



**TOWN OF LOS GATOS**  
**COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION MEETING**  
**March 23, 2021**  
**110 East Main Street**  
**LOS GATOS, CA**  
**5:00 p.m.**

*George Rossmann, Chair  
Laura Kramer Rahmil, Vice Chair  
Jeffrey P. Blum, Commissioner  
Dick Konrad, Commissioner  
Lydia Norcia, Commissioner  
Arshia Mathur, Youth Commissioner  
Commissioner – Vacant  
Council Liaison - Vice Mayor Rennie*

**IMPORTANT NOTICE REGARDING THE MARCH 23, 2021 COMMUNITY HEALTH AND  
SENIOR SERVICE COMMISSION MEETING**

This meeting is being conducted utilizing teleconferencing and electronic means consistent with State of California Executive Order N-29- 20 dated March 17, 2020, regarding the COVID- 19 pandemic. **In accordance with Executive Order N-29- 20, the public may only view the meeting teleconference and not in the Council Chamber.**

**PARTICIPATION**

If you are interested in providing oral comments real-time during the meeting, you must join the Zoom webinar at <https://losgatosca-gov.zoom.us/j/82331512871?pwd=NFFsbTdoZk80dzA3RWs0d3B2ekZZz09>  
Passcode: 399252

Or Telephone:

Dial:

USA 877-336-1829 (US Toll Free)

Conference code: 986172

During the meeting:

- When the Chair announces the item for which you wish to speak, click the “raise hand” feature in Zoom. If you are participating by phone on the Zoom app, press \*9 on your telephone keypad to raise your hand. If you are participating by calling in, press #2 on your telephone keypad to raise your hand.
- When called to speak, please limit your comments to three (3) minutes, or such other time as the Chair may decide, consistent with the time limit for speakers at a Council meeting.

If you are unable to participate in real-time, you may send an email to [PublicComment@losgatosca.gov](mailto:PublicComment@losgatosca.gov) with the subject line “Public Comment Item #\_\_” (insert the item number relevant to your comment) or “Verbal Communications – Non Agenda Item.” Comments will be reviewed and distributed before the meeting if received by 3:00 p.m. on the day of the meeting. All comments received will become part of the record. The Chair has the option to modify this action on items based on comments received.

## **REMOTE LOCATION PARTICIPANTS**

The following Commission Members are listed to permit them to appear electronically or telephonically at the Community Health and Senior Services Commission meeting: Commissioner Rossman, Commissioner Kramer Rahmil, Commissioner Blum, Commissioner Konrad, Commissioner Norcia, Youth Commissioner Mathur, and Vice Mayor Rennie. All votes during the teleconferencing session will be conducted by roll call vote.

## **MEETING CALL TO ORDER**

## **ROLL CALL**

## **COMMISSIONER REPORTS**

## **CONSENT ITEMS (TO BE ACTED UPON BY A SINGLE MOTION)**

1. Approve Community and Senior Services Commission Minutes of March 16, 2021  
(Attachment 1)

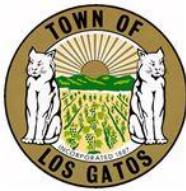
**VERBAL COMMUNICATIONS** (*Members of the public may address the Community Health and Senior Services Commission on any matter that is not listed on the agenda consistent with the Participation instructions contained on page 1 of this agenda. Unless additional time is authorized by the Community and Senior Services Commission, remarks shall be limited to three minutes.*)

**OTHER BUSINESS** (*Up to three minutes may be allotted to each speaker on any of the following items consistent with the Participation instructions contained on page 1 of this agenda.*)

2. Discussion of Town Council FY 2021/23 Strategic Priorities, CHSSC Goals for FY 2020/21, and Identification of Senior Service Gaps
  - a. Presentation by LGS Rec (Attachment 2)
  - b. Presentation by Live Oak Senior Nutrition
  - c. CHSSC Workplan and Staff Report (Attachment 3)
    - i. Attachment 3a – Work Plan
    - ii. Attachment 3b – Age-Friendly Survey Results 2017
  - d. CHSSC Goals for FY 2020/21 (Attachment 4)
3. Staff Liaison Report
  - a. Updates from CHSSC partners
  - b. Update from staff liaison

## **ADJOURNMENT**

**IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, IF YOU NEED SPECIAL ASSISTANCE TO PARTICIPATE IN THIS MEETING, PLEASE CONTACT THE CLERK DEPARTMENT AT (408) 354-6834. NOTIFICATION 48 HOURS BEFORE THE MEETING WILL ENABLE THE TOWN TO MAKE REASONABLE ARRANGEMENTS TO ENSURE ACCESSIBILITY TO THIS MEETING [28 CFR §35.102-35.104]**



**TOWN OF LOS GATOS**  
**Community Health and Senior**  
**Services Commission**

MEETING DATE: 03/23/2021

ITEM NO: 1

**DRAFT**

**MINUTES OF THE COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION**  
**SPECIAL MEETING**  
**MARCH 16, 2021**

The Community Health and Senior Services Commission of the Town of Los Gatos conducted a Special Meeting on Tuesday, March 16, 2021, at 4:05 p.m.

**MEETING CALLED TO ORDER**

**ROLL CALL**

Present: Commissioner Blum, Commissioner Rossmann, Commissioner Norcia, Youth Commissioner Mathur, Commissioner Rahmil, and Commissioner Konrad

Absent: None

Also Present: Vice Mayor Rennie and Liaison Andrews

**COMMISSIONER REPORTS**

The Town Attorney provided a brief summary of Brown Act requirements and responded to questions from Commissioners.

Commissioner Blum described the presentation that he gave to the Los Gatos Rotary about the Commission. Commissioner Blum specifically asked the Rotary for help with future Commission projects. The Vice Mayor will contact the Lions and Kiwanis for Commissioner Blum to provide additional presentations.

Commissioner Rossmann informed the Commission of recent legislation known as "Laura's Law". Commissioner Rossmann informed the group that Santa Clara County intended to opt out of implementing the provision and encouraged Commissioners to explore the issue.

**CONSENT ITEMS (TO BE ACTED UPON BY A SINGLE MOTION)**

1. Approve Community and Senior Services Commission Minutes of February 23, 2021

MOTION: Motion by Commissioner Konrad to approve the minutes of February 23, 2021. Seconded by Commissioner Blum

VOTE: Motion passed unanimously.

**VERBAL COMMUNICATIONS** (*Members of the public may address the Community and Senior Services Commission on any matter that is not listed on the agenda. Unless additional time is authorized by the Community and Senior Services Commission, remarks shall be limited to three minutes.*)

Speaker introduced themselves as a member of the Los Gatos Anti-Racism Coalition and spoke to their efforts toward equity, diversity, and inclusion. The resident asked about the provision of services to non-English speaking residents and advocated for nonarmed officers responding to nonviolent mental health service calls.

Live Oak Senior Nutrition Director Milinarich spoke of Live Oaks experience during the pandemic. Director Milinarich discussed utilizing volunteers in Town to provide a fun package once a month to participating seniors. Director Milinarich discussed how many of the participants don't use technology/social media. A paper publication is best to communicate with this sector of seniors.

