SENIORE’S AGENDA
2022
During the past year, programs and people started to transition back to pre-pandemic activities including myself, who for the previous year was the temporary manager of the Senior Nutrition Program. Returning to the Age-friendly and Dementia Friendly initiatives, I found the collaborations had been strengthened and challenges addressed.

The Seniors’ Agenda was formed over 10 years ago by the community, which continues to work together to close the gaps in services and enhance programs that create an Age-friendly County. This report is the reflection of the efforts of over 60 community-based organizations, several County departments, and all the cities in Santa Clara County to collaborate on policies and programs for our older residents. The pandemic has slowed down our ability to reach our original three-year goals, but the collaborative capacity has been strengthened and new opportunities have risen.

Thank you to all the leaders who have been apart of the Seniors’ Agenda activities and initiatives this past year. A special congratulations to key organizations who have celebrated milestone anniversaries: Older Americans Act – Nutrition Program (50 years), OnLok PACE (50 years), Rebuilding Together Silicon Valley (30 years), Health Trust (25 years), and Tele Visit (10 years). Santa Clara County is a better place because of all your contributions.

In Appreciation,
Diana Miller
Seniors’ Agenda Project Manager
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Mountain View’s intergenerational cookie decorating event
AGE-FRIENDLY CITIES UPDATE

The Silicon Valley Age-friendly Cities Collaborative offers a supportive network to share best practices and learn from each other. All fifteen cities continued to work on promoting Age-friendly policies and programs within their city during this transitional year after the pandemic.

The City of **Campbell** was a leading sponsor of the 11th Annual Caregivers Count! Conference, tailored specifically for family caregivers of older adults. A total of 359 caregivers attended the virtual event and over 500 viewed the recorded videos. Additionally, the caregiverscount.net website connects caregivers to information about local resources and managing care.

Age-Friendly **Cupertino** took part in hearings at the Cupertino Planning Commission and Cupertino City Council considering plans for a new housing development that included below market rate senior apartments and a new assisted living facility. While AFC did not endorse these specific projects, it did advocate for the need to expand senior housing options in the city. The Westport project, located next to the Cupertino Senior Center, was approved in late 2021 and is now under construction.
For the first time, the City of Los Altos offered an “Online CivicRec Registration Event” in August to teach residents how to register for classes, events, programs, and facility usage.

Los Altos Hills Parks and Recreation teamed up with the Healthy Communities Branch of the Santa Clara County Public Health Department to deliver a series of Brain Health Workshops geared towards adults across Santa Clara County. These workshops provide critical information and lessons surrounding aging and brain health.

In partnership with the Los Gatos Senior Services Committee, the Saratoga Area Senior Coordinating Council (SASCC) performed the first ever statistically valid Community Assessment Survey for Older Adults (CASOA) in Los Gatos. The results were compared against a set of national benchmarks. The benchmarking database includes responses from more than 35,000 older adults in over 322 communities across the nation.

The Milpitas Camp Golden Classics “Summer Camp” was held for the first time in June 2022. The camp was comprised of 14 seniors who had never experienced summer camp as children. The idea was to use the youth-version of a Summer Camp experience and apply it to the senior population. There were craft activities, exercise demos, sharing a few treasured memories at the “all about me” day, a barbecue lunch picnic at the park, a weeklong individual scrapbooking activity that culminated in many personal pictures that made their hearts smile, plus group photos from the week.

The City of Gilroy used a Pavement Management Program developed by the Metropolitan Transportation Commission to determine which streets to improve. Along with streets, the project began to repair 67 curb ramps.
The City of **Monte Sereno** has launched a new online and mobile application for a request management system, called “SeeClickFix,” to provide residents with an effortless way to participate in community-based reporting from their smartphones or desktop computers. A resident may snap a picture of a problem and send it to the City via SeeClickFix. Issues are automatically entered into the database system and channeled to the appropriate department to be resolved.

Through **Morgan Hill**’s partnership with the YMCA, the senior nutrition program cooked over 200 meals on-site per day, providing over 46,000 meals this year to older adults in both Morgan Hill and Gilroy. The volunteer driver program, R.Y.D.E., delivered over 2,800 meals to homebound older adults.

The City of **Mountain View** supported intergenerational recreational programs involving seniors and teens, by adding mixed-age categories during pool and ping-pong tournaments, art activities, and musical performances, and by inviting teens to participate in activities at the senior center.

**Palo Alto** hosted a Homeless Resource Fair in April and many homeless older adults attended. La Comida provided snacks for the event and Avenidas social worker Thomas Kingery volunteered; both older adult resource providers are part of the city’s Homeless Service Provider’s Committee that helps residents understand and best serve older adults who are homeless.

The nutrition program in **San Jose** has experienced a growth in output that peaked at nearly 1,600 daily meals, an increase of 127% from its baseline pre-COVID. Additionally, PRNS awarded $537,000 in grant funding to FY 22 to 14 nonprofit agencies through the Senior Health and Wellness Grant Program.
In May 2022, over 450 residents of Santa Clara enjoyed the 6th Annual “Be Strong, Live Long” Health & Wellness Fair held on a beautiful day in Fremont Park, adjacent to the Santa Clara Senior Center. Over 50 non-profits and government programs shared their information and services, representing resources and activities in all eight Age-friendly domains.

