



**AGENDA**  
**BIRMINGHAM AD HOC AGING IN PLACE COMMITTEE**  
**Wednesday, February 28, 2024**  
**Next**  
**2121 Midvale Street**  
**Birmingham, MI 48009**  
**1:00 PM**

---

1. Call to Order
2. Roll Call
3. Approval of Minutes
  - a. Minutes of January 24, 2024 Regular Meeting
4. Guest Speakers: None
5. New Business:
  - a. Committee Update Summary- Chair Hoff
  - b. Discussion/Receive Public Input on the Topic of Aging in Place
6. Old Business: None
7. Open to the Public for Items Not on the Agenda
8. Miscellaneous Communications
  - a. Copy of Final Community Survey
9. Announcements
10. Adjournment

\*Please note that board meetings will be conducted in person. Members of the public can attend in person at Birmingham City Hall, 151 Martin Street, Birmingham, MI.

**NOTICE:** Individuals requiring accommodations, such as interpreter services for effective participation in this meeting should contact the City Clerk's Office at (248) 530-1880 at least two days prior to the public meeting.

Las personas que requieren alojamiento, tales como servicios de interpretacion, la participacion efectiva en esta reunion deben ponerse.

## City of Birmingham

### Regular Meeting of the Ad Hoc Aging in Place Committee - DRAFT

January 24, 2024

Conference Room 202

151 Martin Street, Birmingham, Michigan

Draft minutes of the regular meeting of the City of Birmingham's Ad Hoc Aging in Place Committee held on January 24, 2024.

**1. Call to Order:** AIPC Chair Hoff convened the meeting at 4:00 p.m.

**2. Roll Call:**

**Present:** Pam DeWeese, Rosemary O'Malley, Rackeline Hoff, Melissa Mark, Rebekah Craft, Cris Braun, Leslie Pielack, Jay Reynolds (alternate)

**Absent:** None

**3. Approval of Minutes:**

A. Regular meeting of the AIPC on January 24, 2024.

Chair Hoff asked if there were any comments or corrections to the draft minutes from this meeting.

- i. CM Braun: Section 5, Sub Section C (iv.) - "overheard" to "overhead" and "know" to "Knox."
- ii. CM Braun: Section 5, Sub Section C (ii.) - "ACXM" to "ACM."
- iii. CM Pielack: Section 9, Sub-Section A - "Hoof" to "Hoff."
- iv. Alternate CM Reynolds: A: Section 5, Sub-Section B - "'Lainson" to "Liaison."
- v. ACM Clemence: Section 5, Sub-section C (i) - "maple" to Maple."

Chair Hoff asked for a motion to approve the AIPC minutes of December 13, 2023 with the above listed changes.

Motion by CM Mark to approve the minutes of the December 13, 2023 meeting with the above listed five changes. Motion seconded by CM Braun. Voice Vote:

Yeas: Hoff, Mark, DeWeese, Pielack, O'Malley, Craft, Braun

Nays: None

**4. Guest Speaker:** Jim Mangi – Founder & Director of Dementia friendly Saline Volunteer Educator for Alzheimer's Association Care Partner

ACM Staff Liaison Clemence introduced the guest speaker, Mr. Mangi.

A. Introduction

- i. Mr. Mangi stated that he was from the City of Saline, MI and that he believes that it is about half the size of Birmingham.

- ii. Mr. Mangi stated that he was going to talk about what is a dementia friendly community is. Mr. Mangi explained that a dementia friendly community is a community where a broad spectrum of partners make a commitment to adapt practices or operations that make it less difficult for people in the community who have dementia.
- iii. Mr. Mangi believes that approx. 2% of Birmingham population are living with dementia and that approx. 5% of Birmingham's population is affected by dementia when you consider family members and care givers.
- iv. The goal is for members of the community to walk towards a person with dementia, not away from them.
- v. Mr. Mangi stated that there are approx. 300 current "Dementia Friendly Communities (DFA's) nationwide and that it has been a "grassroots effort" to get started.

