



AGE-FRIENDLY COMMUNITY 3 YEAR ACTION PLAN

A great place to live, work, and play for a lifetime





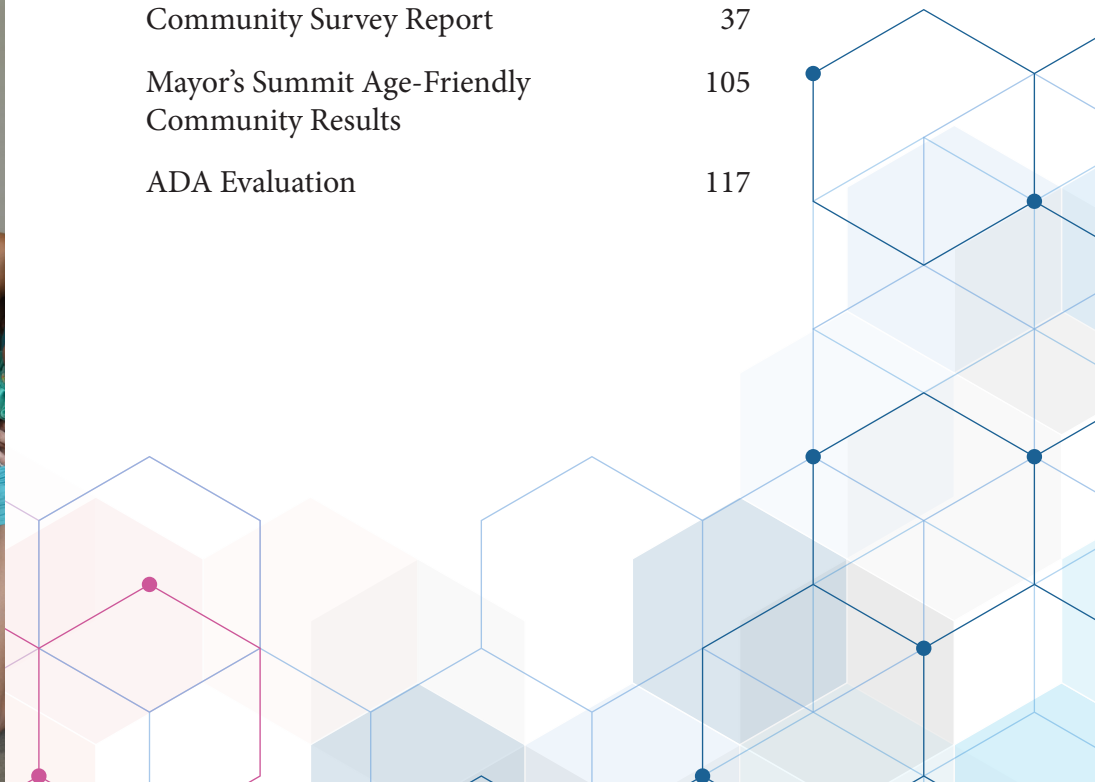
*All photos provided
courtesy of the
City of Arnold, Missouri*





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City of Arnold

Ron Counts, Mayor

November 1, 2019

Mr. Bill Armbruster, Senior Advisor
AARP Livable Communities |Community, State and National Affairs
601 E Street NW
Washington, DC 20049

Dear Mr. Armbruster,

As the first City in the State of Missouri to be accepted as an Age-Friendly Community, I am proud to present to the Missouri AARP our 2020-2023 Age Friendly Action Plan. Since acceptance into the Age-Friendly Communities Network, our Commission on Aging and Disabilities, city leaders, community leaders, and residents have provided input to create a vision of what Age-Friendly could look like for the City of Arnold. This action plan is just the start of our journey to creating a City that will be ideal for residents of all ages, for years to come. It will serve as a guide as we continue to commit to improving access to our great community for both citizens and visitors.

Through the partnerships and alliances that will be developed as this plan is implemented, we are confident that the changes that we make will benefit all residents, regardless of their age.

Upon approval of our action plan, we hope to strengthen our community and search for opportunities that will add value to this initiative. We look forward to making the City of Arnold a greater place to live, work, and play for a lifetime.

Sincerely,

Ron Counts

Mayor of the City of Arnold

RESOLUTION

RESOLUTION NO: 17-20

A RESOLUTION FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

- WHEREAS, A significant portion of the Arnold, Missouri's population is aging and aging population affects all- as individuals and as a civil society; and
- WHEREAS, As residents stay healthier and active longer, Arnold, Missouri is committed to adapting to the needs or changing demographics to serve the interests of our citizens; and
- WHEREAS, An age-friendly Arnold, Missouri's commitment encourages active aging by optimizing opportunities for health for residents of all ages; and
- WHEREAS, Where we choose to live, our physical, social, and cultural environment, greatly impacts how we live and in addition to Arnold, all Jefferson county communities play a critical role in helping residents live longer and better; and
- WHEREAS, Arnold, Missouri is taking the lead on addressing the question on how businesses, governments, nonprofits, and individuals will respond to changing needs for health care, housing, transportation, food, and other essentials; and
- WHEREAS, The world health organization (who) has developed a global network of age-friendly cities and communities to encourage and promote public policies to increase the number of cities and communities that support healthy ageing and thereby improve the health, well-being, satisfaction, and quality of life for older Americans; and
- WHEREAS, The who organization recognizes that cities and communities have different needs, resources, and varying capacities to engage their resources to take action to facilitate active ageing.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF ARNOLD, MISSOURI:

SECTION 1. The City of Arnold supports initiatives and opportunities to engage in the world health organization age-friendly cities and communities network. The Mayor and/or City Administrator are authorized to take the action necessary for the city of Arnold to join the AARP network of age friendly communities and the world health organization of age friendly cities and communities.

ACKNOWLEDGMENTS

First, we'd like to thank all of the Arnold residents who have taken an active part in the meetings and surveys for this plan, as well as for your efforts to make the City of Arnold a great place for people of all ages.

The past two years have been spent gathering information, listening to citizens, and developing partnerships with local organizations. All of this work has enabled us to put together this plan for the City of Arnold. We would like to thank the following people and groups:

Ron Counts (Mayor)
Mary Ellen Cox (Admin. Assistant)
Bryan Richison (City Administrator)
EJ Fleischmann (Ward 1 Councilman)
Jason Fulbright (Ward 1 Councilman)
Brian McArthur (Ward 2 Councilman)
Tim Seidenstricker (Ward 2 Councilman)
Mark Hood (Ward 3 Councilman)
Vern Sullivan (Ward 3 Councilman)
Butch Cooley (Ward 4 Councilman)
Gary Plunk (Ward 4 Councilman)
Robert Shockey (Chief of Police)
Dickie Brown (Director Parks / Recreation)
David Crutchley (Parks / Recreation Dep. Director)
David Bookless (Community Dev. Director)
Karen Kowal (ACAD member)
James Henson (ACAD member)
Glennon Overkamp (ACAD member)
Gena Dunn (ACAD member)
Christin Hovis (ACAD member)
Stephanie Paul (ACAD member)
Tommy Aubuchon (ACAD member)
Peggy Spray (ACAD member)
Bill Knittig (ACAD member)
City of Arnold Public Works Department
Arnold Tourism Commission
Arnold Historical Society
Jefferson County Health Department
Visiting Nurses Association
Leinicke Group, Inc.
Show Me Victories LLC
Leader Publications
ACAD- Arnold Commission on Aging and Disabilities



CITY DEMOGRAPHICS

Population

Population

2000: 19,965
2010: 20,808
2017: 21,102
Growth: 1,137 (+5.7%)



Male

2000: 9,713 (48.7%)
2010: 10,138 (48.7%)
2017: 10,459 (49.6%)
Growth: +0.9%



Female

2000: 10,252 (51.3%)
2010: 10,670 (51.3%)
2017: 10,643 (50.4%)
Growth: -0.9%

Median Age

2000: 36.7
2010: 39.2
2017: 39.8
Growth: +3.1 years

Age Breakdown



School Age (5-19)

2000: 4,340 (21.7%)
2010: 4,139 (19.9%)
2017: 3,936 (18.6%)
Growth: -404 (3.6%)



Ages 45-64

2000: 4,712 (23.6%)
2010: 5,710 (27.4%)
2017: 5,802 (27.4%)
Growth: +1,090 (3.8%)



Ages 65+

2000: 2,422 (12.1%)
2010: 2,966 (14.2%)
2017: 3,468 (16.4%)
Growth: +1,046 (4.3%)



Total Ages 45 and Up

2000: 7,134 (35.7%)
2010: 8,676 (41.7%)
2017: 9,270 (43.9%)
Growth: +2,136 (8.2%)

Race

Caucasian

2000: 19,548 (97.9%)
2010: 20,046 (96.3%)
2017: 20,726 (98.2%)
Growth: +1,178 (0.3%)

Hispanic

2000: 207 (1%)
2010: 455 (2.2%)
2017: 388 (1.8%)
Growth: +181 (0.8%)

Asian

2000: 75 (0.4%)
2010: 185 (0.9%)
2017: 107 (0.5%)
Growth: +32 (0.1%)

African American

2000: 59 (0.3%)
2010: 116 (0.6%)
2017: 80 (0.4%)
Growth: +21 (0.1%)

Housing



Total Households

2000: 7,550
2010: 8,090
2017: 8,920
Growth: +1,370 (1.18%)



Family households

2000: 5,561 (73.7%)
2010: 5,695 (70.4%)
2017: No data provided
Growth: +134 (1.02%)



Owner age 65+

2000: 582 (7.7%)
2010: 775 (9.5%)
2017: No data provided
Growth: +193 (1.33%)

Homes with resident 65+

2000: 1,642 (21.7%)
2010: 2,118 (26.2%)
2017: No data provided
Growth: +476 (1.28%)

* Data obtained from the 2000 and 2010 U.S. Census Bureau (factfinder.census.gov)

Data Analysis

- Given the current trends the estimated population by 2020 would be 21,651 and by 2030 would be 22,494
- Using the current growth of 6% from 2000 to 2010 for individuals age 45 and up, estimated population of this age range would be
 - o 2020- 10,328
 - o 2030- 12,079
- This would compute to 53.7% (more than half) of the City of Arnold Population being over the age of 45+
- We predict that the housing growth would remain static, given the fact that the city boundaries have not grown and new space for new housing construction is close to capacity.
 - o Given the results of the City survey completed; this would indicate that there would be a need for a strong emphasis on:
 - Any new housing being constructed with the ability to age in place (Universal Design)
 - Encouragement for home modifications to include Universal Design concepts



A photograph of the exterior of the City of Arnold Recreation Center. The building is constructed of red brick with horizontal bands of light-colored stone. The entrance features a large arched doorway with four glass doors. Above the doors is a transom window with the address "1695". Above the brick section, there is a row of five rectangular windows. The scene is partially framed by green tree branches at the top and left. A decorative geometric pattern of overlapping hexagons is overlaid on the bottom half of the image.

City of Arnold Recreation Center

1695

NO LOITERING

NO LOITERING

BUS
STOP

HISTORY OF THE ARNOLD COMMISSION ON AGING AND DISABILITIES

The Arnold Commission on Aging and Disabilities (herein referred to as Commission) was established in 2004 by then Mayor Mark Powell. Membership consisted of a representative from each of the four city wards, a community representative for the elderly, a community representative for those with a disability, a provider of services for the elderly, a provider of services for those with a disability, an at large member, a representative from the city council (non-voting), and the city.

The Commission was charged with the following duties:

- Determine the needs in respect to the citizens with disabilities or those aging.
- Make recommendations in regards to state and federal changes.
- Make recommendations to the city council in respect to ordinances / resolutions.
- Provide information, as needed, to the city administrators.
- Provide information to the community on resources for the aging & disabled.

One of the first actions taken was to develop a mission statement, values and objectives. Little did we know then that the values and objectives would align majestically with those of the AARP Network of Age-Friendly States and Communities and World Health Organization's Age-Friendly Cities and Communities Programs. We were on our way to making the City of Arnold a more livable community.

Our next step was to create a strategic plan to determine how we would accomplish the identified objectives. This strategic plan was developed with input from city residents, government leaders, and legislative actions.

The Commission holds regular monthly meetings, on the fourth Friday at 3:30 p.m. and is open to the community. A regular agenda is developed and posted as required. Regular updates are made to the city council in regards to items being addressed by the Commission.

Information and opportunities for the citizens of Arnold and the surrounding area are also made available on the city's website (<https://www.arnoldmo.org/government/city-boards-commissions/aging-disabilities/>) as well as the city's monthly e-newsletter, *Arnold Community Link* (<https://www.arnoldmo.org/subscribe-to-the-new-arnold-e-newsletter/>).



WHY AGE FRIENDLY

Over the years, the Commission has informed and engaged all residents of the City of Arnold in numerous ways. Some examples of recommendations that have come to fruition include:

- Advised the city on its American's with Disabilities Act plan for all city owned property.
- Aligned with the Jefferson County Health Department in respect to the city wide Smoke-Free Restaurant Act passed in 2004.
- Partnering with the Jefferson County Transportation Advisory Committee (JC Express) to begin a public transportation route specific to the City of Arnold (the only such route in our county).
- The City of Arnold passing a resolution for use of People First Language (the first county in the state to adopt).
- City building codes specific to side walks, so that our city could become more walkable.
- Development of 911 entry form for citizens to complete, so that the Arnold Police Department was better aware of specific support needs should emergency services be called.
- The development and adoption of a Universal Design handbook, given to all contractors requesting building permits within the city limits.
- Street signs with both upper and lower case lettering with reflective backgrounds to phase out older street signs with harder to read print.



Examples of information and education provided to the public include:

- All Ability Expo featuring provider information tables and live demonstrations for people with disabilities
- Information booth at Arnold Days Festival
- Brochures made available to the community which provides contact information for primary local, state, and federal service agencies
- Community Town Hall meetings on Medicare Part D, tax services, etc.
- Engagement of state legislators for the continuation of the Missouri Property Tax Credit for renters

In 2018, the Commission amended its composition to be more responsive to the residents of Arnold. Membership qualifications changed to four citizens of the city (non-ward specific), two representatives from community organizations serving either the disabled or aging population, and three representatives from community businesses, faith based organizations, schools, etc. The non-voting members remained the same.

In January 2017, the Commission was introduced to the Age-Friendly Network. After some research and discussion, the Commission recommended to the Arnold City Council that an application be submitted. We are proud to say that in September of 2017 our application as an Age-Friendly City was approved, becoming the first city in the State of Missouri to be declared an Age-Friendly City.

The City of Arnold and the Commission are committed to the continuous quality improvement of our community and strive to be a place that is known for its livability and age-friendliness for all of our citizens and visitors.



TOP 10 REASONS FOR THE CITY OF ARNOLD TO BE AN AARP AGE FRIENDLY COMMUNITY

- 1 Provides a plan for the City of Arnold to remain a great place to live, work and play - for a lifetime.
- 2 Connects our community through all ages.
- 3 Addresses misconceptions of aging and older adulthood.
- 4 Fosters citizen involvement and commitment.
- 5 Develops meaningful community relationships.
- 6 Engages community organizations to work towards a common goal.
- 7 Leverages partnerships for community resources.
- 8 Supports access to diverse funding sources for development of projects.
- 9 Embeds Age-Friendly strategies into local planning.
- 10 Enhances partnerships between local, state, and federal government leaders to enact legislation to make our community a great place for people of all ages.







Public Policy Institute
Inquiry. Analysis. Solutions.



Arnold, MO
Jefferson County, 63010

What is Livability?

Livable communities have diverse features that satisfy the needs of people of all ages, incomes and abilities. Learn more about AARP's Livability Index at www.aarp.org/livabilityindex.

Top Third
67 - 100+



80



OPPORTUNITY
INCLUSION AND POSSIBILITIES

Middle Third
34 - 66



64



ENGAGEMENT
CIVIC AND SOCIAL INVOLVEMENT

52



ENVIRONMENT
CLEAN AIR AND WATER

49



HOUSING
AFFORDABILITY AND ACCESS

49



NEIGHBORHOOD
ACCESS TO LIFE, WORK, AND PLAY

45



HEALTH
PREVENTION, ACCESS AND QUALITY

34



TRANSPORTATION
SAFE AND CONVENIENT OPTIONS

Bottom Third
0 - 33



This community does not score below average in any of the seven Livability categories.






