

Creating a More Age-Friendly Portland: Year 2 Progress Report

Prepared for the City of Portland

Submitted by:

The Age-Friendly Advisory Council of
Portland and Multnomah County

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February 18, 2016

Creating a More Age-Friendly Portland: Year 2 Progress Report

EXECUTIVE SUMMARY

The movement to create communities that are age friendly focuses beyond what individuals themselves can do to age optimally to look at how the economic, physical, and social environments can be improved to address not only the needs of older adults but also maximize the assets of an aging population, for the benefit of all. Portland has been and remains at the heart of the regional, national, and international efforts to create age-friendly communities.

On October 16, 2013, City Council passed Resolution No. 37039 accepting the Action Plan for an Age-Friendly Portland. The Action Plan contains 10 domains, or areas, of focus. Guiding the implementation of the Action Plan is the Age-Friendly Portland Advisory Council (now called the Age-Friendly Advisory Council of Portland and Multnomah County), which is coordinated by Portland State University's (PSU) Institute on Aging.

The full report details the Year 2 activities of the Advisory Council and its domain-specific working committees, as well as age-friendly-related activities by additional key community partners during Year 2 of the effort. Appendix A provides background information on the Age-Friendly Portland initiative, the creation of the Action Plan and governance of the initiative. Appendix B lists the members of the Advisory Council and of the working Committees. Appendix C contains the approved Charter for the Advisory Council. Finally, Appendix D provides the detailed list of specific age-friendly-related activities and actions accomplished.

Action Areas Prioritized in Years 1 and 2

In Year 1 (2013-14), the Advisory Council selected three of the 10 domains in the Action Plan on which to focus: Civic Engagement, Economic Development and Employment, and Housing. In Year 2 (2014-2015), work continued with respect to these three domains, and two domains were added: Transportation and Health. The remaining five domains in the Action Plan will be addressed in future years pending the availability of resources and include: Outdoor Spaces and Buildings, Respect and Social Inclusion, Social Participation, Communication and Information, and Community Services.

Selected Highlights from Year 2

Civic Engagement and Volunteerism

- 2nd annual “What Are Old People For?” event held at Warner Pacific College on October 16, 2015 had over 250 registrants. Portland City Commissioner Nick Fish was the Master of Ceremonies, and renowned New York community psychiatrist Dr. Janet Taylor highlighted the need for increase awareness of the skills, talents, and contributions of older adults.

Economic Development and Employment

- As part of Elders in Action’s ongoing Age-Friendly Business Certification program, the organization engaged the Lloyd District to address how businesses there could improve their age-friendly awareness and operations.
- AARP Oregon hosted several events pertaining to older workers and the longevity economy.

Housing

- Members of the Age-Friendly Advisory Council and Housing Committee have were integrally involved in the Portland Comprehensive Plan process, providing written and oral testimony on the draft Plan, participating in City-led community processes such as the Policy Expert Group on Neighborhood Centers and the Residential Infill project, and coordinating community input on the draft Plan from older adults and people with disabilities.

Transportation

- Members of the Age-Friendly Advisory Council and Transportation Committee organized a two-part event to identify key concepts and issues related to transportation for an age-friendly community, followed by a “walk leader training” for community walks in local communities (May 18 & 21, 2015); the focus was on healthy, safe streets and complete streets, walkability, transit and mobility options, and Vision Zero.

Health

- A conference titled “Aging Well” was planned and hosted by the Age-Friendly Advisory Council and Health Committee (called the Health Services, Prevention, and Equity Committee), in collaboration with Oregon Health & Science University, Multnomah County, Elders in Action, AARP Oregon, and PSU on October 3, 2015 at the Collaborative Life Sciences Building on Portland’s waterfront. Speakers addressed 140 attendees on

topics that included brain health, housing and aging in place, active living and movement, nutrition, and finding resources.

Scope and Governance

- The Multnomah County Board of Commissioners passed a resolution on October 13, 2014, to work toward becoming more age friendly by adopting the action areas of Portland’s Action Plan for use in developing an Action Plan for an Age-Friendly Multnomah County. The Board of Commissioners also agreed that Multnomah County would collaborate with the Age-Friendly Advisory Council and requested regular updates from the Advisory Council.

As a result of its additional responsibility, the Age-Friendly Advisory Council drafted a charter to guide its work, which it adopted in August, 2015. In conjunction with this work, the Advisory Council formally changed its name to The Age-Friendly Advisory Council of Portland and Multnomah County.

Conclusion and Next Steps

Portland is considered a national and international leader in the age-friendly communities movement. Since the Action Plan was approved, several actions have been undertaken to engage Portlanders across the generations, shape age-friendly policies, involve the business sector, and work toward creating housing that is accessible, affordable, and innovative. Multnomah County has also become a member of the WHO and AARP Age-friendly Networks of Communities and remains a key partner the Age-Friendly Portland effort. Momentum continues to build. Funding for coordination and monitoring is needed, however, as are funds for implementing certain action items. Other cities have committed such funding. For example, the City of New York’s Mayor’s Office and City Council funded Age-friendly NYC to create a more age-friendly New York, neighborhood by neighborhood, in partnership with the New York Academy of Medicine.¹

Substantial work remains, and the Age-Friendly Advisory Council and its working committees are dedicated to continuing to implement the Action Plan for an Age-Friendly Portland. *What we do now to make our communities good places to grow up and grow old will yield returns not only for today’s elders but also tomorrow’s – that is, for all of us.*

¹ Age-Friendly NYC (n.d). *Age-friendly Neighborhoods*. Retrieved from: www.agefriendlyneighborhoods.nyc/about-us/.

Appendix A: Background

History of the Age-Friendly Portland Initiative, Governance, Creation of the Action Plan for an Age-Friendly Portland, and the New Multnomah County Age-Friendly Initiative

History. The Age-Friendly Portland initiative dates back to 2006, when researchers at Portland State University's (PSU) Institute on Aging (IOA) were asked by the World Health Organization (WHO) to participate in its Global Age-Friendly Cities project by assessing Portland's age-friendly features and barriers, as well as suggestions for change (Portland was the only U.S. city included among the 33 cities in the original WHO project). An advisory group of key partners was organized to guide the project, and in October, 2007, the findings of the study were released at Portland City Hall. This galvanized a partnership with Portland City Council, as Mayor Tom Potter directed the Bureau of Planning to collaborate with the IOA on the initiative. In 2010, the WHO created its Global Network of Age-Friendly Cities and, with the support of Mayor Sam Adams, Portland, via the IOA, applied and was accepted as one of the first nine member cities. In joining the Network, Portland committed to using the 2006-07 baseline assessment of Portland's age friendliness,² the report of the Multnomah County Task Force on Vital Aging,³ and other evidence gathered across the region, to develop an Action Plan for an Age-Friendly Portland⁴ and to monitor progress over time in an attempt to increase the city's age friendliness. On October 16, 2013, Portland City Council passed a resolution unanimously approving the Action Plan.

Governance. The support of the Portland City Council and Portland's membership in the Global Network have provided structure and legitimacy to the project and have served as catalysts for translating the initial social research into policy and practice. To address the opportunities and challenges as great as those presented by population aging, a collective impact approach is needed, in which important actors from different sectors and commitment to a common

² Neal, M. B., & DeLaTorre, A. (2007). *The World Health Organization's Age-Friendly Cities Project in Portland, Oregon: Final Report*. Portland State University. Retrieved from:

www.pdx.edu/sites/www.pdx.edu.ioa/files/media_assets/ioa_age_friendly_cities.pdf

³ Multnomah County Task Force on Vital Aging (2008). *Everyone Matters: A Practical Guide to Building a Community for All Ages*. Multnomah County. Retrieved from: <https://multco.us/file/7884/download>.