B. What Does a DFA Look Like?

- i. A DFA can be as simple a community coming together, Businesses, offices, churches, residences and assisted living facilities and training their respective staffs or members on how to deal with a person with dementia. The training does not have to be long, maybe only as long and an hour or so.
- ii. There are signs with a person who has dementia that are often displayed:
  - a. Looking down
  - b. Reflective surfaces often confuse them

C. Why Be a DFA?

- i. Simple – There are more benefits than costs.
- ii. Costs are really not that much.
- iii. The benefits of becoming or learning to be a DFA are a great image for the City to portray.
- iv. A DFA community empowers people to go out like they used to and enjoy life activities while also spending money in the community.

D. How to You Make a DFA Community Happen?

- i. There is a DFA "Tool Kit," but in my opinion, it should not be taken too seriously. The formal DFA process to become a DFA community is very lengthy and in my opinion, you will be spending time on getting organized that could be better spent on getting training and the process going. "Just do it" is my suggestion. Don't let the planning process slow down the community from proceeding towards being a DFA community.
- ii. Start with some public awareness programming and get the ball rolling. A public presentation to encourage people to come forward and ask to receive the training to become DFA. A community will "grow as you go."
- iii. This is what we did in my home city of Saline. We did a public presentation that was attended by the mayor and following the training, the mayor and others liked the idea and went with it. The City of Saline passed a resolution supporting DFA status, City staff received dementia awareness training and the program grew from there.
- iv. Not only do we as an organization provide training and workshops, but we also help people with dementia themselves. Our "Memory café" program is

an example of this. Our best example of this is our movie program. The Caregiver Alliance gave our program a national award – the first in the country- for our movie program. Participants are encouraged to get up during the movie and sing and dance. The movies are usually classics. Our corporate partner is Emagine Theatres. Mr. Mangi stated that Emagine is an unbelievable partner and a true asset to the community.

E. Questions?

- i. CM Mark stated that it appeared to her that training is the key to the success of the DFA program. Mr. Mangi agreed with CM Mark.
- ii. Chair Hoff who teaches the dementia friendly skills. Mr. Mangi explained that both he and his staff are qualified to teach the information.
- iii. Chair Hoff asked Mr. Mangi what are the characteristics that people should look for that would help identify them as possibly having dementia? Mr. Mangi stated that there is a list of the "Ten (10) Warning Signs of Alzheimer's. Mr. Mangi listed a few for the AIPC:
  - a. Confusion - Who or where they are
  - b. Difficulty with navigation
  - c. Difficulty making choices
  - d. Behavioral Issues – Fear, withdrawal, aggression, slow verbal responses\
  - e. Some have hallucinations

Mr. Mangi stated that none of the warning signs are infallible.

- iv. CM Mark asked if Alzheimer's is a type of dementia. Mr. Mangi stated that dementia is a condition of having memory loss and cognitive issues that interfere with daily life activities. Mr. Mangi stated that Alzheimer's is a brain disease. It is a physical disease. Mr. Mangi stated that 70% of all dementia cases are related to strokes. The other 30% of dementia cases are related to small strokes, Parkinson's disease, Lewy Body disease and others. Mr. Mangi stated that Alzheimer's disease progresses, it is 100% fatal.
- v. Alternate CM Reynolds asked if the Ann Arbor community is supportive of his efforts. Mr. Mangi stated they are, especially the Kiwanis Club.
- vi. CM O'Malley asked what the biggest impact event was for Dementia Friendly Saline. Mr. Mangi replied that it was definitely the movies. Mr. Mangi stated that there could be as many as 90 participants at the movie.
- vii. CM DeWeese told Mr. Mangi that his presentation was inspirational. Mr. Mangi was asked how much buy-in does the community of Saline have in the program and would it survive if was not there to direct it. Mr. Mangi stated that the City of Saline is committed to the program and that between the community and his staff, he was very confident that the mission would continue.
- viii. CM Braun asked if there were any church services for people with dementia. Mr. Mangi stated that there was not, but was hopeful one could be down the road.

- ix. CM Pielack asked Mr. Mangi if there was any aspect of the program he felt was not working well. Mr. Mangi stated that that was a good question and stated that if he could think of one thing, it is that he has not visited as many business as he would have liked. Mr. Mangi stated that he has also not net worked with the local Chamber of Commerce as much as he would have like to "get buy-in." Mr. Mangi stated that is on him for not doing that.
- x. CM Pielack asked Mr. Mangi if he was collecting any data on his program. Mr. Mangi stated that he was not and that the organization is just spread too thin to accomplish data collection. Mr. Mangi stated that he believed that data was being collected on a similar program out of Bloomington, Indiana.
- xi. Chair Hoff asked if the age of a business owner had any effect on how that person responds to a person with dementia. Mr. Mangi stated that the key is not a person's age, but the "context of their experiences" as being the key to how they respond.

