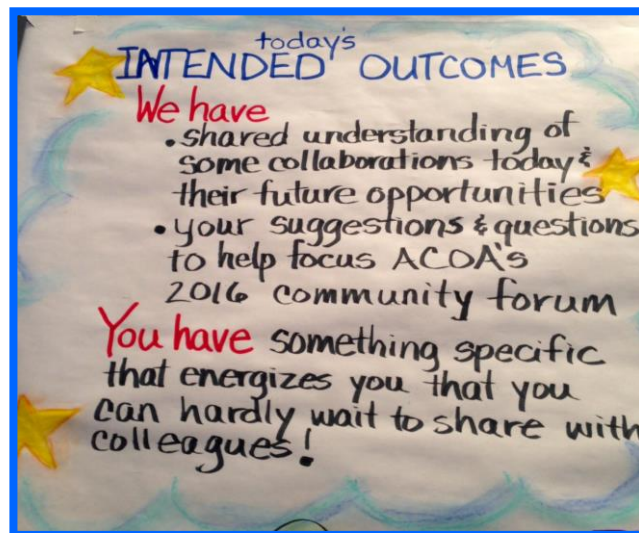




Reframing Aging: Understanding Our Opportunities Community Participation in the Saint Paul 10-Year Comprehensive Plan

Hosted by the Saint Paul Advisory Committee on Aging
Annual Meeting held January 14, 2016
Arlington Hills Community Center, Saint Paul, MN

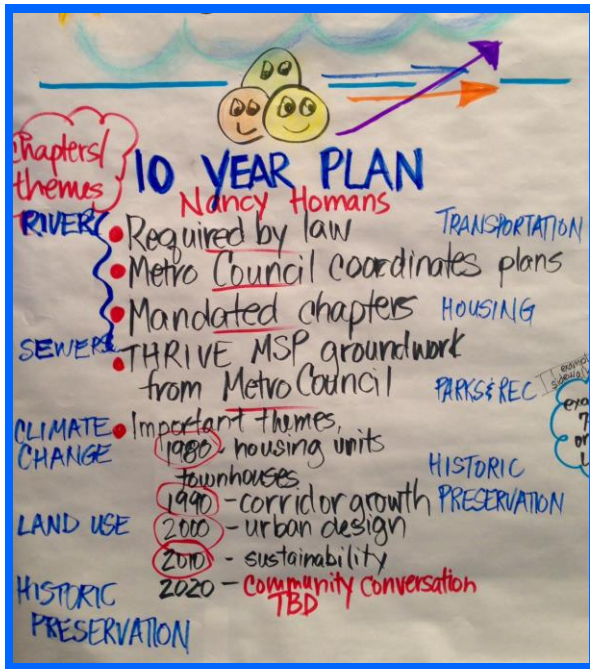


The Saint Paul Advisory Committee on Aging (ACOA) focused their annual meeting on community participation in the Saint Paul 10-Year Comprehensive Plan. The planning process will begin in 2016 and will engage city residents throughout our communities. In preparation for this endeavor, ACOA invited participants to reflect upon successful collaborations in Saint Paul that may serve as examples and function as a means to engage people in a conversation about aging in community. In addition, the reflections and feedback will guide ACOA in preparation for a collaborative forum later in 2016.

Annual Report – Saint Paul Advisory Committee on Aging

Kathleen Kelso, chair, opened the meeting with a summary of 2015 accomplishments and strategies for 2016. The ACOA encourages us all to reframe our thinking about where and how older adults will choose to live. Our vision must be a future in which our city embraces “aging in community” rather than the old and tired phrase of “aging in place” which suggests the final move will be where we simply stay and grow old. The ACOA envisions a 10-Year Comprehensive Plan that allows and encourages us to age in our communities to the fullest extent possible. (Appendices 1, 2 and 3)