⁴ Age-Friendly Portland Advisory Council (October 8, 2013). *Action Plan for an Age-Friendly Portland*. Retrieved from: https://www.pdx.edu/ioa/sites/www.pdx.edu.ioa/files/Age-Friendly%20Portland%20Action%20Plan%2010-8-13_0.pdf.

agenda are involved, and supporting infrastructure is provided by a “backbone” organization.⁵

Since the beginning of the initiative, PSU’s Institute on Aging has served as the backbone organization for coordinating and monitoring the age-friendly efforts in the city and region to achieve collective impact. Multiple, ongoing partnerships have been fostered, as embodied in the membership of the initiative’s Advisory Council, which includes volunteer representatives of city, county, and regional government, non-profit social service and transportation organizations, business associations, culturally-specific organizations, older adults and other stakeholders (see Appendix B for a list of members). With coordination by the IOA, the Advisory Council has guided the initiative, overseeing the development of the Action Plan and establishing priorities and action-oriented committees charged with implementation of the plan (Appendix B lists the members of each Committee). Each working committee is chaired by an Advisory Council member and includes other Advisory Council members, one or more IOA researchers, older adults and other community stakeholders. Appendix C contains a list of the members of the Advisory Council and of each of the five working Committees. Over the course of 2015, a charter for the Advisory Council was drafted, revised, and finally adopted. Appendix C contains a copy of the Charter.

The Action Plan for an Age-Friendly Portland. The Action Plan serves as the guide for Portland’s age-friendly efforts. Although its creation was mandated by the WHO as a condition for joining the Global Network, the City’s commitment to becoming more age friendly was evidenced in the Portland Plan, in which one of the five-year actions stipulated called for this Action Plan to be developed and incorporated into Portland planning efforts. The Action Plan’s ten domains affect the lives of all Portlanders, regardless of age and ability, and are as follows, with the three domains the Advisory Council prioritized for action in Year 1 listed in italics and those added in Year 2 bolded: (1) *Housing*; (2) **Transportation**; (3) Outdoor spaces and buildings; (4) Respect and social inclusion; (5) *Civic participation and volunteerism*; (6) *Employment and the economy*; (7) Social participation; (8) Communication and information; (9) Community services; and (10) **Health services**.

⁵ Kania, J., & Kramer, M. (Winter, 2011). Collective impact. *Stanford Social Innovation Review*. Retrieved from <http://www.nist.gov/ineap/upload/2011-Stanford-Article.pdf>

The reasons for prioritizing the areas listed were (a) time limitations and cost (no City of Portland funding was provided for this phase of implementation), and (b) interest and expertise of Advisory Council members. The remaining domains in the Action Plan will be addressed in future years pending the availability of resources.

A Parallel Multnomah County Age-Friendly Effort. On October 13, 2014, the Multnomah County Board of Commissioners joined the age-friendly movement, unanimously passing a resolution to adopt the action areas of Portland's Action Plan for use in developing an Action Plan for an Age-Friendly Multnomah County. The Board of Commissioners also approved submitting applications for membership in the WHO and AARP Networks for Age-Friendly Communities and agreed that Multnomah County would collaborate with the Age-Friendly Advisory Council. The Board also requested regular updates from the Age-Friendly Advisory Council on the progress and implementation of the action areas throughout Multnomah County. As a part of its charter, adopted in August, 2015, the Advisory Council formally revised its name to reflect its additional advisory role to the Multnomah County Board of Commissioners in the County's age-friendly initiative: The Age-Friendly Advisory Council of Portland and Multnomah County (see Appendix C).

In the spring of 2015, Multnomah County's Aging, Disability and Veterans Services Division (ADVS) contracted with PSU's IOA to coordinate the first stage of the Age-Friendly Multnomah County project, which included:

- **Communication:** Drs. Neal and DeLaTorre continued to coordinate the Age-friendly Advisory Council and committees, and Dr. Neal is the main point of contact with the WHO and AARP Networks with respect to the Age-Friendly Portland and the Age-Friendly Multnomah County initiatives.
- **Governance:** The IOA prepared a draft charter for the Advisory Council, which Advisory Council members revised and then adopted on August 24, 2015 (see Appendix C).
- **Age-Friendly Multnomah County Database:** This database was created to contain contact information for all members of the Advisory Council, Committees, and community partners engaging in aging-related activities.
- **Inventory of Age-Friendly Evidence:** The IOA prepared an inventory of existing age-friendly evidence for Multnomah County in order to inform the development of the County's baseline assessment and action plan, including: existing age-friendly research and information (e.g., Portland's baseline study, IOA publications); resources for conducting baseline assessments and age-friendly research; Area Plans (as required by the federal Older

Americans Act) for Multnomah County; services maps pertaining to aging and disability issues; reports from the Multnomah County Auditor's Office; research and other resources pertaining to ADVS; and additional information on issues such as the economy, housing, equity, caregiving, hunger, and the Climate Action Plan (a City of Portland-Multnomah County partnership).

- **Age-Friendly Multnomah County Employee Survey:** A review of the age-friendly literature was completed, and work sessions were held with key Multnomah County staff to collect information needed to develop a survey of Multnomah County employees to identify current age-friendly practices, programs, and services at the County and to uncover gaps and barriers. An online survey tool was then developed and distributed to the Multnomah County employees. In total, 1,640 respondents answered the survey (about 35% of all budgeted employees).

Moving Forward. Portland continues to move toward becoming a more age-friendly community through the work of the Advisory Council, its Committees, outstanding community partnerships, and political backing. Support for operations, research, and community events is being sought, and funding opportunities are emerging. The Age-Friendly Portland efforts, as well as those in Multnomah County, continue to be viewed nationally and internationally as models for other communities. Regional and statewide efforts may also be on the horizon in the future. 2016 is a crucial year as the age-friendly initiatives have positive momentum, broad interest from leaders and community members, and the driving force of an aging population, which carries with it both challenges and opportunities.

Appendix B – Advisory Council and Committee Members

Age-Friendly Portland and Multnomah County Advisory Council, 2014-15

Coordinators:

- Margaret B. Neal, Portland State University (PSU) Institute on Aging
- Alan DeLaTorre, Portland State University (PSU) Institute on Aging

Members:

- Jay Bloom, Bloom Anew
- Jerry Cohen/Bandana Shrestha, AARP Oregon
- Barbara Bernstein, Elders in Action
- Lee Girard/Rebecca Miller, Multnomah County Aging and Disability Services
- Heather Hoell, Venture Portland
- Holden Leung, Asian Health and Service Center
- Corey Nagel, Oregon Health Sciences University (OHSU) School of Nursing
- Patricia Rojas, El Programa Hispano
- Deborah Stein, City of Portland Bureau of Planning and Sustainability
- Julie Wilcke, Ride Connection
- Stephanie Wrightsman, Corporation for National and Community Service

Social Venture Partners Encore Fellows

- Bill Stack, PSU Institute on Aging
- Shailesh Vachhani, PSU Institute on Aging

Portland State University Graduate Students:

- Iris Wernher, PSU Institute on Aging
- Serena Worthington, PSU Institute on Aging

Commissioner Liaisons:

- Jamie Dunphy, Commissioner Nick Fish's Office, City of Portland
- Stacey Brewster, Commissioner Dan Saltzman's Office, City of Portland
- Jackie Dingfelder, Mayor Charlie Hales' Office, City of Portland
- Erika Nebel, Commissioner Steve Novick's Office, City of Portland
- Jasmine Wadsworth, Commissioner Amanda Fritz's Office, City of Portland

