

From: [Kenneth Frederick](#)
To: [Council](#)
Subject: Comments on & Recommendations in Ref, to Item 13 on the 11/15/23 Town Council Agenda
Date: Wednesday, November 15, 2023 4:52:35 PM

[The e-mail below is from an external source. Please do not open attachments or click links from an unknown or suspicious origin.]

Atherton Town Council: (Please note that I'm sending this via e-mail to all of you because my return flight to SFO has been delayed & I may miss tonight's meeting)

This note is in reference to your discussion tonight on ***Item 13: Discussion of the Center for Age-Friendly Excellence Focus Groups and Task Force.***

This is my personal expression of what I believe to be the consensus of the Senior Residents that are involved in, or know of the process. Although I have been an active member of the Town's Senior Task Force, I really can only assert that these are my personal views because the Task Force never drafted and voted on their "official" recommendations. If there is any confusion, suggest that the Task Force should meet again to create and approve their "official" recommendations.

In my numerous conversations in the Task Force, with Focus Group members and with many "Atherton Residents at Large", I have found overwhelming support and appreciation for the leadership provided by the Town Council and the process run by CFAFE. Without such forward thinking, the Town may not have understood that the large group of Seniors in Atherton have somewhat unique needs that may not be met currently. Those needs are both different from the younger generations & also differ greatly within the Senior population. We all owe the Town Council our gratitude for launching this effort and CFAFE for running this initial process.

That said, my recommendations are:

1) Establish a new Senior Committee that will operate similar to the current “Tree Committee .

- The Committee would be independent from the Town but work in partnership with the Town on Senior-Focused projects.

- This allows the Senior resident volunteers to follow-up on the initial, but tentative findings, and move quickly to better document and quantify the true issues and needs of Seniors in Atherton

- The first task is may be to gather, document and distribute the wide range of information & support agencies that are already locally to our Seniors

Note: The independent committee will continue to understand the true needs in Atherton and refine the potential solutions; It will be a continuing process

2) Thank CFAFE (& the County for funding this effort) for their incredible support & direction in helping us to understand the situation

- However, do not continue any effort to gain an “Official Designation” of Atherton as a AARP & WHO “Designated Age Friendly City”

- Any effort to do so will will divert much needed Town funds and Staff time

- The Town & the new committee will be best at determining next steps

- Perhaps, more importantly, every Senior that I have talked to strongly felt that they did not want any demographic or other town data shared with outside agencies such as AARP and WHO

- They saw no value is such a designation nor having outside agencies have our town’s details

- Further, IF at a later date the independent Senior committee sees great value in such a designation, we could always apply later

3) Cooperate with the Library:

- Establishing a “Senior Information” area within the library could be a quick & low cost/effort to test the interests of our Seniors

- A small cubical, or another area that highlights the many programs and resources available in our community could be a very good way to begin a dialog with our Seniors

4) Consider a “Senior Focused Balance/Exercise/Strength” area in the

concept phase of the new Playground in Holbrook Palmer Park

- There is a growing awareness of the tremendous physical and mental health benefit of Seniors maintaining balance and strength as they age
- Many newer municipal playgrounds have designated areas or seniors to maintain balance and strength
- They need not be large areas, but are filled with “age-appropriate” equipment
- Note that a key advantage that many municipalities have seen is the growing relationships that are created when residents “Exercise & Play” together
- The recommendation is that the Park & Rec committee consider the needs of seniors and other groups of residents in a new Playground as well as those of our children

In summary:

1. Thanks again for the Council’s leadership in identifying the need and starting the process
2. An independent volunteer committee of Senior residents is the best way to move forward

If further clarification is appropriate I suggest that we have a follow-up Task Force meeting.

Best, Ken

Kenneth C. Frederick