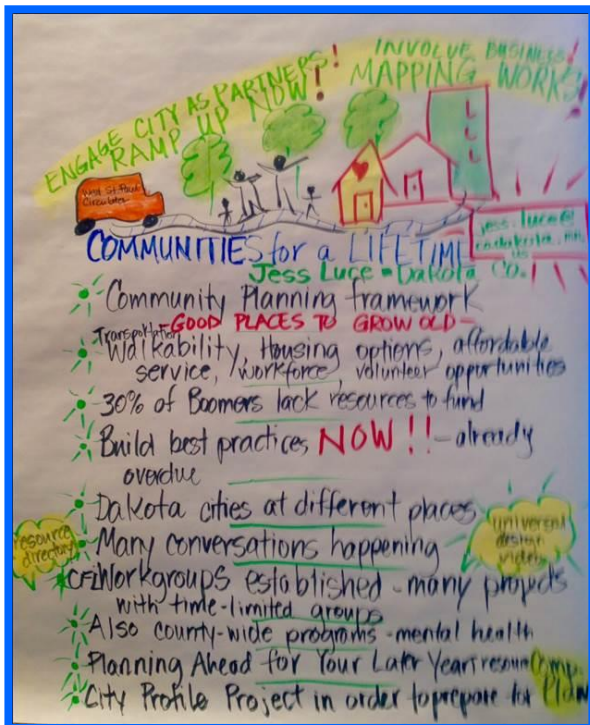
The Saint Paul 10-Year Comprehensive Plan



Nancy Homans, with Mayor Coleman's Office, outlined the upcoming Saint Paul 10 Year Comprehensive Plan, its historical significance, and the process in which residents of Saint Paul will be asked to participate. The city Plan will address the trends and challenges highlighted in the Metropolitan Council's Regional Plan: Thrive MSP 2040.

Ms. Homans recognized the purpose and function of the ACOA as members encourage a dialogue about policy and planning for an aging demographic. The formal planning process will be led by planners in the City Planning and Economic Development Department. (Comprehensive Plan Description, Appendix 4)

Communities for a Lifetime, Dakota County Initiative



Jess Luce, Supervisor with Dakota County, Communities for a Lifetime.

Dakota County began their exploration of aging issues in the county in 2006 and reframed their exploration from a new perspective, "Communities for a Lifetime," in 2012. The County realizes that up to 30% of Boomers will not be sufficiently prepared financially and socially for aging, and will not have realistic expectations about how they will live. Dakota County's Initiative objectives are to increase community awareness of the future constraints and improve planning for it by the cities and their residents. Planning priorities include policies for improved transportation; in-home services; caregiving; and health and wellness.

The Communities for a Lifetime Initiative is focused upon cities with Dakota County; progress has been made in West Saint Paul, Hastings, Mendota Heights and Apple Valley. City profiles have been established as a strategic planning tool to gauge progress in becoming "age friendly" and prepared. Among the important lessons communities have learned along the way:

- 1) An asset mapping process is a useful way to engage communities, and
- 2) Encourage city governments within counties to establish initiatives and strive to envision a “lifetime community.”

Jess suggested that while there is a good government role for the county and city to play, nonprofit organizations and businesses must be encouraged to take the lead on innovation, collaboration and driving the process of supporting aging in community. Profiles will also be used for city comprehensive plans. (Further information: jess.luce@co.dakota.mn.us)

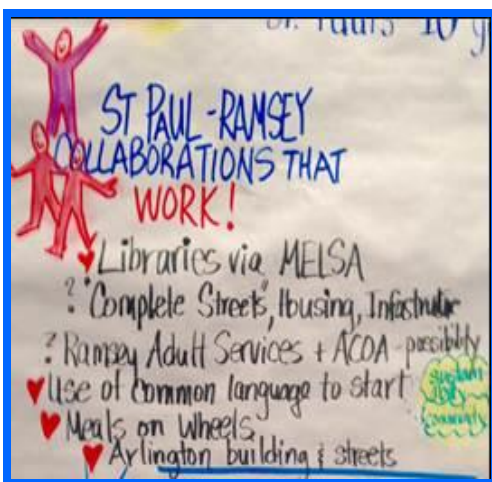
Group Reflections on City, County, Community Roles and Collaborations

