



CITY OF OAKLAND MAYOR'S COMMISSION ON AGING

Wednesday, September 1, 2021

10:00 a.m. – 12:00 p.m.

Teleconference

Please see the agenda to participate in the
meeting

CITY OF OAKLAND
MAYOR'S COMMISSION ON AGING

Teleconference
Wednesday, September 1, 2021
10:00 a.m. – 12:00 p.m.

Pursuant to the Governor's Executive Order N-29-20, all members of the Commission on Aging and City Staff will join the meeting via phone/video conference and no teleconference locations are required.

PUBLIC PARTICIPATION

The public may observe and/or participate in this meeting many ways.

OBSERVE:

To observe the meeting by video conference, please click on this link: <https://zoom.us/j/91661011924> at the noticed meeting time.

Instructions on how to join a meeting by video conference is available at:
<https://support.zoom.us/hc/en-us/articles/201362193-joining-a-Meeting>

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Or iPhone one-tap:

US: +16699009128, 91661011924# or +12532158782 ,91661011924#

Or Telephone:

Dial (for higher quality, dial a number based on your current location):

US: +1 669 900 9128 or +1 253 215 8782 or +1 346 248 7799 or +1 646 558 8656 or +1 301 715 8592 or
+1 312 626 6799

Webinar ID: 916 6101 1924

Instructions on how to join a meeting by phone are available at:

<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by- phone>

COMMENT:

To comment by Zoom video conference, click the “Raise Your Hand” button to request to speak when Public Comment is being taken on the eligible Agenda item. You will then be unmuted, during your turn, and allowed to make public comments. After the allotted time, you will then be re-muted.

Instructions on how to “Raise Your Hand” is available at:

<https://support.zoom.us/hc/en-us/articles/205566129-Raising-your-hand-in-a-webinar>

To comment by phone, please call on one of the above listed phone numbers. You will be prompted to “Raise Your Hand” by pressing “*9” to request to speak when Public Comment is being taken on the eligible Agenda Item. You will then be unmuted, during your turn, and allowed to make public comments. After the allotted time, you will then be re-muted.

Instructions of how to raise your hand by phone are available at:

<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>

If you have any questions, please email Hayde Mazariego at Hmazariego@oaklandca.gov.



City of Oakland Mayor's Commission on Aging
Wednesday, September 1, 2021
10:00 a.m. - 12:00 p.m.

Teleconference

Issues that the public wishes to address that **are not** published on the agenda will be heard during the Public Forum section. Raise your hand if you are viewing by video or dial *9 if you are joining by phone. You will have 2-minutes to speak on the item.

AGENDA

- 1. Call to Order**
- 2. Roll Call**
- 3. Adoption of Agenda**
- 4. Approval of Minutes:** August 4, 2021
- 5. Public Forum** (Limit to 2 minutes)
- 6. Enhancing Older Adults' Mobility in Active Living and Tiered Living Communities**
Carol Kachadoorian, Active Transportation Practitioner, dbiTilde Collaborative
Wen Cheng, Professor & Associate Chair, Cal State Polytechnic University, Pomona
Yongping Zhang, Ph.D., P.E., Assistant Professor of Transportation Engineering, Cal State Polytechnic University, Pomona
- 7. Addressing Social and Affordable Housing Needs with Home Sharing, Jill Lindenbaum, Founder/CEO, Roomily**
- 8. Age-Friendly Report**
- 9. City of Oakland 2021-2023 Policy Budget**
- 10. Oakland Redistricting Public Hearing Schedule for Adopting New District Maps**
- 11. HSD Aging & Adult Services/COVID-19 update, Scott Means, Aging & Adult Services Manager**
- 12. Announcements**
- 13. Closing Remarks & Adjourn**

NOTE: THE COMMISSION MAY TAKE ACTION ON ANY ITEM ON THE AGENDA

Commission on Aging agendas are provided to subscribers at no charge. Meeting minutes are available to the public for review and copying at the Human Services Department, 150 Frank H. Ogawa Plaza, Suite 4340, Oakland, CA 94612.



This meeting location is wheelchair accessible. To request disability-related accommodations or to request an ASL, Cantonese, Mandarin or Spanish interpreter, please email smeans@oaklandnet.com or call (510) 238-6137 or TDD/TTY (510) 238-3254 at least five working days before the meeting. Please refrain from wearing scented products to this meeting as a courtesy to attendees with chemical sensitivities.