The West Valley Outlook, a print news publication distributed to all homes in Saratoga and Los Gatos by the Saratoga Area Senior Coordinating Council (SASCC), brought together writers of all ages in producing what the paper calls “A Vision for Our Age-friendly Community.” Featuring stories from young adult writers eager to develop their skills, columns from middle-aged community volunteers and advocates, and perspectives from older adults seeking to use their free time in an engaging way, The Outlook served as an outlet for the community to gain a better understanding of our intergenerational community. Read The Outlook at www.sascc.org/the-outlook.

Sunnyvale established a new agreement for how mobile park owners must implement various mobile home regulations for the next 20 years. It will help keep mobile homes as a more affordable housing option in Sunnyvale, as well as an alternative to a rent stabilization ordinance by providing caps to rent increases to residents with financial hardships.
Santa Clara’s “Be Strong, Live Long” Health & Wellness Fair
Age-friendly Three-Year Action Plan

Since 2018, the County of Santa Clara has been an active member of the World Health Organization and AARP Age-friendly networks. This global network comprises more than 1,000 cities in 47 countries. Age-friendly cities commit to a five-year cycle of continuous improvement through the following steps: assessment, implementation of action plan, and evaluation. The Age-friendly plan needs to consider each of the eight domains identified in the Global Age-friendly Cities guide.

The Seniors’ Agenda developed the Age-friendly Three-Year Action Plan over an 18-month planning period. The assessment included a survey of over 2,000 older adults and 37 focus groups with nearly 400 participants in four different languages, two Community Conversations and ten logic model workshops. The Action Plan was approved by the Board of Supervisors in 2020. The 2022 progress chart for Year Two indicates whether action items were completed, in progress or not started.
# Action Plan Summary