Civic Participation and Volunteering Committee

Committee chair: Jay Bloom, Bloom Anew

- Barbara Bernstein, Elders in Action
- Jerry Cohen, AARP Oregon
- Alan DeLaTorre, PSU Institute on Aging
- Barbara Bernstein, Elders in Action
- Jennifer Fuller, Cambia Health
- Lee Girard, Multnomah County Aging and Disability Services
- Steve Higgs, Senior Advocates for Generational Equity
- George Hocker, Jr., Portland Commissioner Nick Fish's Office/ Multnomah County Commissioner Loretta Smith's Office
- Jamie Dunphy, Portland Commissioner Nick Fish's Office
- Amber Kern-Johnson, Hollywood Senior Center
- Peggy Keonjian, Senior Studies Institute
- Jeanette Leardi, Editorial and Instruction Services
- Gary Marschke, Multnomah County Citizen Involvement Rebecca Miller, Multnomah County Aging, Disability & Veteran's Services
- Corey Nagel, OHSU School of Nursing
- Margaret Neal, PSU Institute on Aging
- Jane Salisbury, Multnomah County Library
- Derenda Schubert, Bridge Meadows
- Kiersten Ware, Store to Door
- Serena Worthington, PSU Institute on Aging
- Stephanie Wrightsman, Corporation for National and Community Service

Economic Development and Employment Committee

Committee Chairs: Joyce DeMonnin, AARP Oregon, and Margaret Neal, Portland State University Institute on Aging

- Jennifer Baker, Small Business Administration
- Polly Bangs, Urban Excursions
- Jay Bloom, Bloom Anew
- Malcolm Boswell, WorkSource Oregon
- Camron A. Doss, Small Business Administration
- Heather Hoell, Venture Portland
- Tamara Kennedy-Hill, Travel Portland

- Tom Kelley, Thompson Consulting Group
- Jackie Babicky Peterson, Portland Community College, Small Business Development Center
- David Thompson, Portland Business Alliance
- Mitsu Yamazaki, Portland Development Commission

Housing Committee

Committee chairs: Alan DeLaTorre, Institute on Aging, Portland State University, and Bandana Shrestha, AARP Oregon

- Chana Andler, Villages NW
- Andrew Barden, Remax
- Lew Bowers, PDX Commons
- Rachel Browne, Ankrom Moisan Architects, Inc.
- Amanda Davis, Age Friendly Innovators
- Christina Deffebach, Bowers & Bowers Development LLC
- Betty Dominguez, Villages NW
- Howard Johnson, City of Portland- Housing
- Sharon Johnson, SBA
- Ken Klos, Bridges in Real Estate
- Susan Madar, Portland Community College
- Kim McCarty, Portland Housing Bureau
- Margaret Neal, PSU Institute on Aging
- Sharon Nielson, Home Forward
- Marie Nizich, Equity Group
- Patrick Roden, Washington County
- Derenda Schubert, Bridge Meadows
- Dennis Yee, Metro
- Terry Whitehill, Bureau of Development Services
- Portland Commission on Disabilities – Accessibility in the Built Environment subcommittee (Rotating Liaison)

Health Services, Prevention, and Equity Committee

Committee Chairs: Lee Girard, Multnomah County Aging, Disability & Veteran's Services, and Corey Nagel, OHSU School of Nursing

- Margaret Neal, PSU Institute on Aging
- Rebecca Miller, Multnomah County Aging, Disability & Veterans Services
- Iris Wernher, PSU Institute on Aging
- Alison Bahr, Villages NW
- Anna Curtin/Abby Warren, Farmer's Market Fund
- Charlene Addy McGee, Multnomah County Health Department, Refugee Health
- Corliss McKeever, African American Health Coalition
- Edna Nyamu, Oregon Community Health Workers Association (ORCHWA)
- Elizabeth Eckstrom, OHSU Geriatric Medicine
- Holden Leung, Asian Health Community Services
- Jennifer Fuller/Steve Lesky/Leslie Foren, Cambia Health
- Jennifer Mead, Oregon Department of Human Services, State Unit on Aging
- John Dougherty, Independent Public Health Services (IPHS)
- Juanita Santana, AARP Oregon/ Diversity Advisory Council
- Julie Chestnut, Hearts of Gold Caregivers LLC, RN
- Kathleen Orrick, OHSU Nursing
- Kristine Canham, Portland Parks & Recreation
- Laura Etherton, Oregon Health Care Association
- Laura Heller/Matt Bartolotti, Metropolitan Family Services
- Lee Po Cha, IRCO
- Linda Boise, OHSU Layton Center/ PreSERVE Coalition
- Lisa Shields, Oregon Health Authority
- Liz Baxter, Oregon Public Health Institute
- Mary Sayre, Housecall Providers Inc.
- Megan Morgove, OHSU Oregon Geriatric Education Center
- Patricia Rojas/Vanessa Micale, El Programa Hispano
- Patt Dolan, Gerontologist
- Rochelle McElroy, PreSERVE Coalition
- Rujuta Gaonkar, Multnomah County Health Department
- Sarah Foster, Oregon Healthiest State Initiative
- Suzanne Hansche, Elders in Action Commission
- Suzanne Washington, Meals on Wheels People
- Maureen Nash/Ellen Garcia, Providence ElderPlace

Transportation Committee

Committee chair: Julie Wilcke, Ride Connection

- Anne Andler, Villages NW
- Alan DeLaTorre, PSU Institute on Aging
- Elaine Friesen-Strang, AARP Oregon Appointed Volunteer and Elders in Action Commission
- Bob Hasting, TriMet/ Oregon By Design
- JoAnn Herrigel, Elders in Action
- Jim Howell, AORTA
- Dan Kaempff, Metro - Principal Transportation Planner Resource Development Section
- Melody MacReady, Impact NW
- Noelle Mickelberry, Oregon Walks
- Erika Nebel, Commissioner Novick
- Jonathan Ostar, OPAL(Organizing People Activating Leaders)
- Alex Page, Ride Connection
- Kerry Ayres Palanuk, TriMet/Planning
- Lidwien Rahman, ODOT Region 1 Planning
- Sara Schooley, City of Portland Bureau of Transportation
- Bandana Shrestha, AARP Oregon
- Teresa Keishi Soto, East Portland Action Plan Committee
- Deborah Stein, City of Portland Bureau of Planning and Sustainability

Appendix C – Charter of the Advisory Council

CHARTER

The Age-Friendly Advisory Council of Portland and Multnomah County

8-24-15

I. Name

The Age-Friendly Advisory Council of Portland and Multnomah County (hereafter referred to as the Advisory Council).

II. Vision, Values and Mission

A. Vision

Portland, Multnomah County, and the region are great places to live, work, play, and be engaged for people of all ages, abilities and cultures. We thrive through all the stages of life. The physical, social, economic, and service environments take into account our complex needs and desires, maximize the contributions of people at every age and facilitate enriching, meaningful, and empowering relationships among the generations.

B. Values

The Advisory Council holds and is committed to fostering the following values:

- Respect
- Inclusion
- Equity
- Diversity
- Interdependence among generations.

C. Mission

To meet the needs and engage the strengths of all citizens toward the goal of building a community for all ages, working in concert with the City and County Commissioners and Bureaus/Departments, as well as the private and non-profit sectors and community members themselves, to implement the City's and County's Action Plan(s) for an Age-Friendly Portland and Multnomah County.

III. Function

The Advisory Council provides leadership to advance the age friendliness of Portland and Multnomah County. The Advisory Council represents different sectors, generations, and cultures. The Advisory Council educates about, advocates for, and guides Portland and Multnomah County regarding age-friendly policies and programs. The Advisory Council is charged with guiding the implementation of, monitoring, and revising the Action Plan(s) for an Age-Friendly Portland and Multnomah County.