Mayor's Commission on Aging

City of Oakland – Human Services Department

Lionel J. Wilson Building

150 Frank H. Ogawa Plaza, Suite 4340

Oakland, CA 94612

Tel: (510) 238-3121 • Fax: (510) 238-7207 • TTY: (510) 238-3254

Wednesday, August 4, 2021

Held via Teleconference

MINUTES

1. Call to Order

Chairperson Bryan Ricks called the meeting to order at 10:04a.m. The meeting was held via teleconference.

2. Roll Call and Determination of Quorum

Present: Bryan Ricks, Asha Beene-Clarke, Michael Coleman, Diana Garrett, Tomye Neal Madison, Shannon McDonnell, Jacqueline Phillips, Jennifer Seibert

Absent: Cheryl Moore

Excused Absent: Martha Scott

A quorum was established.

Staff: Scott Means, Aging & Adult Services Manager, Hayde Mazariago, Senior Services Program Assistant

3. Agenda Modification and Approval

The agenda was approved with the following modification to add:

- Item 7. Oakland Redistricting Public Hearing Schedule for Adopting New District Maps.
M/S/Carried: Michael Coleman/Shannon McDonnell/ Motion carried unanimously.

4. Approval of Prior Meeting Minutes:

The May 26, 2021 minutes were approved with no modifications.

M/S/Carried: Shannon McDonnell/Jennifer Seibert/Motion carried unanimously.

5. Public Forum

Lenore McDonald announced that the League of Women Voters is sponsoring a Candidate Forum to meet two (2) candidates for the seat vacated by Assembly Member Rob Bonta on Monday, August 9, 2021.

Visit: <https://www.lwv.org> for more information.

6. Age-Friendly Report

Chair Ricks provided a recap of the Livable Oakland, Age-Friendly Cities Stakeholder meeting held on Thursday, July 22, 2021 (see attached presentation slides). He provided an overview of each subcommittee: Health & Wellness/Food Security, Housing, Communication, and Open Spaces. Livable Oakland Meetings are held on the third Thursday of the month. Please email MCOA@oaklandca.gov if you are interested in becoming a stakeholder.

7. City of Oakland 2021-2023 Policy Budget - Scott Means, Aging & Adult Services Manager

No report. Discussion tabled until September 1st meeting. Commissioner Beene-Clarke asked for information on financial support for renters and homeowners to be included the report.

8. Oakland Redistricting Public Hearing Schedule for Adopting New District Maps

Chair Ricks Presented information regarding the Oakland Redistricting Commission public hearing schedule for adopting new district maps. Commissioner Neal Madison suggested that a representative from the MCOA attend the next redistricting meeting. Commissioners Coleman and Seibert will attend the August 11th meeting and will provide a report.

9. HSD Aging & Adult Services/COVID-19 update - *Scott Means, Aging & Adult Services Manager*

OPED: Program is open and continues to serve the community. They are working to expedite the Taxi Script Service and launching the Go-Go Grandparent Platform that will provide Uber and Lift rides to seniors.

MSSP: In process of hiring additional staff to increase service level in the community.

SCP/FGP: The SCP/FGP Senior Services Program Assistant retired after 16 years of service. The program is staffed by 1.5 FTEs. The program will continue to sufficiently serve the community while in the recruitment process.

ASSETS: Actively recruiting and bringing back additional staff to support critical senior services. The senior aide TPT positions are minimum wage \$14.36/hour at 20hrs/week. There are also employment opportunities for Physical Fitness Instructors to apply as Recreation Specialists that will service the senior centers.

SENIOR CENTERS: There is a 75% vacancy rate. Despite this, the Senior Centers continue to provide critical services that includes food distribution, membership registration and virtual/limited-indoor programming. Center staff are in the process of revising the Advisory Bylaws and Master Fee Schedule to present to the commission at a later date.

10. Announcements

Free COVID testing is available at the following locations:

- East Oakland Senior Center – Parking Lot | 9255 Edes Ave, Oakland, CA 94603
To schedule an appointment: <https://curative.com/sites/31207>
Date/Time: Tuesdays | 8:00am -2:00pm
- Downtown Oakland Senior Center – Parking Lot | 200 Grand Ave, Oakland, CA 94610
To schedule an appointment: <https://curative.com/sites/31197>
Date/Time: Thursdays | 8:00am -2:00pm

Lauren Cotter announced that CTN can upload MCOA flyers to their social media accounts.

11. Closing Remarks & Adjournment

The meeting was adjourned at 10:52 a.m.

Date and Time of Next Meeting

The next meeting will be held on Wednesday, September 1, 2021 at 10:00 a.m. via teleconference.