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<th>Action</th>
<th>Primary Partners</th>
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<tr>
<td><strong>Public Spaces</strong></td>
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<tr>
<td>● Adopt and implement an Age-friendly designation for Santa Clara County parks.</td>
<td>Parks and Recreation</td>
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<td>● Host a Public Spaces Network Summit incorporating universal design best practices.</td>
<td>Parks and Recreation; Planning Department</td>
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<td>● Sponsor marketing and outreach for the Senior Safari.</td>
<td>Happy Hollow Foundation</td>
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<td>● Initiate a pilot Park Rx program with Bay Area Older Adults and medical providers.</td>
<td>Bay Area Older Adults; Open Space Authority</td>
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<tr>
<td>● Increase participation of older adults in the Our City Forest Lawn Buster program.</td>
<td>Our City Forest</td>
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<td><strong>Social Participation</strong></td>
<td></td>
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<tr>
<td>● Engage libraries and senior centers to enhance virtual and in-person activities.</td>
<td>Senior Centers; Libraries</td>
</tr>
<tr>
<td>● Collaborate with a college or university to pursue Age-friendly designation.</td>
<td>West Valley Community College</td>
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<td>● Host an intergenerational activity with a senior center and high school students.</td>
<td>Senior Centers; Gen2Gen</td>
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<td>● Design a positive aging campaign to combat ageism.</td>
<td>Age-Friendly Cities Collaborative</td>
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<td>● Connect more Meals on Wheels participants to friendly visitor programs.</td>
<td>Senior Nutrition Program</td>
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<tr>
<td><strong>Housing</strong></td>
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<tr>
<td>● Develop a universal design and home modification class with Rebuilding Together.</td>
<td>Rebuilding Together Silicon Valley</td>
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<tr>
<td>● Create a taskforce to address rent-burdened older adults living in Area Median Income-linked affordable housing.</td>
<td>Destination: Home; SCC Supportive Housing</td>
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<td>● Support continuation of funding for Catholic Charities’ House Sharing program.</td>
<td>Catholic Charities</td>
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<td>● Reduce permit fees for low-income adults 60+ who need accessibility or safety-related home modifications.</td>
<td>Rebuilding Together Silicon Valley</td>
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<td><strong>Communication &amp; Information</strong></td>
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<tr>
<td>● Ensure older adults are incorporated into county digital inclusion policies.</td>
<td>Age-Friendly Cities Collaborative</td>
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<td>● Engage media and communications staff with an Age-friendly communication guide.</td>
<td>Public Information Officer</td>
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<td>● Collaborate with the Senior Nutrition Program on an Age-friendly filter for their app.</td>
<td>Senior Nutrition Program</td>
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<td>● Create a technology access webpage with a list of classes, affordable devices, and Wi-Fi resources.</td>
<td>Age-Friendly Cities Collaborative</td>
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<td><strong>Dementia-Related Support</strong></td>
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<tr>
<td>● Provide trainings to double the number of Dementia Friends in the county.</td>
<td>Alzheimer’s Los Angeles</td>
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<tr>
<td>● Commission a study of family caregiver and long-term care workforce needs.</td>
<td>Working Partners USA; LTSS Task Force</td>
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<td>● Host a Brain Health Network Summit for professionals and community members.</td>
<td>Public Health Department</td>
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<td>Action</td>
<td>Primary Partners</td>
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<tr>
<td><strong>Dementia-Related Support (con’t.)</strong></td>
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<tr>
<td>- Collaborate with senior centers and libraries to provide dementia</td>
<td>Senior Centers; Libraries</td>
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<td>friendly programs.</td>
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<td>- Conduct a county employee survey about family caregiving needs.</td>
<td>Family Caregivers Alliance</td>
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<td><strong>Health &amp; Community Services</strong></td>
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<tr>
<td>- Distribute an additional 5,000 L.I.F.E. files to older adults.</td>
<td>Emergency Medical Services</td>
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<td>- Establish a pet care protocol for hospitalized low-income older</td>
<td>SCC Animal Shelter</td>
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<td>adults.</td>
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<td>- Expand falls prevention training capacity with additional</td>
<td>SVHAP; SCC Falls Prevention Task Force</td>
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<td>instructors and classes.</td>
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<td>- Develop an emergency response plan for the Senior Nutrition</td>
<td>Senior Nutrition Program</td>
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<td>Program.</td>
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<td>- Provide free dental care at senior centers with the Oral Health</td>
<td>Oral Health Collaborative</td>
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<td>Collaborative.</td>
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<tr>
<td>- Collaborate with Public Health to offer brain health trainings for</td>
<td>Public Health Collaborative</td>
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<td>older adults.</td>
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<td><strong>Transportation</strong></td>
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<tr>
<td>- Adapt transportation training opportunities considering COVID-19</td>
<td>VTA</td>
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<td>safety.</td>
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<td>- Identify 5 new Senior Safety Zones near senior centers or housing</td>
<td>Traffic Safe Communities Network</td>
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<td>complexes.</td>
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<tr>
<td>- Implement the Traffic Safe Communities Network recommendations for</td>
<td>Traffic Safe Communities Network</td>
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<td>older adults.</td>
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<tr>
<td>- Create a Volunteer Driver Program Collaborative to increase ride</td>
<td>Volunteer Driver Programs Collaborative</td>
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<tr>
<td>capacity.</td>
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<tr>
<td>- Support cities applying for Measure B funding for older adult</td>
<td>VTA; Age-Friendly Cities Collaborative</td>
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<td>pedestrian safety.</td>
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<td><strong>Volunteerism &amp; Civic Engagement</strong></td>
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<tr>
<td>- Include a question on volunteerism in the Behavioral Risk Factor</td>
<td>Public Health Department</td>
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<td>Survey.</td>
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<td>- Promote the 2020 Census through senior centers and the Senior</td>
<td>Senior Centers; SNP; Office of the Census</td>
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<td>Nutrition Program.</td>
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<td>- Host volunteer fairs for older adults with the Volunteer Managers</td>
<td>Volunteer Managers Network</td>
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<td>Network.</td>
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<tr>
<td>- Convene the Volunteer Managers Network to share best practices</td>
<td>Volunteer Managers Network</td>
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<td>during COVID-19.</td>
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<td>- Collaborate across departments to design a user-friendly county</td>
<td>All county departments</td>
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<td>volunteer webpage.</td>
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<td><strong>Employment &amp; Finances</strong></td>
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<tr>
<td>- Work with county departments to include adults 50+ in their</td>
<td>All county departments</td>
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<td>internship programs.</td>
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<td>- Host an older women’s financial forum with the Office of Women’s</td>
<td>Office of Women’s Policy</td>
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<td>Policy.</td>
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<tr>
<td>- Promote the Elder Economic Index to determine eligibility for low-</td>
<td>Age-Friendly Cities Collaborative</td>
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<td>income programs.</td>
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<td>- Host an annual financial fraud prevention event in collaboration</td>
<td>AARP</td>
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<td>with AARP.</td>
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<tr>
<td>- Observe World Elder Abuse Awareness Day with an annual community</td>
<td>Adult Protective Services</td>
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<td>event.</td>
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* Program disbanded due to lack of funds
Digital Inclusion for Older Adults

The COVID-19 pandemic has accelerated the need to close the digital divide for children and older adults. The data for our County shows the digital divide affects nearly 20,000 adults over 65 who do not have a computer and about 12,000 older adults who have no internet access. This is compounded by the fact that nearly one-third (30%) live alone and half of older adults struggle financially to make ends meet. To close this divide, they need affordable devices, internet access, and training.

In August 2020, the Board of Supervisors accepted recommendations to incorporate low-income older adults into all County digital inclusion polices, assessments and evaluations and to form an Age-friendly Digital Inclusion Community Stakeholders Workgroup.

A cross sector of over 30 organizations are a part of the Workgroup. They have produced a white paper, *Promoting Digital Inclusion for Older Adults in Santa Clara County*, and developed recommendations which they presented to the Board of Supervisors, who were in unanimous agreement to provide up to $1.5 million in funding for a digital inclusion project serving at least 2,000 Santa Clara County low-income older adults.