IV. Authority

Authority for the Advisory Council is as follows:

- [City of Portland Resolution](#) to accept the Action Plan for an Age-Friendly Portland.
- [Multnomah County Resolution](#) to adopt the action areas creating an age-friendly Multnomah County, Oregon.

V. Membership

A. Composition

- Representatives from racial and ethnic communities, education, business, non-profit organizations, aging services, health care, the public sector and the faith community shall be included on the Advisory Council.
- A slate of potential members will be created (see Section V. C.) and appointed by consensus (general agreement) of the Advisory Council.
- A maximum of 23 members will comprise the Advisory Council.
- Each of the City and County Commissioners will be invited to appoint a liaison to the Advisory Council and to each Committee (See Section VI.C.). Liaisons will monitor the Advisory Council's and Committees' agendas, communicate key points to the commissioner they are representing, and communicate their respective commissioner's interests to the Advisory Council. Time will be allotted at each Advisory Council meeting for this purpose.

B. Member Roles and Expectations

Members are expected to:

- Attend and participate regularly in Advisory Council meetings
- Participate regularly on at least one Committee (see Section VI.C.)
- Share best practices and knowledge with other Advisory Council members
- Communicate challenges, opportunities and solutions for improving the city's and county's age friendliness

- Communicate with and seek input from the respective constituency(ies) and/or organization(s) the member represents
- Work collaboratively, guided by the Advisory Council's values, toward the vision and mission and carrying out the function of the Advisory Council.

C. Method of Appointment

- The Executive Committee (see Section VI. B.) will act as a Nominating Committee as needed. Names for consideration will be requested from members of the Advisory Council and can be suggested by City and County Commissioners. Generally, potential members will first serve on a Committee (see Section V. B.) and will have attended and/or participated regularly.
- Nominees to the Advisory Council will be contacted and vetted by Executive Committee members and recommended to the Advisory Council for appointment, as appropriate.
- Members who are unable to meet the expectations of membership, particularly with respect to attendance at Advisory Council meetings, will be notified of potential removal from the Advisory Council by the Chair of the Advisory Council or another member of the Executive Committee. Missing three consecutive meetings will constitute grounds for this notification. If the member wishes to continue serving, they re-commit to meeting the member expectations. If they do not, a replacement member will be nominated by the Executive Committee.

D. Terms of Appointment

- A regular term of appointment shall be for three years, with appointments staggered so that approximately one-third of the membership is appointed each year.
- Vacancies that occur due to illness, resignation, or other unforeseen circumstances may be filled on an interim basis through nomination by the Executive Committee and agreement by the Advisory Council.

VI. Leadership

A. Backbone Organization

Assuming sufficient resources, Portland State University Institute on Aging (PSU IOA) will serve as the backbone organization, coordinating Age-Friendly Portland and Multnomah County activities on behalf of the City and the County and staffing the Advisory Council. Specifically, PSU IOA will:

- Chair Advisory Council meetings
- Schedule Advisory Council meetings
- Prepare meeting agendas; Advisory Council members are requested to provide items for the agenda
- Take notes, produce and disseminate meeting minutes to members
- Serve as staff and/or coordinators of all Committees
- Meet with City Councilors and County Commissioners and their liaisons at least annually
- Update the Action Plan(s) as needed
- Collect and present data to document progress toward meeting the objectives of the Action Plan(s)
- Draft annual reports to the City Council and the County Board of Commissioners
- Review local policy documents and draft responses for review by the Advisory Council
- Disseminate information locally, regionally, nationally, and internationally about the Age-Friendly Portland and Multnomah County initiatives
- Maintain the website
- Serve as the liaison to the World Health Organization Global Network of Age-Friendly Cities and Communities and the AARP Network of Age-Friendly Cities and Communities
- Other duties as needed.

B. Executive Committee

An Executive Committee composed of the Advisory Council chair, PSU IOA, Elders in Action, AARP Oregon, and a City and/or County representative will meet to develop recommendations to the Advisory Council related to its functions.

C. Committees and Work Groups

- Committees will be formed to address each of the domains of action within the Action Plan(s), with Committees formed until all domains are represented.
- Each Committee will be chaired/co-chaired by a member(s) of the Advisory Council, and each Advisory Council member will serve on at least one Committee.
- Committee members external to the Advisory Council will be selected by the Committee chair(s).
- Work Groups within Committees may be formed to address specific tasks/strategies (e.g., a work group focused on creating an Age-Friendly PDX within the Economic Development and Employment Committee).

VII. Reporting and Communication

The Advisory Council will report at least annually (generally in October or November) to the Portland City Council and to the Multnomah County Board of Commissioners.

VIII. Convening

- The Advisory Council will convene at least quarterly and up to monthly to discuss activities, strategies, and issues.
- Work Groups and Committees will meet monthly or as determined by the chair(s).

IX. Decision Making

- All decisions of the Advisory Council shall be in keeping with the Advisory Council's values of respect, inclusion, equity, diversity, and generational interdependence.
- Decision making will follow a consensus (general agreement) model.
- Members will have the opportunity to dissent on or off the record, present their case and withdraw the use of their name in association with a particular position of the Advisory Council if desired.
- Lack of response by a committee member to a query related to an opinion paper or policy stance will be considered as consent.

X. Conflict of Interest

- No member may profit financially from membership in the Advisory Council by sales or solicitation at meetings or workshops unless agreed on by members.
- Any member who wishes to represent the Advisory Council's interests must have messages and content approved by the Advisory Council or the Committees of the Advisory Council.
- Any member who is known as an Advisory Council member and who takes a position that has not been approved by the Advisory Council or a Committee of the Advisory Council must indicate that this position is his or hers alone and not that of the Advisory Council.

XI. Review of Charter

The Advisory Council will review this Charter annually or more often, if needed.

Appendix D

Year 2 Activities Since Adoption of the Action Plan for an Age-Friendly Portland, by Domain (November, 2014 – December, 2015)

Civic Engagement and Volunteerism

- Age-Friendly Advisory Council members planned and hosted, with Elders in Action (EIA), AARP Oregon, Multnomah County Aging, Disability & Veterans Services Division (ADVS), and Portland State University's (PSU) Institute on Aging (IOA) the second annual "What Are Old People For?" event on October 16, 2015 at Warner Pacific College in Portland. Registrations for the event topped 250, and the event aimed at increasing community awareness of the skills, talents, and contributions of older adults and encouraging engagement programs designed to stimulate intergenerational dialogue. The keynote speaker was Dr. Janet Taylor, who presented on the value of older adults with respect to diversity, equity and inclusion. Portland City Commissioner Nick Fish was the Master of Ceremonies, Rose High Bear from Wisdom of the Elders provided the blessing, and Oregon State Treasurer Ted Wheeler provided the keynote introduction. Additional community partners presenting at the event included Seniors Advocating for Generational Equity (SAGE), Hollywood Senior Center, AARP Oregon, and representatives from an Oregon Gerontological Association-sponsored essay contest about older adults by youth in Portland Public Schools titled "Bridging the Generations."
- On Jefferson Smith's "*Thank You Democracy*" radio show on September 9, 2015, Age-Friendly Advisory Council members Jay Bloom, Jerry Cohen and Alan DeLaTorre joined Jefferson to talk about aging in Portland.⁶
- Age-Friendly Advisory Council members worked with AARP Oregon, the Oregon chapter of the American Planning Association, Westside Transportation Alliance, Ride Connection and others in presenting at a Washington County Livability Solutions Forum on September 22, 2015.
- Age-Friendly Advisory Council members Alan DeLaTorre (PSU IOA) and Bandana Shrestha (AARP Oregon) presented to the Beaverton Senior Citizen Advisory Committee and have been consulting with this advisory committee and the City of Beaverton. The Beaverton Senior Citizen Advisory Committee represents the views of older adults in the city to the Mayor and Council.