Learn how you can make your community more livable and raise your score, visit www.aarp.org/livabilityindex.
For policy research and analysis on livable communities, visit www.aarp.org/livablepolicy.
For general resources on livable communities, including AARP's Network of Age-Friendly Communities, visit www.aarp.org/livable.



Livability Index
Great Neighborhoods for All Ages



They say home is where the heart is—and the same holds true for the Livability Index. Housing is a central component of livability. Deciding where to live influences many of the topics the Index covers. We spend more time in our homes than anywhere else, so housing costs, choices, and accessibility are critical. Great communities provide housing opportunities for people of all ages, incomes, and abilities, allowing everyone to live in a quality neighborhood regardless of their circumstances.

| Attribute Measure | | Median US Neighborhood | Value |
|--|---|------------------------|-------|
|  Housing accessibility Zero-step entrances | Percentage of housing units with zero-step entry: measured at the metro area scale, higher values are better. | 43.6% | 43.6% |
|  Housing options Availability of multi-family housing | Percentage of housing units that are not single-family, detached homes: measured at the neighborhood scale, higher values are better. | 17.8% | 15.4% |
|  Housing affordability Housing costs | Monthly housing costs: measured at the neighborhood scale, lower values are better. Monthly costs are capped at \$4,000. | \$989 | \$984 |
|  Housing affordability Housing cost burden | Percentage of income devoted to monthly housing costs: measured at the neighborhood scale, lower values are better. | 17.9% | 16.8% |
|  Housing affordability Availability of subsidized housing | Number of subsidized housing units per 10,000 people: measured at the neighborhood scale, higher values are better. | 0 | 47 |

Policies

| | | |
|--|-----------|-----------------------|
| Housing accessibility State and local inclusive design laws | No Policy | <input type="radio"/> |
| Housing affordability State and local housing trust funds | No Policy | <input type="radio"/> |
| Housing options State manufactured housing protections | No Policy | <input type="radio"/> |
| Housing affordability State foreclosure prevention and protection | No Policy | <input type="radio"/> |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | <input type="radio"/> |

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NEIGHBORHOOD
ACCESS TO LIFE, WORK, AND PLAY

What makes a neighborhood truly livable? Two important qualities are access and convenience. Compact neighborhoods make it easier for residents to reach the things they need most, from jobs to grocery stores to libraries. Nearby parks and places to buy healthy food help people make smart choices, and diverse, walkable neighborhoods with shops, restaurants, and movie theatres make local life interesting. Additionally, neighborhoods served by good access to more distant destinations via transit or automobile help residents connect to jobs, health care, and services throughout the greater community.

| Attribute Measure | | Median US Neighborhood | Value |
|---|---|------------------------|--------|
| Proximity to destinations Access to grocery stores and farmers' markets | Number of grocery stores and farmers' markets within a half-mile: measured at the neighborhood scale, higher values are better. | 0.0 | 0.3 |
| Proximity to destinations Access to parks | Number of parks within a half-mile: measured at the neighborhood scale, higher values are better. | 0.0 | 0.1 |
| Proximity to destinations Access to libraries | Number of libraries located within a half-mile: measured at the neighborhood scale, higher values are better. | 0.0 | 0.0 |
| Proximity to destinations Access to jobs by transit | Number of jobs accessible within a 45-minute transit commute: measured at the neighborhood scale, higher values are better. | 0 | 0 |
| Proximity to destinations Access to jobs by auto | Number of jobs accessible within a 45-minute automobile commute: measured at the neighborhood scale, higher values are better. | 32,699 | 44,407 |
| Mixed-use neighborhoods Diversity of destinations | Mix of jobs within a mile: measured at the neighborhood scale, higher values are better. | 0.70 | 0.74 |
| Compact neighborhoods Activity density | Combined number of jobs and people per square mile: measured at the neighborhood scale, higher values are better. | 3,020 | 2,701 |
| Personal safety Crime rate | Combined violent and property crimes per 10,000 people: measured at the county scale, lower values are better. | 261 | 191 |
| Neighborhood quality Vacancy rate | Percentage of vacant housing units: measured at the neighborhood scale, lower values are better. | 8.8% | 7.3% |

Policies

| | | |
|--|-----------|-----------------------|
| Mixed-use neighborhoods State and local TOD programs | No Policy | <input type="radio"/> |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | <input type="radio"/> |



How easily and safely we're able to get from one place to another has a major effect on our quality of life. Livable communities provide their residents with transportation options that connect people to social activities, economic opportunities, and medical care, and offer convenient, healthy, accessible, and low-cost alternatives to driving.

| Attribute Measure | | Median US Neighborhood | Value |
|--|--|------------------------|----------|
| Convenient transportation options Frequency of local transit service | Total number of buses and trains per hour in both directions for all stops within a quarter-mile: measured at the neighborhood scale, higher values are better. | 0 | 0 |
| Accessible system design ADA-accessible stations and vehicles | Percentage of transit stations and vehicles that are ADA-accessible: measured at the metro area scale, higher values are better. | 87.6% | 61.5% |
| Convenient transportation options Walk trips | Estimated walk trips per household per day: measured at the neighborhood scale, higher values are better. | 0.73 | 0.65 |
| Convenient transportation options Congestion | Estimated total hours that the average commuter spends in traffic each year: measured at the metro area scale, lower values are better. The largest 101 urbanized areas have comparable data across years, though indicated as incomparable. | 25.4 | 31.4 |
| Transportation costs Household transportation costs | Estimated household transportation costs: measured at the neighborhood scale, lower values are better. | \$13,086 | \$13,662 |
| Safe streets Speed limits | Average speed limit (MPH) on streets and highways: measured at the neighborhood scale, lower values are better. | 28.0 | 31.1 |
| Safe streets Crash rate | Annual average number of fatal crashes per 100,000 people: measured at the neighborhood scale, lower values are better. | 6.8 | 6.9 |

Policies





| | | |
|--|-----------------|--|
| Safe streets State and local Complete Streets policies | Policy in Place | |
| Convenient transportation options State human services transportation coordination | No Policy | |
| Convenient transportation options State volunteer driver policies | No Policy | |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | |

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ENVIRONMENT
CLEAN AIR AND WATER

Good communities maintain a clean environment for their residents. Great communities enact policies to improve and protect the environment for generations to come. The Livability Index looks at air and water quality. It measures communities' actions to create resilience plans to prepare for emergencies and natural disasters, and it awards points to states that have policies promoting energy efficiency and that protect consumers from having their utilities cut off during extreme weather events.






| Attribute Measure | | Median US Neighborhood | Value |
|--|---|------------------------|-------|
|  Water quality Drinking water quality | Percentage of the population getting water from public water systems with at least one health-based violation during the past year: measured at the county scale, lower values are better. | 1.10% | 0.63% |
|  Air quality Regional air quality | Number of days per year when regional air quality is unhealthy for sensitive populations: measured at the county scale, lower values are better. | 5.7 | 4.0 |
|  Air quality Near-roadway pollution | Percentage of the population living within 200 meters of a high-traffic road where more than 25,000 vehicles pass per day: measured at the neighborhood scale, lower values are better. | 0.00% | 9.79% |
|  Air quality Local industrial pollution | Toxicity of airborne chemicals released from nearby industrial facilities: measured at the neighborhood scale from 0 to 311,000, lower values are better. Values shown are for display purposes and may appear in source data at different scales from year to year though metric change is calculated on re-scaled data for comparability. | 0.00 | 0.02 |

Policies

| | | |
|--|-----------|-----------------------|
| Resilience State utility disconnection policies | No Policy | <input type="radio"/> |
| Resilience Local multi-hazard mitigation plans | No Policy | <input type="radio"/> |
| Energy efficiency State energy efficiency scorecard | No Policy | <input type="radio"/> |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | <input type="radio"/> |



Community conditions influence health behaviors. Healthy communities have comprehensive smoke-free air laws, offer easy access to exercise opportunities, and have high-quality health care available. Because health is so deeply related to quality of life, many other categories of livability in this Index include metrics related to health. For example, access to healthy foods, jobs and education, number of walk trips, lower speed limits, social engagement measures, and air and water pollution are all related to health. Where you live matters.

| Attribute Measure | | Median US Neighborhood | Value |
|---|--|------------------------|-------|
|  Healthy behaviors Smoking prevalence | Estimated smoking rate: measured at the county scale, lower values are better. | 20.5% | 28.2% |
|  Healthy behaviors Obesity prevalence | Estimated obesity rate: measured at the county scale, lower values are better. | 28.9% | 29.9% |
|  Healthy behaviors Access to exercise opportunities | Percentage of people who live within a half-mile of parks and within 1 mile of recreational facilities (3 miles for rural areas): measured at the county scale, higher values are better. | 90.7% | 80.6% |
|  Access to health care Health care professional shortage areas | Severity of clinician shortage: measured at the health professional shortage area scale from 0 to 25, lower values are better. Read more about Health . | 0 | 0 |
|  Quality of health care Preventable hospitalization rate | Number of hospital admissions for conditions that could be effectively treated through outpatient care per 1,000 patients: measured at the hospital service area scale, lower values are better. | 48.5 | 50.8 |
|  Quality of health care Patient satisfaction | Percentage of patients who give area hospitals a rating of 9 or 10, with 10 indicating the highest level of satisfaction: measured at the hospital service area scale, higher values are better. | 71.3% | 73.0% |

Policies






| | | |
|--|-----------|-----------------------|
| Healthy behaviors State and Local Smoke-Free Laws | No Policy | <input type="radio"/> |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | <input type="radio"/> |

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ENGAGEMENT CIVIC AND SOCIAL INVOLVEMENT

A livable community fosters interaction among residents. From social engagement to civic action to Internet access, residents' individual opportunities to connect and feel welcomed help lessen social isolation and strengthen the greater community. The Index explores and examines the different ways in which residents engage with and support their communities, and how they impact livability as a whole.

| Attribute Measure | | Median US Neighborhood | Value |
|--|---|------------------------|-------|
|  Internet access Broadband cost and speed | Percentage of residents who have access to three or more wireline Internet service providers, and two or more providers that offer maximum download speeds of 50 megabits per second: measured at the neighborhood scale, higher values are better. | 14.6% | 53.0% |
|  Civic engagement Opportunity for civic involvement | Number of civic, social, religious, political, and business organizations per 10,000 people: measured at the county scale, higher values are better. | 7.0 | 6.4 |
|  Civic engagement Voting rate | Percentage of people ages 18 years or older who voted in the last presidential election: measured at the county scale, higher values are better. Voting rates are bounded at 30% and 85%. | 55.6% | 65.9% |
|  Social engagement Social involvement index | Extent to which residents eat dinner with household members, see or hear from friends and family, talk with neighbors, and do favors for neighbors: measured at the metro area scale from 0 to 2, higher values are better. | 0.98 | 1.02 |
|  Social engagement Cultural, arts, and entertainment institutions | Number of performing arts companies, museums, concert venues, sports stadiums, and movie theaters per 10,000 people: measured at the neighborhood scale, higher values are better. | 0.1 | 0.1 |

Policies

| | | |
|--|-----------|-----------------------|
| Internet Access State barriers to community broadband | No Policy | <input type="radio"/> |
| Civic engagement Early, absentee, or mail-in state voting laws | No Policy | <input type="radio"/> |
| Equal rights Local human rights commissions | No Policy | <input type="radio"/> |
| Equal rights Local LGBT anti-discrimination laws | No Policy | <input type="radio"/> |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | <input type="radio"/> |



America was built on opportunity—and our nation's many thriving communities are no different. The degree to which a community embraces diversity and offers opportunities to residents of all ages and backgrounds is important to overall livability. Backed by a strong regional economy and fiscally healthy local governments, welcoming communities provide residents an equal chance to earn a living wage and improve their well-being, from jobs to education.

| Attribute Measure | | Median US Neighborhood | Value |
|---|--|------------------------|-------|
| Equal opportunity Income inequality | Gini coefficient (the gap between rich and poor): measured at the county scale from 0 to 1, lower values are better. | 0.46 | 0.39 |
| Economic opportunity Jobs per worker | Number of jobs per person in the workforce: measured at the metro area scale, higher values are better. Jobs are capped at 1.0 job per person. | 0.77 | 0.78 |
| Educational Opportunity High school graduation rate | Adjusted 4-year high school cohort graduation rate: measured at the school district scale, higher values are better. | 87.0% | 94.0% |
| Multi-generational communities Age diversity | Age-group diversity of local population compared to the national population: measured at the neighborhood scale from 0 to 1, higher values are better. | 0.86 | 0.91 |

Policies

| | | |
|--|-----------------|----------------------------------|
| Local fiscal health Local government creditworthiness | No Policy | <input type="radio"/> |
| Economic opportunity State minimum wage increase | Policy in Place | <input checked="" type="radio"/> |
| Equal opportunity State expansion of the Family and Medical Leave Act | No Policy | <input type="radio"/> |
| Comprehensive livability commitment State and local plans to create age-friendly communities | No Policy | <input type="radio"/> |

TOP 10 SMALL CITIES

Top 10 Small Cities as Rated by Livability Index
Population: 25,000 to 99,999



March 2018
Livability score of 49

December 2018
Livability score of 53

| City | Livability score |
|--------------------|------------------|
| Fitchburg, WI | 65 |
| Sheboygan, WI | 65 |
| La Crosse, WI | 64 |
| Lafayette, CO | 64 |
| Silver Springs, MD | 64 |
| Sun Prairie, WI | 64 |
| Bismark, ND | 63 |
| Brookline, MA | 63 |
| Harrisburg, PA | 63 |
| Portland, ME | 63 |

Commission on Age-Friendly Community

As early as 2004, Arnold Days in the City Park became a local driven event to create a greater sense of community and unity. A small group of interested folks used this autumn celebration to hand out local information about this relatively young City of Arnold, incorporated in 1972.

Involving the community has always been important to the leaders, and as they learned about the AARP program evaluating towns and cities across America, it was decided to accept the challenge of joining both the AARP and the World Health Organization in the Age-Friendly initiative. The goal of helping the community to become appealing and offer open-arms to those who want to age-in place, or have a level of disability and prefer to continue to live in the Arnold community where connections have already been made rather than starting over elsewhere.

Survey

The 2018 Arnold Commission on Aging & Disabilities worked with Dr. Bryce Summary, PhD, Director of Research for Show Me Victories LLC to design, conduct and assess the returned surveys from residents of the City of Arnold, Missouri. The survey involved 400 telephone interviews of Arnold residents between November and December 2018. A professional interviewing firm contacted residents via landline and mobile phones. The 62 questions used in the survey were modeled after the AARP Community Sample Survey Questionnaire. Results from the survey helped identify what was important to community members in regard to successfully aging in place and also assisted the city of Arnold in creating a better plan to accommodate its population.