Speaker introduced themselves as a founder/member of the Los Gatos Anti-Racism Coalition and spoke to certain projects where there may be synergies between the two groups.

LGS Rec representative Nguyen spoke to the multigenerational nature of the rec center. Representative Nguyen discussed the ability of the rec center to collaborate with other service providers.

**OTHER BUSINESS** (*Up to three minutes may be allotted to each speaker on any of the following items.*)

2. Discussion of Town Council FY 2021/23 Strategic Priorities, CHSSC Goals for FY 2020/21, and Identification of Senior Service Gaps
  - a. CHSSC Goals for FY 2020/21

Commissioners shared their takeaways from the joint session with the Town Council and expressed their gratitude for the opportunity. Commissioner Rossmann identified a communication strategy as a primary component of a future action plan and identifying ways to help raise funds to expand senior resources. Commissioner Rossmann also suggested that a free membership drive for LGS Rec 55+ membership could help increase participation. Commissioner Blum expressed concerns about the potential creation of a new Ad Hoc Committee. Commissioner Blum also found the discussion regarding a new senior center of interest. Commissioner Blum stated that the Commissions ability to educate and inform the community of the Commission is probably its greatest strength. Commissioner Norcia expressed concern that the Commission covers a wide range of the community. Commissioner Konrad agreed with the idea of the 55+ program becoming a free program and that the LGS Rec facility could use improvements. Commissioner Konrad stated that the pairing of volunteers with service organizations could be improved.

Vice Mayor Rennie concluded the meeting with suggestions to create a high-level holistic overview of current service provision in Town and determine how best for them to all work together. Vice Mayor Rennie suggested examining different existing models of service

provision and how they have coordinated all the disparate pieces into a single coordinated effort.

3. Staff Liaison Report
  - a. Update from CHSSC partners
  - b. Update from staff liaison

## **ADJOURNMENT**

The meeting adjourned at 5:30 p.m.

This is to certify that the foregoing is a true  
and correct copy of the minutes of the  
March 16, 2021 meeting as approved by the  
Community Health and Senior Services Commission.

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Arn Andrews, Assistant Town Manager

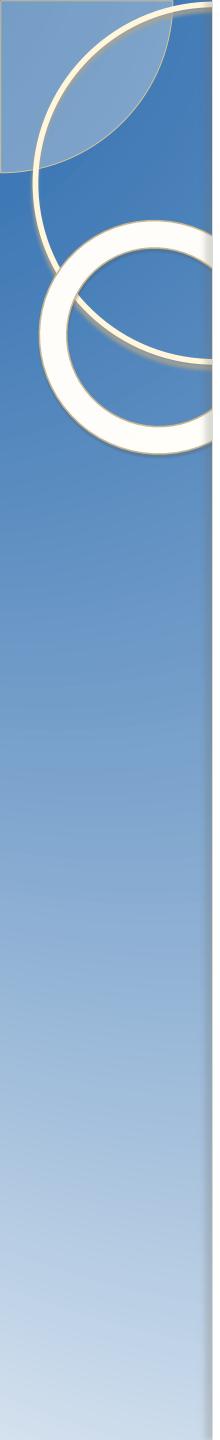
# LGS Recreation: 55 Plus Program

*Serving the community since 1956*



**LGS** | RECREATION

ATTACHMENT 2



# 55 Plus Program: Our Reach

**Required direct/indirect senior services do not require a 55 Plus membership. Our senior services are all inclusive.**

- Agency publishes 3 brochures a year – over 110K distributed
- Senior Center newsletter/membership – expanded 1/month to 2x/month
  - 165 members in 2010, expanded to 418 members in 2018
  - 2018-2019: senior services outsourced to SASCC. At onset of transition, membership was 354
  - 2020: senior services returned to internal operation. At onset of transition, membership was 264
  - 2021: current membership 83. Aimed to rebuild in 2021 amidst services transition and 2020 pandemic
- Many programs are community-driven, and agency serves as a gateway to facilitate offerings and connect community services.
- Adult programs – over 1200 classes offered annually, and upwards of 3500 participants, not including expansive aquatics, Vasona Boating, Special Events and 55 Plus programs. Programs are offered both virtually and in-person.
- Agency financial model is fee-based programs; no subsidy received. Profitable programs offset free programs and services provided.



# Lease Requires

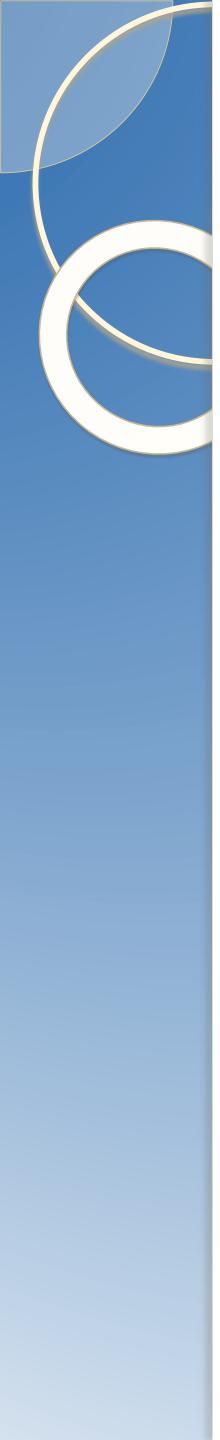
## Direct Senior Services

- **Movies** – 2x/month, expanded from 4 to 20 participants/each viewing
- **Wednesday Game Day** – Lynnette Vega increased participation from 3 to 98 card table players
- **Senior Thanksgiving Lunch** - expanded from 30 to over 200 community members
  - Hosted drive-through participation in 2020 – Served over 100 community members
- **Senior Picnic** - expanded from 100 to over 200 community members
  - Hosted drive-through participation in 2020 – Served over 80 meals for community members
  - Hosted a special Holiday drive through in 2020 for over 50 participants
- **Information and referral** - expanded to include certified services by Health Trust 2x/wk.
- **Recreation classes** will be expanded significantly as demand warrants. Examples include: language, art, technology, and other special interest classes.