For a second year, the Workgroup hosted an education series for providers of services for older adults. The virtual webinars were well attended.
Educational Webinar: How to Connect One Million Older Adults

Amanda Gimble, Director of Aging Connected Senior Planet and Older Adults Technology Services (OATS) from AARP presented lessons learned as they work on the goal of connecting one million older adults by 2022. Aging Connected is a national, cross-sector campaign to bridge the digital divide and help older adults access essential public health information, social services, online community, and more through affordable, accessible internet.
Educational Webinar: Lessons Learned from Addressing the Digital Divide in Affordable Senior Housing Communities

Old age, low-income, low-educational attainment, living alone, and low-English proficiency are independent risk factors for digital exclusion. The Lighthouse Project for Older Adults, led by CITRIS Health at UC Berkeley, UC Davis, Front Porch, and Eskaton, launched digital inclusion pilots at four affordable housing communities across California.

Many lessons were learned about WiFi installation, device usability, linguistically-and culturally-tailored content, and developing a sustainable community- and peer-support model in affordable senior housing communities. The findings were presented by Pauline DeLange Martinez, MA Doctoral Student, Public Health Sciences, UC Davis at this April event.

Educational Webinar: Securing Funding to Get Older Adults Digitally Connected

The Broadband Equity, Access and Deployment Program (BEAD) has a budget of $42.5 billion and will be administered by individual states under the direction of the Commerce Department. A portion of this funding could address gaps in older adults’ access, but only if community-based organizations and local governments do their part now to prepare for and direct these funds. Kami Griffiths, CEO, Community Tech Network, presented on this program.

Bay Area Digital Inclusion Collaborative – Newly Launched

The Bay Area Digital Inclusion Coalition (BADIC) was formed in 2021 by individuals representing community-based organizations and county agencies working to promote digital inclusion for older adults representing six Bay Area counties. Through monthly meetings, participants have been sharing information and best practices, and identifying a set of goals for the group. Initial priorities include developing a database of local activities, creating descriptive materials about the coalition and its members, and tracking relevant state and federal legislation. The Seniors’ Agenda was the initiator of this collaboration.
Dementia Care and Support

Dementia Friends

Dementia Friendly America seeks to foster communities that are informed, safe, and respectful of individuals living with dementia, their families, and care partners. The Dementia Friends program is a global movement designed to help everyone in a community understand what dementia is and how it affects people. There are now more than 117,000 Dementia Friends across the country. Dementia Friends help spread the word to create inclusive environments and make a difference for people touched by dementia.

Locally, Supervisor Mike Wasserman became a Dementia Friend, joining Supervisor Susan Ellenberg and former County Supervisor and current State Senator Dave Cortese, who are also members of the Dementia Friends community in Santa Clara County.

Twenty-one Dementia Champions were trained to hold sessions either in person or virtually with senior centers and other community organizations to certify 96 more Dementia Friends, in addition to the online option to become a Dementia Friend.
Adult Day Care Subsidy Pilot Program

The Board of Supervisors approved a pilot program to subsidize Adult Day Care for low-income older adults. However, before it began, COVID-19 closed most in-person Adult Day programs. The Senior Care Commission worked with the Board of Supervisors to repurpose the pilot funding to support virtual programming at three Adult Day Services (ADS) organizations instead.

This year, adult day care centers reopened their facilities and provided in-person activities. Starting in July 2020, the ADS Subsidy Pilot Program served 46 participants through three community partners. The average age of participants was 85 years old. Because of the COVID-19 pandemic, most of the adult day services were provided virtually.

Evaluations indicated that the ADS pilot program achieved all three short-term outcomes: increased the awareness of ADS program, acquired high program satisfaction, and reduced caregiver stress. Also, the one-year follow-up data showed positive evidence that the caregivers might have more opportunities to enter or stay in the workforce. Fewer participants reported having falls, emergency room visits, and hospitalizations at the six-month follow-up compared to at enrollment.

Healthy Brain Initiative

The Public Health Department concluded their 18-month pilot grant for the Healthy Brain Initiative. The Seniors’ Agenda partnered on key elements by hosting annual Healthy Brain Symposiums and promoting the Dementia Friends campaign.

In collaboration with community and funded partners, the HBI provided an array of resources and services in multiple languages: seven caregiving workshops, 36 Brain Health Series workshops, over 60 community education and outreach events, distribution of over 15,000 brain health materials, two brain health symposiums, two healthcare workforce seminars, and three brain health awareness media campaigns focusing on the Asian American Pacific Islander and African Ancestry populations.
Women’s Community Forum: Protecting Your Health and Wealth

In partnership with the Santa Clara County Office of Women’s Policy, Healthy Brain Santa Clara hosted a women’s community forum to share critical information with the public on protecting women’s health and wealth. With a focus on racial and gender equity, they recognize the immense need for strengthening prevention of cognitive decline through the public health model.

The focus of the forum was to ensure proper support for family caregivers who are disproportionately women and largely living in households with an annual household income below $50,000. Additionally, one in four women in Santa Clara County is 55 or older and at risk of developing Alzheimer’s. The MindDiet, brain health and nutrition, was presented by Jocelyn Dubin, Lead Public Health Nutritionist. Ruth Silver Taube, Supervising Attorney with the Santa Clara County Office of Labor Standards Enforcement, spoke of labor exploitation and wage theft.