[See the full survey results online.](#)

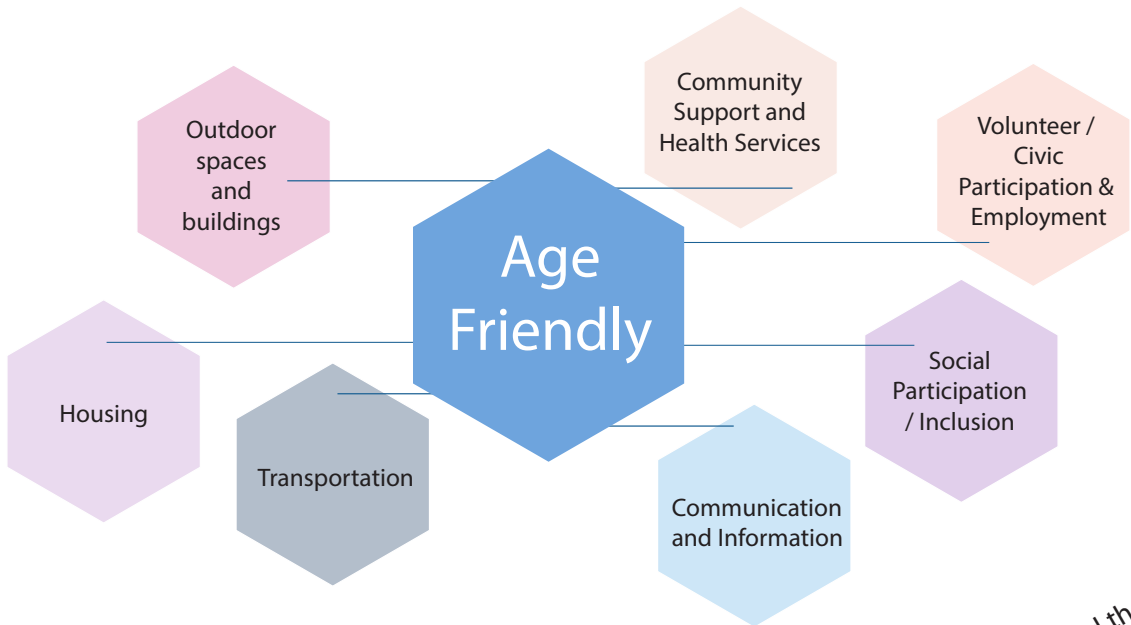
[See the survey report figures and tables only online.](#)



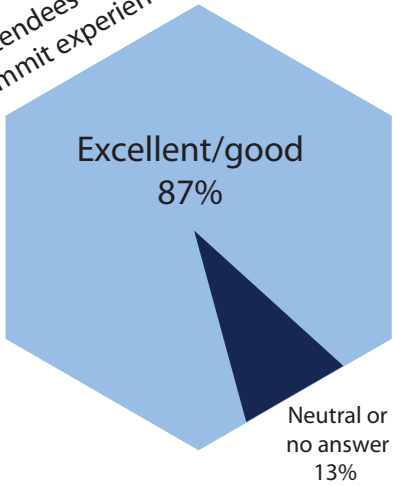
MAYOR'S SUMMIT

A Mayor's Summit, attended by over sixty (60) community members, business representatives and educational leaders, was held on February 26, 2019 in the Fox School Service Center. Small discussion groups were guided to respond with feedback and brainstorming to the following questions for each domain:

- 1. What would you put a high priority on preserving in Arnold?
- 2. What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?
- 3. What needs to work better in Arnold today?
- 4. In the year 2029, what would you need or like to see happening in Arnold?



How attendees rated their summit experience



An Americans with Disabilities (ADA) assessment was completed as another means of gathering information specific to city owned properties. This assessment involved active visual and experiential review of 10 public areas & facilities in the City of Arnold.. These included city parks, City Hall, the Farmer's Market, and golf course among others. Each area was assessed using criteria which included restroom layouts, entrances, door knobs, stairways, signage, emergency exits, parking, accessibility, and safety.

All findings were noted and recommendations were made and submitted June 26, 2018. Efforts began to address the findings. The assessment used is a potential guide for diverse public locations and can be used in the future as efforts continue to adjust businesses, churches and areas desiring to be more involved.

SHARING INFORMATION WITH THE COMMUNITY

Public awareness has been achieved in various ways. There have been comments submitted on the Arnold City website, Facebook & Leader Newspaper (local newspaper) since 2017. Information shared included: A Welcome to AARP & WHO in the Mayor's message in the Leader Newspaper as well as results of the survey and Mayor's Summit.

2017

A local 3-day Program sponsored by the Commission on Aging and Disabilities was offered in Arnold Service Center with programs, booths, and classes. This was an ideal springboard to generate interest in the community.

2018

The local Leader Newspaper featured articles and interviews about the involvement and focus of the Commission and attention and interest as benefited from local articles. The Commission held an information booth at the 2018 Arnold Days festival and was able to answer questions and hear thoughts from residents and visitors.

2019

Arnold Days is an annual, highly attended community event. The theme of the 3-day event, held September 20-22, 2019, was titled "Arnold: A Community for All Ages". The Commission on Aging and Disabilities was honored as the Grand Marshalls of the 2019 Arnold Days Parade. In addition to an information booth, the Commission sponsored sessions of Accessible Yoga ("Chair Yoga for All" and "Pop-Up-In-the-Park Yoga") for anyone wishing to join. Certified Yoga Instructors led these two hours of healthy exercise options.

INFORMATION GATHERING RESULTS

After listening to the community here is what we found out: Top 10 Responses, indicating a need, from Survey

Housing

Public buildings and facilities accessible to everyone 87%
Home repair contractors 84%



Outdoor Spaces & Buildings

Handicap friendly sidewalks 83%



Transportation

Special transportation for elderly and disabled 89%
Safe streets and intersections 89%
Accessible and affordable public transportation 82%



Social Participation & Inclusion

Public buildings and facilities accessible to everyone 87%



Communication & Information








Information about volunteer and social activities 83%
Information on Local Supportive Services 82%



Community Support & Health Services

Convenient Health and Social Services 83%



| | What would you put a high priority on preserving in Arnold? | What community features can one enjoy today that didn't exist 5-10 years ago? | What needs to work better in Arnold today? | In the year 2029, what would you need or like to see happening in Arnold? |
|---|---|---|---|--|
| Housing  | <ul style="list-style-type: none"> • Property maintenance • Senior Living homes • Housing: affordable / accessible | <ul style="list-style-type: none"> • Senior housing / living • Permits to build fences on residential properties • More age friendly homes | <ul style="list-style-type: none"> • More senior housing • Affordable housing for seniors • More housing to age in place | <ul style="list-style-type: none"> • More houses where one can age in place (universal design) • Veteran's Home in Arnold • Affordable housing for families with low income |
| Outdoor Spaces & Buildings  | <ul style="list-style-type: none"> • Neighborhoods (access to other neighborhoods, on major streets, etc.) • Recreation center • Access to essential places (eating, shopping, etc.) | <ul style="list-style-type: none"> • Farmer market • Dog parks (3 of them) • Historical Society | <ul style="list-style-type: none"> • Help in homes, neighborhoods for the elderly • Walkability • Litter control | <ul style="list-style-type: none"> • More walkability • More lighting • Town center (gathering place of major city activities) |
| Transportation  | <ul style="list-style-type: none"> • JC Express and other options (bus, taxi, Uber, LYFT, etc.) | <ul style="list-style-type: none"> • Jeffco Express • Roundabout at Recreation Center | <ul style="list-style-type: none"> • Better advertising for Jeffco Express routes • Traffic • More turn lanes / stop lights | <ul style="list-style-type: none"> • More public transportation • Easier access to transportation for senior citizens • A sales tax supporting transportation |
| Social Participation & Inclusion  | <ul style="list-style-type: none"> • Education system • Access to civic clubs • Improved internet access | <ul style="list-style-type: none"> • Farmer's market • Better parks | <ul style="list-style-type: none"> • Summer music program • More volunteer opportunities • Revamp Strawberry Ridge to be more like Powder Valley Nature Center | <ul style="list-style-type: none"> • Events calendar • Increased opportunities for cultural and art • More sports fields |
| Civic Participation & Employment  | <ul style="list-style-type: none"> • Education system • Access to civic clubs • Jobs | <ul style="list-style-type: none"> • More businesses, expansion and opportunity • More fitness places • Arnold Community Link E-Newsletter | <ul style="list-style-type: none"> • Increased opportunities for cultural and art • More businesses, expansion and opportunity • More fitness places | <ul style="list-style-type: none"> • More local jobs • Free or low cost internet • Expansion of Jefferson College (Arnold campus) offering career & technical programs |
| Communication & Information  | <ul style="list-style-type: none"> • Social engagement opportunities (venues) • Communication with residents | <ul style="list-style-type: none"> • Arnold Community Link E-Newsletter • Arnoldmo.org website | <ul style="list-style-type: none"> • Events calendar • Public relations person • Moving billboard at city hall (AARP grant) | <ul style="list-style-type: none"> • Free or low cost internet service • More event venues • Convention center |
| Community Support & Health Services  | <ul style="list-style-type: none"> • Improved healthcare with new services • Clean air & water • Smoking ban | <ul style="list-style-type: none"> • Recreation Center • Health organization choices (Physicians, Urgent care, etc.) • Farmer's market | <ul style="list-style-type: none"> • More health /wellness programs • Walkability to parks & recreation center | <ul style="list-style-type: none"> • Hospital in Arnold • Expanded Farmer's market (enclosed area, open all year long) • Smoke free everywhere |

 1: OUTDOOR SPACES & BUILDINGS

Arnold is home to some of the most beautiful parks and amenities in the Midwest! The City Parks Department encourages individuals, families, friends, and associates to enjoy the great outdoors in any or all of our parks. There are multiple park pavilions that are available for rent, reunions, picnics, or 5k events.

| | | |
|------------------------------|---------------------------------|---------------------------|
| Arnold Farmer’s Market | Arnold Golf Course | Archery Park |
| Arnold City Park | Ball Fields | Arnold Jaycees Skate Park |
| David R. Collins Park | Ferd B. Lang Park | Flamm City Park |
| 9/11 Memorial Garden | Paw Parks (3) | Recreation Center |
| Strawberry Creek Nature Area | Teszars Woods Conservation Area | |

Considerations in this domain were to focus on the parks, walkways, and buildings within the city. To be considered age-friendly, these features must be accessible and available to residents / visitors of all ages. As our population continues to age (more than 50% of total population estimated to be age 45+ by 2030), the ability to drive may be compromised. It is imperative that the city have easy walking access to businesses, parks, and public services.

Actions:

- 1.1 Rectify all identified deficiencies, of city owned property as determined by the American’s with Disabilities Act (ADA) assessment completed in June 2018.
- 1.2 Complete road assessment to determine walkability, safety features associated with complete streets policy and design.
- 1.3 Promote free ADA assessments on public buildings / property. This will be accomplished through public presentations and information posted on the City website. This would be the first step towards identifying age-friendly businesses.

Parties / Partnerships:

- 1.1 City Departments Identified in ADA Assessment
- 1.2 City Public Works Director / Commission on Aging & Disabilities / AARP
- 1.3 Commission on Aging & Disabilities / Disability Resource Association

Methods / Measurements / Timelines:

- 1.1 25% of total deficiencies by 2022 (2025-50%, 2028-75% and 2031-100%). A new ADA assessment will be completed in 2022.
- 1.2 Street assessment completed by January 2023. New actions to be identified based upon results of assessment.
- 1.3 Complete a minimum of three (3) ADA assessments per calendar year.





2: TRANSPORTATION

At the time this plan was developed, the City of Arnold was the only city in Jefferson County that afforded a public bus system to its residents and visitors, through collaborative efforts with the Jefferson County Community Partnership and their transportation system (JC Express). Other modes of public transportation include: UBER, LYFT and taxis, as well as OATS (for individuals 60+) and JC Transit (Para-Transit system for individuals with developmental disabilities). The citizens of the City of Arnold have access to other resources / supports such as a bike trail at Arnold City Park, a driving simulator to assess driving skills as an individual ages (offered by Disability Resource Association), and the replacement of street signs with new signs that feature both capital and lower case lettering as well as reflective backgrounds to improve visibility at night.

Considerations in this domain were to identify if the current public and private transportation options were safe, affordable, and available to the residents. The following action items will address these issues.

Actions:

- 2.1 Promote the availability of driving assessments through the use of a driving simulator. Promotion efforts will include the sharing of information through the City Electronic Newsletter, information booths at public events, and city website.
- 2.2 Continue the process of replacing city street signs with modified signs for easier viewing at night.
- 2.3 Increase ridership of the JC Express public bus system through the same promotion methods as action 2.1.

Parties / Partnerships:

- 2.1 Commission on Aging & Disabilities / Disability Resource Association
- 2.2 City of Arnold Street Department
- 2.3 Jefferson County Community Partnership / Arnold City Council / Commission on Aging & Disabilities

Methods / Measurements / Timelines:

- 2.1 A minimum of ten (10) assessments completed per year for residents in the Arnold zip code area of 63010.
- 2.2 Street signs are replaced as identified by the Arnold Street Department.
- 2.3 An increase of 5%, minimum, as determined from baseline provided by the Jefferson County Community Partnership by 2023.



ACTION PLAN



3: HOUSING

Arnold is home to more than 20,000 residents, with more than 8,500 (41.7%) of those residents age 45 plus. The City of Arnold has been very proactive with developing housing options for residents as they age. The concept of Universal Design (UD) has been implemented and promoted. This has resulted in the development of a UD Guidebook that is given to contractors applying for building permits within the city limits. Residents are also able to access several home modification programs that are offered through public agencies. Financial assistance resources are also available, such as the MO Property Tax Credit and city Utility Credit programs. Rosemont Senior Living offers a comprehensive apartment leasing program that does not require a long term lease and access to amenities such as meal preparation, laundry and maid services. Two senior housing complexes were built with construction implementing UD components. These units quickly filled to capacity and established a waiting list that is more than 200 individuals / families. Thus confirming the need for accessible housing and further substantiated by the results of the community survey. There have also been two significant acts that will increase the availability of appropriate housing for those who are aging. These being:

1. The addition of additional assisted living units on the grounds of the Woodland Manor skilled nursing property.
2. Cedarhurst Assisted Living and Memory Care received approval for a new Assisted Living Facility that would include 65 apartments and 20 memory care apartments.

Considerations in this domain were to determine if there are adequate home modification programs available and an appropriate number of housing options for current as well as future needs; thus enabling residents to remain living in their homes without any barriers.

Actions:

- 3.1 Work in conjunction with the City of Arnold to implement a building ordinance identifying a percentage of homes to be built using UD components when a building permit is issued for a multiple housing development.
- 3.2 Identify community resources, such as churches, that offer home modification or labor related to home modifications to residents of the City of Arnold.
- 3.3 Continue to work with existing agencies that offer funding and / or financial assistance in regards home modifications.
- 3.4 Share information to residents of the smoke alarm program offered through the Rock Community Fire Protection District.

Parties / Partnerships:

- 3.1 City Council / City Planner / City Planning & Zoning Commission
- 3.2 Commission on Aging & Disabilities / Community Agencies identified
- 3.3 Disability Resource Association / Developmental Disability Advocates / Jefferson-Franklin Community Action / Jefferson County Community Partnership / Aging Ahead
- 3.4 Rock Community Fire Protection District / Commission on Aging & Disabilities

Methods / Measurements / Timelines:

- 3.1 Building ordinance approved or denied by January 2023.
- 3.2 Identification of community resources to be completed by January 2021.
- 3.3 Ongoing process; 2020 will be used to establish a baseline of the number of homes in the 63010 zip code that the agencies provided home modifications for. Growth measurements will then be identified and reported in our annual update.
- 3.4 Increase smoke alarm installations by 10% or more, per year, based upon 2019 installations as our baseline.



4: SOCIAL PARTICIPATION

(includes domain area of respect and social inclusion)

Arnold has a number of fun and engaging events throughout the year for residents and visitors of all ages. Opportunities cover the entire spectrum. Examples include our Community Jazz Band, Aging Ahead sponsored Senior Center, Silver Sneakers program, civic clubs (Lions, Elks, Optimist, etc.), concerts presented at Rickman Auditorium, and Senior Expo (sponsored by Leader Publications). Activities sponsored by the City or Tourism Bureau are advertised through the on-line newsletter (Arnold Community Link). The City of Arnold has recently approved a study as to the feasibility for the addition of a convention center.

Considerations in this domain were to examine the access to leisure and cultural activities, including opportunities for our older residents to socialize and engage with peers as well as with younger people.

Actions:

- 4.1 Complete the feasibility study in relationship to a convention center. Which would result in more opportunities for social participation
- 4.2 Encourage and promote the continuation of existing social participation opportunities such as archery lessons, Senior Expos, safety classes, and computer / social media classes.
- 4.3 Develop an info-graphic specific to resources available for all domains of our Age-Friendly city to share with the community.

Parties / Partnerships:

- 4.1 City Administrators / City Council / Johnson Consulting
- 4.2 City of Arnold / Fox C-6 School District / Jefferson Community College / Arnold Police Department / and others
- 4.3 Leinicke Group / Commission on Aging & Disabilities

Methods / Measurements / Timelines:

- 4.1 Complete feasibility assessment by 2021. Additional actions to be determined based upon assessment report.
- 4.2 Identification of at least 30 events per year. Identification methods: Leader Publications Calendar, Community Links Newsletter
- 4.3 To be completed by January 2021.



ACTION PLAN



5: CIVIC PARTICIPATION & EMPLOYMENT

The City of Arnold has a number of opportunities for older residents to engage in paid work and / or volunteer activities. Examples include: Aging Ahead (formerly known as the Mid-East Area Agency on Aging) provides a meal delivery service that utilizes volunteers. Additional opportunities include the Arnold Historical Society, churches of all denominations, multiple non-profit organizations, and multiple eating / shopping establishments.