# Lease Requires Indirect Senior Services

- **Health/Educational Presentations** - (eg: Knee Treatment (60+ participants), Fall prevention (35+), Scams (80+), Senior Emergency Preparation (22+), Sleep Issues (15+), Memory Issues (10+), Medicare (10+), etc.)
- **Senior Driving classes** - AARP (6x/yr, by appointment)
- **Grief Support Groups** - Lynnette Vega and Jeanine Pratt (Independent contractors)
- **Live Oak Sr. Nutrition Program** Lunchtime meal service - (1/wk)
- **HICAP insurance counseling appointments** - (2x/month)
- **Income Tax preparation, free for all adults** - AARP, Feb-April, every Monday (200+ participants)



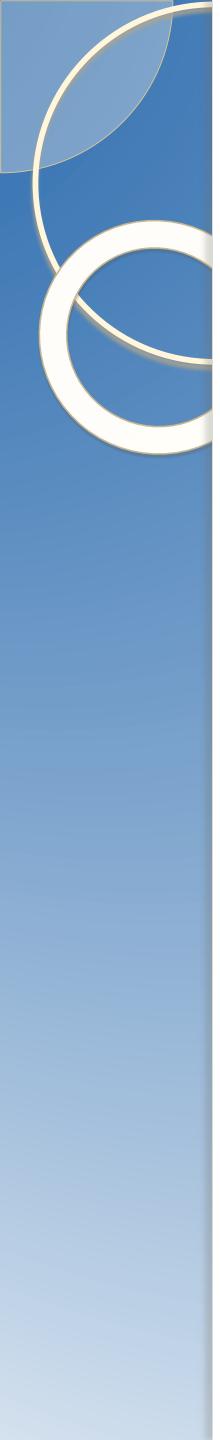
# We go above and beyond...

- **Tech w/Teens** - (1x/month, LGHS computer learning project, 30-40 participants each month)
- **Travel Shows** - (2x/yr) Talbot Tours, Extended trips
- **Lynnette Vega Programs, Independent Contractor.** Each program below meets once a month:
  - Reader's Theater (8-15 participants)
  - Women's Artist Connection (8-12 participants)
  - Single Again, But Not By Choice for Women (8-20 participants)
  - Wednesday Social Game Day – 85 -98 participants (weekly)



# We go above and beyond...

- SALA - Senior Adult Legal Assistance appointments (2x/month)
- LGS Recreation's 55 Plus Program Groups that are community - driven with volunteer facilitators currently include:
  - Transitions Support - (2x/month – avg. 4 participants)
  - Current Events - (1/wk, 8-20 participants)
  - Democracy Tent/At Risk - (2x/wk, 8-20 participants)
  - Book Club - (1/month, 6-15 participants)
  - Ping Pong group - (1x/wk, 4-8 participants)
  - Art Group - (1/month, 6-15 participants)
  - Bridge group - (1x/wk, 12-16 participants)
  - Art Workshop - (1x/wk, 15-30 participants)
  - Crafter's Circle Group - (1x/wk, 6-8 participants)
  - SJSU Nursing Department - (1x/wk, 10-15 participants)
  - West Valley College Exercise classes - (2x/wk, 10-15 participants)
  - Happy Hoofer's Walking Group - (1/wk, 8-20 participants)

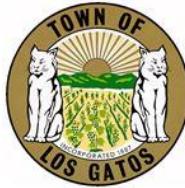


# Looking forward:

- Program goals directly align with the Commission goals. Staff have been involved in development and suggestion of programs to include:
  - Outreach to local hospitals and health care providers to become more aware of public health issues.
  - Advance goals of the Los Gatos Age Friendly Initiative, by focusing on social bridging for isolated seniors, expanding efforts to provide digital inclusivity, and expanding intergenerational opportunities.
  - Continue to join and develop coalitions of mutual benefit. Continue to work with professional organizations and community partners including other senior centers and as part of the Older Adults Recreation Services (OARS).
  - Continue to participate in annual community grant process/assessments and strive to align with Commission and grant awardee goals.
- If given the authority and opportunity, LGS recreation will strive to coordinate efforts of ALL community partners serving the aging community.
  - Recommendation to create a strategy and inventory of local services, identify gaps, and move forward collectively to meet expanding needs within the community.
  - Engage with community partners to collectively market and spread the news of the incredible work we are all doing.

# Questions / Comments





**TOWN OF LOS GATOS  
COMMUNITY HEALTH AND SENIOR  
SERVICE REPORT**

MEETING DATE: 03/23/2021

ITEM NO:

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DATE: March 19, 2021  
TO: Community Health and Senior Service Commission  
FROM: Arn Andrews, Commission Liaison  
SUBJECT: Receive Commission Workplan and Discuss Upcoming Meeting Scheduling

**RECOMMENDATION:**

Receive Commission workplan and discuss upcoming meeting scheduling.

**DISCUSSION:**

On March 2, 2021, the Town Council held a joint session with the Community Health and Senior Service Commission (CHSSC) to hear the Commission's goals for the coming year. The Council indicated its strong interest in the work of the Commission in light of the inclusion of senior services as a new Council Strategic Priority for FY 2021-2023.

The Commission shared that their goals primarily focus on engaging, educating, and empowering senior services in Town and advancing Age-Friendly projects in the community. The Commission shared that the goals were intended to be actionable within the current framework and capacity of the Commission. However, the Commission acknowledged that the goals were not intended to be a comprehensive listing of the potential for service provision in the community.

Councilmembers requested that the Commission review the current senior service provision in Town and help identify any gaps that exist in senior services. Councilmembers and Commissioners identified areas of service provision interest/concern including:

*Commission Specific:*

- Capacity limitations of the Commission
- Broad purview of the Commission
- Commission engagement of diversity, equity, and inclusion principles

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**PREPARED BY:** Arn Andrews  
Assistant Town Manager/Commission Liaison

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Reviewed by: Town Manager

DISCUSSION (continued):

- Challenges filling Commission vacancies
- Increased marketing of the Commission and other service provision in Town

*Communication and Information:*

- Better identification/communication with seniors using media that seniors use (e.g., print)
- Increased centralized coordination among service providers (local, regional)

*Housing:*

- Move down housing options for seniors

*Community Support and Health Services:*

- Increased senior isolation due to COVID
- Need for a plan to assist seniors with the vaccination process

*Social Participation:*

- Low senior engagement/programming relative to other Santa Clara County cities

*Civic Participation and Employment:*

- Leverage senior volunteer engagement in Town
- Dedicated staffing resources to supplement volunteers

*Social Participation:*

- Development of a state-of-the-art activity/community center

*Senior Plan Development:*

- Develop roadmap for implementation of senior services as a strategic priority
- Consideration of service provision business models in other communities

Attachment 1 contains a proposed workplan based on the issues raised by Council during the study session. In summary, the Commission's work for the next couple of months focuses on meeting with service providers to address the issues raised by the Town Council, identify service gaps, and options to fill any gaps. The product of this work would culminate in a report to the Town Council which would summarize the findings of the work with our service providers, identify options for filling any gaps, and recommend future actions for the CHSSC and the Town, respectively, to meet community health and senior services needs in Los Gatos. The schedule reflects the Mayor's request for a final Commission Report be delivered to the Council prior to the end of June.

DISCUSSION (continued):

Community engagement is integral to the work of the CHSS Commission. Staff will be inviting service providers to the Commission meetings and conducting other outreach. In addition, Commission members are encouraged to invite interested stakeholders to upcoming meetings to be part of the discussion.