Enhancing Older Adults' Mobility in Active Living and Tiered Living Communities

Project presentation to Mayor's Commission on Aging,
City of Oakland

September 1, 2021

Heaven's Gate

BY ROBERT MORGAN

“Heaven’s Gate,” from *DARK ENERGY* by Robert Morgan, copyright ©2015 by Robert Morgan. Used by permission of Viking Books, an imprint of Penguin Publishing Group, a division of Penguin Random House, LLC.

In her nineties and afraid
of weather and of falling if
she wandered far outside her door,
my mother took to strolling in
the house.

Around and round she’d go,
stalking into corners, backtrack,
then turn and speed down hallway, stop
almost at doorways, skirt a table, march up to the kitchen sink and
wheel to left, then swing into the bathroom, almost stumble on
a carpet there.

She must have walked
a hundred miles or more among
her furniture and family pics,
mementos of her late husband.

Exercising heart and limb,
outwalking stroke, attack, she strode,
not restless like a lion in zoo,
but with a purpose and a gait,
and kept her eyes on heaven’s gate.



About the project

- Review walking and bicycling facilities in older adult communities
 - ✓ Active living and 55+
 - ✓ Tiered (aka Continuous care): independent and assisted living, memory and nursing
- Between now and mid-June 2022
- Project team led by Wen Cheng and Yongping Zhang from Cal Poly Pomona
- With support from Carol Kachadoorian from db|Tilde Collaborative

Why is this important?

Fairness in public facility investment

- Equity
- Completeness of active transportation networks

1

Health and well-being

- Physical activity benefits

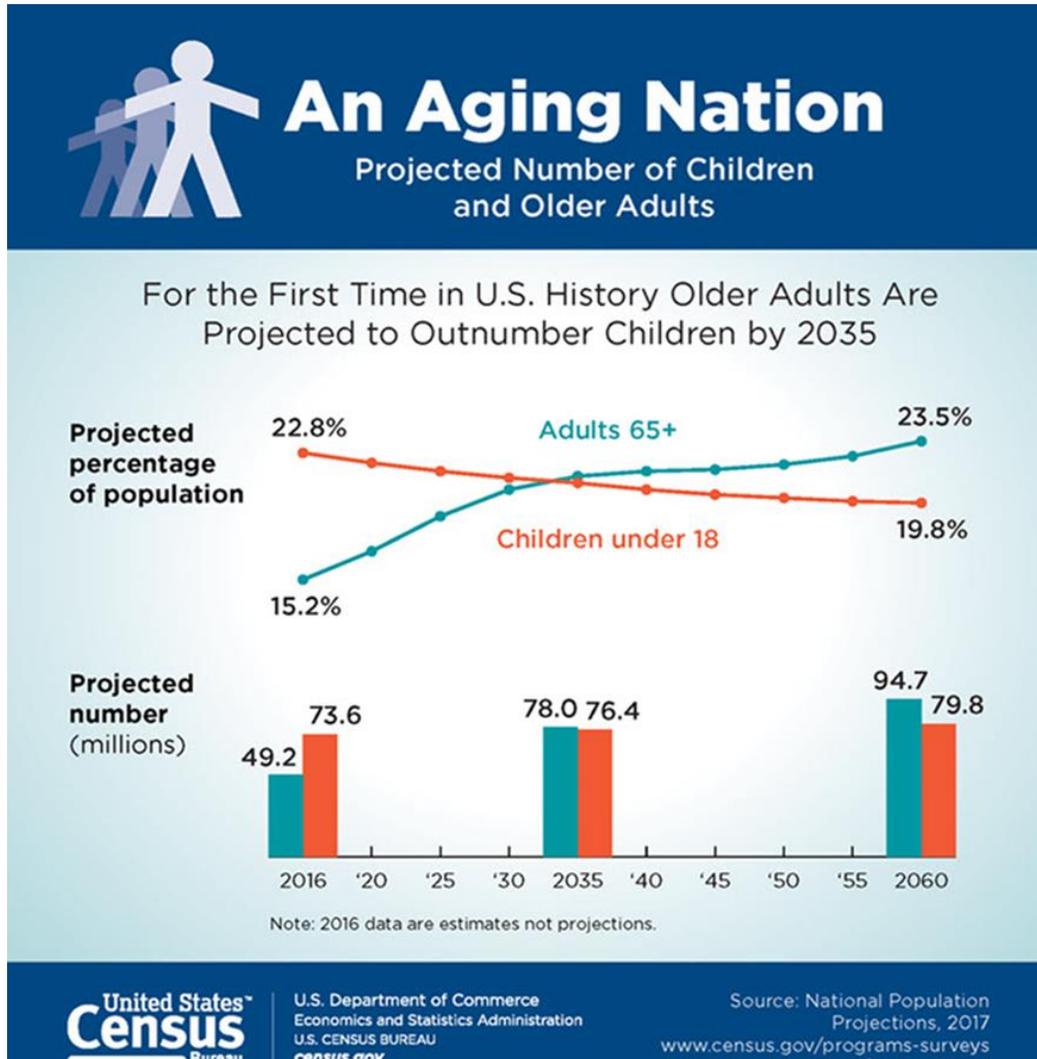
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Quality of life

- Independence
- Social-connections

3

Understanding Aging and Older Adults



Taking a closer look



Do we understand aging?