If residents wish to engage in volunteer opportunities in the development of city policies and practices, they can do so in a number of ways:

- | | | |
|------------------------------------|---------------------------|------------------------------|
| Commission on Aging & Disabilities | Beautification | Board of Adjustment |
| Community Foundation | Economic Development | Historic Preservation |
| Parks & Leisure | Personnel Board of Review | Planning & Zoning Commission |

Considerations in this domain were to focus on giving residents the opportunity to volunteer and engage with their community.

Actions:

- 5.1 Implement the Visit-A- Bit program, which aligns volunteers to spend time with elderly residents.
- 5.2 Maintain memberships in City of Arnold boards / commissions.

Parties / Partnerships:

- 5.1 Visiting Nurses Association / Commission on Aging & Disabilities
- 5.2 City Boards & Commission (identified above)

Methods / Measurements / Timelines:

- 5.1 Recruitment of volunteers and beneficiaries through newsletters, public presentation, etc. Goal of 75 volunteers and 104 participants per year in Jefferson County with at least 10% of those being in the 63010 zip code area.
- 5.2 Identify openings, average time to fill opening and recruitment methodologies utilized. All boards / commissions maintain membership at 80% or higher for each fiscal year. Measured annually through 2023.





6: COMMUNICATION & INFORMATION

The City of Arnold communicates with residents and businesses in several ways including a quarterly newsletter that is available through print media (Leader Publication newspaper), social media (Website, Facebook and Twitter), and paper copies delivered through the U.S. mail system. The Leinicke Group is contracted by the city to maintain our social media resources.

Considerations in this domain were to examine the effectiveness of the methods utilized to present and share information on community activities and news. To be considered age-friendly for residents of all ages, information should be shared in a variety of methods. As we continue to move deeper into the digital era, continued analysis of practices needs to be completed. Results from our survey indicated that people know there are activities happening, but residents do not always know how to find the details.

Actions:

- 6.1 Expand the use of digital information to identify activities and opportunities for social participation. This would include promoting the use of the Arnold Community Link (on-line activity newsletter) and website.
- 6.2 Present information on how community members can request their activities be included in the newsletter.

Parties / Partnerships:

- 6.1 Leinicke Group / Commission on Aging & Disabilities
- 6.2 Leinicke Group / Commission on Aging & Disabilities / City Administrator

Methods / Measurements / Timelines:

- 6.1 There are an estimated 500 individuals who have enrolled to receive the on-line publication. Data related to visits to the City of Arnold website is still being determined. Our goal would be to increase digital visits by 10% (minimum) for 2021, 2022, and 2023.
- 6.2 Inclusion of information on the website and the footer of the Community Links Newsletter. Goal is to have 20 new requests per year through 2023.





7: COMMUNITY SUPPORT & HEALTH SERVICES

The City of Arnold has access to multiple health care facilities. Arnold is home to the Jefferson County Health Department, COMTREA (mental health provider), and physicians of many specialties, rehabilitation centers, and fitness outlets. Classes related to health (Marketplace insurance, free screenings, nutrition classes, smoking cessation, 5k / fun runs, Silver Sneakers, etc.) are regularly provided by multiple organizations within the city. Mobile units are also available for dental, medical, and mental health services

Considerations in this domain were to make certain that residents have access to homecare services, medical care, and programs that promote wellness.

Actions:

- 7.1 Implement Care Track program. This program provides a tracking device that can be worn by individuals who have a history or potential for wandering or elopement.
- 7.2 Implement Visit-A-Bit program. (see details in #5- Civic Participation & Employment)
- 7.3 Promote information specific to Medicare assistance.

Parties / Partnerships:

- 7.1 Jefferson County Health Department / Jefferson County Sheriff's Department / Commission on Aging & Disabilities
- 7.2 Visiting Nurses Association / Commission on Aging & Disabilities (see details in #5- Civic Participation & Employment)
- 7.3 CLAIM (Missouri State Health Insurance Assistance Program specific to Medicare) / Commission on Aging & Disabilities

Methods / Measurements / Timelines:

- 7.1 Sharing of information through identified communications means. 10 individuals per year are enrolled who live in the 63010 zip code area.
- 7.2 (see details in #5- Civic Participation & Employment)
- 7.3 Inclusion on City Website (aging & disability services). Complete 1 public presentation per year from 2020-2023..



COMPOSITE LISTING OF ACTIONS

Outdoor Spaces & Buildings

- 1.1 Rectify all identified deficiencies, of city owned property as determined by the American's with Disabilities Act (ADA) assessment completed in June 2018.
- 1.2 Complete road assessment to determine walkability, safety features associated with complete streets policy and design.
- 1.3 Promote free ADA assessments on public buildings / property. This will be accomplished through public presentations and information posted on the City website. This would be the first step towards identifying age-friendly businesses.

Transportation

- 2.1 Promote the availability of driving assessments through the use of a driving simulator. Promotion efforts will include the sharing of information through the City Electronic Newsletter, information booths at public events, and city website.
- 2.2 Continue the process of replacing city street signs with modified signs for easier viewing at night.
- 2.3 Increase ridership of the JC Express public bus system through the same promotion methods as action 2.1.

Housing

- 3.1 Work in conjunction with the City of Arnold to implement a building ordinance identifying a percentage of home to be built using UD components when a building permit is issued for a multiple housing development.
- 3.2 Identify community resources, such as churches, that offer home modification or labor related to home modifications to residents of the City of Arnold.
- 3.3 Continue to work with existing agencies that offer funding and / or financial assistance in regards home modifications.
- 3.4 Share information to residents of the smoke alarm program offered through the Rock Community Fire Protection District

Social Participation

- 4.1 Complete the feasibility study in relationship to a convention center. Which would result in more opportunities for social participation
- 4.2 Encourage and promote the continuation of existing social participation opportunities such as archery lessons, Senior Expos, safety classes, and computer / social media classes.
- 4.3 Develop an info-graphic specific to resources available for all domains of our Age-Friendly city to share with the community.

Civic Participation & Employment

- 5.1 Implement the Visit-A- Bit program, which aligns volunteers to spend time with elderly residents.
- 5.2 Maintain memberships in City of Arnold boards / commissions.

Communication & Information

- 6.1 Expand the use of digital information to identify activities and opportunities for social participation. This would include promoting the use of the Arnold Community Link (on-line activity newsletter) and website.
- 6.2 Present information on how community members can request their activities be included in the newsletter.

Community Support & Health Services

- 7.1 Implement Care Track program. This program provides a tracking devise that can be worn by individuals who have a history or potential for wandering or elopement.
- 7.2 Implement Visit-A-Bit program. (see details in #5 – Civic Participation & Employment)
- 7.3 Promote information specific to Medicare assistance.



Appendices

Survey Results
Mayor's Summit Results
ADA Evaluation





City of Arnold, Missouri: Community Survey Report

November - December 2018

Bryce D. Summary, PhD
Show Me Victories, LLC

January 30, 2019

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Background

The City of Arnold is a member of the American Association of Retired Persons (AARP) Network of Age-Friendly States and Communities. As a member of this network, the elected leadership of Arnold has “made the commitment to actively work toward making their town, city, county or state a great place for people of all ages.¹”

The AARP Network of Age-Friendly States and Communities encourages “cities, towns and counties to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.²” In doing so, the goal is to make Arnold “better equipped to become great places, and even lifelong homes, for people of all ages.³”

As part of the City of Arnold’s commitment to make Arnold more Age-friendly, and at the request of the Arnold Commission on Aging and Disabilities, Dr. Bryce Summary conducted a survey of residents of the City of Arnold, Missouri. The goal of the survey was to determine what residents view as important for successfully aging in place and to assist the City of Arnold as seeks to better accommodate its citizenry.

Research Objectives

The 2018 Arnold Commission on Aging and Disabilities Community Survey (hereinafter referred to as “the Survey”) was designed to provide an unbiased and statistically reliable assessment of knowledge and opinions of residents of the City of Arnold, Missouri. Specifically, the goals of the Survey were to:

- ❖ Explore factors that may lead residents to move homes as they reach retirement age
- ❖ Assess future home improvement needs
- ❖ Gauge importance placed on Age-Friendly City Amenities and Services
- ❖ Determine the types of health care coverage of City residents

The questionnaire utilized in this project was modeled after a (AARP) Community Sample Survey Questionnaire provided by the Arnold Commission on Aging and Disabilities.

Survey Methodology

Interviews were conducted between November 27, 2018 and December 6, 2018 by a professional interviewing firm. Landline and cellphones were included in the sample. The sampling error, at the ninety-five percent confidence level, is plus-or-minus five percent.

¹ AARP Network of Age-Friendly States and Communities. See website for more information here: <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>

² AARP Livable Communities Network of Age-Friendly States and Communities, see website for more information here <https://www.aarp.org/livable-communities/network-age-friendly-communities/>

³ AARP Livable Communities Network of Age-Friendly States and Communities, see website for more information here <https://www.aarp.org/livable-communities/network-age-friendly-communities/>

Executive Summary

Most Arnold residents rate the City of Arnold as an excellent or good place to live as they grow older. Nearly eight of ten residents (79%) rate the City of Arnold as an excellent (17%), very good (30%), or good (32%) place for people to live as they grow older, while the remainder give it a rating of fair (13%), or poor (8%).

Nearly a third of Arnold residents are likely to move to a different home in their retirement years. When asked about the probability that they will move homes in their retirement years, thirty-one percent of residents stated that they were very (14%) or somewhat likely (17%) to move. In contrast, sixty-seven percent of residents indicated that they were either not very likely (30%) or not at all likely (37%) to move homes.

- **Over one-half of those between the ages of forty to sixty-five are likely to move to a different home in their retirement years.** Specifically, 51% of those forty to fifty years of age, and 52% of those fifty-five to sixty-five, are very or somewhat likely to move to a different home during their retirement years. In contrast, only seventeen percent of those eighteen to thirty-four, and twenty-four percent of those thirty-five to forty-four are likely to move homes in their retirement years.
- **The top three factors that would impact a resident's decision to move were needing a home to help them live independently as they age, needing a different size home, and looking for an area with a lower cost of living.** When asked about several factors that might impact their decision to move, in their retirements years, the top three reasons cited by residents were looking for a home that will help them independently as you age (54% said yes it would), wanting a different size home to meet their needs (43% said yes it would), and looking for an area that has a lower cost of living (37% said yes it would).

The top three home improvements that residents believe they will need to make in the future are related to easier access into their homes, bathroom modifications, and installing an emergency response system. When asked about several home improvements, that may need to be made to their homes in the future, the most popular modifications were related to easier access into or within their home (29% said yes they would need to make), bathroom modifications (26% said yes they would need to make), and installing a medical emergency response system (24% said yes they would need to make).

Residents believe that the most important services and amenities to have in the City of Arnold are safe-streets and intersections, special transportation for the disabled and elderly, affordable activities for all residents, and accessible public buildings for people of different physical abilities.

- Residents were asked about the importance of having twenty-nine different amenities and services in the City of Arnold. These amenities and services covered areas such as the home, outdoor space and buildings, transportation and streets, health and wellness, entertainment, and social participation and inclusion.
 - Of the twenty-nine specific amenities and services respondents were asked about, residents placed the highest level of importance on safe-streets and intersections (89% of residents said it was important), special transportation services for people with disabilities and older adults (89% of residents said it was important), activities that are affordable to all residents (87% of residents said it was important), and well-maintained public buildings and facilities that are accessible to people of different physical abilities (87% of residents said it was important).

Residents believe that the most important housing amenities to have in Arnold are quality home repair contractors and affordable housing options. When asked about the importance of having several home amenities in the City of Arnold, the most popular examples were quality home repair contractors who were trustworthy and affordable (84% of residents said it was important) along with affordable housing options (80% of residents said it was important).

Well-maintained public buildings and quality sidewalks are viewed as the most important outdoor and building amenities for the City of Arnold. When asked about the importance of several outdoor and public amenities in the City of Arnold, residents rated well-maintained buildings and facilities (87% of residents said it was important) and sidewalks that are in good condition and accessible for wheelchairs or mobility devices (83% viewed as important) as the most significant.

Safe streets and intersections, transportation services for the elderly, and affordable public transportation are viewed as the most important transportation related amenities to have in the City of Arnold. When asked to rate the importance of having several transportation related amenities in the City of Arnold, well-lit safe streets and intersections (89% said it was important), special transportation services for people with disabilities and older adults (89% said it was important), and accessible/affordable public transportation (82% said it was important) were viewed as the most salient.

Arnold citizens view conveniently located health services, easy to find information regarding local health services, and affordable homecare services as the important health and wellness services to have in the City. When asked about the importance of numerous health and wellness services, residents rated conveniently located health and social services (83% said it was important), easy to find information on local health and supportive services (82% said it was important), and affordable home care services such as health, personal care, and housekeeping (81% said it was important) as the most vital.

Among entertainment amenities, residents view activities that are affordable to all residents, activities geared towards older adults, and activities for those young and old, as the most salient. The most important entertainment amenities to have in Arnold were activities affordable to everyone (87% viewed as important), activities geared specifically toward older adults (82% viewed as important), and activities involving young and older residents (77% viewed as important).

Residents view easy to find information about local volunteer opportunities, and a range of volunteer activities to choose from, as the most important social participation amenities and services to have in the City of Arnold. Eighty-three percent of residents said it was important to have easy to find information about local volunteer opportunities and social activities in Arnold. The second most popular social participation amenity was opportunities for older adults to participate in decision making bodies such as community councils or committees (77% viewed as important).

Most Arnold residents rate their health as excellent or good. Seventy-eight percent of Arnold residents rate their health as either excellent (12%), very good (32%), or good (34%). In contrast, twenty-two percent of Arnold residents rated their health as either fair (16%) or poor (6%).

Seven out of ten Arnold residents report engaging in some form of exercise at least once a week. When asked how often they engaged in physical exercise, 29% of respondents indicated every day, 27% stated several times a week, and 14% said at least once a week. In contrast, 29% of respondents reported exercising every other week (6%), once a month (10%), or not at all (13%).

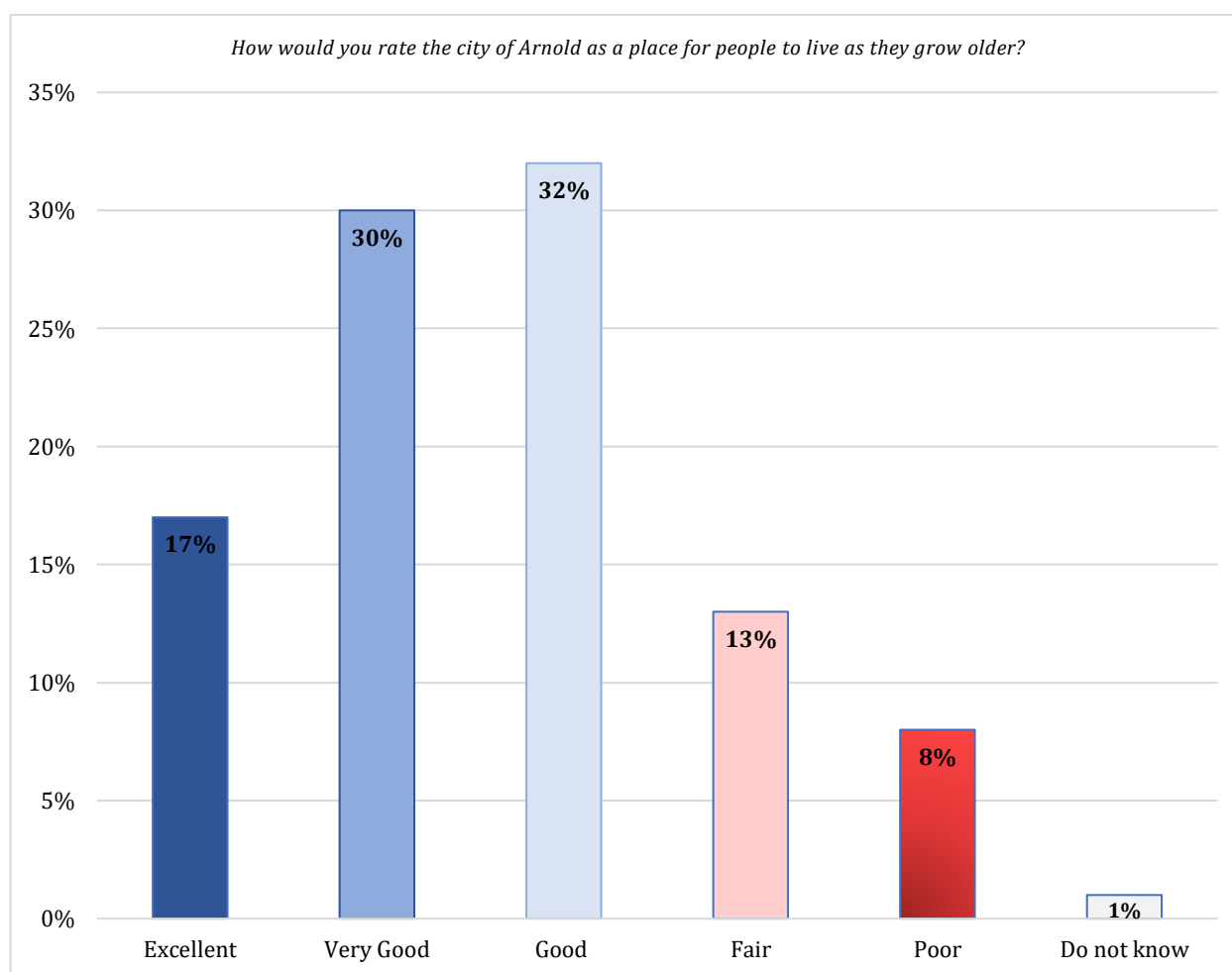
More than one-half of Arnold residents have lived in the City for twenty years or more. When asked how long they had lived in Arnold, seventy-three percent of respondents indicated that they had lived in the City for twenty years or more, eighteen percent said ten to nineteen years, while nine percent indicated fewer than ten years.