It is important to note that in addition to the recent senior service discussions in 2017, the Town embarked on attainment of the World Health Organizations (WHO) Age-friendly designation. As part of the designation process, the Town Council authorized the creation and appointment of a seven-member Task Force to proceed with the WHO Age-Friendly application process. The Age-Friendly Task Force was comprised of the following community representation:

- Lyn Dougherty – Town of Los Gatos Library Board Member
- Mary Goulart – Live Oak Nutrition Center, Director
- Cindy McCarthy – Los Gatos-Saratoga Recreation, Director of Recreational Services
- Cherie Ravel – Jewish Community Center of Silicon Valley, Director of Adult Programming
- Margaret Wilmer – El Camino Hospital, Director of Community Health and Older Adult Services
- Don Callahan – Coldwell Banker Realty, Partner Callahan Real Estate Group
- Tom Picraux – Town of Los Gatos Community and Senior Services Commission Chair

To comply with the WHO Age-Friendly application process, the Task Force was charged with convening two focus groups of community members comprised of working professionals, senior citizens, local services clubs, religious institutions, local business owners, and community leaders operating local non-profit groups. The Age-friendly Task Force invited community members who were either seniors living in Los Gatos or professionals who provided services to seniors.

The focus groups were established and surveyed (Attachment 2) to identify needs and potential gaps in services beneficial for an aging community. The focus group survey format was established by the WHO and comprised of the following eight domains:

- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment

PAGE 4 OF 4

SUBJECT: CHSSC Workplan

DATE: March 19, 2021

DISCUSSION (continued):

- Communication and Information
- Community Support and Health Services
- Outdoor Spaces and Buildings

The survey results for the eight domains may help inform the current review of service provision in the Town and potential next steps.

Attachment:

- 3a. CHSSC Workplan
- 3b. Age-friendly Survey Results

# CHSSC COUNCIL STRATEGIC PRIORITY WORKPLAN

	TOPICS	TOPICS	TOPICS
<b>MARCH 23, 2021</b>	LGS Rec 55+ Presentation	Live Oak Senior Nutrition Presentation	Commission Discussion
<b>APRIL 13, 2021</b>	West Valley Community Services Presentation	Saratoga Area Senior Coordinating Council Presentation	Commission Discussion
<b>APRIL 27, 2021</b>	SCC Department of Aging and Adult Services TBD	Service Provider Presentation TBD	Commission Discussion
<b>MAY 11, 2021</b>	Summary of Current Senior Service Provision	Initial Identification of Senior Service Provision Gaps	Commission Discussion
<b>MAY 25, 2021</b>	Final Identification of Senior Service Provision Gaps	Review Initial Draft of Commission Report to Council	Commission Discussion
<b>JUNE 8, 2021</b>	Final Review of Commission Report to Council		
<b>JUNE 15, 2021 COUNCIL PRESENTATION</b>			

Welcome to the Santa Clara Livable Communities Survey. This very important survey is offered for the first time to better understand the needs of older adults and gather vital information for programs and services. Please take a few minutes and complete the survey so we may better serve you.

*(Includes only people who said they were age 50+)*

**Survey of** 76 respondents **in** Los Gatos

DESCRIPTION OF THE SAMPLE GROUP

AREA OF THE SURVEY

## YOUR COMMUNITY

### 1. How would you rate your city as a place for people to live as they age?

(This would be the geographical location where your home is located. A community can be located within a city or town or county.)

<input type="checkbox"/> 5	Excellent	20%
<input type="checkbox"/> 4	Very good	33%
<input type="checkbox"/> 3	Good	29%
<input type="checkbox"/> 2	Fair	17%
<input type="checkbox"/> 1	Poor	17%

2. What is the name of your city? Los Gatos

3. What is your 5-digit ZIP code?

<input type="checkbox"/> 6	Less than 5 years	8%
<input type="checkbox"/> 5	5 years but less than 15 years	14%
<input type="checkbox"/> 4	15 years but less than 25 years	25%
<input type="checkbox"/> 3	25 years but less than 35	53%
<input type="checkbox"/> 2	35 years but less than 45	
<input type="checkbox"/> 1	45 years or more	

### 5. Thinking about your retirement years when you do not work at all for pay, how likely is it that you will move to a different home *outside* of your city?

<input type="checkbox"/> 5	Extremely likely	11%
<input type="checkbox"/> 4	Very likely	11%
<input type="checkbox"/> 3	Somewhat likely	19%
<input type="checkbox"/> 2	Not very likely	19%
<input type="checkbox"/> 1	Not at all likely	59%
<input type="checkbox"/> 0	Not sure	

6. If you were to consider moving out of your city during your retirement when you do not work at all, would the following factors impact your decision to move?

	Yes	No	Not sure
a. Looking for a different home size that meets your needs	61% <input type="checkbox"/> <sub>1</sub>	39% <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
b. Maintaining your current home will be too expensive	52 <input type="checkbox"/> <sub>1</sub>	48 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
c. Fearing for your personal safety or security concerns	19 <input type="checkbox"/> <sub>1</sub>	81 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
d. Looking for a home that will help you live independently as you age	79 <input type="checkbox"/> <sub>1</sub>	21 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
e. Wanting to move to an area that has better health care facilities	14 <input type="checkbox"/> <sub>1</sub>	86 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
f. Wanting to be closer to family	55 <input type="checkbox"/> <sub>1</sub>	45 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
g. Needing more access to public transportation	59 <input type="checkbox"/> <sub>1</sub>	41 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
h. Wanting to live in a different climate	6 <input type="checkbox"/> <sub>1</sub>	94 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
i. Looking for an area that has a lower cost of living	59 <input type="checkbox"/> <sub>1</sub>	41 <input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>0</sub>
j. Other, please specify: _____			

7. How important is it for you to remain in your city as you age?

<sub>5</sub> Extremely important ~~64%~~  
 <sub>4</sub> Very important ~~22%~~  
 <sub>3</sub> Somewhat important ~~23%~~  
 <sub>2</sub> Not very important ~~13%~~  
 <sub>1</sub> Not at all important ~~13%~~

## HOUSING

8. Do you own or rent your primary home — or do you have some other type of living arrangement, such as living with a family member or friend? Select all that apply

<sub>1</sub> Own ~~92%~~  
 <sub>2</sub> Rent ~~7%~~  
 <sub>3</sub> Other type of living arrangement (family member) ~~1%~~  
 <sub>4</sub> Other type of living arrangement (friend) ~~0~~

9. What type of home is your primary home?

<sub>1</sub> Single family home ~~72%~~  
 <sub>2</sub> Mobile home ~~0~~  
 <sub>3</sub> Town home or duplex ~~17%~~  
 <sub>4</sub> Apartment ~~5%~~  
 <sub>5</sub> Condominium or Co-op ~~4%~~  
 <sub>6</sub> Other, please specify: ~~1%~~

**10. How important is it for you to be able to live independently in your own home as you age?**

5 Extremely important *75%*  
 4 Very important *25%*  
 3 Somewhat important *0%*  
 2 Not very important *0%*  
 1 Not at all important *0%*

**11. People sometimes make modifications to their home so they can stay there as they age.**

**Do you think you will need to make the following types of modifications or improvements to your home to enable you to stay there as you age?**