#### F. Comments

- i. Chair Hoff and Staff Liaison ACM Clemence thanked Mr. Mangi for his presentation.
- ii. Chair asked if there were any comments from the AIPC?
  - a. CM DeWeese started that she would love to see Birmingham start a similar program.
  - b. Chair Hoff asked if Next would be interested. CM Braun stated that caregiver help is something Next is looking at and that she thought a possible program for Next would be what the ten signs one should be looking out for that indicate dementia may be an issue for someone.
  - c. CM Craft liked the memory café idea and also stated that she would seek Mr. Mangi out for the training of library staff. Chair Hoff stated that the ten signs to look out for would be good training for family members as well.
  - d. Chair Hoff brought up the File for Life cards that were originally an idea that came to fruition by the Senior Foundation. Alternate CM Reynolds brought with him to the meeting an example of the File for Life card. CM Mark asked how the program worked. Chair Hoff explained the program (a person lists all of their contact information and list of current medications and any other pertinent information for first responders and suggested that it might be a good idea to let people know that these cards are still available and where they can be obtained from.
  - e. Chair Hoff asked the public present at the meeting if they had any comments. Mr. Devereaux stated that he was impressed with the presentation and offered that music is important is this area.

- f. Other items that were brought up were an article on aging in the Downtown magazine as well as a discussion concerning the Baldwin House and a continuation in the reduction of services offered and price increases.
- g. CM Pielack stated that the work of the AIPC has come to the attention of other communities.

## **5. New Business:**

- A. Follow-up discussions on items brought up by the public from the community meeting on December 13, 2023:
  - i. Dementia Friendly City – Covered by guest speaker.
  - ii. Communication of the Community Survey to Birmingham Public Schools
    - a. Staff Liaison ACM Clemence spoke with Mr. Cortez Strickland, the Marketing and Communications Manager for the Birmingham Public Schools.
    - b. Staff Liaison ACM Clemence explained to Mr. Strickland what the Community Survey was and asked that the BPS promote the Community Survey to their constituency. Mr. Strickland agreed to do so.
    - c. Staff Liaison ACM Clemence prepared a written document detailing the work of the AIPC and the Community Survey for Mr. Strickland and emailed him the document to be used in a newsletter to all BPS families.
  - iii. In relation to questions concerning "Knox Boxes," Staff Liaison ACM Clemence reached OUT TO Assistant Fire Chief Matt Bartalino who confirmed that the BFD still operates a loaner box "Know Box" program and that they have approximately nine (9) Knox Boxes that can be obtained from the fire department for free for a period of 9 -12 weeks when a resident returns home for rehabilitation or convalescence.
  - iv. Next vendor list - Staff Liaison ACM Clemence spoke with Next Executive Director Cris Braun who stated that anyone looking for a vetted contractor or service vendor could call Next and be provided the information. There is no published list as it is always changing and being updated.
  - v. During the RFP pre-bid meeting for the YMCA building (400 E. Lincoln), Staff Liaison ACM Clemence stated that all of the bidders were told that a "warm and inviting lobby" was definitely important to Next and the project.
  - vi. There was a statement made by a member of the public that if the City was to be a true "walkable" City, then the City should be the one responsible for cleaning off sidewalks and maintaining safe sidewalks. Staff Liaison ACM Clemence relayed this information to both City Manager Ecker and DPS Director Zelinski.
  - vii. There were statements made by a couple of residents that were concerned that the Birmingham Community House was no longer a part of the City's fabric, that their involvement as a community partner was no longer present and that their "business plan" has changed and they are no longer about community. Staff Liaison ACM Clemence called the President and

CEO William Seklar from the Birmingham Community House and has arranged a meeting between Mr. Seklar and Staff Liaison ACM Clemence, City Manager Ecker and ACM Fairbairn on Friday, January 26, 2024.