Arnold Age-Friendly Rating

Early on survey respondents were asked to provide their opinions regarding Arnold as a place to live as they grew older.⁴ Nearly one out of five (17%) residents rate this City of Arnold as “excellent”, followed by 30% who rate it as “very good”, 32% who rate it as “good”, 13% as “fair”, 8% “poor” and 1% who did not know.

Figure 1 below provides a graphical depiction of responses to this question. In addition, Table 1 below shows ratings assigned to Arnold by various demographic subgroups. For instance, 48% of men rate the City of Arnold as an “excellent” or “very good” place to live as they grow older compared to 46% of women.

Figure 1: Rating of Arnold as a Place to Live as you Age



⁴ Question 4: “How would you rate the city of Arnold as a place for people to live as they grow older? Excellent, very good, good, fair, or poor?”

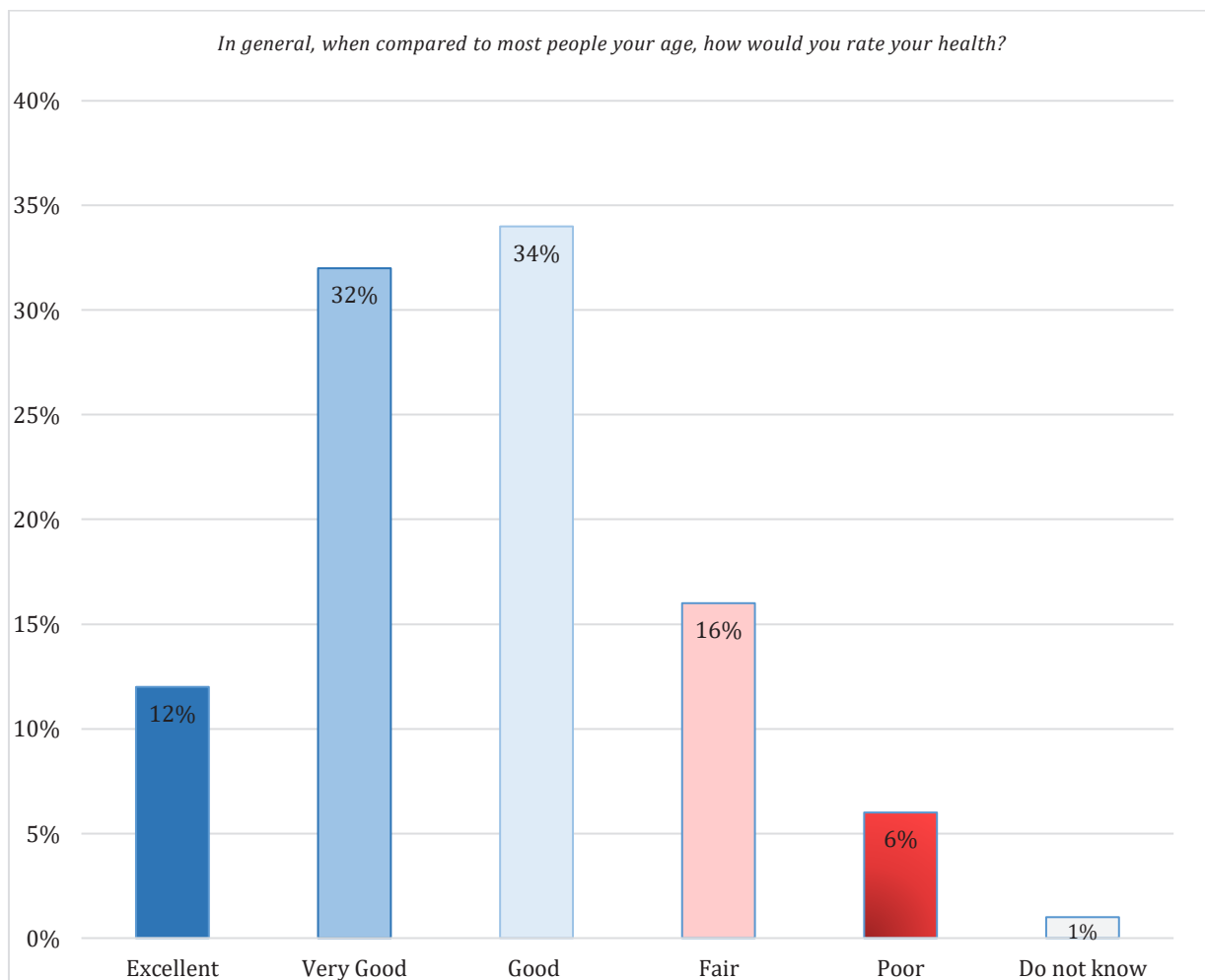
Table 1: Age-Friendly Rating of Arnold by Subgroup

| Subgroup | Excellent/ Very Good | Good | Fair/Poor |
|-----------------------|---------------------------------|-------------|------------------|
| Overall | 47% | 32% | 21% |
| Sex | | | |
| Male | 48% | 29% | 23% |
| Female | 46% | 35% | 19% |
| Age | | | |
| 18-34 | 43% | 33% | 24% |
| 35-44 | 55% | 38% | 8% |
| 45-54 | 38% | 35% | 26% |
| 55-65 | 45% | 33% | 21% |
| 65+ | 53% | 24% | 23% |
| 55< | 45% | 35% | 20% |
| 55+ | 49% | 28% | 22% |
| Sex/Age | | | |
| Men<55 | 50% | 32% | 18% |
| Men 55+ | 43% | 24% | 33% |
| Women <55 | 39% | 39% | 21% |
| Women 55+ | 53% | 31% | 16% |
| Education | | | |
| Non-College Graduate | 47% | 33% | 21% |
| College Graduate | 48% | 31% | 21% |
| Marital Status | | | |
| Married | 46% | 34% | 20% |
| Not Married | 49% | 28% | 23% |

Personal Health Rating

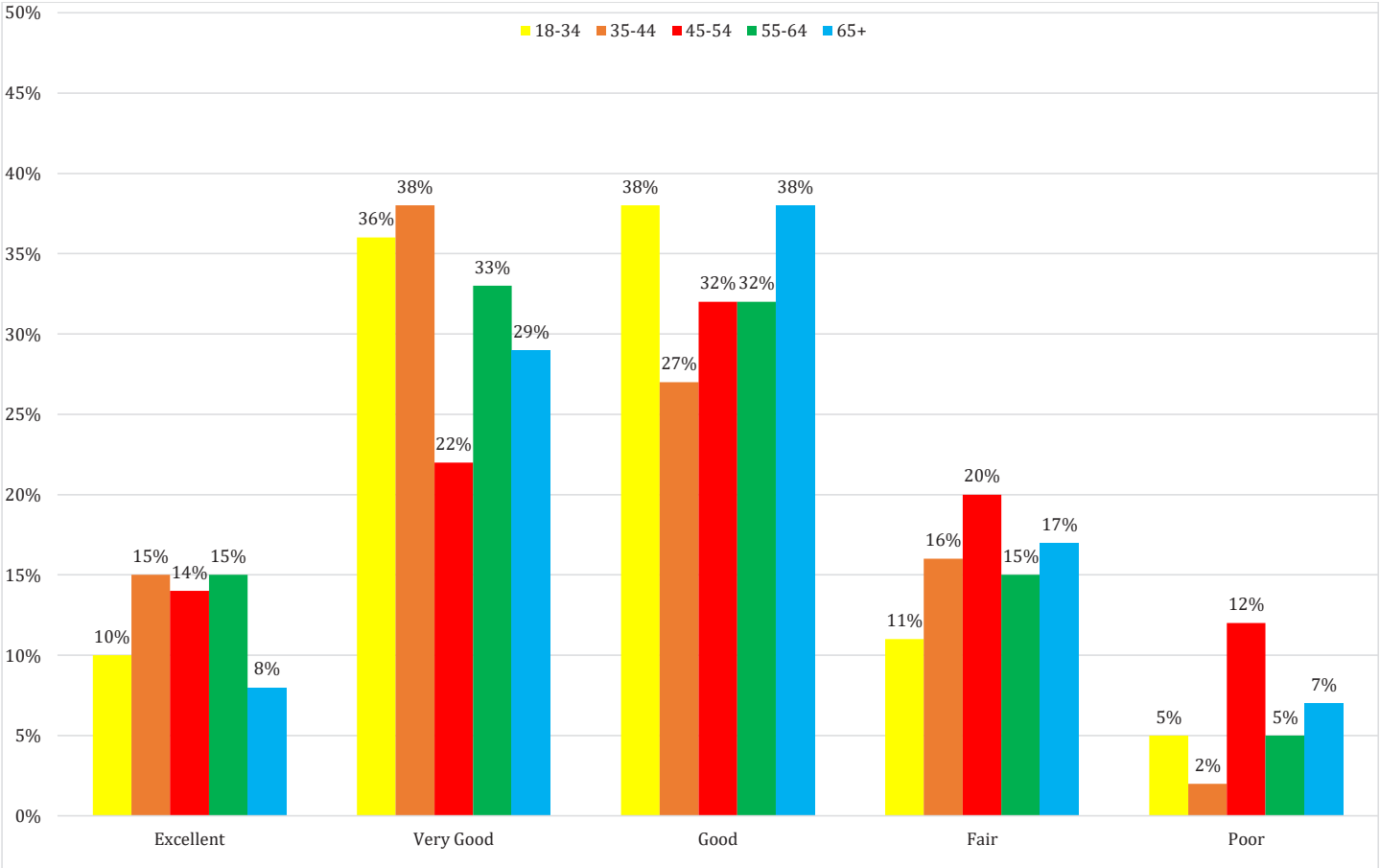
Respondents were asked to rate their health compared to other people their age.⁵ Seventy eight percent of residents rate their health as either “excellent” (12%), “very good” (32%), or “good” (34%). In contrast, rate their health as “fair” (16%) or “poor” (6%), with 1% unsure. Figure 2 provides a graphical depiction of health ratings for the overall public, while Figure 3 breaks down ratings by age group.

Figure 2: Respondent Health Rating



⁵ Question 5: “In general, when compared to most people your age, how would you rate your health? Excellent, very good, good, fair, or poor?”

Figure 3: Respondent Health Rating by Age Group

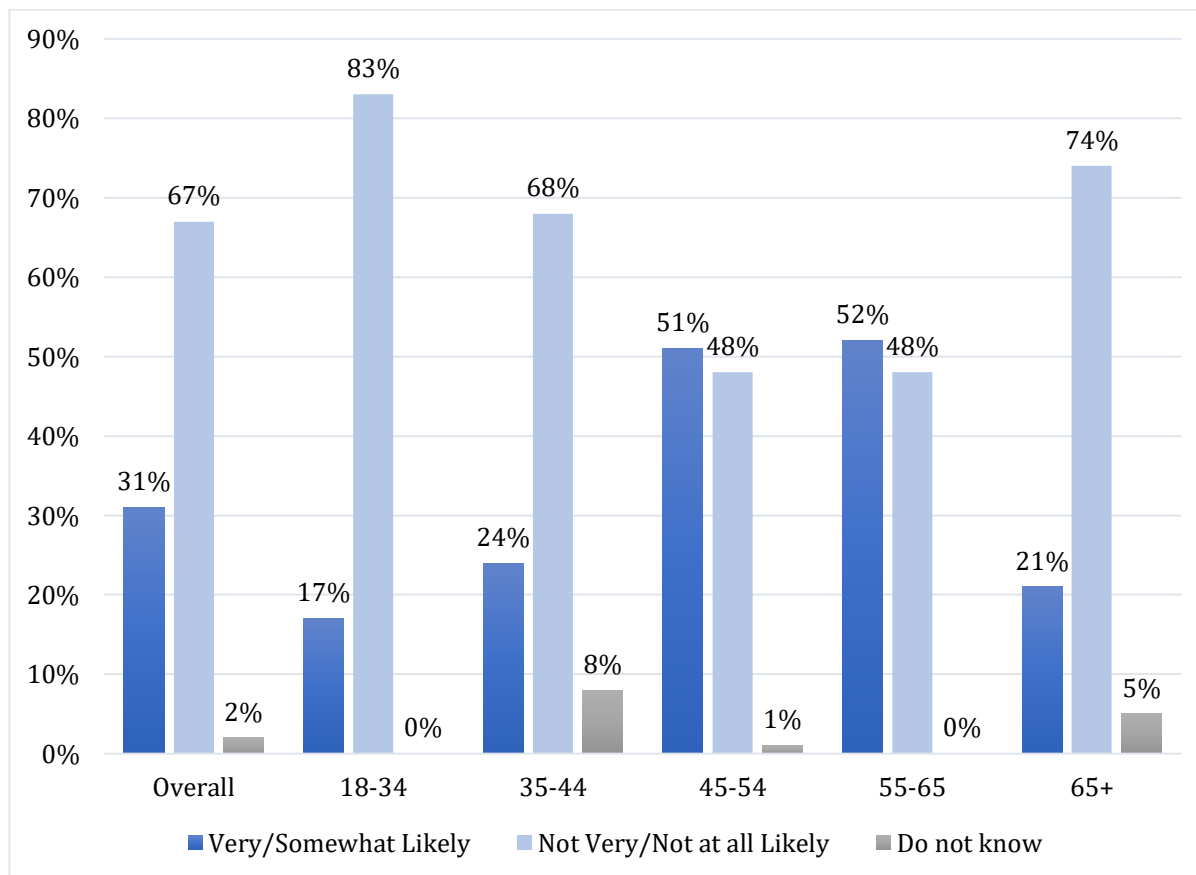


Likelihood of Moving Homes in Retirement Years

Arnold residents were asked the likelihood that they would move to a different home in their retirement years.⁶ Roughly one-third (31%) of Arnold residents are likely to move to a different home in their retirement years (14% very likely, 17% somewhat likely), compared to sixty-seven percent who said they were “not very” (30%) or “not at all” (37%) likely to move, while two percent did not know. Figure 4 below provides a graphical depiction of responses to this question. Table 2 below shows the likelihood of moving to a different home by various demographic subgroups.

As Table 2 and Figure 4 demonstrate, the largest differences between the demographic subgroups are among those eighteen to forty-four years of age and those forty-five to sixty-five. Specifically, 51% of those forty to fifty years or age, and 52% of those fifty-five to sixty-five, are very or somewhat likely to move to a different home during their retirement years. In contrast, only seventeen percent of those eighteen to thirty-four, and twenty-four percent of those thirty-five to forty-four, are likely to move.