Sue’s Story: Lewy Body Dementia Webinar

Institute on Aging and the Sue’s Story Project hosted a two-hour online training developed for health and social service providers. The film documentary, Sue’s Story, was presented and followed by a panel discussion featuring medical staff from Kaiser Permanente and Patrick Arbore, Institute on Aging. The virtual webinar was part of the Healthy Brain Initiative. Free Continuing Education Units (CEUs) were offered.
Stay Sharp: A Healthy Brain at Any Age

This Brain Health Symposium highlighted how our mental health and cognitive health are inextricably linked. Dr. Doug Noordsy, MD, Director of Lifestyle Psychiatry at Stanford University, spoke on various lifestyle strategies, especially exercise, to promote cognitive health. There were opportunities for collaboration and connections between community members, health care professionals, policymakers, and stakeholders. The symposium included simple action steps individuals could take to promote brain health in our community.

AARP Brain Health Tips: A Brainy Trip to the Zoo

AARP California and some very clever zoo animals went on a virtual visit to the Happy Hollow Park & Zoo in San Jose, California. It explored the ties between animal behavior and brain health, including the importance of social connections for bees, the mental benefits of the yoga-like poses of jaguars, and why macaws crave activity and stimulation. Sophie Horiuchi-Forrester recommended this program that was broadcast statewide.

Dementia Awareness Day

The City of Cupertino recognized World Dementia Awareness Day in 2021 with a proclamation at their City Council Meeting. In addition, Mayor Paul Darcy and City Council member Hung Wei become Dementia Friends.

1,460 Dementia Friends in Santa Clara County

Become a Dementia Friend today!
dementiafriendsusa.org
So they can live about as long as we can.
**Seniors’ Agenda Network Summit: Tackling Food Insecurity**

The Seniors’ Agenda Network Summit focused on the food insecurity of older adults as the country recovers from the pandemic. Food insecurity is an enormous problem, including in the older adult population, with notable negative health impacts.

The speakers spoke on federal nutrition programs such as the Supplemental Nutrition Assistance Program and the Older Americans Act Nutrition Services Program, which help to alleviate food insecurity. These programs have had some issues, both pre- and post-pandemic, but have been able to adapt to meet the challenges they faced.

Speakers included Robert Blancato, National Association of Nutrition & Aging Services, Vanessa Merlano, SCC Senior Nutrition Program Manager, and a lightning round of nine organizations working to alleviate food insecurity in SCC. The organizations included The Health Trust, Sourcewise, Catholic Charities, SCC Department of Employment and Benefit Services (DEBS), SCC Office of Sustainability, Second Harvest Food Bank, Martha’s Kitchen, and Joint Venture Silicon Valley’s Food Recovery Program.

Supervisor Otto Lee welcomed the seventy-five virtual attendees and Deputy Director Michael Balliet of the Public Health Department spoke about the implications of the pandemic for older adults from an equity perspective. The Senior Nutrition Program experienced a 30% increase in the number of meals served since March 2020.
**CROSS-AGENCY COLLABORATIONS**

**LGBTQ 50+ Survey – First in Santa Clara County**

The Office of LGBTQ Affairs’ Survey of LGBTQ+ residents age 50 and older had over 3,000 responses about the needs of older adults. The LGBTQ 50+ survey results were shared in a Town Hall on November 17. Dr. Karen Goldsen, Director of Healthy Generations Hartford Center of Excellence at the University of Washington, shared findings from the survey and recommendations on how this new data could be used to improve programs, policies, and resources to support LGBTQ+ older adults in our county. Local community members shared experiences that highlighted the survey findings. The final report and Town Hall recording are now available.

**Mental Health and Substance Use Service Needs of Older Adults**

The Santa Clara County Behavioral Health Services Department and Seniors’ Agenda co-hosted a Community Conversation focus group to gather community input and feedback from older adults about mental health and substance use service needs in Santa Clara County. The first event of its kind, the County will utilize feedback received to inform future mental health/substance use priorities, programs, and policies in Santa Clara County for the FY24-26 three-year plan. Seniors’ Agenda also promoted the online community survey. Diana Miller, Seniors’ Agenda Project Manager, is a member of the Mental Health Services Act stakeholder committee.
The City of San Jose recognizes Falls Prevention Awareness Day.
Aging Services Collaborative Master Plan for Aging Town Hall

Over 75 members of the aging and disability communities joined with state and local elected officials to hear about our progress toward creating a more equitable and livable community. This was an opportunity to impact how Santa Clara County experiences aging, focusing on Caregiving and Housing. This virtual town hall held in November was sponsored by the Aging Services Collaborative with a grant from the SCAN foundation.

A follow up Town Hall on the Master Plan for Aging’s local playbook in Santa Clara County convened in January. Topics discussed include South County land use for older adult and caregiver housing, a caregiving needs study, and Housing Element recommendations.

Bay Area Older Adults Medicine Take Back Program

Bay Area Older Adults (BAO) received a grant from Valley Water to educate low-income communities on the importance of properly disposing of prescription and over-the-counter medicines to prevent health problems, accidental poisoning, drug misuse, and contamination of our drinking water. BAO partnered with Santa Clara County’s Department of Aging and Adult Services (DAAS) and Consumer and Environmental Protection Agency (CEPA), the Health Trust, and local senior centers and libraries to distribute packages containing multi-lingual educational materials and medicine mail-back envelopes for easy and safe medicine disposal.

