage



- **Benefit:** Strong community, exceptional recreation, expanding regional medical care, easy access to lower 48, low density/no traffic, world class culture, high level community engagement, environmentally aware (hydro powered electric cars), *clean air and clean water.*

**** Marginal weather not leading to elders out-migration**

How to attract a workforce and retain seniors:

Promote a great lifestyle for all

Juneau Commission On Aging

Silver Dividends of Keeping Seniors in Community

- Retirement income stays in Juneau
- Home ownership = CBJ property taxes
- Community volunteering
- Financial contributions to community (arts and culture, sports and events, etc)
- Keeping multigenerational families in community

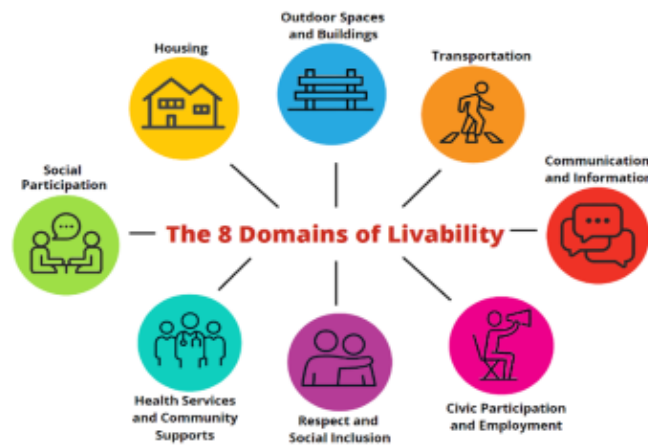


Juneau Commission On Aging

Promoting Age-Friendly Community Planning

JCOA & AARP partnering to promote Juneau Age-Friendly Community Plan

The AARP Network of Age-Friendly States and Communities



- Developed by WHO for global assessments of community well-being
- Tried and tested tool to create action plan building on community strengths and preferences for people of all ages
- Comprehensive and inclusive all ages
- Serves everyone in community ensuring a life long home for all