- Older age can last 20 to 40 years
- It's vitality, engagement, and activity varies by person, by age
- Chronological age v. mental (or felt) age are different

Study of aging from University of Michigan

Positive views on aging AMONG ADULTS AGE 50–80

88%

Feel more comfortable being themselves

80%

Have a strong sense of purpose

67%

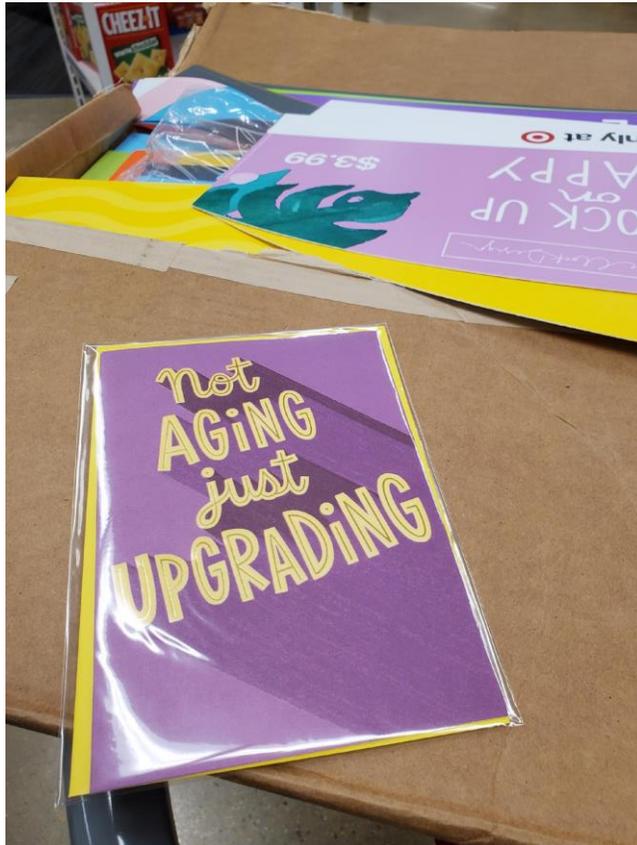
Feel more positive about aging

65%

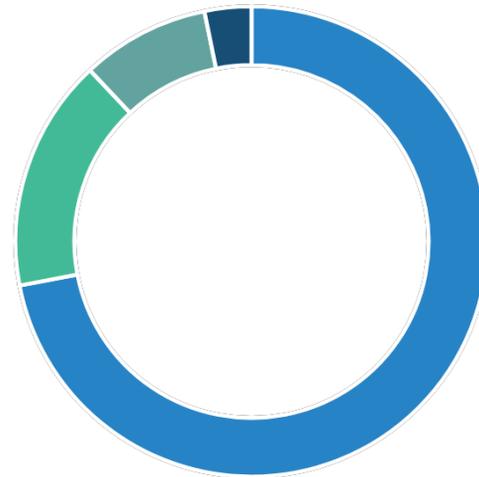
Think their life is better than they thought it would be