During the one-year program, BAO and its partners and volunteers, who contributed more than 360 volunteer hours, created a multilingual Safe Medicine Disposal Webpage https://www.bayareaolderadults.org/safe-med, created and printed 10,000 multilingual Safe Medicine Disposal brochures, distributed 1,400 multilingual packages to low-income older adults, and collected 150 pounds of unwanted and expired medicines.
**Senior Safari Returns**

Happy Hollow Foundation’s Senior Safari returned to full operation in May 2022 after the pandemic and a modified version, Senior Hour, in 2021. Now in its ninth year, visitors age 50 and up are invited to take over San Jose’s iconic Happy Hollow Park & Zoo in a kid-free environment. Older adults enjoy the fresh air and exercise, animal meet-and-greets, zookeeper chats, dancing, and music.

This program is designed to help older adults improve their health, avoid social isolation, and enjoy a unique environment that stimulates both mind and body. Senior Safari admission and parking are free, and guests are welcome to stay for the day after gates open to the general public. The Senior Hour attracted 1,189 attendees in 2021. So far in 2022, the participation is 2,468.

The County of Santa Clara has resource tables for attendees to learn about services and opportunities for older adults from County agencies, including Senior Nutrition, Public Health, and Aging and Adult Services.
Transportation Expanding to Meet the Needs

In the 2017 needs assessment, transportation was the second highest need for older adults. Since that time, volunteer driver programs have expanded to include 10 cities within the county. These programs offered a lifeline for meals, groceries, and medication delivery during the pandemic shut-down and began a return to door-to-door services in the past year.

RYDE (Reach Your Destination Easily) received a Federal Transit Administration grant through the California Metropolitan Transportation Commission. The volunteer driver program launched the expanded service area, including some San Jose zip codes. RYDE is an affordable curb-to-curb transportation service for adults 65+ who live in the five western cities of SCC, parts of San Jose, and Morgan Hill. Passengers can go to non-medical trips up to eight miles from home and medical appointments up to 16 miles from home, on a sliding scale rate.

Starting in April 2022, SCC Senior Nutrition Program Mobility Management began coordination of the San Jose expansion into the zip codes 95118, 95119, 95122, 95123, and 95139.

RYDE Coordinator Samantha Ho (second from left) was joined by summer interns Kassandra and Meha and a RYDE driver Yoshi to promote the program at Senior Safari in July.
Falls Prevention of Santa Clara County

Falls Prevention of Santa Clara County is a collaborative of Public Health, SCC Fire, Department of Aging and Adult Services, senior centers, occupational therapists, pharmacists, home modification experts, and all three trauma centers: Stanford, Valley Medical Center, and Regional Medical Center.

The Falls Prevention of Santa Clara County Taskforce hosted two meetings to learn about new evidence-based falls prevention programs with nationally recognized keynote speakers and the link between falls and nutrition.

The September Falls Prevention Meeting was virtual meeting and kicked off with ways to get involved in Falls Prevention Day on September 22, the first day of Fall. A presentation on Nutrition, Medication, and Falls Prevention by Jocelyn Dubin, MS, RD, shared insights on the link between nutrition and falls.

The Falls Prevention meeting in December was a video presentation on Falls Proofing a Home from Stanford Health Care Injury Prevention. This interactive video is available to the public. Attendees received an update on newly released falls data and upcoming learning opportunities.

Silicon Valley Healthy Aging Partnerships

Silicon Valley Healthy Aging Partnerships (SVHAP) is a unique partnership between our area’s cities, community-based organizations, and universities. Funded by a grant from Sourcewise, SVHAP offers Evidence Based Health Programs (EBP) for Santa Clara County’s older adults age 60 and up. These classes help build strength and balance with demonstrated benefits through rigorous research and offer minimal risk to participants. SVHAP also organizes instructor trainings to provide EBPs.

The SVHAP Leadership Council consists of partners from the City of Sunnyvale, City of San Jose, AACI, Stanford, and SJSU Timpany Center. Popular EBPs offered through SVHAP: S.A.I.L., Bingocize, Matter of Balance, Active Choices, Enhanced Wellness, and Enhanced Fitness. The total number of class participants was 2,266.
Planetree Library: Reuse and Recycle Medical Resources

Planetree Library responded to an often asked question about how to recycle or donate used medical equipment by posting the resources on their website and creating a one-page resource guide available for printing. Planetree Health Library guides the public to accurate, trustworthy, and free health and medical information with resources for later life.

American Society on Aging Membership Pilot for Social Services Agency

Since 1954, ASA has developed and led the largest, most diverse community of professionals working in aging in America. As a result, ASA has become the go-to source to cultivate leadership, advance knowledge, and strengthen the skills of our members and others who work with and on behalf of older adults.

The County of Santa Clara was invited to be one of 10 organizations to join as pilot membership organizations in the Enterprise Alliance Membership. Instead of an individual membership structure, the membership is open to all Social Services Agency staff. Other pilot organizations include Tivity Health, SAGE, Home Instead, the Erickson School of Aging, and the USC Leonard Davis School of Gerontology.