2023
*CBJ joined the
AARP Age-Friendly Network*

AARP

Age Friendly Juneau **AARP Alaska**

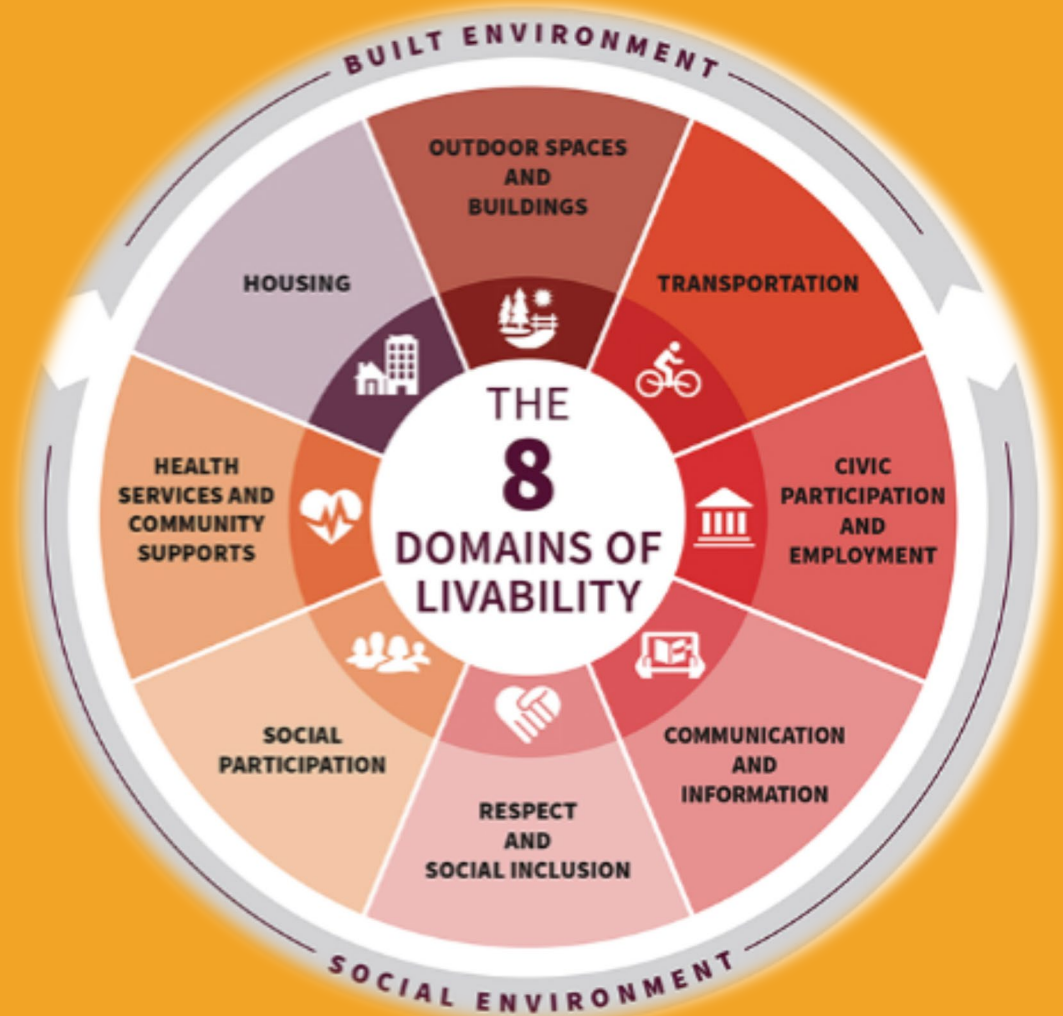
Juneau Commission On Aging

Age-Friendly Community Planning

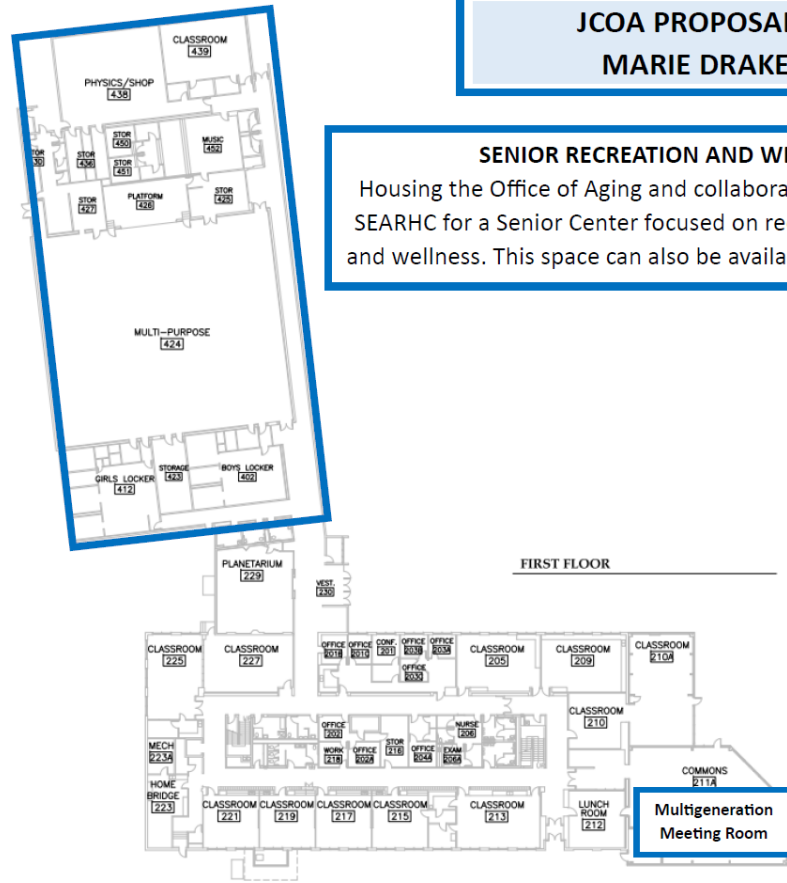
8 Domains of Livability

- Outdoor Spaces & Buildings
- Transportation
- Civic Participation & Employment
- Communication & Information
- Respect & Social Inclusion
- Social Participation
- Health Services & Community Supports
- Housing

Note: AARP is available to present a full overview of Age-Friendly Community Planning to CBJ



Juneau Commission On Aging's CBJ PROPOSAL



JCOA PROPOSAL TO THE CBJ MARIE DRAKE COMPLEX

SENIOR RECREATION AND WELLNESS CENTER

Housing the Office of Aging and collaborating with CBJ, SAIL, BRH and SEARHC for a Senior Center focused on recreation (pickle ball!), health and wellness. This space can also be available for the entire community.

AEYC PROPOSED SPACE

Two story childcare, classroom and office space & commons area facilitating multigenerational gatherings with children.