		Yes	No	Not Sure
a.	Easier access into or within your home such as a ramp, chairlift or elevator, or wider doorways .....	<i>41%</i>	<input type="checkbox"/> 1	<i>59%</i> <input type="checkbox"/> 2
b.	Bathroom modifications such as grab bars, handrails, a higher toilet or non-slip tiles .....	<i>69</i>	<input type="checkbox"/> 1	<i>31</i> <input type="checkbox"/> 2
c.	Putting a bedroom, bathroom and kitchen on the first floor.....	<i>15</i>	<input type="checkbox"/> 1	<i>85</i> <input type="checkbox"/> 2
d.	Improving lighting .....	<i>25</i>	<input type="checkbox"/> 1	<i>75</i> <input type="checkbox"/> 2
e.	Installing a medical emergency response system that notifies others in case of emergency .....	<i>66</i>	<input type="checkbox"/> 1	<i>34</i> <input type="checkbox"/> 2
f.	Other, please specify: _____			

**12. How important do you think it is to have the following in your city?**

		Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a.	Home repair contractors who are trustworthy, do quality work and are affordable .....	<i>93</i>	<input type="checkbox"/> 4	<i>5%</i>	<input type="checkbox"/> 3	<i>1%</i> <input type="checkbox"/> 2
b.	Well-maintained homes and properties .....	<i>91</i>	<input type="checkbox"/> 4	<i>7%</i>	<input type="checkbox"/> 3	<i>32</i> <input type="checkbox"/> 2
c.	A home repair service for low-income and older adults that helps with repairs.....	<i>77</i>	<input type="checkbox"/> 4	<i>20%</i>	<input type="checkbox"/> 3	<i>32</i> <input type="checkbox"/> 1
d.	Seasonal services such as lawn work or removal of leaves for low-income and older adults .....	<i>73</i>	<input type="checkbox"/> 4	<i>19%</i>	<input type="checkbox"/> 3	<i>8%</i> <input type="checkbox"/> 2
e.	Affordable housing options for adults of varying income levels such as older active adult communities, assisted living and communities with shared facilities and outdoor spaces .....	<i>80</i>	<input type="checkbox"/> 4	<i>19</i>	<input type="checkbox"/> 3	<i>1%</i> <input type="checkbox"/> 2

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
f. Homes that are equipped with features such as a no-step entry, wider doorways, first floor bedroom and bath, grab bars in bathrooms .....	<input type="checkbox"/> 5	83	<input type="checkbox"/> 4	16%	<input type="checkbox"/> 3
g. Well-maintained and safe low-income housing .....	<input type="checkbox"/> 5	64	<input type="checkbox"/> 4	31%	<input type="checkbox"/> 2 52 <input type="checkbox"/> 1
h. Home cleaning and cooking services .....	<input type="checkbox"/> 5	77	<input type="checkbox"/> 4	16%	<input type="checkbox"/> 3 72 <input type="checkbox"/> 1

## OUTDOOR SPACES AND BUILDINGS

### 13. How important do you think it is to have the following in your city?

	Extremely important	Very important	Somewhat important	Not Very important	Not at all important
a. Well-maintained and safe parks that are within walking distance of your home .....	<input type="checkbox"/> 5	77 2	<input type="checkbox"/> 4	16%	<input type="checkbox"/> 3 7% <input type="checkbox"/> 1
b. Public parks with enough benches .....	<input type="checkbox"/> 5	80	<input type="checkbox"/> 4	15%	<input type="checkbox"/> 2 5% <input type="checkbox"/> 1
c. Sidewalks that are in good condition, free from obstruction and are safe for pedestrian use and accessible for wheelchairs or other assistive mobility devices .....	<input type="checkbox"/> 5	91	<input type="checkbox"/> 4	8%	<input type="checkbox"/> 2 1% <input type="checkbox"/> 1
d. Well-maintained public buildings and facilities that are accessible to people of different physical abilities .....	<input type="checkbox"/> 5	95	<input type="checkbox"/> 4	5%	<input type="checkbox"/> 2 0% <input type="checkbox"/> 1
e. Separate pathways for bicyclists and pedestrians .....	<input type="checkbox"/> 5	78	<input type="checkbox"/> 4	21%	<input type="checkbox"/> 2 1% <input type="checkbox"/> 1
f. Well-maintained public restrooms that are accessible to people of different physical abilities .....	<input type="checkbox"/> 5	84	<input type="checkbox"/> 4	16%	<input type="checkbox"/> 2 0% <input type="checkbox"/> 1
g. Neighborhood watch programs .....	<input type="checkbox"/> 5	74	<input type="checkbox"/> 4	24%	<input type="checkbox"/> 2 1% <input type="checkbox"/> 1

## TRANSPORTATION AND STREETS

### 14. How do you get around for things like shopping, visiting the doctor, running errands or going to other places in the following ways?

		Yes	No
a. Drive yourself .....		97%	3%
b. Have others drive you .....		18	82
c. Walk .....		61	39
d. Ride a bike .....		19	81
e. Use public transportation .....		17	83
f. Take a taxi/cab/Uber/Lyft.....		31	69
g. Use a special transportation service, such as one for seniors or persons with disabilities.....	Specify _____	7%	93
h. Other, please specify: _____			

### 15. How important do you think it is to have the following in your city?

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a. Accessible and convenient public transportation	□ 5 88%	□ 4	7%	□ 3	□ 2 52% □ 1
b. Affordable public transportation .....	□ 5 87	□ 4	9	□ 3	□ 2 42% □ 1
c. Well-maintained public transportation vehicles..	□ 5 86	□ 4	13	□ 3	□ 2 12% □ 1
d. Safe and reliable and safe public transportation.	□ 5 84	□ 4	13	□ 3	□ 2 38% □ 1
e. Safe public transportation stops or areas .....	□ 5 87	□ 4	11	□ 3	□ 2 32% □ 1
f. Special transportation services for people with disabilities and older adults .....	□ 5 93	□ 4	52	□ 3	□ 2 12% □ 1
g. Well-maintained streets.....	□ 5 92	□ 4	7	□ 3	□ 2 12% □ 1
h. Easy to read traffic signs .....	□ 5 93	□ 4	7	□ 3	□ 2 08% □ 1
i. Enforced speed limits.....	□ 5 86	□ 4	9	□ 3	□ 2 42% □ 1
j. Public parking lots, spaces and areas to park .....	□ 5 92	□ 4	8%	□ 3	□ 2 08% □ 1
k. Affordable public parking.....	□ 5 91	□ 4	9	□ 3	□ 2 02% □ 1
l. Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers) .....	□ 5 96	□ 4	4	□ 3	□ 2 0% □ 1
m. Audio/visual pedestrian crossings.....	□ 5 80	□ 4	19	□ 3	□ 2 1% □ 1
n. Driver education/refresher courses.....	□ 5 64	□ 4	25	□ 3	□ 2 11% □ 1

## HEALTH AND WELLNESS

16. In general, when compared to most people your age, how would you rate your health?

- 5 Excellent 36%
- 4 Very good 46%
- 3 Good 17%
- 2 Fair > 1%
- 1 Poor

17. How often do you engage in some form of physical exercise (such as walking, running, biking, swimming, sports, strength training, yoga, stretching, Tai Chi, pickleball)?