**6. Old Business:** None

**7. Open to the Public for Items Not on the Agenda:** None

**8. Miscellaneous Communications:**

- A. Email communication from Maureen Field
- B. Telephone communication with Dorothy Conrad
  - i. Staff Liaison AACM Clemence informed the AIPC that he spoke with resident Dorothy Conrad by telephone. Ms. Conrad is a resident of the Baldwin House. Ms. Conrad wanted to express her disappointment that no member of the AIPC currently lived in senior housing. Ms. Conrad wanted to make sure the AIPC understands and addresses the affordability of senior housing in the City.

**9. Announcements:**

- A. Staff Liaison ACM Clemence informed the AIPC that as promised, he attended the governing board meetings of the Village of Beverly Hills, the Village of Bingham Farms and the Village of Franklin to inform them about the City AIPC and inviting their residents to participate in the Community Survey as interlocal partners in the mutual support of Next.
- B. Staff Liaison ACM Clemence also hand delivered copies of the Community Survey directly to the Baldwin House.

**10. Adjournment:**

With no further business being evident, Chair Hoff closed the meeting. CM DeWeese made a motion to adjourn the meeting at 5:08 pm. Seconded by CM O'Malley.

## **Ad Hoc Aging in Place Committee**

### **Regular Meeting**

**February 28, 2024**

### **Public Engagement**

#### **SUMMARY**

The function of the Ad Hoc Aging in Place Committee (AIPC) is to study current demographic trends, evaluate the needs of the City's aging population and to prepare a City-wide action plan outlining the vision and goals to improve the health, safety and welfare of older citizens and encourage residents to age comfortably in Birmingham.

The AIPC is made up of seven regular members and one alternate member and is assisted by a City staff member as an Ex-officio member.

The AIPC formed in June of 2023 by the City Commission and began meeting in July. The AIPC has met at least monthly on the last Wednesday of the month. To facilitate continued progress the AIPC added a second meeting in both October and November of 2023. Below is a complete list of the meetings and work of the AIPC:

1. July 26, 2023: Kick-off meeting. Review Committee Goals/Objectives. Guest Speaker was the Chief of Adult Services for Oakland County, Mr. Jim Ellison.
2. August 30, 2023: Review Demographic Data and Analyze Existing Services. Guest Speaker was Executive Director Cris Braun of Next.
3. September 27, 2023: City Planning and Building Review. Guest Speakers were City Planning Director Nick Dupuis and Assistant Building Official Mike Morad. How Does the City's 2040 Master Plan Address Aging in Place? What is the effect of Zoning Codes on Aging in Place?
4. October 11, 2023: Workshop to Discuss Community Survey - Criteria, Format, Length and Dissemination. Discuss First Draft.
5. October 25, 2023: Discussion/Edit of Community Survey – Second Draft.
6. November 8, 2023: Discussion/Edit of Community Survey – Third Draft.
7. November 15, 2023: Discussion/Edit of Community Survey – Final Draft.
8. December 2 and 3, 2023: ACM Staff Liaison Clemence distributed Community Surveys at the City's Winter Market Event.
9. December 13, 2023: Public Engagement Meeting for Review on the Work of the AIPC and Input from the Community on Aging in Place. This meeting was held in the evening at the Baldwin Public Library.
10. January 24, 2024: Dementia Friendly City Discussion. Guest Speaker was Mr. Jim Mangi, Founder and Director of Dementia Friendly Saline.

## Community Survey

The Community Survey will be available for anyone to complete and will be available in both print form and as well as on-line at [engage.bhamgov.org/aginginplace](https://engage.bhamgov.org/aginginplace). In an effort to reach as many residents as possible, the City sent out a print copy of the Community Survey in every resident's water bill. This process was completed over a three month time period (December, January and February). There is a "QR" code in the upper right hand corner of the Community Survey to take a respondent directly to the webpage on Engage Birmingham if a respondent wishes to complete the survey in electronic form or the respondent can complete the survey in print form and mail it back to the City or drop it off at City Hall, the Baldwin Public Library, The Birmingham Museum or Next. Printed copies of the Community Survey will also be available at all of the above locations.