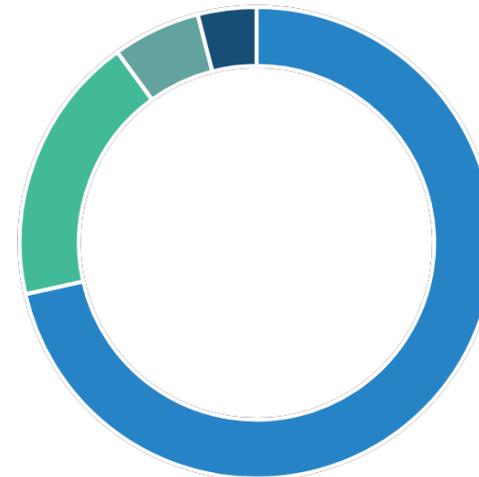
Chronological age v Felt age



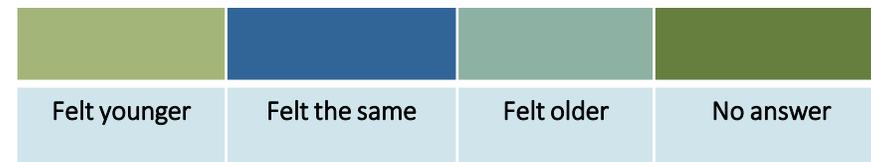
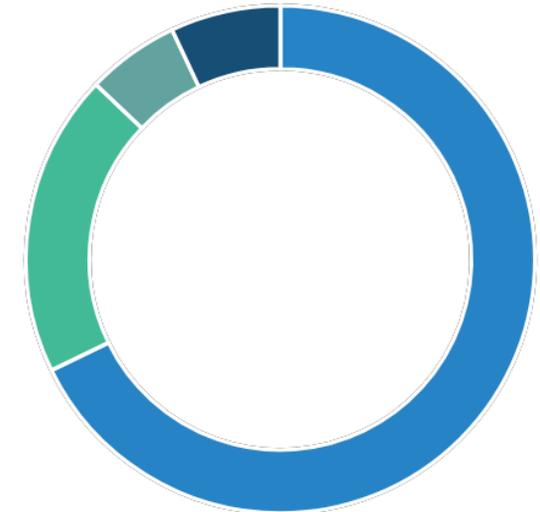
65 to 69



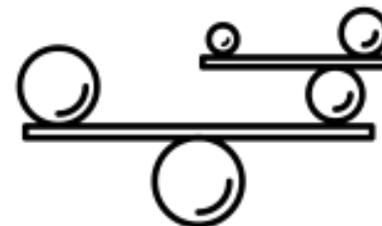
70 to 79



80+



Chronological age vs Felt age



Physical activity provides a way for people to remain vital, engaged, and fulfilled as they age.

(Active) Aging in Place: Person-Environment Fit

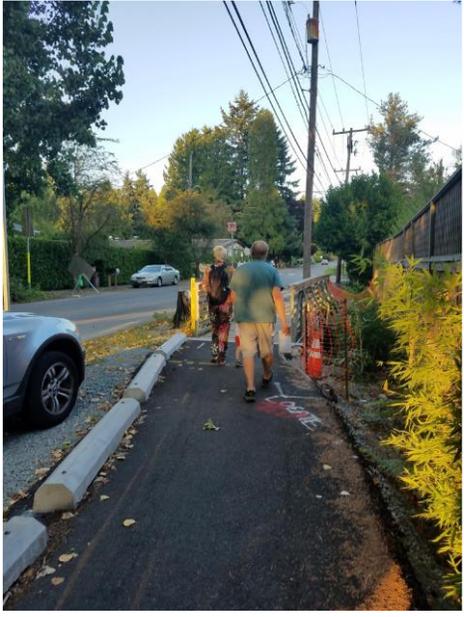


Simple concept

- For mobility and wellness
- The built environment needs to 'fit' the person who expects to use it
- The person adapts her or his behavior based on
 - ✓ The available built environment
 - ✓ Personal goals and preferences
- Can affect:
 - ✓ Community and social connection
 - ✓ Amount of physical activity
 - ✓ Overall quality of life

It's about

INDIVIDUAL PIECES



WHOLE NETWORK



(Active) Aging in Place: Life-space Mobility



Bedroom

Home

Outside home
(yard)

Neighborhood

Town

Beyond



Bedroom

Home

Outside home
(yard)



AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” —stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



A few changes could make your home easier and safer to live in and help you continue to live independently.

Don't use area rugs and check that all carpets are fixed firmly to the floor.



Install grab bars near toilets and in the tub or shower.

Replace handles on doors or faucets with ones that are comfortable for you to use.



Install a ramp with handrails to the front door.



Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

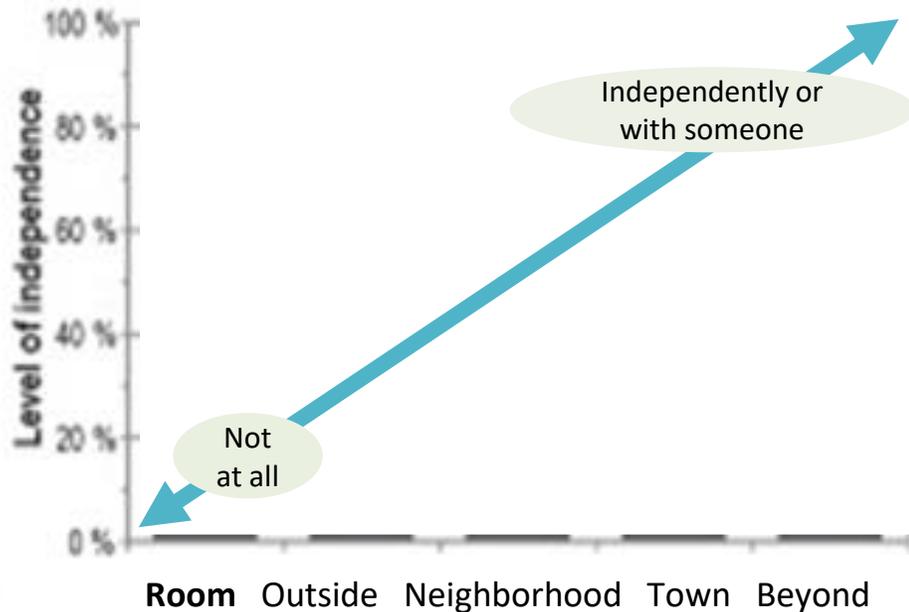


Place light switches at the top and bottom of stairs and remember to turn on night lights.

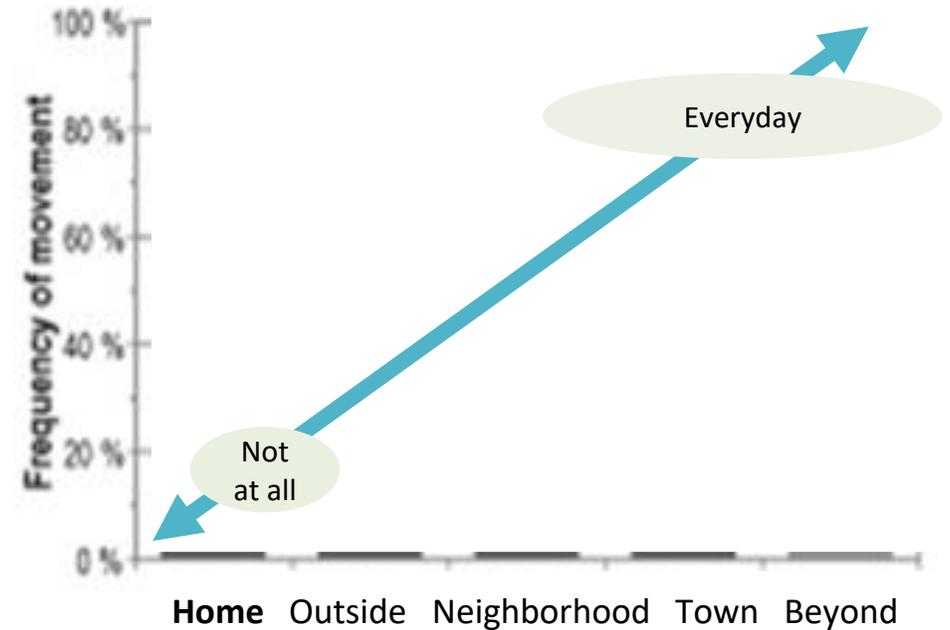


Current practice: Measure the person

How independently



How frequently

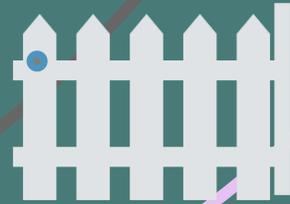


The public realm is the rest
of aging in place



Bedroom

Home



Outside home
(yard)

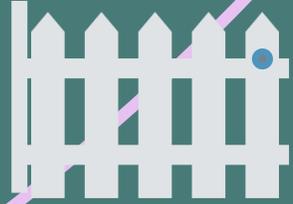
Neighborhood

Town

Beyond

Bedroom

Home



Outside home
(yard)

Neighborhood

Town

Beyond

How does the project work?

- Identify older adult communities and jurisdictions, gain agreement to participate
In Oakland: St. Paul's Tower and Hotel Oakland Village (T)
- Survey and talk with residents
- Talk with jurisdictional transportation and planning staff; review existing documents
- Review studies and articles about health benefits of physical activity
- Prepare findings and recommendations
- Share with participants and submit final report
- Share at conferences, through articles, etc.

September	October	November	December	January	February	March	April	May	June
Work with older adult communities and jurisdictions				Prepare and share findings				Finalize and submit report	

Comments, Questions, etc.

- What type of community do you live in?
- What are the opportunities for walking and bicycling, using transit?
- What changes would you make?