⁶ Thank You Democracy (September 9, 2015). Silvering and Street Fees. Retrieved from. <https://soundcloud.com/thankyoudemocracy/silvering-and-street-fees-090915>

- Age-Friendly Advisory Council member Alan DeLaTorre attended the first annual meeting of Villages NW as an advisor to discuss the overlap between Age-friendly communities and villages.
- Age-Friendly Advisory Council member Alan DeLaTorre travelled to England to present papers at the International Making Cities Livable Conference (Bristol) and the British Society on Gerontology (Newcastle) and made a professional visit to the University of Manchester Institute for Collaborative Research on Ageing (Manchester) to meet with faculty, community stakeholders and elected officials advancing the city of Manchester’s age-friendly program.
- Age-Friendly Advisory Council members Margaret Neal and Bandana Shrestha presented an overview at the OSU Gerontology Conference on age-friendly efforts in Portland, Southern Oregon, and elsewhere in Oregon and how people could get involved with the global age-friendly movement.
- Age-Friendly Advisory Council members Jay Bloom, Alan DeLaTorre, Barbra Bernstein (Elders in Action), Bandana Shrestha, and Jerry Cohen (AARP Oregon) – as well as several Age-Friendly working Committee members – participated in a special Valentine’s Day event on February 14, 2015. The event included a film screening of the documentary film *The Age of Love*, an award-winning documentary following 30 seniors from upstate New York who sign up for a first-of-its-kind speed dating event exclusively for 70 to 90-year-olds. After the film screening, Hollywood Senior Center hosted an elder speed dating event.
- Age-Friendly Advisory Council members Jay Bloom, Margaret Neal, and Alan DeLaTorre met with Murakawa Takahiko, an Ashoka Fellow from Japan, to discuss the viability of Ms. Takahiko’s proposed age-friendly housing and community services project and the current and future needs of older adults in Portland area.
- Age-Friendly Advisory Council member Alan DeLaTorre spoke on behalf of colleges and universities leading age-friendly efforts at the Grantmakers in Aging webinar, “Finding the Best Lead Agency to Make Your Community Age-Friendly.”⁷
- Age-Friendly Advisory Council member Alan DeLaTorre responded to the *Washington Post* article “What happened when gray mixes with brown in America”⁸ to rebut the “greedy geezer” comment in the article. The response

⁷ Grantmakers in Aging (July 9, 2015). *Finding the Best Lead Agency to Make Your Community Age-Friendly*. <http://www.giaging.org/programs-events/funders-for-age-friendly-communities/webinars/>

⁸ Rampell, C. (March 26, 2015). *What Happens When Gray Mixes with Brown in America*. Retrieved from: https://www.washingtonpost.com/opinions/what-happens-when-gray-mixes-with-brown/2015/03/26/010c61d4-d3f3-11e4-ab77-9646eea6a4c7_story.html

focused on the misinformation the author provided, specifically debunking dated research that had been dispelled by more recent research findings.

- Age-Friendly Advisory Council member Alan DeLaTorre presented on April 2, 2015, about aging and age-friendly efforts to a First Stop Portland study tour group of business leaders from Lanzhou, China.
- Working Committee member Gary Marschke, Director, Multnomah County Office of Citizen Involvement, held two forums – March 3 and March 5, 2015 – on “An Age Friendly Future for Multnomah County.” 51 attendees heard presentations from Multnomah County and responded to questions about priorities in their communities.
- Age-Friendly Advisory Council members Rebecca Miller (Multnomah County ADVSD), Alan DeLaTorre, and Margaret Neal held work sessions at the County to inform the development of an Age-Friendly Multnomah County Action Plan and to provide information to inform the development of an employee survey about age-friendly practices, programs, and services in the County and perceived gaps and barriers.
- Advisory Council members from PSU IOA completed a review of the age-friendly literature, and work sessions were held with key Multnomah County staff to collect information needed to develop a survey of Multnomah County employees to identify current age-friendly practices, programs, and services at the County and to uncover gaps and barriers. An online survey tool was then developed and distributed to the Multnomah County employees. In total, 1,640 respondents answered the survey (about 35% of all budgeted employees).
- Age-Friendly Advisory Council member Alan DeLaTorre worked to motivate undergraduates in the McNair Scholars program interested in future research career paths. The program introduces juniors and seniors who are first-generation and low-income, and/or members of under-represented groups to academic research and to effective strategies for getting into and graduating from PhD programs. The focus of the mentorship was on using secondary data – Portland Maps.com, AARP’s Livability Index, and Walkscore.com – to learn about aging in place in neighborhood settings.
- Age-Friendly Advisory Council members Alan DeLaTorre and Jay Bloom were interviewed by instructor Roger Anunsen at the Portland Community College’s Sylvania campus for 90 minutes with a goal of creating a 15-20 minute video describing the direction of aging research and the age-friendly initiatives.
- Age-Friendly Advisory Council members (Alan DeLaTorre, Margaret Neal, Bandana Shrestha, Deborah Stein, Jerry Cohen, and Rebecca Miller)

attended the third Annual AARP Network of Age-Friendly Communities Conference in Washington DC, which focused on topics such as Age-Friendly Sustainability, Shaping Housing Options in the Community, and Applying the Livability Index to Age-Friendly Assessment and Action Planning.

- Age-Friendly Advisory Council and Committee members Alan DeLaTorre and Corey Nagel (OHSU) (Council, Civic Engagement and Health Committees) and Joan Corella (former Employment and the Economy Committee member) were panelists at the AARP age-friendly member and volunteer event, which discussed opportunities to contribute to an age-friendly community.
- Age-Friendly Advisory Council member Alan DeLaTorre presented in Atlanta, GA, at a conference focused on understanding the value proposition of age-friendly communities. His presentation covered work funded at PSU's Institute on Aging by Grantmakers in Aging to determine the business/economic case for age-friendly communities.
- AARP and Elders in Action organized a "Movies for Grownups" series which played five movies featuring older adults at the Hollywood Theater (*Le Weekend* on April 18, *On Paper Wings* on May 30, *Pride* on June 10, *Oma & Bella* on August 8 and *Ping Pong* on October 10).
- With support by AARP Oregon, Commissioner Nick Fish was interviewed on December 3, 2015 by Helen Raptis on KATU's *AM Northwest* to talk about the vital role of older adults in our community and Portland's great work on age-friendly cities.⁹
- Portland City Commissioner Nick Fish gave an opening remarks and talked about age-friendly Portland at the Vital Aging conference, hosted by AARP Oregon on December 5, 2015.
- Multnomah County Library offered age-friendly services, including: (1) library outreach to homebound older adults (free mailing of library materials and direct service to retirement facilities, skilled nursing facilities, adult care homes and many individuals living independently); (2) art classes (a wide variety of computer education, health insurance and enrollment help, job-seeking and resume classes), book discussion groups, lectures and concerts for older adults at nineteen libraries; (3) large-print book discussion groups at 15-20 locations every month; (4) materials and services delivered to Mandarin, Cantonese, Russian and Vietnamese-speaking older adults in a variety of ways each month; (5) an ongoing age-friendly certification process with Elders in Action.

⁹ AM Northwest (December 2, 2014). Retrieved from: <http://www.portlandonline.com/fish/index.cfm?a=555888>.