The AIPC really wants to make the effort to reach as many people as possible to complete the survey and gather both data and insight into the lives of our older population in order to provide them with as many services and assistance as possible. Staff Liaison ACM Clemence also attended the council meetings for the Village of Beverly Hills, the Village of Bingham Farms and the Village of Franklin. At each respective council meeting, Staff Liaison ACM Clemence explained the Community Survey and asked for participation from their constituency and as the City's partners in support of Next by interlocal agreement.

## AARP Eight Domains of Livability

In constructing the Community Survey, The AIPC considered all eight of the domains of livability. The Eight domains have been used by many other communities to gage where their communities are in terms of factors that are critical to older persons and their quality of life.

In order to meet the AIPC's important goal of reaching as many people as possible, the Community Survey had to be limited to two pages (front and back) in order to be included in the City's water bills. As a result, the AIPC utilized the following categories in the survey that combined a number of the eight domains together:

1. What is most important about Birmingham for older adults?
2. Demographics
  - a. Birmingham Population is Aging – As of 2021, the largest population of residents in the City are between 50 and 54 years of age with the second largest population of residents between the ages of 60 and 64.
  - b. Households with Adults age 65+ have gone up 34% from 2010 to 2021.

3. Birmingham & Your Needs
  - a. What are older adult support systems? Is health care a concern?
  - b. How familiar are older adults with Next and all of the services and opportunities that Next has to offer?
  - c. What are the support services that older adults need?
  - d. Are the City's parks and facilities accessible?
4. Transportation
  - a. Accessibility, safety and awareness.
  - b. Pedestrians need safe sidewalks and crossable streets.
  - c. Encourage transit use or the coordination of transportation outreach services.
5. Housing
  - a. Studies have shown that older adults want to remain in their current home as long as possible.
  - b. What assistance do older adults need with home modifications, snow removal, lawn care services and other basic home repair assistance?
  - c. What is the affordability of housing in our community? Is the affordability of housing a concern for older adults?
  - d. What can the City do from a planning/building prospective to encourage affordable housing (zoning law changes, ADU's, tiny houses, shared housing).
6. Social and Civic Engagement
  - a. People need public places to gather – indoors and out.
  - b. Accessibility concerns.
  - c. Everyone wants to feel valued. Intergenerational gatherings/activities help young and old to learn from one another.
  - d. Loneliness can be reduced by creating opportunities to socialize and engage in physical activity.
  - e. Do older adults feel connected to the Community?
  - f. Does the City have enough civic destinations?
7. Communications
  - a. The City's website, newsletters, social media and emails are popular methods of communication.
  - b. Older adults are particularly attentive to information received via the U.S. mail and from other people (word of mouth).
  - c. Many older adults are not "tech-savvy."
  - d. How can we improve our communications network with older adults?
8. Submit Your Survey
  - a. Make it as simple as possible – Use Engage Birmingham on-line or simply fill out a printed copy of the Community Survey and either mail it in or drop it off at City Hall, the Baldwin Public Library, Next or the Birmingham Museum.

- b. Simple, easy to understand and complete, convenient to submit.

### **DISCUSSION/INPUT FROM THE PUBLIC**

The AIPC would appreciate any and all feedback from the public on the work to date of the committee as well as ANY other information that a member of the public wishes to share with the AIPC.

The next steps are to continue to promote the Community Survey with the public, gather and analyze the results of the Community Survey and then discuss, compose, edit and publish an aging in place action plan for the City.



## ACTION PLAN FOR OLDER ADULTS

Share your feedback about an action plan to improve the health, safety and welfare of older adults in Birmingham. Whether you are an older adult or know of older adults within our community, your feedback is important!

### Did you know?

The U.S. Centers for Disease Control and Prevention defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level".