Thank you



Carol Kachadoorian
dbiTilde Collaborative
carol@dbiTildeCollaborative.com



Wen Cheng
Cal Poly Pomona
wcheng@cpp.edu



Yongping Zhang
Cal Poly Pomona
yongpingz@cpp.edu

*



Home Sharing: Meeting Senior Social Needs & Creating Affordable Housing

Jill Lindenbaum, Founder
September 2021

We need more affordable rentals

Almost 50% of all Bay Area renters are “cost burdened” or paying more than the recommended 30% of their income towards housing. Twenty five percent are “severely cost burdened” with more than 50% of their incomes used for housing costs.



SOCIAL, FINANCIAL & WELLNESS ISSUES SENIORS FACE

48%

Of Americans 55+ have **no retirement savings**

74%

Of adults 18+ live **paycheck-to-paycheck**

60%

Of older adults report feeling **lonely, left out, and lacking companionship**

32%

Increase in mortality if living alone

References in order: US Government & Accountability Office (2016), American Payroll Association (January 2020), Cigna Insurance (January 2020)

Solution

90%

of seniors indicated they want to age in place while just 2% are home sharing *

millions

of spare rooms are in the U.S. housing supply**

50,000

Spare rooms in Oakland (53+ years old, with extra spare room)

*AARP "Have a Spare Room, Trying Renting it to a Grad Student"

**2019 Based on 2010 Census

***Trulia

Vision

ROOMILY

Our mission is to usher in the social, financial, & wellness benefits of home sharing as an affordable housing solution and effective means to address many of today's pressing social issues including aging in place, social isolation, and the high cost of living.

LEVERAGING SPARE ROOMS MAKES SENSE

Renters save

Home providers earn

Communities thrive

Housing security supported

Leveraging available resources

Immediate and low cost



Average \$11,200* annually

\$12,000 - \$18,000 annually*

“Empowered interdependency”

Reduce displacement, homelessness

Environmentally sound

No new building; less commuting times

No/low capital or infrastructure needs

*Based Oakland pilot results

BAY AREA - TARGET USERS

RENTERS



- Individuals disproportionately affected by systemic inequalities, (People of Color, Indigineous)
- Low-to-moderate income earners, vital community professionals (e.g. educators & nonprofit employees)
- Mature higher education/community college students

HOME PROVIDERS



- Adults, 55+
- Active, not infirm
- Has a spare room
- Needs/wants extra income
- Needs/wants companionship
- Motivated to help others/community

Proof of Concept

400+

Inquiries

200+

Accounts

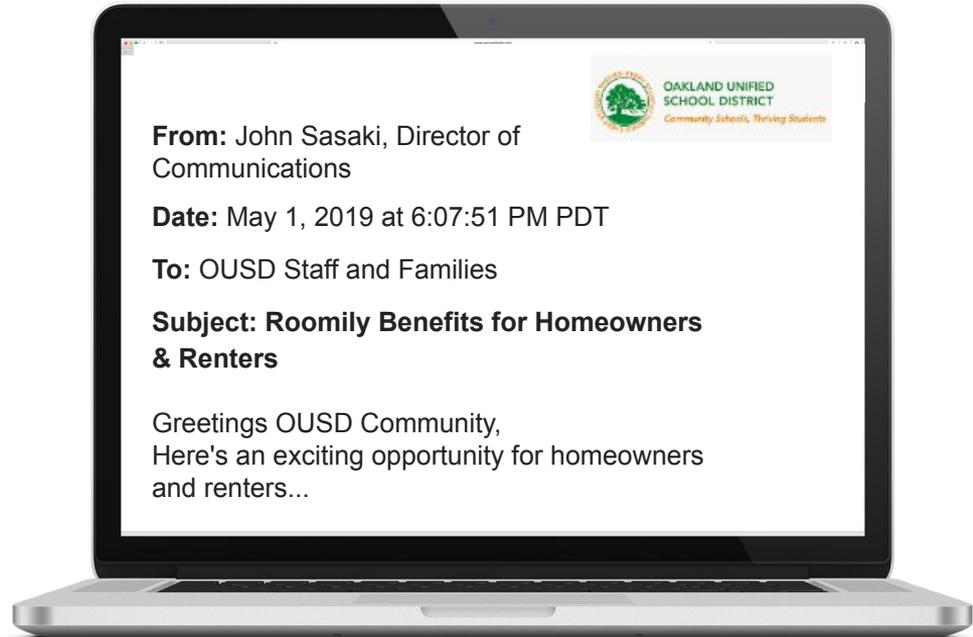
14

Matches

OAKLAND UNIFIED SCHOOLS

" Working with Roomily was the only way I was able to accept my new job and move to the Bay Area. "