Multigeneration
Meeting Room

- Create and house the new **CBJ Office of Aging**
 - Representing significance of seniors in Juneau's economy
- Hire **Office of Aging Coordinator**
 - Facilitate AARP Age Friendly Community Plan for Juneau
 - Promote Age Friendly Housing for all in the community to ensure all can age in place
- Support **Senior Recreation and Wellness Center**
 - Promoting indoor senior recreation (walking path, pickle ball, classes, etc), health & wellness & intellectual learning
 - Collaborating with SAIL, BRH, SEARHC to keep seniors healthy, in their homes and in their community.
- Hire **Recreation & Wellness Center Coordinator**
 - Collaborating with the entire community to add healthy indoor recreational space

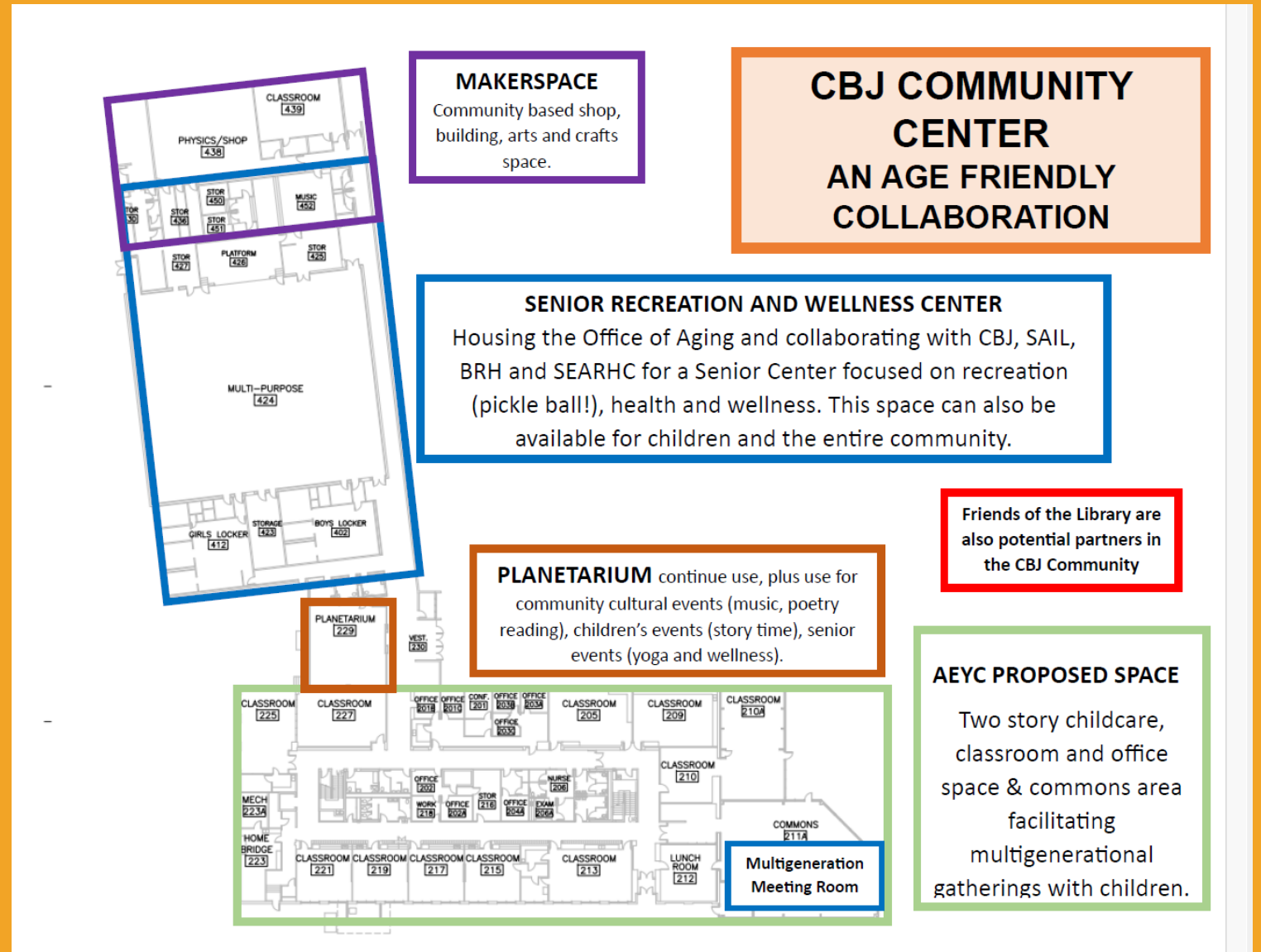
Juneau Commission On Aging's Community Centers Across the US