Figure 4: Likelihood of Moving to a Different Home in Retirement Years



⁶Question 6: “Thinking about your retirement years, how likely is it that you will move to a different home? Very likely, somewhat likely, not very likely, or not at all likely?”

Table 2: Likelihood of Moving to a Different Home by Subgroup

| Subgroup | Very /Somewhat Likely | Not very /Not at all Likely |
|-----------------------|------------------------------|------------------------------------|
| Overall | 31% | 67% |
| Sex | | |
| Male | 31% | 65% |
| Female | 31% | 67% |
| Age | | |
| 18-34 | 17% | 83% |
| 35-44 | 24% | 68% |
| 45-54 | 51% | 48% |
| 55-65 | 52% | 48% |
| 65+ | 21% | 74% |
| 55< | 28% | 69% |
| 55+ | 35% | 62% |
| Sex/Age | | |
| Men<55 | 27% | 69% |
| Men 55+ | 41% | 58% |
| Women <55 | 29% | 69% |
| Women 55+ | 32% | 65% |
| Education | | |
| Non-College Graduate | 31% | 67% |
| College Graduate | 31% | 66% |
| Marital Status | | |
| Married | 34% | 65% |
| Not Married | 24% | 70% |

Factors Impacting Decision to Move

After the initial questions, respondents were then asked a series of questions about factors that may influence a resident's decision to move. This section of the Survey began with the following prompt read to respondents:

Question 7: If you were to consider moving during your retirement, would any of the following factors impact your decision to move? For each factor, please answer YES or NO. If you are not sure, please say so and we will move on.

Figure 5 below provides a graphical depiction of all the responses to the questions that might impact a resident's decision to move during their retirement years, while Figure 6 provides a graphical breakdown of responses to these questions by age group. An analysis of the factors that may impact a resident's decision to move are as follows.

Different Size Home

Respondents were read the prompt noted above and then asked a about a series of factors that may impact their decision to move, beginning with "Wanting a different size home that meets your needs." Forty-three percent of respondents answered "yes" to this question followed by 53% who answered "no" with 4% of respondents stating they were unsure.

Personal Safety or Security Concerns

When asked whether a fear for their personal safety or security would impact their decision to move in retirement years, 28% of Arnold residents said that it would, followed by 69% who said it would not, while 4% were unsure.⁷

A Home to Help Live Independently as they Age

Respondents were asked about living independently as they age.⁸ When asked whether living in a home to help them live independently as they age would impact their decision to move, more than one-half (54%) of respondents answered "yes" to this question, while forty percent said "no" and six percent were unsure.

Better Health Care Facilities

Twenty-three percent of residents said that the desire to move to an area that had better health care facilities would impact their decision to move in their retirement years.⁹ In contrast, 74% said that it would not impact their decision to move, while 4% were unsure.

⁷ Question 8: "Fearing for your personal safety or security concerns."

⁸ Question 9: "Looking for a home that will help you live independently as you age."

⁹ Question 10: "Wanting to move to an area that has better health care facilities."

Closer to Family

Twenty-nine percent of residents stated that the desire to be closer to family would have an impact on their decision to move in their retirement years.¹⁰ In comparison, 66% said it would not have impact on their decision, with the remaining 5% of respondents indicating that they were unsure.

Access to Public Transportation

Twenty-six percent of respondents indicated that the need for access to public transportation would impact their decision to move in their retirement years.¹¹ Still yet, 69% of respondents indicated that the need for more access to public transportation would not be a factor in their decision to move, while 5% indicated that they were unsure.

Different Climate

Twenty-eight percent of respondents stated that the desire to live in a different climate would impact their decision to move in their retirement years.¹² However, sixty-six percent of residents stated that the desire to live in a different climate would not have an impact, and six percent of respondents were unsure.

Lower Cost of Living

Thirty-seven percent of respondents indicated that a lower cost of living would impact their decision to move in their retirement years.¹³ This is compared to sixty percent of residents who indicated that it would not have an impact on their decision to move, while 4% were unsure.

¹⁰ Question 11: "Wanting to be closer to family."

¹¹ Question 12: "Needing more access to public transportation."

¹² Question 13: "Wanting to live in a different climate."

¹³ Question 14: "Looking for an area that has a lower cost of living."

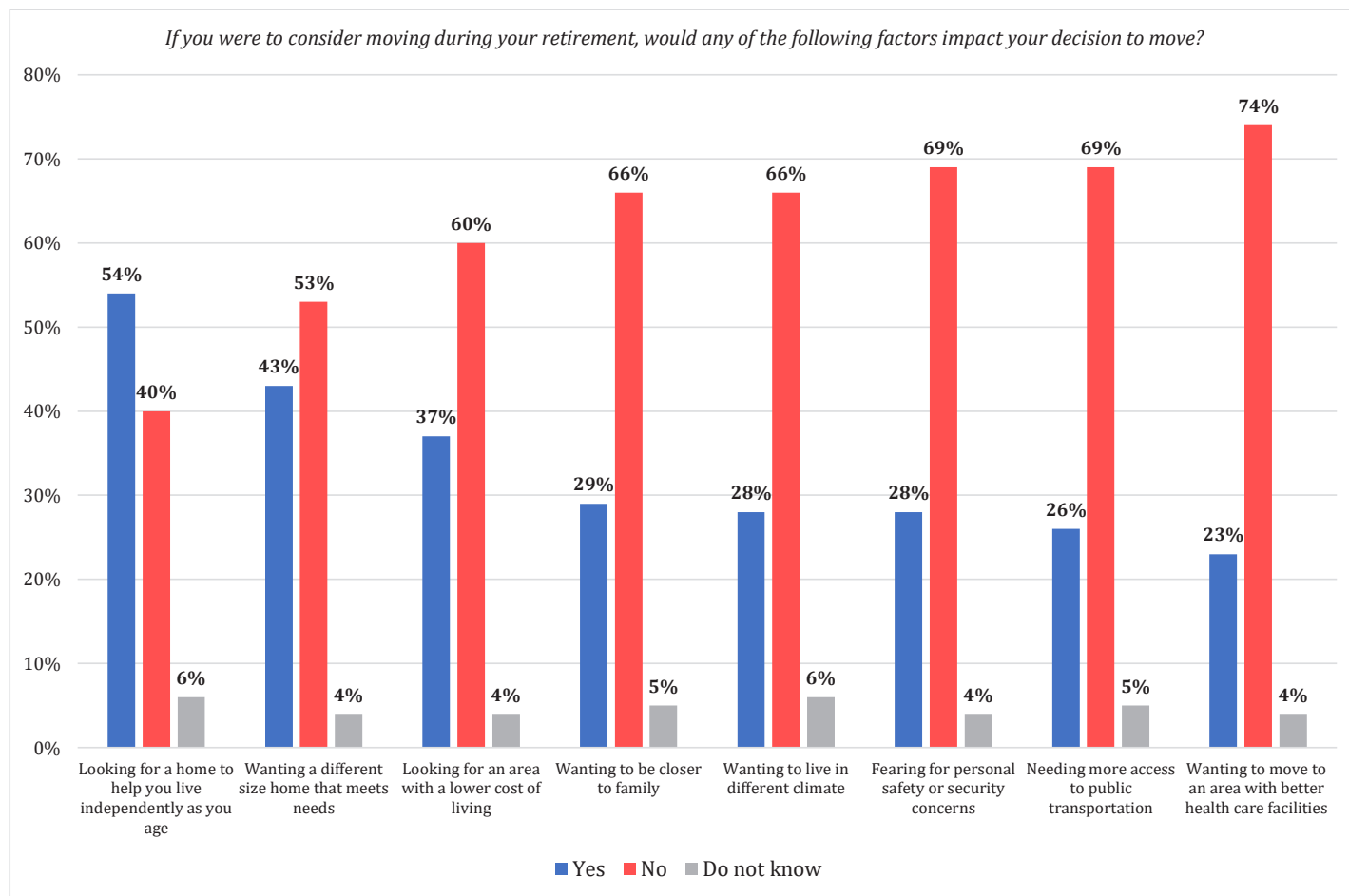
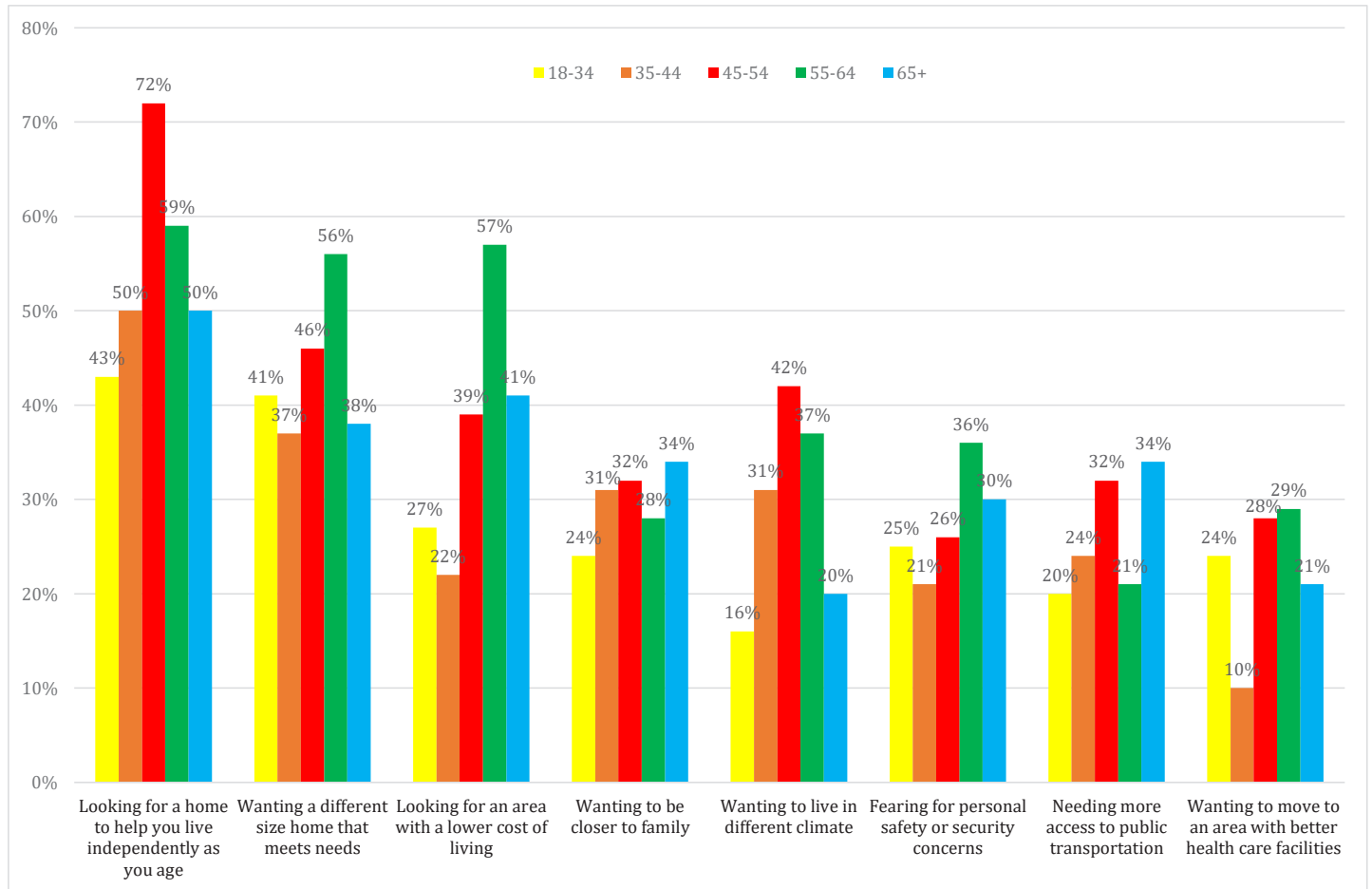
Figure 5: Factors that would Impact Decision to Move During Retirement

Figure 6: Percentage Who Said Factor Would Impact Their Decision to Move During Retirement by Age Group



Housing: Future Modifications or Improvements

Another goal of this survey was to assess how citizens may need to alter their homes as they grow older. As such, respondents were read the following prompt:

Now, I want to ask you a few questions about the types of modifications or improvements that you may need to make to your home to make it more suitable for you to live in as you age. For each, please answer YES or NO to indicate whether you think you will need to make that modification or improvement or not.

After they were read this prompt, they were asked a series of questions about specific home modifications. A discussion of the responses to these questions are as follows.

Figure 7 provides a breakdown of responses to these questions. In addition, Figure 8 provides a graphical breakdown of the percentage of respondents who said that they would make that home modification or improvement by age group.

Easier Access to Home

Respondents were asked whether they would need to modify their homes with a ramp, chairlift, elevator, or wider doorways.¹⁴ In response to this question, 29% of respondents indicated that they would need to make the change followed by 68% who said they would not, and 3% who were unsure.

Bathroom Modifications

Respondents were also asked whether they thought they would need to make any modifications to their bathrooms.¹⁵ Roughly one out of four (26%) of residents indicated that they would need to make bathroom modifications, compared to seven out of ten (71%) who did not feel they would need to make that change, while four percent were unsure.

Move Bedroom, Bathroom, or Kitchen to First Floor

Residents were then asked if thought they would need a bedroom, bathroom, or kitchen on the ground level of their home.¹⁶ Seventeen percent of respondents felt that they would need to make this change, while eighty percent felt they would not need to make this change, and four percent of respondents were unsure.

¹⁴ Question 15: "Easier access into or within your home such as a ramp, chairlift, or elevator, or wider doorways."

¹⁵ Question 16: "Bathroom modifications."

¹⁶ Question 17: "Putting a bedroom, bathroom, or kitchen on the first floor."

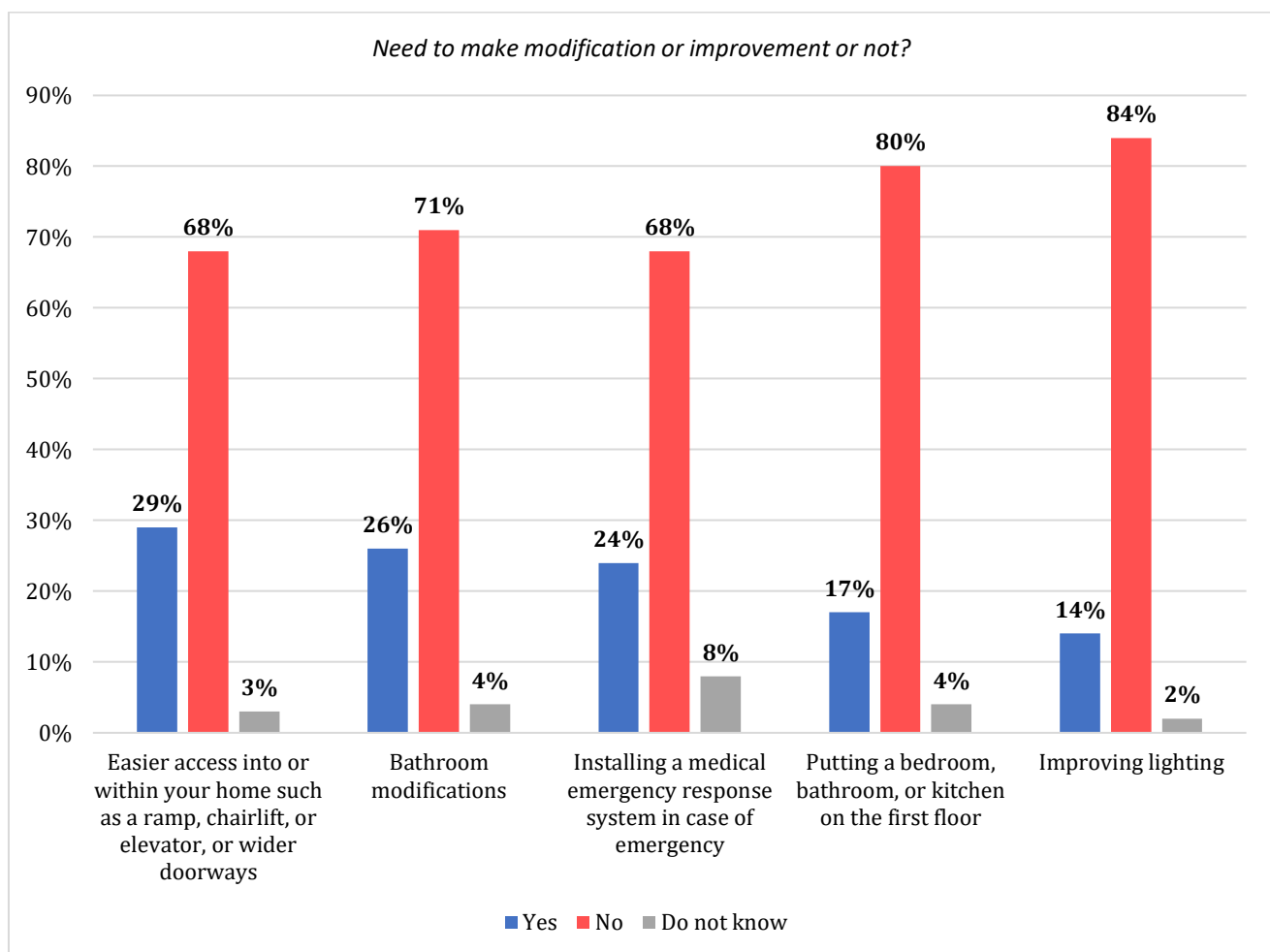
Improved Lighting

Another possible home modification that was asked of citizens was the need for improved lighting.¹⁷ About one out of ten (14%) of residents felt they would need improved lighting, while eight of ten (84%) indicated that they would not, with the remainder of respondents indicating that they were unsure (2%).