The 198 Social Service Agency staff who signed up for this one-year free membership benefit from all ASA has to offer.

https://library.planetree-sv.org/caregiving/local-resources
Seniors’ Agenda Monthly Newsletter

The Seniors’ Agenda sends out a monthly newsletter sharing upcoming events, workshops, and resources of interest to the aging network in Santa Clara County. This year, the electronic newsletter increased subscribers by nearly 200 to 700 and the open rate is a stellar 50%. Subscribe at agefriendlysiliconvalley.org
New “A Good Place to Connect” Brochure

The pandemic highlighted the older adults who are socially isolated either due to health issues, lack of transportation, or feeling unsafe. The Seniors’ Agenda created a brochure with specific resources for those who are unable or find it difficult to leave their home. The “Good Place to Connect” brochure is being distributed at public events, through the websites, and the Seniors’ Agenda newsletter.

This brochure complements the basic resource guide “A Good Place to Start,” originally created in 2014 and updated in 2022. The Seniors’ Agenda continues to update, translate, and print the brochure. “A Good Place to Start” is available on the DAAS and Age-friendly Silicon Valley websites in English, Vietnamese, and Spanish.
Santa Clara County’s Age-friendly efforts were featured in the AARP Bulletin.
Age-Friendly Bay Area on TV

KMVT 15 launched a monthly program hosted by Scott McMullin, President of the Villages of San Mateo County, called “Age-friendly Bay Area.” Episode 1 was an interview with Diana Miller, representative of Age-friendly Silicon Valley. The entire volunteer production crew are older adults.

American Society on Aging Conference

Diana Miller participated in a Lighting Round presentation at the American Society on Aging Conference in March. She was one of seven panelists who spoke for five minutes on topics of equity and inclusion. Her five-minute presentation was entitled Think Like a JEDI: The Digital Inclusion or Exclusion of Older Adults.

Santa Clara County staff at the American Society on Aging Conference
NEXT STEPS

The Seniors’ Agenda will continue to be a catalyst bringing together a wide cross-section of organizations to work on the community action plans within the Age-friendly framework. While the Seniors’ Agenda will continue to address all nine Age-friendly domains, the top priorities are:

**Dementia Related Support:** The County has commissioned a study of family caregiver and long-term care workforce needs to be completed by the end of the year

**Communication:** Over 2,000 low-income older adults will be able to be digitally connected through the state’s Access to Technology grant

**Housing:** Coordinate a series of Age-friendly presentations as part of SV@Home’s Affordable Housing Month

The Seniors’ Agenda will continue to strive for continuous improvement through policies, programs, and partnerships needed to create an inclusive and accessible community for active aging.
Older adults, ages 60 years and older, account for approximately 19.5% of the county population in 2019. More than half of Santa Clara County’s (SCC) older adult population (53.4%) identifies as female and 46.6% as male. In SCC, the median age for older adults is 69.6 years, similar to the median age of older adults in the State of California (69.7 years).¹

Key Findings

**$38,796**  
ANNUAL BASIC COST OF LIVING  
for a single older adult in SCC, 33% higher than the California average

**APPROXIMATELY 20%**  
OF THE POPULATION is ages 60 years or older

**ETHNICALLY DIVERSE**  
older adult population, similar to SCC as a whole

**GROWING POPULATION**  
older adults ages 60 and older projected to reach 26.3% of the total population by 2030

**37% REPORTED LIVING IN NON-FAMILY HOUSEHOLDS**  
32% of these reported living alone

**69.6 YRS**  
MEDIAN AGE of older adults in SCC

¹ U.S. Census Bureau, 2019 American Community Survey 1-Year Estimates. Table S0102

For additional copies of this report or more information, visit [www.agefriendlysiliconvalley.org](http://www.agefriendlysiliconvalley.org) or [socialservices.sccgov.org/seniors-agenda](http://socialservices.sccgov.org/seniors-agenda)
This is to certify that

County of Santa Clara

has been accepted as a member of the World Health Organization's Global Network for Age-friendly Cities and Communities

Members of the Network commit to share and promote the values and principles central to the World Health Organization Age-friendly City approach, and to the process of creating more age-friendly cities and communities.

Dr John Beard — Director
Department of Ageing and Life Course
World Health Organization
Geneva, Switzerland
This is to certify that Santa Clara County, California, has committed to becoming more age-friendly under the criteria established by AARP and has been accepted as a member of The AARP Network of Age-Friendly States and Communities.

THIS CERTIFICATION IS VALID UNTIL MARCH 11, 2022

Nancy A. LeaMond, Chief Advocacy and Engagement Officer

Community, State and National Affairs, AARP | Washington, D.C.

The AARP Network of Age-Friendly States and Communities is a program of the AARP Livable Communities initiative and an independent affiliate of the World Health Organization Global Network for Age-Friendly Cities and Communities. AARP.org/AgeFriendly
Special THANK YOU to the following agencies for contributing to the Seniors’ Agenda!