- **INFO HUBS:** providing older adults, families, friends, care partners, and neighbors with current/continuously updated information about benefits/services and supporting healthy aging and access to benefits and services.
- **COMMUNITY ENGAGEMENT:** offering programs designed to increase senior civic participation for the good of all (intergenerational mentorship programs, volunteerism, voter registration drives, etc).
- **CULTURAL DIVERSITY:** highlighting unique cultures of Juneau seniors including special events, social or religious groups, celebrations, field trips, concerts, theatrical performances and other cultural events.
- **CLASSES/COMPUTER LABS:** lifelong learning in art, music, writing, cooking, language, as well as tutoring and classes to stay current on technology, software and social media platforms.
- **JOB TRAINING AND JOB OPPORTUNITIES:** supporting seniors in the workforce, retirees needing supplemental income, or those who want to continue to work.
- **FITNESS:** Promoting health and fitness with indoor walking paths, aerobics, Zumba, yoga, Tai Chi and evidence-based health programs scientifically proven to make people healthier. Also, regularly scheduled blood pressure and glucose screenings that can replace trips to a medical clinic for those simple procedures.
- **COMPANIONSHIP AND QUIET SPACE:** where people of all ages can gather to enjoy a cup of coffee, share stories, find solitude, read a book, enjoy some quiet time.