- Age-Friendly Advisory Council members met with representatives from Colorado Springs, CO, and Seattle, WA, to discuss emerging age-friendly efforts in their communities and share lessons learned. The Seattle group attended the Advisory Council meeting, and both groups scheduled one-on-one meetings with representatives from PSU's IOA, Multnomah County's ADVSC, AARP Oregon and Elders in Action to get a better understanding of the age-friendly work going on in the Portland area. ADVSD has been involved in advocacy efforts for age-friendly housing, transportation and elder abuse at state and local policy level.
- Civic Engagement Committee member Jeanette Leardi is a regular contributor to the blog *ChangingAging* (<http://changingaging.org/blog/author/jleardi>), a multi-blog platform challenging conventional views on aging founded by geriatrician and author Bill Thomas.
- Civic Engagement Committee member Jeanette Leardi presented brain fitness workshops titled "It's All in Your Mind! How to Keep Your Brain Fit and Strong" at three branches (Central, Troutdale, and Capitol Hill) of the Multnomah County Library.
- Civic Engagement Committee member Jeanette Leardi co-produced and appeared on a the National Public Radio program "Charlotte Talks" in Charlotte, N.C. (<http://wfae.org/post/charlotte-and-aging-boom-are-we-ready>) to discuss the efforts of Age-Friendly Portland and Multnomah County and how they compare with age-readiness initiatives in Charlotte.
- Civic Engagement Committee member Jeanette Leardi was interviewed by Roger Anunsen at the Portland Community College Sylvania campus for 90 minutes with the goal of creating a set of video clips for the PCC gerontology department discussing issues of ageism and how language contributes to the negative stereotyping of older adults.
- Civic Engagement Committee member Jeanette Leardi delivered a presentation at the annual conference of the Oregon Recreation and Parks Association titled "The Society That Plays Together: The Whys and Hows of Creating Intergenerational Recreation Programs."
- Store to Door served 533 clients with 7,770 deliveries (16% more than the same period last year).
- Store to Door engaged 557 volunteers, who gave 14,771 hours of service (31% more than the same period last year).
- Store to Door clients assessed as at risk were referred through the County's Gatekeeper Program, an organized outreach effort designed to identify, refer, and respond to at-risk seniors and people with disabilities who live

independently. As of October 1, Store to Door staff had made 13 calls for at-risk seniors to appropriate contacts (Adult Protective Services, apartment managers, family members, case managers) when a health or safety concern was identified. Store to Door clients reported feeling more socially supported after enrolling in their program. One client said to them, “Your staff and volunteers are a huge bright spot in my day.”

- The Board of Directors for the Senior Studies Institute (SSI), a Portland Community College affiliate, voted to include in the quarterly publication, *The Trumpet*, notification of conferences and events of interest to seniors in the metropolitan area.
- SSI members were available for interviews about problems or needs they find as active seniors in the metropolitan area.
- Seniors Advocating for Generational Equity (SAGE) hosted two events with Nicholas Kristof and Robert Putnam aimed at making the world a better place for all ages, with over 1200 guests participating.
- SAGE led 16 stewardship meetings and presentations with 250 participants to initiate conversations and action for generational equity.
- SAGE trained 14 Legacy Fellows to inspire individuals and teams to carry out community benefit projects of their own design.
- Elders in Action, powered by the experience of more than 150 volunteers and eight staff members, solved problems, tackled important issues, and helped businesses and communities better serve older customers and make communities more livable for all.
- Several Encore Fellows -- private-sector professionals entering retirement and sponsored by their companies and communities -- offered professional expertise to high-impact nonprofits, including PSU IOA.
- Jesuit Volunteer Corps Northwest offered a faith-based focus for people aged 50 and older to participate in volunteer service while committing to the four JVC Northwest values.

Economic Development and Employment

- AARP Oregon (Committee member Joyce DeMonnin) and ECONorthwest hosted “Boomers and the Future of Oregon’s economy” conference, which discussed the economic case for older adults.
 - Keynotes were presented on “The Longevity Economy” by Jody Holtzman, AARP Senior Vice President, and “Economic Opportunities for Oregon” by Eric Dishman, Intel Fellow and General Manager.
 - A panel discussion on the economic benefits of older adults followed, with comments by Ted Wheeler, Oregon State Treasurer; Karen Kervin, Community Relations Manager, US Bank; and George Brown, President and Chief Executive Officer of Legacy Health.
- The Committee provided input and feedback concerning the case statement, “The Case for Age-Friendly Communities,” prepared by PSU’s Institute on Aging for national distribution under a contract with Grantmakers in Aging (a membership organization comprised of philanthropies dedicated to improving the experience of aging). Research evidence is presented documenting the economic, social capital and health benefits, and opportunities related to housing and physical infrastructure associated with an aging population. Expected release: February 2016.
- Committee Member Jackie Babicky-Peterson, working with the Small Business Development Center, launched a program at Portland Community College for encore entrepreneurs in September 2014. The four-part program costs \$1,600 and includes ongoing one-on-one support. As of August, 2015, the program had had 55 applicants, 41 participants and 38 new businesses formed (i.e., the business had its first client).
- Committee Member Jackie Babicky-Peterson published an article in Forbes on encore entrepreneurs.¹⁰
- Multnomah County’s Vital Aging Network (“VAN”) continued to operate with more than 160 current and retired County employees who are interested in employment and life issues.
- Employment for older adults: New Seasons market continued to be known as a great place to work for older adults and people with disabilities and has a community grant programs.
- Elders in Action Age-Friendly Business and Lloyd District Event: As part of Elders in Action’s ongoing Age-Friendly Business Certification program,

¹⁰ Peterson, J.B. (March 17, 2015), Encore entrepreneurs fill gaps and their pockets. Forbes. Retrieved from: <http://www.forbes.com/sites/nextavenue/2015/03/17/encore-entrepreneurs-fill-gaps-and-their-pockets/#5a970b566dfa>

the organization engaged the Lloyd District to address how businesses in could improve their age-friendly awareness and operations.

- Small Business Association (SBA) (Committee Members Camron Doss and Jennifer Baker)
 - The SBA and AARP Oregon (Member Joyce DeMonnin) collaborated on a project aimed at age 50+ Encore Entrepreneurs to help them set up their own businesses with online tools. Several panel discussions in the Portland community were also held on the topic of entrepreneurial activities for older adults.
 - SBA houses SCORE, a group of retired executives who mentor and advise entrepreneurs in small business practices SBA also collaborates with Portland Community College's CLIMB Center on its Encore Entrepreneurship program.
 - SBA is working with Multnomah County libraries to hold future events for Encore Entrepreneurs to demonstrate that a "brick and mortar" businesses are not required to be successful and that good mentoring opportunities for business owners exist. Additional advice regarding the need for a network when building a business is shared. There is interest in replicating the "Meet a Mentor" SCORE events that happen in Vancouver, normally held in coffee shops or pubs, involving Encore Entrepreneurs working with other business people who can mentor them.
- AARP Oregon, led by Committee member Joyce DeMonnin, sponsored several additional events related to age-friendly employment and economy:
 - With ECONorthwest, hosted an invitational thought-leader luncheon on older adults as economic assets (March, 2015).
 - Sponsored and helped to plan a forum with Portland Business Alliance highlighting significant contributions of older adults featuring AARP's VP Debbie Banda. Attendance approximately 250 (March, 2015).
 - Sponsored a luncheon for the Portland chapter of the Society for Human Resource Management on the value of older workers, with AARP VP Debbie Banda as keynote speaker. More than 200 people attended. (March, 2015).
 - Participated with the SBA in a webinar (August, 2015) for Encore Entrepreneurs in Oregon (the majority of entrepreneurs in our state are aged 50+).
- AARP Oregon, under the guidance of Committee member Joyce DeMonnin, worked to create state legislation (HB 2960) to establish a state-sponsored retirement savings plan to reduce the number of people retiring into poverty.

(Passed by the House on June 10, 2015, and signed by the Governor in August, 2015).