Following the presentation about Communities for a Lifetime, a few participants “set the stage” through insightful questions of their own:

- ✚ So what *are* the roles of county, city and private sector? Which has a primary role to develop relationships with private sector? (A significant question with no specific answer?)
- ✚ Counties are often seen as “big brother” – Are counties expected to offer assistance to cities, encouraging them to think of county staff as part of city staff to support these planning efforts? (Is this dependent upon existing working relationships?)
- ✚ Do we take it out of a “good government” framework and encourage private organizations to own this? (At least attempt to engage as much of the private sector as we can?)
- ✚ What is the role for Ramsey County in regard to Saint Paul’s planning? (Ramsey County will have a framework early in 2016 to address this question.)

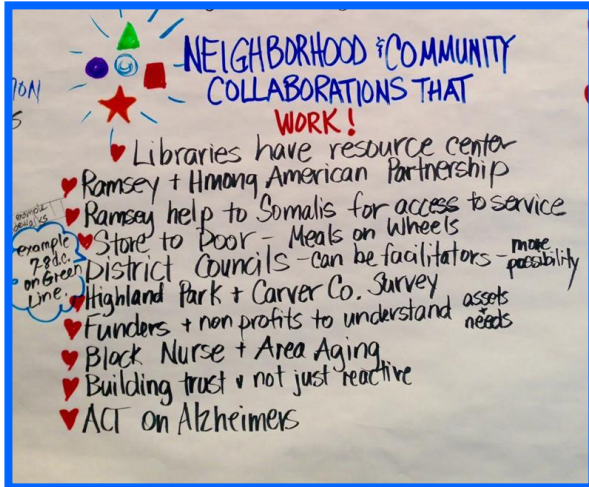
After a brief discussion on those questions, participants addressed three questions separately. The following visuals are from report-outs from each small table; specific points reflect comments gathered from small groups.

- 1) On a creative and functional level, where do you see St. Paul and Ramsey County collaborations working well?



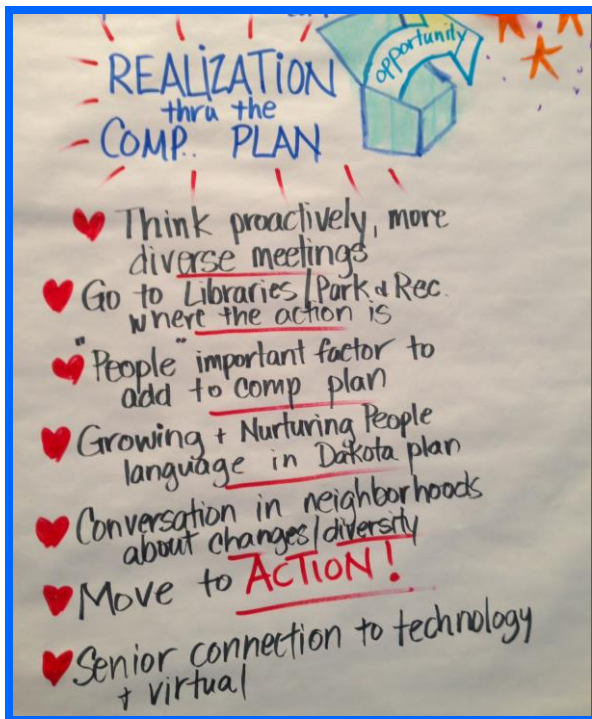
- City focuses on infrastructure and county focuses on services – each needs the other to function
- Ramsey County Public Health delivers the primary health services for city residents
- We can learn from good working relationships in Recycling programs
- Saint Paul public library and Ramsey County cooperate through MELSA-interlibrary book lending program
- Difficult to identify collaborations that are working well

- 2) At a community level, what examples of collaboration among neighborhoods and community organizations are you aware of as models for future collaborative endeavors?