Home Medical Emergency Response System

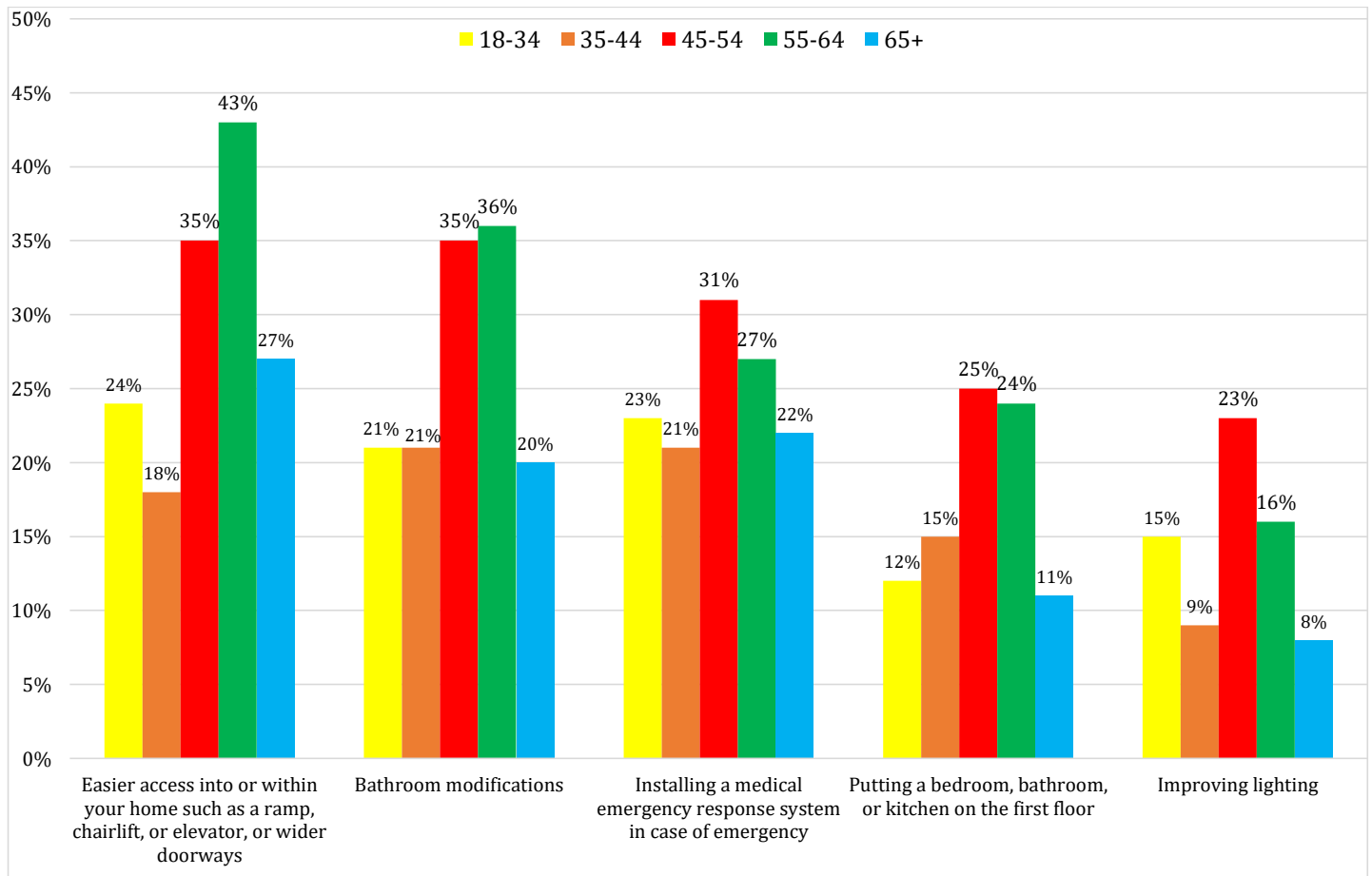
The last question in this battery of questions asked about the need for an in-home medical emergency response system.¹⁸ About one-quarter of residents (24%), indicated that they would need to install a medical response system in their home. In contrast, sixty-eight percent indicated that they would not, while eight percent of respondents were unsure.

Figure 7: Future Home Modifications and Improvements



¹⁷ Question 18: "Improving lighting."

¹⁸ "Question 19 "Installing a medical emergency response system in case of emergency."

Figure 8: Future Home Modifications and Improvements by Age Group

Importance of Amenities and Services

A key goal of the Survey was to determine the needs of Arnold residents. Specifically, needs related to home amenities, transportation, health and wellness, entertainment, and public service. Before respondents were asked about specific amenities, they were read the following prompt:

Now, I want to ask you a few questions about some services and amenities in the City of Arnold. For each, please tell me whether you think it is important to have in the City of Arnold. If you think it is important, please answer YES. If you do not think it is important, please answer with a NO. If you are unsure or do not know please say so and we will move on.

In total, respondents were asked about the importance of twenty-nine different amenities and services. Table 3 provides a ranked breakdown of all twenty-nine amenities from most important to least important.

A discussion of each specific category of amenity or services, beginning with home amenities, is discussed as follows.

Table 3: Most Important Amenities and Services Ranked

| Question Number | Amenity or Service | Percentage Important |
|------------------------|---|-----------------------------|
| Q29. | Special transportation for elderly and disabled | 89% |
| Q31. | Safe streets and intersections | 89% |
| Q26. | Public buildings and facilities accessible to everyone | 87% |
| Q42. | Affordable activities for all ages | 87% |
| Q20. | Home repair contractors | 84% |
| Q25. | Handicap friendly sidewalks | 83% |
| Q35. | Convenient Health and Social Services | 83% |
| Q47. | Information about volunteer and social activities | 83% |
| Q28. | Accessible and affordable public transportation | 82% |
| Q36. | Information on Local Supportive Services | 82% |
| Q41. | Activities for older adults | 82% |
| Q37. | Affordable home care services | 81% |
| Q38. | Variety of health care professionals and specialists | 81% |
| Q45. | Range of volunteer activities | 81% |
| Q22. | Affordable housing | 80% |
| Q21. | Seasonal services | 78% |
| Q27. | Neighborhood watch programs | 78% |
| Q43. | Activities involving younger and older people | 77% |
| Q46. | Opportunities for older adults to participate in decision making bodies | 77% |
| Q48. | Range of flexible opportunities for older adults | 76% |
| Q23. | Homes designed for older adults | 74% |
| Q30. | Public parking | 74% |
| Q40. | Entertainment venues | 73% |
| Q32. | Pedestrian crossings | 70% |
| Q34. | Health and wellness programs and classes | 70% |
| Q24. | Well-maintained and safe parks | 68% |
| Q33. | Driver Education Courses | 64% |
| Q44. | Activities for diverse populations | 62% |
| Q39. | Health care professionals fluent in multiple languages | 51% |

Home Amenities

The home amenities section of the survey asked residents about the importance of trustworthy home repair contractors, seasonal services, affordable housing options, and homes with modifications catered towards the disabled or elderly. Figure 9 provides a graphical depiction of responses to this category of amenities and services. Figure 10 provides a breakdown of the percentage of respondents who said the amenity or service was important by age groups.

Home Repair Contractors

When asked whether it was important to have trustworthy and affordable home repair contractors in the City of Arnold, eighty four percent of residents indicated that it was.¹⁹ In contrast, twelve percent indicated that it was not important to have trustworthy and affordable home repair contractors with four percent of respondents indicating that they were unsure.

Seasonal Services

Most Arnold residents (78%) believe that is important to have seasonal services such as lawn work or snow removal for low-income and older adults.²⁰ Only 17% of respondents indicated that it was not important, while 5% did not know.

Affordable Housing

Affordable housing is also viewed as important amenity for Arnold residents.²¹ Specifically, eighty percent of respondents indicated that it was important to have affordable housing options for adults of varying income levels and ages. Only fourteen percent indicated that it was not important, while six percent of residents were unsure.

Homes Designed for Older Adults

Arnold residents were also asked about the importance that they placed on homes that are designed for older adults.²² Specifically, when asked if it was important for homes to have features like no-step entries or first floor bedrooms and baths, seventy-four percent of residents answered that it was an important amenity for the City of Arnold to have. A small minority (22%) of residents believed that homes designed for older adults were not important, while five percent of respondents were unsure.

¹⁹ Question 20: "Home repair contractors who are trustworthy, do quality work, and are affordable."

²⁰ Question 21: "Seasonal services such as lawn work or snow removal for low-income and older adults."

²¹ Question 22: "Affordable housing options for adults of varying income levels and ages."

²² Question 23: "Homes that are equipped with features such as a no-step entry, wider doorways, first floor bedroom and bath, grab bars in bathrooms."

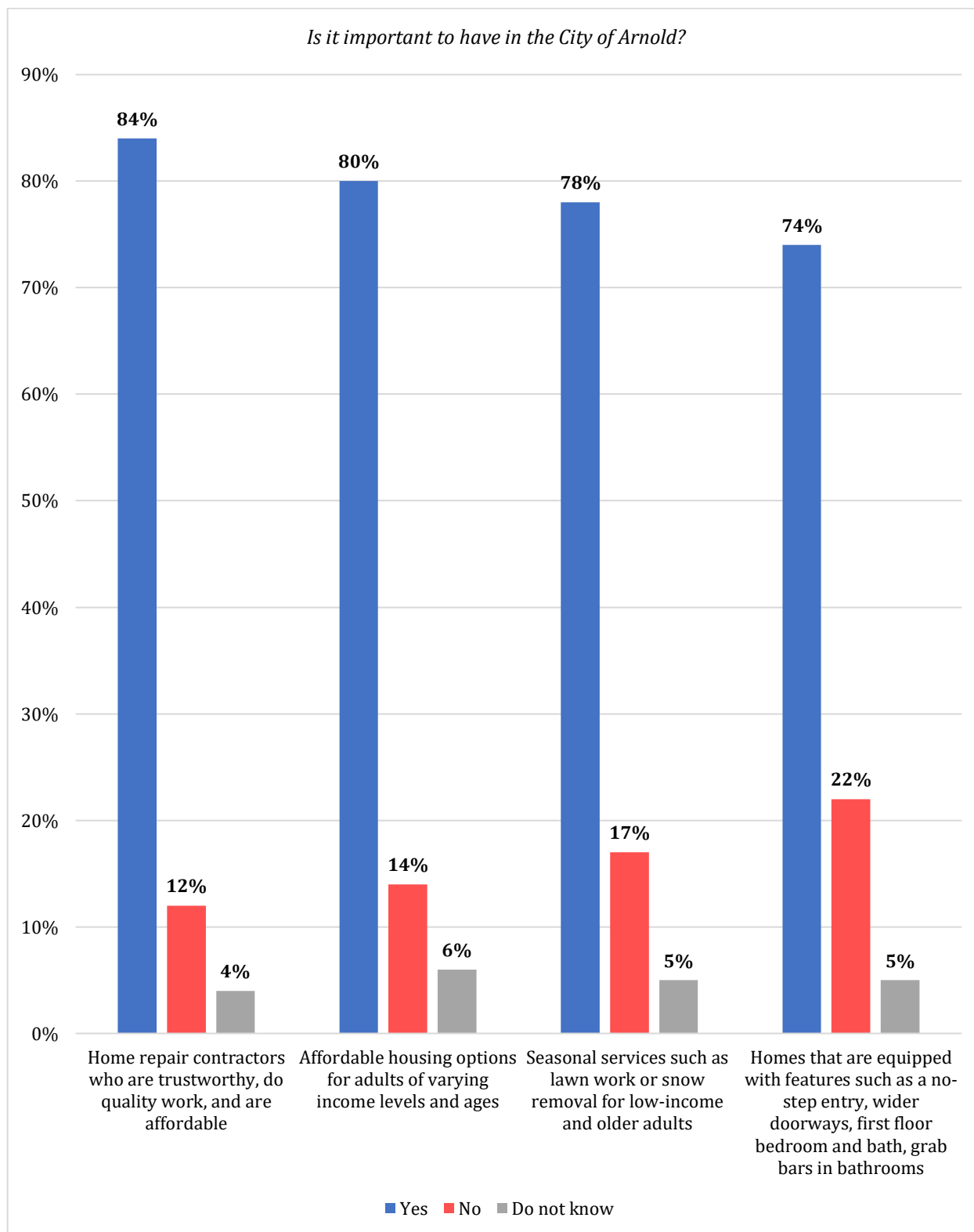
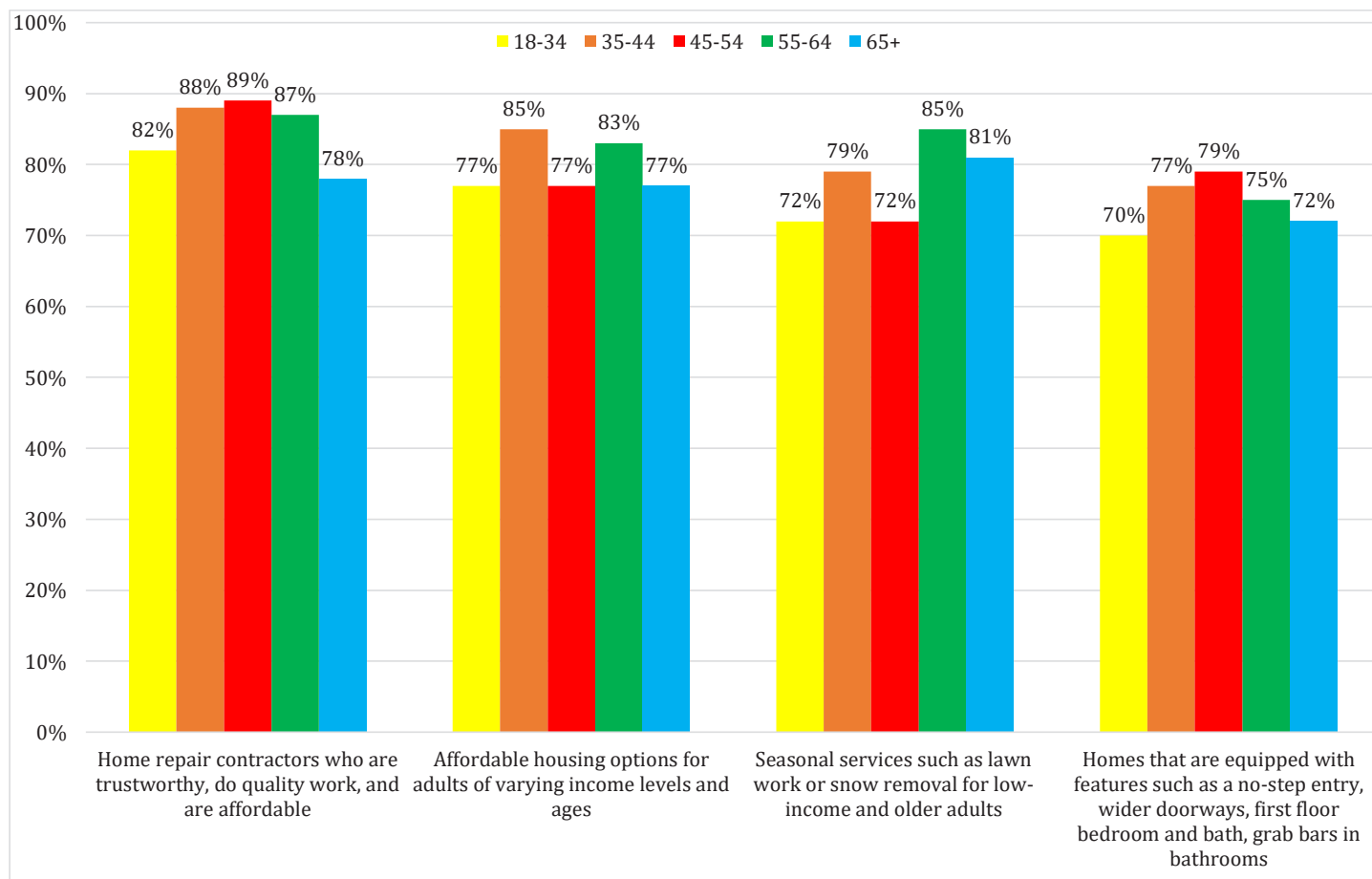
Figure 9: Importance Placed on Home Amenity

Figure 10: Importance Placed on Home Amenity by Age

Outdoor Spaces and Buildings

The next series of questions in the Survey asked about the importance of outdoor spaces and building amenities and services in the City of Arnold. Specifically, this series of questions asked about parks, sidewalks, public buildings, and neighborhood watch programs.