Rachel Ravelli, Teacher,
Oakland High School



**3-Month Proof of Concept
(during Covid)**

76

Clients engaged

35

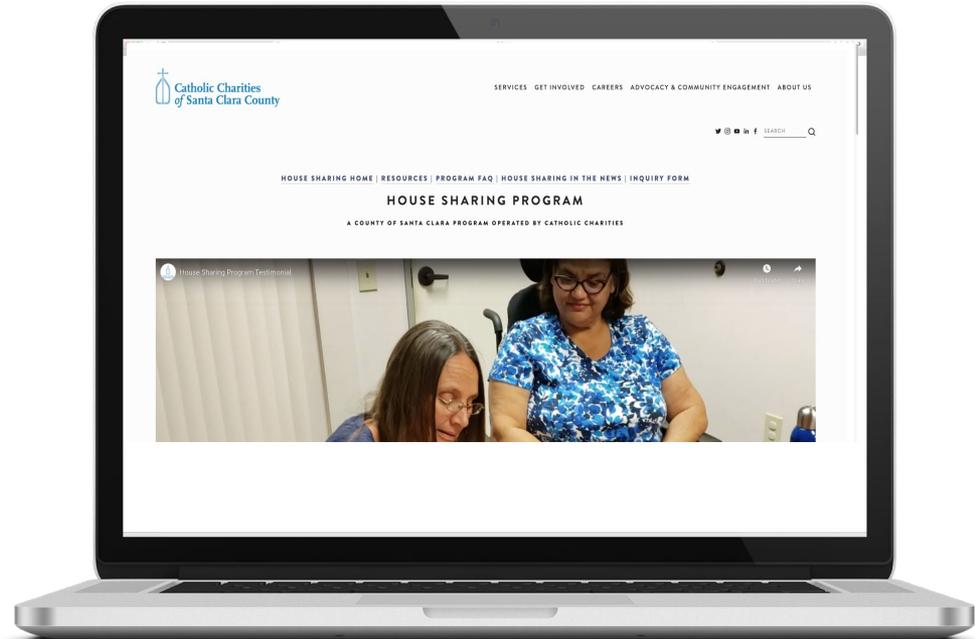
Accounts created

50%

Increased program
efficiency vs. offline
home sharing

CATHOLIC CHARITIES OF SANTA CLARA COUNTY

Working hand-in-hand with a community organization to deliver more efficiency and impact in home sharing.





COMMUNITY-BASED MATCHING WORKS

RENTER

Viki is a healthcare clerk working for a local school district. She also helps an elderly man on weekends and takes on pet care jobs. She is going back to school to become a medical assistant.



HOME PROVIDER

Elyse is an active retired teacher who enjoys gardening, creative projects, dancing, and interacting with others. She chooses to house share for the supplemental income and company.

FACTORS FOR SUCCESS

T

Trust

Vetting, security,
community-based
and hands-on help

L

Likeability

Driving compatible
matches, affinities

C

Cost/Convenience

Below market rents,
efficient matching
turn-key services
Low cost or free

WORKING WITH LOCAL ORGANIZATIONS

Allies in Addressing Pressing Community Needs

Impact focused on communities who have been inordinately impacted by systemic inequalities



Higher Education
Institutions



Municipalities



Community &
Faith-based NFP's

New Opportunity: Address financial, social/wellness, and housing needs of community members

Stakeholders: Organizations targeting seniors' and housing need - intersectionality often

Role: Local organizations provide trust and can help drive awareness

Holistic: Partners needed to meet supply (rooms) and demand (renter)

HOME SHARING PROGRAMS GAINING TRACTION



Home Match



CITY of BOSTON

DESIGNING & EXPANDING BAY AREA PILOT PROGRAM

Funding

- Supported by a limited program grant from the Chan Zuckerberg Initiative
- Timing: October 2021 - November 2022

Goals

- Create 30 matches
- 50% - 65% BIPOC
- Develop program with DEI-centered values
- Identify ways to keep home sharing affordable
- Create sustainable & scalable model

Next Steps

- Identify community partners to support program awareness and help secure participation
- Launch late 2021 - 2022
- Assess and improve
- Raise additional funds and repeat

IDENTIFYING LOCAL PARTNERS NOW

GOALS

- Help create awareness for the program and drive sign ups
- Provide trust

TYPES OF PARTNERS

- Senior focused service providers
- City and working municipal groups, commissions (i.e., Age Friendly)
- Private, Community, NFPs Organizations
- Retirement, housing security, retirement ready, financial advocates, mortgage/loans institutions, real estate brokers,

OUTREACH ACTIVITIES

- Develop/announce partnerships
- Emails, newsletters, events/webinars, flyers
- Social media, public relations
- Advertising

Thank you.

Contact:
jill@goroomily.com