- District Councils Collaborative around Green Line: all good examples of strong collaborations
- Saint Paul Public Library hosts community outreach fairs to connect service providers
- Co-locating libraries and community centers
- Rondo Community Outreach-Library-Housing
- Hamline-Midway Library
- Metropolitan Library Service Agency (MELSA) cooperation among all city, counties, colleges

- Store to Door, Meals on Wheels
 - Living at Home Network (aka Block Nurse Programs – all are neighborhood based nonprofits) collaborate/associate/work closely with other neighborhood organizations
 - ACT on Alzheimer’s and the Dementia Friendly Communities developed through the community engagement practices of that nationally recognized program
 - Consortium of Lake Area Senior Services, focused on education on topics important to seniors
 - Twin Cities Aging Network
 - Ramsey County and Hmong American Partnership working together to get county services into Hmong communities
 - East Side Area Business Association
 - Wilder Fall Community Learning Collaborative: sharing best practices, grassroots connections for past 2-3 years
 - Community Gardens, intergenerational team development
 - Institute for Community Education and Scholarship – supports relationships between academic excellence and community engagement; focuses on ways that teaching, research and service are enriched by community and university collaboration.
- 3) How do the conversations for questions 1 and 2 indicate how the City could best facilitate the realization of Aging in Community through the Comprehensive Plan?
- Cross over with transportation, housing, complete streets
 - Co-locate or bring closer at least, services of different levels of government, a one-card system across boundaries
 - Ramsey County Adult Services committee and ACOA-could there be cross population of membership?
 - Wilder Fall Community Learning Collaborative: sharing best practices, grassroots connections for past 2-3 years; could the city and/or county be a catalyst to replicate this type of collaborative



- Mayor's Office initiative to look at changing communities
 - District councils should be a resource for grant money, etc.
 - Challenge to connect community orgs to money: collaborations among orgs and funders separately to rally around issues and effectively distribute funds—reduce duplications
 - City gets all voices in the room, go to where people are, shift from reacting to proactive – all ethnic backgrounds, don't segregate
 - Work with existing partners
 - Get together to determine lexicon, decide common goal
-
- Reach out to St. Paul senior workers ... get a front lines view from the people providing services to those needing the services
 - Get a member on the State Planning Committee (1980s Met Council connection broken)
 - The City needs an Office on Aging (who will make sure the goals are pursued and achieved, keep an eye on the long-term?)
 - Establish a think tank on Aging
 - Zoning-Code changes
 - City paying attention to taxes, and has a lot of non-taxable land, these pose challenges
 - Need sustainability ... 8-80's 18-month funding must go beyond that
 - Be open to new and different opportunities
 - Set aside a category in the Comp Plan called Aging and how it touches each other category
 - Have city ask ACOA to define Aging ... and then Aging in Community
 - Dakota County's last comp plan had a section "Growing and Nurturing People"
 - Information and people seem to be missing from the comp plan fact sheet
 - Where are People in the Plan?
 - Where are libraries in the Plan?
 - Where is historical preservation?
 - How will Mobility and Access concerns be addressed?
 - Focus on Transportation; public transportation is not being used by older adults
 - Address fragmented resources ... need organization ... publish a list, a clearinghouse, clarify names and services of organizations across the region
 - Challenging to think about Aging in Community in my own neighborhood; how does it happen?
 - Opportunity to live in the community

- Put emphasis on neighborhood plans
- How do we bring “community” back to neighborhoods?
- Inactive district councils leave a huge gap in the community; who can fill that role?
- Ford Plant an obvious choice for a demonstration project around Aging in Community
- Link larger group area to Metro State – to library – to food coops – to churches – to jobs – to day care – to local schools – public art – state and city parks

Recurring Themes

The City of Saint Paul is in a position to embark upon a new way of thinking about aging. By being proactive, we are guided by examples of City-County collaborations and public/private/community partnerships that work and serve people of all ages. For decades, most service systems were created in response to unmet needs. Now is the time to anticipate needs and opportunities ten years hence. Doing so will require people of all ages to “own their future” and, hopefully, participate in this process.