- AARP
- Above & Beyond Placement
- Agape Long-Term Care
- Institute for Age-Friendly Housing
- Aging Services Collaborative
- Alzheimer’s Association
- Asian Americans for Community Involvement (AACI)
- Avenidas
- Bay Area Older Adults
- Billy DeFrank LGBTQ Center
- Americans)
- C.A.R.A (California Alliance for Retired Americans)
- CAFÉ (Center for Age Friendly Excellence)
- Catholic Charities
- Centennial Senior Center-Morgan Hill
- Century 21
- City of: Campbell; Cupertino; Gilroy; Los Altos; Los Gatos; Milpitas; Mountain View; Morgan Hill; Palo Alto; San Jose; Santa Clara; Saratoga; Sunnyvale
- City of San Jose, Housing
- City of San Jose Library
- City of San Jose, P.R.N.S.
- City of San Jose, Senior Citizens Commission
- Community Health Partnership
- Community Services Agency
- COVIA
- Dyno Sense
- EAH Housing
- Eastside Neighborhood Center
- Eden Housing
- El Camino Hospital
- Family Caregiver Alliance
- Family Matters In-Home Care
- Foster Grandparent Program
- Friends of Meals on Wheels
- Gardner Senior Center
- Good Samaritan Hospital
- Happy Hollow Zoo Foundation
- Heart of the Valley Services for Seniors
- Hearts and Minds
- Home Instead
- Hospice of the Valley
- Housing Authority of Santa Clara County
- Institute on Aging
- Isora Health
- Jewish Family Services of Silicon Valley (JFSSV)
- Jewish Federation of Silicon Valley
- Kleakashman Care Management
- League of Women Voters
- LifeSTEPS
- Live Oak Adult Day Care
- Long Term Care Ombudsman
- Los Altos Senior Commission
- Medical ALERT
- Mid-Peninsula Housing
- Morgan Hill Chamber of Commerce
- Office of Assembly Member Alex Lee
- Office of Assembly Member Ash Kalra
- Office of Assembly Member Robert Rivas
- Office of Congresswoman Zoe Lofgren
- Office of Supervisor:  Mike Wasserman; Cindy Chavez; Otto Lee; Susan Ellenberg; S. Joseph Simitian
- OnLok Lifeways
- Palo Alto Medical Foundation (PAMF) Drucker Center
- Peninsula Family Services
- Plantree Health Library
- Portuguese Community Center
- Project ACCESS
- PRX Digital
- Rebuilding Together Silicon Valley
- Right at Home
- Sacred Heart Community Services
- San Jose State University:
  - Center for Health Aging in Multicultural Populations (CHAMP)
  - School of Nursing
  - School of Occupational Therapy
  - School of Social Work
- Santa Clara County Behavioral Health Services
- Santa Clara County Department of Aging and Adult Services
- Santa Clara County Family Health Plan
- Santa Clara County Fire
- Santa Clara County Library
- Santa Clara County Mental Health Homeless Systems
- Santa Clara County Office of Sustainability
- Santa Clara County Open Space Authority
- Santa Clara County Public Health
- Santa Clara County Senior Care Commission
- Santa Clara County Social Services Agency
- Santa Clara Senior Center
- Saratoga Area Senior Coordinating Council (NASSC)
- Satellite Healthcare
- Second Harvest
- SEIU 521
- Senior Adult Legal Assistance (SALA)
- Senior Care Authority
- Senior Companion
- Silicon Valley Independent Living Center (SVILC)
- Silicon Valley Council of Nonprofits (SVCN)
- Silicon Valley FACES
- Silicon Valley Healthy Aging Partnership-Falls Prevention
- Sourcewise
- Sunnyvale Community Center
- Sutter Health
- SV0
- TeleVisit
- The Forum
- The Health Trust
- TheratCare
- TRANSFORM
- United Way 211
- Valley Medical Center, Geriatric Clinics
- Valley Transportation Authority
- Vasona Creek
- Verity
- Villa Siena
- Vintage Silver Creek
- Walk San Jose-CA WALKS
- Wellpoint
- Working Partners USA
- VIIVO-Vietnamese Voluntary Foundation
- YMCA, Silicon Valley
- Yu-Ai Kai

October 2021
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<tr>
<th>Name</th>
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<td>Joseph Wei</td>
<td>Tech Ventures</td>
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Stay Sharp
A HEALTHY BRAIN AT ANY AGE

CLICK OR SCAN TO REGISTER

JUNE 24
10:00 AM

Join us for a virtual symposium focusing on various lifestyle strategies for promoting cognitive health, including simple action steps you or your organization can take to promote brain health in the community.

Keynote Speaker:
Douglas Noordsy, MD
Clinical Professor, Stanford University School of Medicine and Director of Lifestyle Psychiatry
Co-Director of Stanford Lifestyle Medicine
Department of Psychiatry & Behavioral Sciences
Appendix G

44 Seniors’ Agenda

English proficiency, educational attainment, living alone, and low digital exclusion: old age, low income, low addressing the interdependent risk factors for Lighthouse Project for Older Adults, a study Pauline Martinez of UC Davis will discuss the University of California, Davis - Public Health

Featuring

Pauline Martinez

10:00 am
Thursday, April 28

Affordable Senior Housing
Lessons Learned in Closing

The Digital Divide in Closing
Preseants:

The Digital Inclusion Workgroup

Santa Clara County

ACE FRIENDLY