Birmingham maintains its small town feel while offering the recreational and cultural advantages of an urban area. What is most important about Birmingham for older adults? Check all that apply.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Arts and entertainment          | <input type="checkbox"/> Library/Museum          | <input type="checkbox"/> Safe neighborhoods  |
| <input type="checkbox"/> Community and social activities | <input type="checkbox"/> Next                    | <input type="checkbox"/> Shops & restaurants |
| <input type="checkbox"/> Houses of worship               | <input type="checkbox"/> Parks and trail system  | <input type="checkbox"/> Walkability         |
| <input type="checkbox"/> Historic character              | <input type="checkbox"/> Recreational activities | <input type="checkbox"/> Other: _____        |

## Demographics

What is your zip code? \_\_\_\_\_

Your age range:  Under 35  36-45  46-55  
 56-65  66-75  76-85  Over 85

Gender: \_\_\_\_\_

Number of people living in your home: \_\_\_\_\_

Are you employed?  Full-time  Part-time  
 Retired  Not employed

If not employed, would you like to re-enter the workforce?  
 Yes  No  Considering it

## Birmingham & Your Needs

Circle the number which best describes your feelings about the statements below.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
It is important for me to remain in Birmingham as I age.	1	2	3	4	5
I feel the City of Birmingham's police, fire and public services meet my needs.	1	2	3	4	5
Birmingham has accessible parks and facilities.	1	2	3	4	5
I have a support system in place to assist me as I age.	1	2	3	4	5
I have adequate health care and am healthy enough to age in my residence.	1	2	3	4	5
I would support the continuation of a senior millage (one mill or less) for older adults.	1	2	3	4	5
I am familiar with Next, a nonprofit organization that is the City's primary provider of lifelong learning and activities for older adults.	1	2	3	4	5
I am familiar with Next's comprehensive support services.	1	2	3	4	5

I need help with the following support services. Check all that apply.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Grass cutting | <input type="checkbox"/> Minor home repairs/modifications | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Snow removal  | <input type="checkbox"/> Daily living activities          | <input type="checkbox"/> Other: _____   |

## Transportation

I have adequate personal transportation.

Strongly Disagree   Disagree   Neutral   Agree   Strongly Agree

1   2   3   4   5

I am familiar with the City's partnership with Next to provide SMART transportation services to local appointments/destinations.

1   2   3   4   5

## Housing

I feel safe in my residence.

Strongly Disagree   Disagree   Neutral   Agree   Strongly Agree

1   2   3   4   5

I am able to modify my residence so I may age in place.

1   2   3   4   5

It is important to stay in my current residence as I age.

1   2   3   4   5

The affordability of housing is a factor in my decision to remain in Birmingham.

1   2   3   4   5

Birmingham offers a variety of living options for older adults.

1   2   3   4   5

I am interested in the following alternative housing options in Birmingham. Check all that apply.

- Accessory Dwelling Units (ADUs)       Rental Units       Small/Tiny Homes
- Co-Housing       Senior Living Facilities       Other: \_\_\_\_\_

I have the following concerns about aging in my current home. Check all that apply.

- Unable to care for myself       Unable to care for my property       Stairs or other physical barriers
- Unable to afford to live in home       Feeling isolated/Being alone
- Other: \_\_\_\_\_ (Attach additional pages if needed.)

## Social & Civic Engagement

I am satisfied with Birmingham's civic destinations and outdoor spaces and facilities.

Strongly Disagree   Disagree   Neutral   Agree   Strongly Agree

1   2   3   4   5

Birmingham has adequate public restrooms.

1   2   3   4   5

I am satisfied with my social life and feel connected to the community.

1   2   3   4   5

## Communications

What is your primary source of City information? Check all that apply.

- City electronic newsletters/eblasts       City website       Social media
- City print newsletters       Family/friends/neighbors

I would like more information about older adult services and opportunities.

Yes    No

I would like to receive a weekly phone call to check on my welfare.

Yes    No

I would like to volunteer my time to assist others.

Yes    No

I would like to be contacted for a personal interview regarding my survey responses.

Yes    No

My contact information (optional): \_\_\_\_\_

If you have additional information you would like us to consider as we develop an action plan to help older adults age in place, please add additional pages or email [clemencem@bhamgov.org](mailto:clemencem@bhamgov.org).

## Submit Your Survey

- 1: U.S. Mail: City of Birmingham Attn: Aging in Place Survey, 151 Martin Street, Birmingham, MI 48009
- 2: Drop Off: City Hall drop boxes, Clerk's Office, Baldwin Public Library or Next (2121 Midvale Street)
- 3: Engage Birmingham - Submit this survey online at [engage.bhamgov.org/aginginplace](https://engage.bhamgov.org/aginginplace)



Thank you for completing this survey and helping to improve the health and wellness of older adults in Birmingham.