This is also an opportune time to consider an Office on Aging vested with the responsibility for ensuring that programs and initiatives recommended in the 10-Year Comprehensive Plan will become policies, funded and implemented. Again, the Comprehensive Plan will build upon assets, making Saint Paul – “the most livable city in America” – a city that encourages “aging in community.”

Action Steps

The Saint Paul Advisory Committee on Aging intends to convene a collaborative forum in 2016 – a public-private partnership – guided by information from this gathering to expand upon our understanding of Aging in Community. We consider Aging in Community a core principle and model for the success of our city’s Comprehensive Plan. What will that look like, and ultimately, how does it become reality in our neighborhoods?

In addition, ACOA will continue to work with PED, make alliances with Ramsey County, and pursue neighborhood collaborative efforts to encourage people of all ages to participate in determining content and implementation of the 10-Year Comprehensive Plan.

Appendix 1

Saint Paul Advisory Committee on Aging Members, 2015

Therese Buckley

Joann Ellis

Kathleen Kelso

Kristen Lippert

Harriet Mednick

Edie Meissner

Amy Moser

Carol Neumann

Joe Pandal

Nancy Utoft

Karen Vento

Nancy Homans, Director Public Policy, Office of Mayor

Ana Vang, Program Assistant, Office of Mayor

Appendix 2



CITY OF SAINT PAUL

Mayor Christopher B. Coleman

390 City Hall
15 West Kellogg Boulevard
Saint Paul, Minnesota 55102

Telephone: 651-266-8510
Facsimile: 651-228-8521

2015 Annual Report ***City of Saint Paul Advisory Committee on Aging***

The Advisory Committee on Aging is comprised of Mayor and City Council-appointed members charged to promote the dignity and independence of older residents in Saint Paul.

Mission - to fulfill the responsibilities of the Committee through collaborative initiatives that promote aging in community. The Committee will:

- Advise the Mayor and City Council on age-related policies.
- Recommend changes in City services, public and private sector policies and practices that will improve intergenerational opportunities within Saint Paul.
- Identify and promote community-wide awareness of issues that affect our aging population.
- Advocate for elder rights and promote access to resources and the assets of older adults in neighborhoods and across communities within the City's 8-80 Initiative.
- Explore intergenerational opportunities and interaction with families, youth and children.

Highlights from 2015

- Convened a Housing Forum to elicit input for City planners and policymakers as they begin to develop the Comprehensive Plan to ensure they are cognizant of the Aging in Community model and emphasize the impact the plan will have on the health and well-being of all residents and neighborhoods. The robust dialogue brought together 40 people, including Saint Paul residents, City leadership and planners, leaders and staff from area non-profit organizations, and developers.
- Maintained ongoing dialogue with PED planner tasked with identifying the impact of Comprehensive Plan initiatives on aging Saint Paul residents.
- Provided counsel to City leadership on a variety of issues including the exploration of partnership opportunities with AARP and drafting the job description related to the 8-80 Initiative.
- Initiated meaningful conversations with Ramsey County's Public Health staff in support of their initiative to identify pressing needs for older adults throughout the county.
- Relocated the committee to the Mayor's Office, ensuring the committee can continue to be active, effective, efficient, and well-utilized.
- Presented to the Metropolitan Area Agency on Aging all staff annual gathering; assessed the process and success of the Communities for All Ages project and reflected upon the utility of the Lifetime Communities Learning and Action Collaborative.

Opportunities in 2016

- Continue seeking collaborative relationships with stakeholders and organizations, including advisory groups, policymaking and planning/development professionals, and participating in age-related policy discussions.
- Recruit additional membership, reconsidering membership approach to include intentional regional representation across the City.
- Present the Aging in Communities model to the City Planning Commission.
- Organize and facilitate a Community Forum as a reflection of ACOA's role as an information gathering and advisory asset, to further assist the development of the City's Comprehensive Plan.
- Secure resources to adapt existing checklists/templates/guides/technical assistance materials to assist planners in a Saint Paul model for aging in community.
- Foster resident and local service provider engagement.
- Participate in the Metropolitan Area Agency on Aging's the Lifetime Communities Learning and Action Collaborative.