- 7 Everyday > 93%
- 6 Several times a week, but not everyday
- 5 About once a week > 5%
- 4 About once every other week
- 3 About once a month > 1%
- 2 Less than once a month
- 1 Never

18. How important is it to you to remain physically active for as long as possible?

- 5 Extremely important 92%
- 4 Very important 8%
- 3 Somewhat important
- 2 Not very important
- 1 Not at all important

19. How important do you think it is to have the following in your city?

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a. Health and wellness programs and classes in areas such as nutrition, smoking cessation, and weight control .....	5	4	64%	32%	4%
b. Fitness activities specifically geared to older adults ...	5	4	91%	5%	1%
c. Conveniently located health and social services .....	5	4	91%	9%	0%
d. A service that helps seniors find and access health and supportive services .....	5	4	82%	17%	1%
e. Conveniently located emergency care centers .....	5	4	87%	11%	3%

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
f. Easy to find information on local health and supportive services .....	<input type="checkbox"/> 85%	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
g. Home care services including health, personal care and housekeeping .....	<input type="checkbox"/> 88	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
h. Well-trained certified home health care providers ....	<input type="checkbox"/> 89	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
i. Affordable home health care providers .....	<input type="checkbox"/> 92	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
j. Well-maintained hospitals and health care facilities...	<input type="checkbox"/> 96	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
k. A variety of health care professionals including specialists .....	<input type="checkbox"/> 93	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
l. Health care professionals who speak different languages .....	<input type="checkbox"/> 59	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
m. Easily understandable and helpful local hospital or clinic answering services .....	<input type="checkbox"/> 81	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
n. Respectful and helpful hospital and clinic staff .....	<input type="checkbox"/> 88	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
o. Affordable, quality assisted living facilities.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

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#### SOCIAL PARTICIPATION, INCLUSION AND EDUCATION OPPORTUNITIES

**20. About how frequently do you interact with your friends, family or neighbors in your city? This interaction could be by phone, in person, email or social media (such as Facebook).**

- 8 More than once a day 72%
- 7 About once a day 28%
- 6 Several times a week 28%
- 5 Once a week 28%
- 4 Once every 2 or 3 weeks 28%
- 3 Once a month 28%
- 2 Less than monthly 28%
- 1 Never 28%

**21. Where do you typically go for continuing education or self-improvement classes/workshops in your city? [CHECK ALL THAT APPLY]**

- 1 University/Community College Yes 28% No 72%
- 2 Department of Parks and Recreation 52% 48%

	<i>Yes</i>	<i>No</i>
<input type="checkbox"/> 3 Faith community	13%	87%
<input type="checkbox"/> 4 Local organizations or businesses	22	78
<input type="checkbox"/> 5 Community center	17	83
<input type="checkbox"/> 6 Senior center	32	68
<input type="checkbox"/> 7 Offerings through my work	7	93
<input type="checkbox"/> 8 Online programs	21	79
<input type="checkbox"/> 9 Hospitals/Clinics	11	89
<input type="checkbox"/> 10 Other, please specify:	20	80
<input type="checkbox"/> 11 I do NOT participate in any continuing education/self-improvement classes	5%	95%

## 22. How important do you think it is to have the following in your city?

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a. Conveniently located venues for entertainment .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	75%	<input type="checkbox"/> 3	<input type="checkbox"/> 1
b. Activities specifically geared to older adults.....	<input type="checkbox"/> 5	61	<input type="checkbox"/> 4	<input type="checkbox"/> 36	<input type="checkbox"/> 1
c. Activities that offer senior discounts .....	<input type="checkbox"/> 5	60	<input type="checkbox"/> 4	<input type="checkbox"/> 30	<input type="checkbox"/> 1
d. Activities that are affordable to all residents.....	<input type="checkbox"/> 5	81	<input type="checkbox"/> 4	<input type="checkbox"/> 19	<input type="checkbox"/> 0
e. Activities involving young <i>and</i> older people	<input type="checkbox"/> 5	77	<input type="checkbox"/> 4	<input type="checkbox"/> 21	<input type="checkbox"/> 1
f. Accurate and widely publicized information about social activities .....	<input type="checkbox"/> 5	86	<input type="checkbox"/> 4	<input type="checkbox"/> 11	<input type="checkbox"/> 1
g. A variety of cultural activities for diverse populations.....	<input type="checkbox"/> 5	72	<input type="checkbox"/> 4	<input type="checkbox"/> 20	<input type="checkbox"/> 1
h. Local schools that involve older adults in events and activities.....	<input type="checkbox"/> 5	53	<input type="checkbox"/> 4	<input type="checkbox"/> 38	<input type="checkbox"/> 1
i. Continuing education classes .....	<input type="checkbox"/> 5	80	<input type="checkbox"/> 4	<input type="checkbox"/> 15	<input type="checkbox"/> 1
j. Social clubs such as for books, gardening, crafts or hobbies	<input type="checkbox"/> 5	82	<input type="checkbox"/> 4	<input type="checkbox"/> 12	<input type="checkbox"/> 1

## VOLUNTEERING AND CIVIC ENGAGEMENT

## 23. How important do you think it is to have the following in your city?

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a. A range of volunteer activities to choose from..	<input type="checkbox"/> 5	82%	<input type="checkbox"/> 4	<input type="checkbox"/> 3	16%
b. Volunteer training opportunities to help people perform better in their volunteer roles .....	<input type="checkbox"/> 5	77%	<input type="checkbox"/> 3	<input type="checkbox"/> 2	4%

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
c. Opportunities for older adults to participate in decision making bodies such as community councils or committees .....	<input type="checkbox"/> 5	78	<input type="checkbox"/> 4	22%	<input type="checkbox"/> 2 0 <input type="checkbox"/> 1
d. Easy to find information about local volunteer opportunities .....	<input type="checkbox"/> 5	84	<input type="checkbox"/> 4	15%	<input type="checkbox"/> 2 18% <input type="checkbox"/> 1
e. Transportation to and from volunteer activities for those who need it .....	<input type="checkbox"/> 5	74	<input type="checkbox"/> 4	18%	<input type="checkbox"/> 2 8% <input type="checkbox"/> 1

## JOB OPPORTUNITIES

### 24. Which of the following best describes your current employment status?

- 7 Self-employed, part-time → GO TO Question 25 9%
- 6 Self-employed, full-time → GO TO Question 25 3%
- 5 Employed, part-time → GO TO Question 25 4%
- 4 Employed, full-time → GO TO Question 25 8%
- 3 Unemployed, but looking for work → GO TO Question 25 0%
- 2 Retired, not working at all → GO TO Question 26 70%
- 1 Not in labor force for other reasons → GO TO Question 26 5%

### 25. How likely is it that you will continue to work for as long as possible, rather than choosing to retire and no longer work for pay?