- Portland Business Alliance (PBA) (Committee Member David Thompson):
 - PBA partnered with AARP Oregon, the SBA, the Small Business Development Center (SBDC), and others to host an event at the Sentinel Hotel in March, 2015, to highlight entrepreneurship among people aged 50+. Age-Friendly Portland Employment and Economy committee member Jackie Babicky-Peterson, a strategic advisor to the SBDC and former chair of the PBA, was one of the speakers.
- Venture Portland (Committee member Heather Hoell) continues hosting various large-scale street fair events, most of which had streets closed off to create easily accessible, age-friendly environments. Many of the events had activities for grandparents to take their grandchildren to, encouraging intergenerational interaction. Additional partnerships have continued (e.g., encouraging Age-Friendly Business activities with Elders in Action) and localized retail-focused neighborhood events have been carried out that encourage shopping locally and encouraging older adults to participate in local economies.
- Travel Portland (Committee member Tamara Kennedy-Hill) continues to focus on strengthening the region's economy by marketing our metropolitan area to outside travelers. The organization has begun building awareness about older adults and how businesses can accommodate them.
- Portland State University offers an Economics of Aging and a Business and Aging course, and Portland Community College offers an Aging in Business course.
- Cycle Oregon appeals to a middle-aged and older crowd: the average participant age is 54 years.¹¹

Housing

This committee has adopted a multi-faceted approach to advancing age-friendly housing in the Portland region.

- Age-Friendly Advisory Council member Alan DeLaTorre sponsored and participated in the Stanford Design Thinking Challenge: Aging at Home or in Community, which is developing a housing prototype for aging Portlanders.
- Age-Friendly Advisory Council member Alan DeLaTorre presented at building right conference on the topic "The Boomers are Here! New Home

¹¹ Brettman, A. (September 18, 2015). *Cycle Oregon 2015: Youngsters Aren't Just Along for the Ride*. Retrieved from: www.oregonlive.com/cycling/index.ssf/2015/09/cycle_oregon_2015_youngsters_a.html

and Renovation Approaches.” It showcased current approaches to designing, developing, and remodeling homes for older adults, as well as providing examples of how experts in the region are approaching innovative new ways to creating housing that enhances livability and social connectivity.

- Age-Friendly Advisory Council member Alan DeLaTorre presented at Build small live large conference in session Beyond Peter Pan Housing: Emerging Trends in the Region.
- Age-Friendly Advisory Council member Alan DeLaTorre advised Life by Design/Debbie Durham in the speakers, content, and outcomes for the conference – Where to Next? Creating Home Sweet Home. This conference talked about planning for how you want to live 10 or 20 years from now.
- Age-Friendly Advisory Council member Alan DeLaTorre gave overview of demographics and the opportunities on the horizon across the state and in southern Oregon at the Southern Oregon Better Living by Design Symposium in Medford.
- Age-Friendly Advisory Council member Alan DeLaTorre served as faculty mentor for the Ronald E. McNair Scholars program at PSU. He helped mentor research to understand characteristics of housing and environments that impact the ability of older adults to age in their home and community in Portland.
- The Oregon Gerontological Association held Oregon’s first conference focused on age-friendly communities (May 1, 2015). Speakers included Adam Davis from DHM research and Age-Friendly Advisory Council member Alan DeLaTorre, who focused on research on Values and Beliefs of Older Oregonians and Americans, including questions pertaining to age-friendly priorities and future directions.
- Age-Friendly Advisory Council members made a grant application for age-friendly housing to Metro in partnership with PSU, Multnomah County, City of PDX, ROSE CDC, and Asian Health & Service Center. The grant was to develop recommendation for culturally appropriate age-friendly housing for Asian families; to develop recommendations to inform regulatory and non-regulatory opportunities to catalyze age-friendly housing; to complete age-friendly renovation demonstration project for up to four low-income multi-family housing units and two Asian head-of-household single family; and develop recommendations for providing price valuation for age-friendly housing features. (Not awarded).
- AARP volunteers have conducted HomeFit workshops and also have an active Lifelong Housing committee working to increase age-friendly housing in the region (e.g., Washington County).

- Bridge Meadows: A three-generation housing community consisting of homes for adoptive families and apartments for elders 55 and older. Senior adults volunteer 100 hours per quarter with one or more of the adoptive families.
- Columbia Ecovillage - Eco-focused condominiums with a range of multigenerational activities housing a community of 50 adults of all ages and 13 children aged 7 and under.
- Affordable housing for older adults - Has been developed in a variety of settings. Examples are Station Place Tower in the Pearl District, and Rosemont Court in North Portland.
- The Integrated Housing and Services workgroup through Cedar Sinai Park – a consortium of local housing and services providers – has a new demonstration project to integrate services to help low income urban elders age in place.
- Infill housing projects to increase density: Urban Sustainability Accelerator focuses on revitalization, active transportation, green infrastructure and collaboration with Community Development Corporations. Can an age friendly focus be infused? Also, the City of Portland offers system development charge waivers to people building accessory dwelling units. Is there an opportunity to incentivize the building of accessible, accessory dwelling units?
- Proposed intergenerational housing at PSU - IOA and other PSU faculty, doctoral students, and non-profit and business executives have developed draft proposals for an intergenerational housing development at PSU. Recently an intergenerational academic village was one of several proposals.
- The IOA explored partnering with AARP Oregon and former Portland City Club’s Executive Director and former Portland Mayor Sam Adams to host a Civic Lab that would conduct community based research on aging-related housing policies, as well as barriers and opportunities for expanding age-friendly housing in Portland. The project was not carried out due to a change in City Club leadership and other aging-related items being prioritized (e.g., an Encore Careers event).

Transportation

The committee held three meetings in 2015 and focused on developing priorities of the committee and expectations for the members. Members include those from government (local, regional and state), nonprofit, and educational sectors.

- Transportation Committee

- Revised the Transportation Action Area from the Age-Friendly Portland Action Plan which included strengthening language about all transportation modes.
- Developed an inventory of existing transportation-related projects and efforts in City of Portland and Multnomah County that impact older adults.
- Prioritized the inventory list to highlight opportunities for involvement and contributions (e.g., TriMet’s Enhancement Plan and Vision Zero). Other opportunities identified included: Regional Transportation Plan (Metro), Transportation System Plan (Portland), Public Transit Plan (Oregon), Regional Flexible Funds (Metro), 82nd Ave as a pedestrian safety issue, Ad hoc coalition on Street Fee (Portland), Oregon Bike/Ped Plan, Oregon Transportation Safety Plan, Safe Routes to Schools and Coordination Human Service Transportation Plan.
- Age-Friendly Advisory Council member Alan DeLaTorre and others organized and led a “Roll & Stroll” and panel discussion in Astoria, Oregon, on issues of aging, walkability, and livable communities with representatives from AARP Oregon, Oregon Walks, the City Council of Astoria, Clatsop County, NW Senior and Disability Services Community programs and Astoria Community Development (August 10, 2015).
- Age-Friendly Advisory Council member Bandana Shrestha and Elders in Action’s JoAnn Herrigel served on the Portland Vision Zero task force. Vision Zero is Portland's roadmap to achieving zero fatalities or serious injuries on our roadways. The task force is charged with creating a forward-looking multi-agency safety action plan and holding partners accountable to that plan.
- AARP Oregon, America Walks, Ride Connection, Oregon Walks and the City of Portland organized a workshop to learn about key concepts and issues related to transportation for an age-friendly community on May 18, 2015. On May 21, 2015, a walk leader training was held to take groups of people on community walks around their community for health, community and safe streets. Both events focused on concepts like complete streets and walkability, transit and mobility options, and Vision Zero.
- To get more people walking for their health, AARP Oregon launched NeighborWalks as a new volunteer-led walking program in partnership with the City of Portland and Oregon Walks. Seven walks were organized, each of which leveraged additional community partnerships.