Appendix 3

Aging in Place or Aging in Community: Another Perspective

Among the elements of this broad conversation that needs to be understood is that Aging in Place is an insufficient solution to a significant problem. Aging in Place is commonly referenced as if it means the same thing to all people and that it is the best alternative to institutional solutions.

When it first emerged, Aging in Place was a breakthrough concept, an overdue recognition that where a person lives matters to how well they live. Existing in a nursing home, or latterly assisted living, does not mean a thriving life. As we are now learning, a person does not necessarily thrive when living in one's home too long, either.

Rather than focus on costs and limitations of Aging in Place (and accepting it as the only answer), the Saint Paul Advisory Committee on Aging (ACOA) encourages all of us and decision makers to develop a policy for the city that recognizes that people of all ages are at all times aging and that their life-needs are constantly changing. The community must respond by enabling all residents to live and age in this great city as long as they want to do so.

A concept that is often overlooked, or misunderstood as meaning the same thing as Aging in Place, is *Aging in Community* – a practice that utilizes various solutions, among which Aging in Place within one's own community.

Aging in Community is a way of life that at its heart recognizes that aging is the reality for all of us, and that whether its the youngest among us, Millennials or Boomers, every one is acknowledged and treated as a valuable resource in their community.

ACOA's role and purpose today, March 3, is to facilitate a broad and deep exploration of best practices to untested innovations as the city begins the deliberations of a new 10-year comprehensive housing plan. We ask that as we move forward together we do so with an *Aging in Community* mindset.

This means examining all manner of theory, methodology, practice, and invention to develop a policy that enables people to live and thrive in St. Paul as long as they choose and are able to do so.

Aging in Community is our guide. Aging in Saint Paul is our goal.

March, 2015

Appendix 4



www.stpaul.gov/ped

The Saint Paul Comprehensive Plan

A Ten Year Plan for the Future

Adopted February 24, 2010



Land Use

- Target growth and higher density in Downtown, Central Corridor, Mixed-Use Corridors, Neighborhood Centers and Employment Districts.
- Provide land for jobs by preserving industrial land, redeveloping underutilized sites, supporting downtown, and improving financial and regulatory tools.
- Promote aesthetics and development standards for a pedestrian-scaled environment.



Transportation

- Use best practices for design and maintenance, and create safer streets through education and enforcement.
- Coordinate transportation and land use.
- Increase transit ridership, manage single-occupancy vehicle use.
- Develop and expand a well-managed parking system, and reevaluate downtown parking practices to establish balanced multi-modal options.
- Create opportunities to integrate physical activity into daily routines as an alternative to driving.
- Develop and promote connectivity to regional transit systems.
- Increase community accessibility by creating better connections within neighborhoods.



Parks and Recreation

- Emphasize communications, marketing, and public information.
- Choose quality over quantity in facilities/programming.
- Encourage active lifestyles by ensuring access to facilities, improving safety, and providing programming and education.
- Meet emerging recreational needs by increasing access to facilities and programming like dog parks, community gardens, extreme sports, and senior fitness.
- Increase utilization of supplemental resources, like volunteers, the new Parks foundation, and public/private partnerships.



Housing

- Increase housing choices to support economically diverse neighborhoods and meet demand for transit-oriented housing.
- Engage in aggressive housing rehabilitation, including energy-related improvements to existing housing stock.
- Complete neighborhood revitalization activities.
- Ensure availability of affordable housing across the city.



Historic Preservation

- Be a leader for historic preservation in Saint Paul.
- Integrate historic preservation planning into the broader public policy, land use planning and decision-making processes of the city.
- Identify, evaluate and designate historic resources.
- Preserve and protect historic resources.
- Use preservation to further economic development & sustainability.
- Preserve areas with unique architectural, urban and spatial characteristics that enhance the character of the built environment.
- Provide opportunities for education and outreach.



Water Resources

- Ensure a safe and affordable water supply system.
- Reduce pollutant loads to water bodies.
- Operate and maintain a cost effective sanitary sewer infrastructure.