- 5 Extremely likely 28%
- 4 Very likely 28%
- 3 Somewhat likely 28%
- 2 Not very likely 22%
- 1 Not at all likely 22%
- 0 Not sure 22%

18 respondents

### 26. How important do you think it is to have the following in your city?

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a. A range of flexible job opportunities for older adults.....	64% <input type="checkbox"/> 5	32% <input type="checkbox"/> 4	4% <input type="checkbox"/> 3	2% <input type="checkbox"/> 2	1% <input type="checkbox"/> 1
b. Job training opportunities for older adults who want to learn new job skills within their job or get training in a different field of work.....	64% <input type="checkbox"/> 5	32% <input type="checkbox"/> 4	4% <input type="checkbox"/> 3	2% <input type="checkbox"/> 2	1% <input type="checkbox"/> 1
c. Jobs that are adapted to meet the needs of people with disabilities .....	64% <input type="checkbox"/> 5	32% <input type="checkbox"/> 4	4% <input type="checkbox"/> 3	2% <input type="checkbox"/> 2	1% <input type="checkbox"/> 1

## COMMUNITY INFORMATION

27. Would you turn to the following resources if you, a family member or friend needed information about services for older adults, such as caregiving services, home delivered meals, home repair, medical transport or social activities?

	Yes	No
a. AARP.....	67 <input type="checkbox"/> 1	33 <input type="checkbox"/> 2
b. Sourcewise (Previously Council on Aging) .....	63 <input type="checkbox"/> 1	37 <input type="checkbox"/> 2
c. Local senior centers .....	90 <input type="checkbox"/> 1	10 <input type="checkbox"/> 2
d. Local nonprofit organizations .....	76 <input type="checkbox"/> 1	24 <input type="checkbox"/> 2
e. Clinic/Hospitals.....	66 <input type="checkbox"/> 1	34 <input type="checkbox"/> 2
f. Faith-based organizations such as churches or synagogues .....	46 <input type="checkbox"/> 1	54 <input type="checkbox"/> 2
g. Department of Aging and Adult Services (DAAS) .....	66 <input type="checkbox"/> 1	34 <input type="checkbox"/> 2
h. 211.....	25 <input type="checkbox"/> 1	75 <input type="checkbox"/> 2
i. Your doctor or other health care professional .....	81 <input type="checkbox"/> 1	19 <input type="checkbox"/> 2
j. Local government offices such as the Department of Health .....	50 <input type="checkbox"/> 1	50 <input type="checkbox"/> 2
k. Internet .....	96 <input type="checkbox"/> 1	4 <input type="checkbox"/> 2
l. Library.....	69 <input type="checkbox"/> 1	31 <input type="checkbox"/> 2
m. Other..... Please specify: _____	<input type="checkbox"/> 1	<input type="checkbox"/> 2

28. How important do you think it is to have the following in your city?

	Extremely Important	Very Important	Somewhat Important	Not Very Important	Not At All Important
a. Access to community information in one central source.....	<input type="checkbox"/> 5	73 <input type="checkbox"/> 4	21 <input type="checkbox"/> 3	<input type="checkbox"/> 2	5 <input type="checkbox"/> 1
b. Clearly displayed printed community information with large lettering.....	<input type="checkbox"/> 5	59 <input type="checkbox"/> 4	35 <input type="checkbox"/> 3	<input type="checkbox"/> 2	5 <input type="checkbox"/> 1
c. An automated community information source that is easy to understand like a toll-free telephone number.....	<input type="checkbox"/> 5	60 <input type="checkbox"/> 4	30 <input type="checkbox"/> 3	<input type="checkbox"/> 2	10 <input type="checkbox"/> 1
d. Free access to computers and the Internet in public places such as the library, senior centers or government buildings .....	<input type="checkbox"/> 5	82 <input type="checkbox"/> 4	15 <input type="checkbox"/> 3	<input type="checkbox"/> 2	3 <input type="checkbox"/> 1
e. Community information that is delivered in person to people who may have difficulty or may not be able to leave their home.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
f. Community information that is available in a number of different languages .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

## ABOUT YOU...

### D1. How do you identify yourself?

- <sub>1</sub> Male
- <sub>2</sub> Female
- <sub>3</sub> Other (Please specify) \_\_\_\_\_

### D2. Do you consider yourself to be?

- <sub>1</sub> Heterosexual/Straight
- <sub>2</sub> Lesbian
- <sub>3</sub> Gay
- <sub>4</sub> Bisexual
- <sub>5</sub> Transgender
- <sub>6</sub> Other (Please specify) \_\_\_\_\_

D3. How old are you?    [AGE IN YEARS]

### D4. What is your current relationship status?

- <sub>1</sub> Married
- <sub>2</sub> Not married, living with partner
- <sub>3</sub> Separated
- <sub>4</sub> Divorced
- <sub>5</sub> Widowed
- <sub>6</sub> Never married
- <sub>7</sub> Single

### D5. Besides yourself, do you have any of the following people living in your household?

	Yes	No
a. Child/children under 18.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
b. Child/children 18 or older .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
c. Child/children away at college .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
d. Parents .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
e. Other adult relative or friend 18 or older .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>

**D6. Do you have any of the following kinds of health care coverage? (Select all that apply)**

	Yes	No	Not Sure
a. Insurance through a current or former employer of yours or your spouse .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 0
b. Insurance purchased directly from an insurance company (not through an employer) .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 0
c. Medicare (for people 65 and older or people with certain health disabilities).....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 0
d. Medi-Cal or any kind of government assistance plan for those with low incomes or a disability.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 0
e. Veterans Administration or other military health care .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 0
f. Any other insurance coverage .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 0

**D7. Does any disability, handicap, or chronic disease keep you and/or your spouse or partner from fully participating in work, school, housework or other activities? [CHECK ONLY ONE]**

- 1 Yes, myself
- 2 Yes, my spouse or partner
- 3 Yes, both me and my spouse or partner
- 4 No

**D8. Are you of Hispanic, Spanish, Latino origin or descent?**

- 1 Yes
- 2 No

**D9. What is your race and/or ethnicity? [CHECK ALL THAT APPLY]**

- 1 White or Caucasian
- 2 Black or African American
- 3 American Indian or Alaska Native
- 4 Asian
- 5 Native Hawaiian or other Pacific Islander
- 6 Other, please specify: \_\_\_\_\_

**D10. What best represents the language you speak at home. [CHECK ONLY ONE]**

- 1 English
- 2 Spanish
- 3 Chinese
- 4 Vietnamese
- 5 Tagalog
- 6 Hindi

7 Korean  
 8 Persian/Farsi  
 9 Russian  
 10 Japanese  
 11 Other \_\_\_\_\_

**D11. What is the highest level of education you have completed?**

1 K-12<sup>th</sup> grade (no diploma)  
 2 High school graduate, GED or equivalent  
 3 Post-high school education/training (no degree)  
 4 2-year college degree  
 5 4-year college degree  
 6 Post-graduate study (no degree)  
 7 Graduate or professional degree(s)