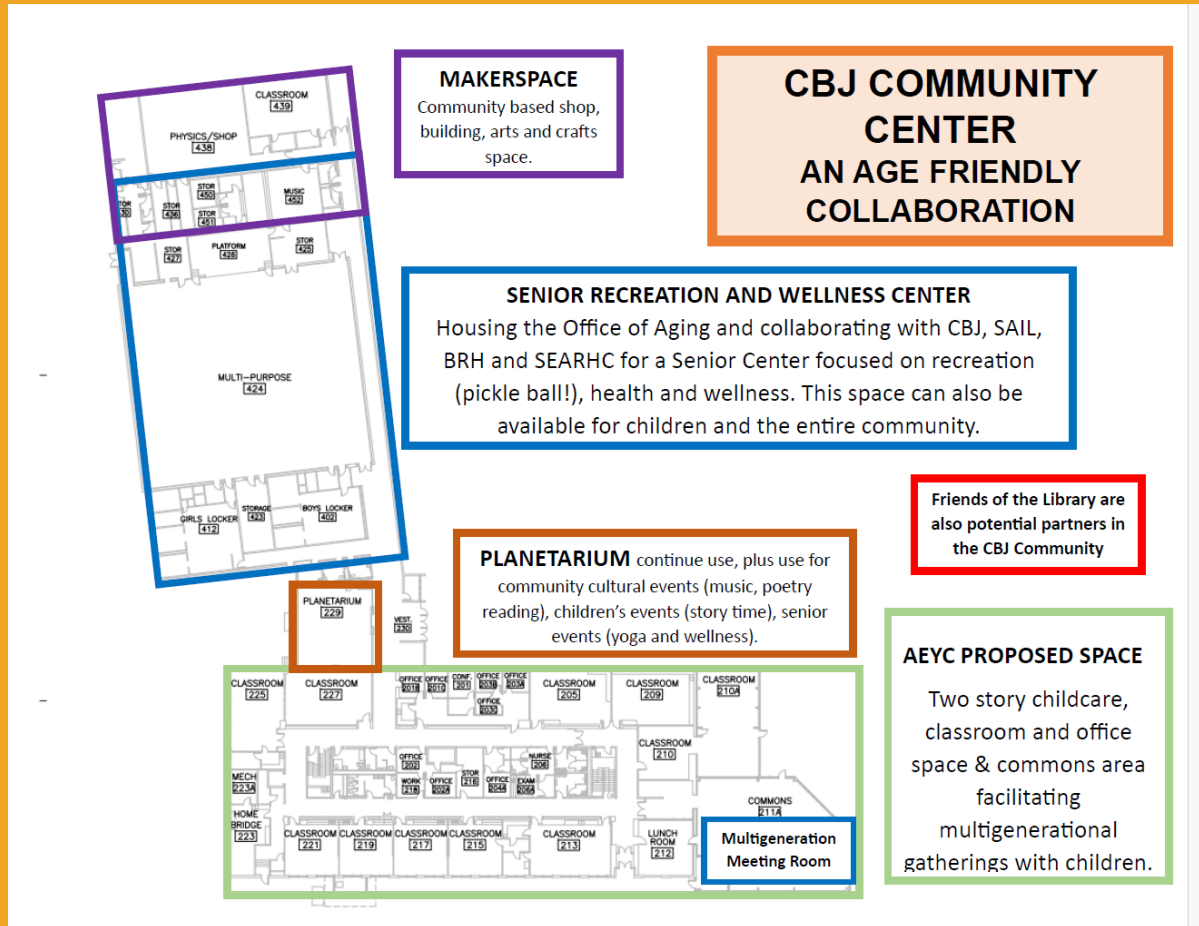
CBJ COMMUNITY CENTER CONCEPT

DESPITE SHORT COLLABORATION TIMELINE
JUNEAU COMES TOGETHER!

- JCOA Senior Recreation and Wellness Center
- AEYC Child Care Center & multi-generational space
- PLANETARIUM with expanded use for the community
- MAKERSPACE – Community shared space for an array of activities
- FRIENDS OF THE LIBRARY
- SAIL – Opportunity for ADA compliant gym space for ORCA
- BRH and SEARHC – Wellness Programs for the whole community



CBJ COMMUNITY CENTER CONCEPT

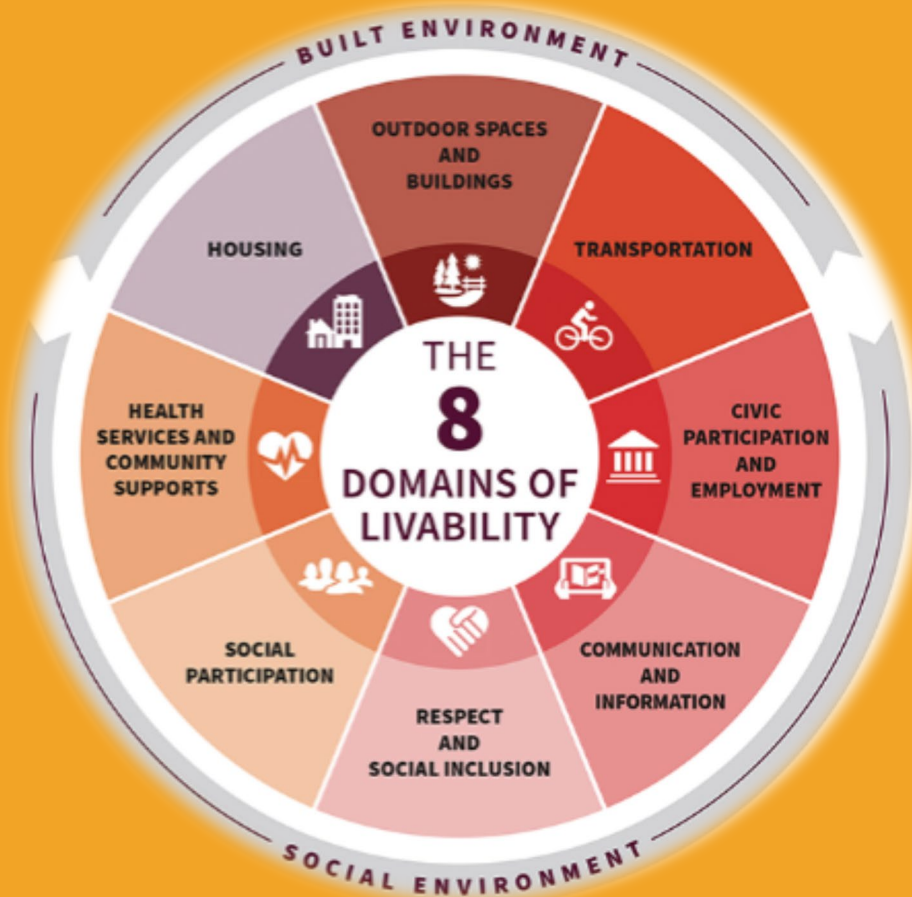


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Juneau Commission On Aging

CBJ COMMUNITY CENTER –

Supporting Age-Friendly Community



- Improved indoor activities for people of all ages and abilities
- An ADA compliant hub for ease of transportation
- Activities that encourage
 - Civic Participation & Employment
 - Communication & Information
 - Respect & Social Inclusion
 - Social Participation
 - Health & Community Supports

Aging! So cool, everyone is doing it!



Juneau Commission On Aging

**Keeping seniors healthy and
in the community we love***



***All persons in these photos are Juneau-ites over 65!**