- TriMet: TriMet serves the metropolitan Portland area, providing bus, light rail and commuter rail service, including fixed route and paratransit for people with a range of ages, and abilities.
- Ride Connection – Ride Connection is a nonprofit organization dedicated to providing responsive, accessible transportation options for a variety of customers. A large proportion of the organization’s customers are older adults and people with disabilities; Ride Connection complements TriMet’s services to create a more robust regional transportation network.
- Active Transportation – Metro and the City of Portland have Active Transportation programs that aim to enhance non-automobile modes of transportation. This approach can be considered a benefit to health communities for those across the life course.

Health Services, Prevention and Equity

- The Health Services Committee (now called the “Health Services, Prevention and Equity Committee” to better reflect the interests of members) met several times to review and update the Action Plan and identify priority areas on which to focus, including providing training for community health workers working with older adults, projects to increase the community’s dementia friendliness, and projects to increase physical activity among older adults.
- A conference titled “Aging Well” was planned and hosted by the Age-Friendly Advisory Council and Health Committee (called the Health Services, Prevention, and Equity Committee), in collaboration with Oregon Health & Science University, Multnomah County, Elders in Action, AARP Oregon, and PSU on October 3, 2015 at the Collaborative Life Sciences Building on Portland’s waterfront. Speakers addressed 140 attendees on topics that included brain health, housing and aging in place, active living and movement, nutrition, and finding resources.
- Age-Friendly Advisory Council members Jay Bloom, Alan DeLaTorre, and Margaret Neal participated in the Oregon Healthiest State Initiative, which is providing opportunities for additional collaborations and learning how together we can “make the healthy choice the easy choice” for all Oregonians.
- Age-Friendly Advisory Council member Alan DeLaTorre participated in a discussion on innovative strategies to support health and well-being in collaboration with the Oregon Healthiest State initiative, RAND Corporation and the Culture of Health study.

- OHSU and PreSERVE, along with other Age-Friendly Advisory Council members, applied to a grant for developing a unique and creative walking project for older African Americans. The project would be a neighborhood-wide walking project focusing on the neighborhood walking aspect of SHARP (Sharing History through Active Reminiscence and Photo-imagery) project and broadening the target audience.
- Dr. Janet Taylor, keynote speaker for the “What Are Old People For?” event on October 16, 2015, made two additional presentations and facilitated dialogue about health trends at the Urban League, Hollywood Senior Center, and SAGE (Senior Advocates for Generational Equity).
- Age-Friendly Advisory Council member Alan DeLaTorre participated as a panelist at the event “New Careers to Support Health and Creativity across the Lifespan.” Representatives from PSU, PCC, Marylhurst, and Washington State University Vancouver gerontology programs discussed their programs, followed by panel presentations from five faculty and community practitioners representing careers in care management, personal training and wellness, mental health, the creative arts and brain health, and dementia care.
- The Oregon Center for Aging and Technology seeks to facilitate successful aging and reduce the cost of healthcare through development of independent living technologies. It partners with industry and academic thought leaders in establishing the evidence base for technologies supporting aging. The efforts are aimed to learn about aging trends in hope of translating research into technological application to improve independence and quality of life.
- Making Oregon Vital for Elders is a statewide coalition of organizations and individuals seeking to effect culture change for the purpose of improving quality of life for people living in long-term care settings and those who support them. The organization’s mission – to create and sustain personalized, enriching communities where older adults and those who support them can thrive – is in-line with the Age-Friendly Portland Action Plan and wider national and international age-friendly goals.

Outdoor Spaces and Buildings

- Portland’s Americans with Disability Act Title II Transition Plan - Portland’s effort to make all City facilities and program accessible has identified over 25,000 barriers and will attempt to remove them over time.
- Portland Commission on Disability - The City of Portland’s Commission on Disability strives to make Portland more accessible through various subcommittees including: Accessibility in the Built Environments, Public

Outreach and Awareness, Employment, Health and Wellness, and Public Safety.

Respect and Social Inclusion

- Seniors Advocating for Generational Equity (SAGE) – SAGE’s mission is to inspire citizens over 50 to create opportunities for future generations to thrive by sponsoring educational programs and sharing resources that motivate seniors to transform the future.
- Jessie F. Richardson Foundation Ageless Awards - The JFRF Foundation again offered its annual Ageless Awards at a luncheon held on April 16, 2015, to honor the contributions of specific older adults to the community.

Social Participation

- The Geezer Gallery showcases talented senior artists as a means of partially supporting the development of local senior artistic talent and creating and implementing programs of art and art therapy for older adults. It established a formal partnership with Artists Repertory Theater and held several shows of artwork by older adults in ART’s lobby gallery during 2015.

Communication and Information

- The Age-Friendly Portland website (<http://agefriendlyportland.org>): considerable effort was made in 2015 to maintain and update the Age-Friendly Portland website so that it would be seen as the “go-to” place for the latest information about age-friendly relevant activities and research in Portland, Multnomah County, and the region. Lack of resources and software issues have posed barriers, however.
- Vision Action Network (VAN) Aging Initiative Washington County focuses on preparing Washington County for the aging of baby boomers. Guided by a Steering Committee, VAN was sponsored by AARP Oregon in 2014-15 to continue its efforts pertaining to aging.
- Aging and Disability Resource Connection (ADRC) of Oregon: ADRCs provide information about services to address aging or disability needs through trained professional staff, regardless of income level (toll-free number: 855-673-2372; www.adrcoforegon.org/consite/index.php).
- The Age-Friendly Advisory Council of Portland and Multnomah County and the Civic Engagement Committee dedicate agenda time during each meeting to share events, updates, and other information to attendees.

Community Services

- Villages NW is a coordinated network of volunteers that strives to offer reduced-cost services to improve independence and well-being for older adults to “do as much for as little cost for as long as possible.” Individuals representing Villages NW serve on the Health Services, Prevention, Equity Committee. In October, 2015, the Eastside Village was officially launched as the first Village in the Portland regional; it serves 23 Portland neighborhoods on the east side of the city, from the Willamette River to 122nd, and from I-84 to Portland’s southern boundary.
- Life by Design NW (Portland Community College CLIMB (Continuous Learning for Individuals, Management and Business) Center) - Life by Design NW training programs and services address the needs of the changing workforce, entrepreneurship after age 50, and how to successfully navigate work-life transitions and plan for meaningful retirement.
- Clark County Commission on Aging continues to implement its Aging Readiness Plan¹² which assessed the county's readiness to serve as a home for a growing number of older residents. Included 91 strategies to improve the capacity to support its growing older population and ultimately benefit all ages. The Commission actively consults with Advisory Council member Alan DeLaTorre on housing, transportation, and research-related issues.
- engAGE – A Clackamas County community-based action initiative seeking to effect community change by engaging residents and communities in aging issues and improving resources to establish Clackamas County as an age-friendly place.
- Aging Artfully Initiative (AAI) - Focuses on the creative arts and aging artfully by providing arts, wellness, and lifelong learning programs to seniors living in affordable senior apartment communities.
- Urban Excursions (small business owner and committee member Polly Bangs) helps families honor older adults by creating community and peace of mind while valuing the aging process and believing in the importance of celebrating each person’s unique life journey with dignity. Recently, the company has been working with Kaiser to offer educational outings for patients with diabetes. Urban Excursions is currently crowdfunding for outings for homebound low-income seniors and looking for scholarship opportunities in partnership with Impact Northwest to work with people who are socially isolated.

¹² Clark County (February, 2012). *Growing Old In Clark County: Making Clark County a Better Place to Grow Up and Grow Old*. Retrieved from: www.clark.wa.gov/sites/default/files/12-0207_ARTF_Plan_Final_Maps_Complete_Print.pdf.

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