**D12. In general, how often do you go online to access the Internet for things like sending or receiving email, getting news and information, paying bills or managing finances or buying products or services? This includes access from home, work, a mobile device (such as a smartphone), or someplace else.**

1 Several times a day       5 Once every few weeks  
 2 About once a day       6 Once a month or less  
 3 3-6 days a week       7 Never go online  
 4 1-2 days a week

**D13. What was your annual household income before taxes in the most recent tax year?**

1 Less than \$10,000       5 \$50,000 to \$74,999  
 2 \$10,000 to \$19,999       6 \$75,000 to \$99,999  
 3 \$20,000 to \$29,999       7 \$100,000 to \$149,999  
 4 \$30,000 to \$49,999       8 \$150,000 or more  
 5 \$50,000 to \$74,999

**D14. During the past 12 months, have you experienced confusion or memory loss that is happening more often or getting worse?**

1 Yes       2 No

**D15. (If you responded yes to the question above) Have you discussed increases in your confusion or memory loss with a health care professional?**

1 Yes       2 No

**D16. People may provide regular care or assistance to a friend or family member with cognitive impairment or dementia. During the past month, did you provide any such care or assistance to a family member or friend?**

<sub>1</sub> Yes       <sub>2</sub> No

**D17. During the past year, has the person you care for experienced changes in thinking or remembering?**

<sub>1</sub> Yes       <sub>2</sub> No

**D18. What kind of community support would be most helpful to you in caring for someone with memory problems or a diagnosis with dementia? (Please rate your top 5 choices in order of importance)**

- Community members who are informed or sensitive of cognitive changes
- Understanding and support from my workplace or employer
- Financial advice
- Legal and advance planning advice
- Social engagement opportunities for persons with dementia
- Respite care
- Hospital and clinic staff who are more understanding and sensitive to changes in cognition
- Access to a physician who is trained in the diagnosis, assessment and management of dementia
- 24/7 access to specialists who can answer questions about dementia, medications and treatment options, care options, caregiving tips, services available in your community and referrals
- Other (Please specify) \_\_\_\_\_

**D19. Please use the space below for any additional comments.**

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**Thank you very much for completing this survey.  
Your assistance in providing this information is greatly appreciated.**

## CHSSC GOALS 2020-2021

GOAL	TASK	PRIMARY PERSON RESPONSIBLE	PROGRESS REPORTS	YEAR END REVIEW
1. INFORM, EDUCATE, AND EMPOWER LOS GATOS ABOUT PUBLIC HEALTH ISSUES, PARTICULARLY BEHAVIORAL AND MENTAL HEALTH, SUBSTANCE AND DOMESTIC ABUSE, AND SUICIDE PREVENTION	<p>A. DO OUTREACH TO LOCAL HOSPITALS AND HEALTH CARE PROVIDERS SUCH AS GOOD SAMARITAN, EL CAMINO, PAMF, STANFORD AND OTHERS, TO BECOME MORE EFFECTIVE IN DEALING WITH THESE ISSUES</p> <p>B. DO OUTREACH TO CASSY AND HIGH SCHOOL GROUPS TO BECOME MORE EFFECTIVE IN DEALING WITH THESE ISSUES.</p> <p>C. HELP DISSEMINATE PUBLIC HEALTH INFORMATION TO THE COMMUNITY SUCH AS BY CONTACTING SYNAGOGUES, CHURCHES, TEMPLES, THE JCC, THE SENIOR CENTER, MOSQUES AND OTHERS</p> <p>D. PROMOTE COMMUNITY INVOLVEMENT AND ADVOCACY ON ISSUES OF CONCERN TO INDIVIDUALS IN THE COMMUNITY</p> <p>E. PARTNER WITH GROUPS SUCH AS THE CHAMBER OF COMMERCE, THE YOUTH COMMISSION, THE SARATOGA SENIOR CENTER AND OTHERS ON DEVELOPMENT OF ANNUAL COMMUNITY HEALTH FAIR/RESOURCE FAIR</p>	George & Dick  Arshia  Laura & George  Jeff & Laura  Arshia & George & Dick		

## CHSSC GOALS 2020-2021

2. CONTINUE ADVANCING THE GOALS OF THE LOS GATOS AGE FRIENDLY INITIATIVE	<ul style="list-style-type: none"> <li>A. PROACTIVELY SUPPORT EFFORTS FOCUSING ON SOCIAL BRIDGING FOR ISOLATED SENIORS</li> <li>B. EXPAND EFFORTS TO PROVIDE DIGITAL INCLUSIVITY FOR SENIORS</li> <li>C. DEVELOP FORUMS TO LEARN THE NEEDS OF SENIORS</li> <li>D. BROADEN YOUTH INVOLVEMENT TO EXPAND INTERGENERATIONAL OPPORTUNITIES</li> </ul>	Lydia & Laura Lydia & Laura Lydia & Laura Arshia & Dick		
3. CONTINUE TO JOIN AND DEVELOP COALITIONS OF MUTUAL BENEFIT	<ul style="list-style-type: none"> <li>A. CAPITALIZE ON OUR RELATIONSHIP WITH THE LOS GATOS SERVICE PROVIDERS</li> <li>B. ENHANCE SERVICE PROVIDERS' VOLUNTEER RECRUITMENT AND DEVELOPMENT BY ANALYZING THEIR NEEDS AND SPONSORING COMMUNITY WIDE RECRUITMENT EVENTS</li> <li>C. REGULARLY PARTICIPATE IN STATE AND COUNTY ACTIVITIES AND CAPITALIZE ON ANY INITIATIVES RELATED TO OUR GOALS</li> <li>D. EXPLORE OPTIONS TO ADVOCATE FOR/ADVANCE DEVELOPMENT OF AFFORDABLE LOW INCOME AND SENIOR HOUSING</li> </ul>	George & Dick Jeff & Dick George & Arn Laura & Lydia		
4. IMPROVING AND PUBLICIZING THE COMMISSION	<ul style="list-style-type: none"> <li>A. LEARN AND INCORPORATE BEST PRACTICES FROM OTHER COMMUNITIES, SUCH AS CAMPBELL, LOS ALTOS, SARATOGA, SAN JOSE AND OTHERS</li> <li>B. ANNUALLY REPORT OUR ACTIVITIES AND FINDINGS TO THE TOWN COUNCIL</li> </ul>	Jeff & George Chair		

## CHSSC GOALS 2020-2021

	C. ENHANCE PUBLICIZING OF THE COMMISSION SO THAT THE COMMUNITY KNOWS WHO WE ARE AND THE RESOURCES WE PROVIDE	Jeff & Arshia		
5. PARTICIPATE IN ANNUAL COMMUNITY GRANT PROCESS	A. COMMISSION REPRESENTATION ON THE GRANT REVIEW PANEL. B. REVIEW APPLICATIONS OF SERVICE PROVIDER GRANTS AWARDED FOR PUBLIC HEALTH AND SENIOR SERVICES. C. PERFORM ASSESSMENT OF GRANTEES.	Commission		