Figure 11 below provides a breakdown of responses to these questions. Table 4 below outlines the percentage of respondents who stated the amenity was important by various demographic subgroups.

Well-Maintained and Safe Parks

When asked if it what is important to have well-maintained parks within walking distance of their homes, 68% of respondents indicated that it was.²³ One out of four residents (25%) indicated that it was not important to have, while seven percent of respondents were unsure.

Handicap Friendly Sidewalks

Eighty-three percent of residents believe that it important for Arnold to have sidewalks that are in good condition and accessible to those with mobility issues.²⁴ Roughly one out of ten residents (12%) indicated that it was not important to have handicap friendly sidewalks, while five percent were unsure.

Public Buildings and Facilities Accessible to Everyone

A large percentage of residents (87%) believe that it is important to have public building that are accessible to people of different physical abilities.²⁵ Eleven percent of residents do not believe it is important, with three percent of residents were unsure.

Neighborhood Watch Programs

Residents were also asked about the importance of neighborhood watch programs.²⁶ A large majority of residents (78%) indicated that it was important to have in the City of Arnold, while thirteen percent said that it was not, and nine percent were unsure.

²³ Question 24: "Well-maintained and safe parks that are within walking distance of your home."

²⁴ Question 25: "Sidewalks that are in good condition and are accessible for wheelchairs or mobility devices."

²⁵ Question 26: "Well-maintained public buildings and facilities that are accessible to people of different physical abilities."

²⁶ Question 27: "Neighborhood watch programs."

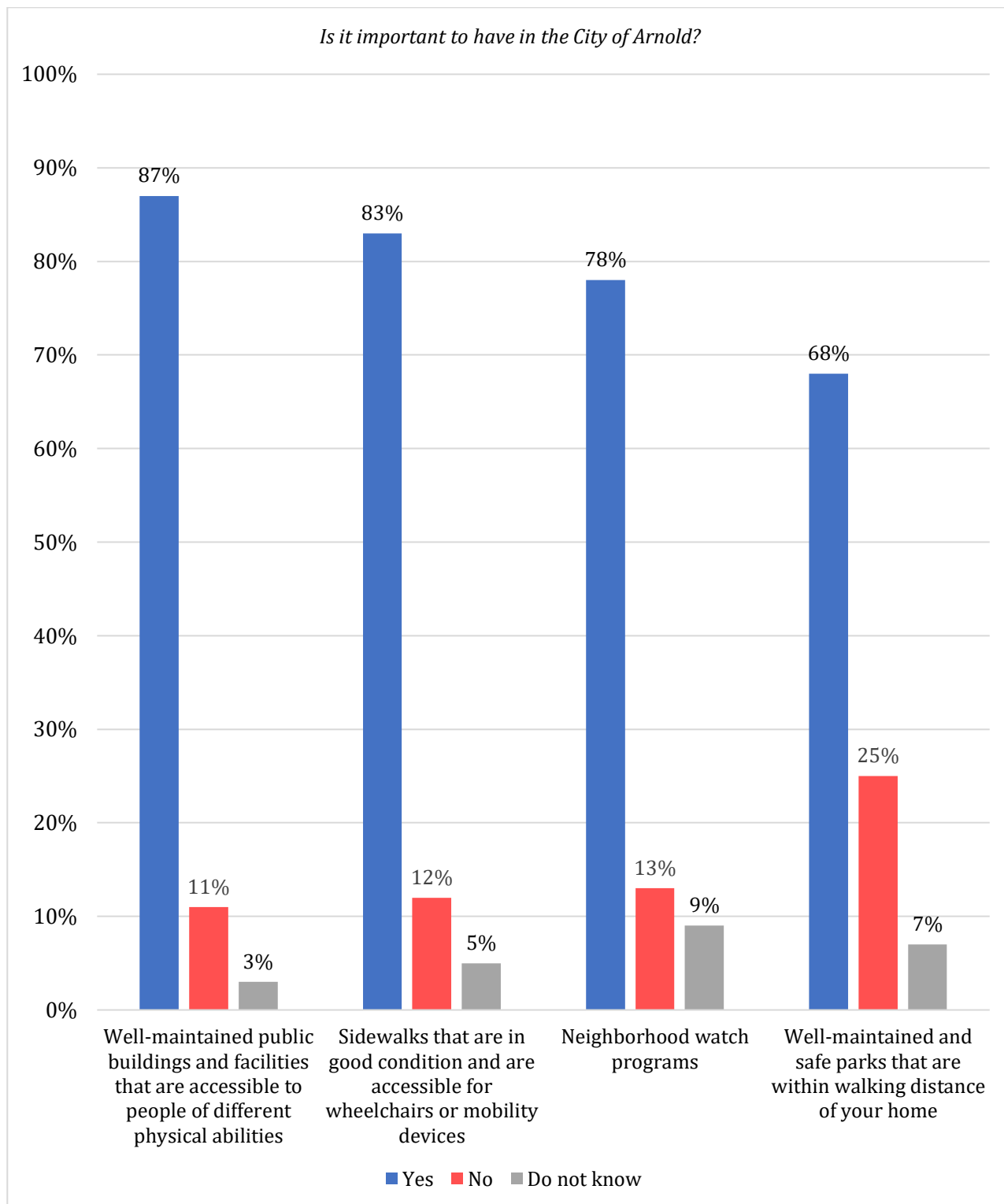
Figure 11: Importance Placed on Outdoor Spaces and Building Amenity

Table 4: View of Outdoor Amenity as Important by Subgroup

| Subgroup | Q24. Parks | Q25. Sidewalks | Q26. Public Buildings | Q27. Neighborhood Watch |
|----------------------|-----------------------|---------------------------|----------------------------------|--|
| Overall | 68% | 83% | 87% | 78% |
| Sex | | | | |
| Male | 66% | 77% | 82% | 72% |
| Female | 70% | 88% | 90% | 83% |
| Age | | | | |
| 18-34 | 64% | 84% | 88% | 79% |
| 35-44 | 63% | 72% | 79% | 66% |
| 45-54 | 74% | 89% | 88% | 85% |
| 55-65 | 73% | 88% | 91% | 85% |
| 65+ | 69% | 80% | 86% | 73% |
| 55< | 67% | 82% | 85% | 77% |
| 55+ | 71% | 84% | 88% | 79% |
| Sex/Age | | | | |
| Men<55 | 67% | 78% | 83% | 71% |
| Men 55+ | 64% | 75% | 81% | 73% |
| Women <55 | 66% | 87% | 89% | 84% |
| Women 55+ | 75% | 89% | 92% | 82% |
| Education | | | | |
| Non-College Graduate | 69% | 85% | 87% | 79% |
| College Graduate | 67% | 77% | 84% | 74% |
| Marital Status | | | | |
| Married | 68% | 83% | 89% | 80% |
| Not Married | 68% | 83% | 83% | 73% |

Transportation and Streets

The next series of questions in the Survey asked about the importance of amenities and services related to transportation and streets. This series of questions asked about public transportation, special transportation for older adults, parking, streets and intersections, pedestrian crossings, and driver education refresher courses.

Figure 12 below provides a breakdown of responses to these questions. Table 5 below outlines the percentage of respondents who stated the amenity was important by various demographic subgroups.

Accessible and Affordable Public Transportation

A sizeable majority of residents (82%) believe that it is important for Arnold to have accessible and affordable public transportation.²⁷ Thirteen percent of residents do not believe it is important, while six percent were unsure.

Transportation for Elderly and Disabled

Nearly nine out of ten residents (89%) said that it was important for Arnold to have special transportation for the elderly and disabled.²⁸ Eight percent of resident stated it was not important to have special transportation for people with disabilities and older adults, while four percent were unsure.

Public Parking

Approximately three out of four residents (74%) indicated that it was important for Arnold to have public parking lots and areas to park.²⁹ Nearly one in five (19%) residents did not believe it was important, while seven percent of respondents were unsure.

Safe Streets and Intersections

Another aspect of transportation measured in the Survey was the importance of well-lit safe streets and intersections.³⁰ The overwhelming majority of residents (89%) indicated that it was important to have in the City of Arnold. A small minority of residents (8%) indicated that it was not important, and three percent were unsure.

²⁷ Question 28: "Accessible and affordable public transportation."

²⁸ Question 29: "Special transportation services for people with disabilities and older adults."

²⁹ "Question 30: "Public parking lots, spaces, and areas to park."

³⁰ Question 31: "Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers)."

Pedestrian Crossings

When asked about audio or visual pedestrian crossings in the City of Arnold, 70% of residents indicated that it was important.³¹ In contrast, 21% of respondents indicated that audio or visual crossings were not important, while 10% were unsure.

Driver Education Courses

Arnold residents were also asked about the importance that they placed on driver education or refresher courses.³² Interestingly sixty-four percent of residents indicated that it was important to have driver education or refresher courses in the City of Arnold. In contrast, twenty-seven percent of respondents did not believe it was important, while nine percent were unsure.

³¹ Question 32: "Audio/visual pedestrian crossings."

³² Question 33: "Driver education/refresher courses."

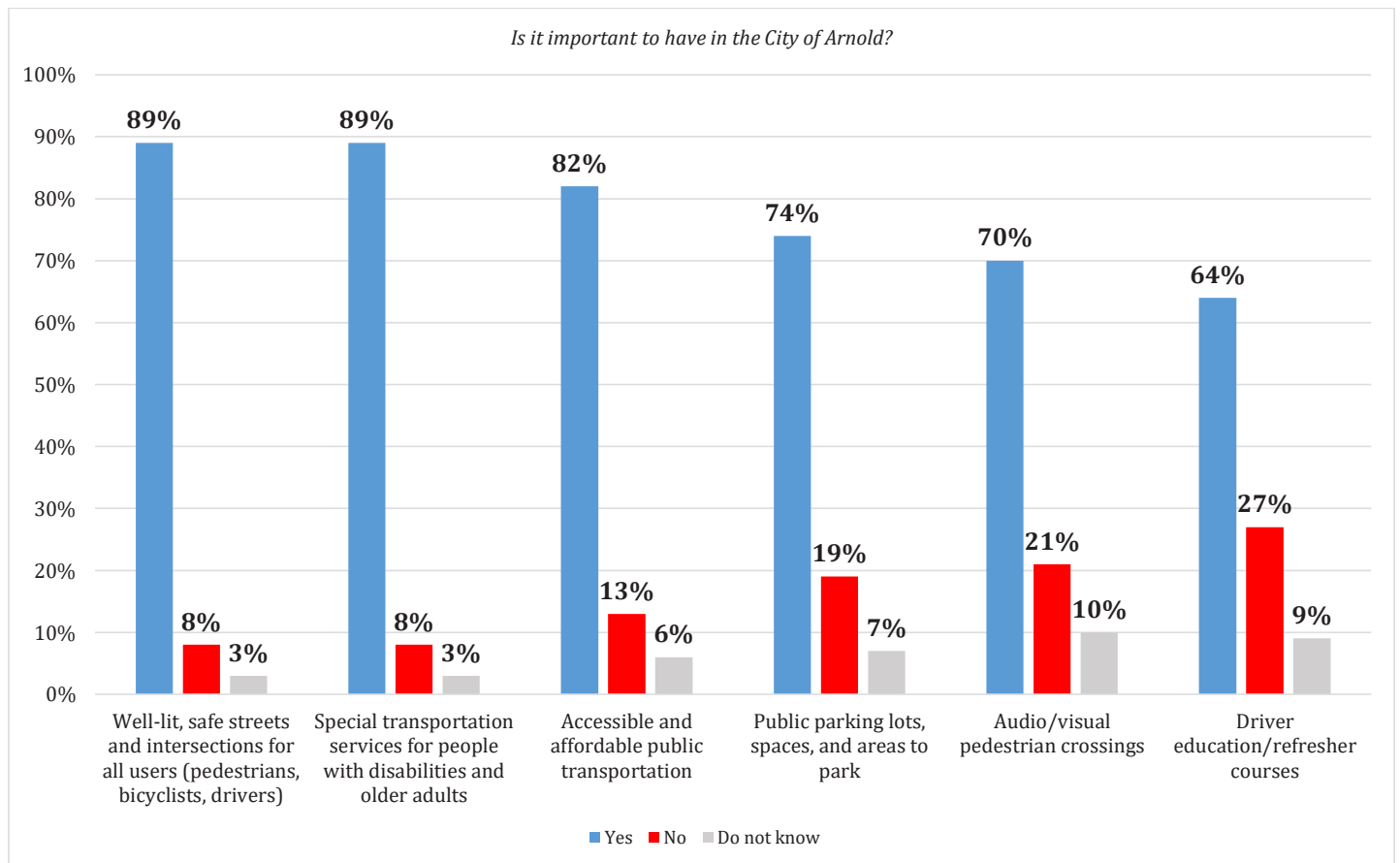
Figure 12: Importance Placed on Transportation and Streets Amenity

Table 5: View of Transportation and Streets Amenity as Important by Subgroup

| Subgroup | Q28. Public Trans | Q29. Sidewalks | Q30. Public Buildings | Q31. Neighborhood Watch | Q32. Pedestrian Crossing | Q33. Driver Education |
|----------------------|----------------------------------|---------------------------|--------------------------------------|--|---|----------------------------------|
| Overall | 82% | 89% | 74% | 89% | 70% | 64% |
| Sex | | | | | | |
| Male | 76% | 85% | 69% | 84% | 70% | 58% |
| Female | 87% | 93% | 79% | 94% | 69% | 70% |
| Age | | | | | | |
| 18-34 | 82% | 94% | 69% | 84% | 76% | 59% |
| 35-44 | 78% | 81% | 69% | 85% | 57% | 66% |
| 45-54 | 85% | 92% | 83% | 98% | 80% | 69% |
| 55-65 | 81% | 91% | 79% | 95% | 63% | 67% |
| 65+ | 83% | 85% | 74% | 87% | 69% | 63% |
| 55< | 82% | 90% | 73% | 88% | 72% | 64% |
| 55+ | 82% | 88% | 76% | 91% | 66% | 65% |
| Sex/Age | | | | | | |
| Men<55 | 77% | 87% | 72% | 83% | 73% | 61% |
| Men 55+ | 76% | 80% | 63% | 86% | 61% | 53% |
| Women <55 | 88% | 93% | 74% | 94% | 70% | 68% |
| Women 55+ | 85% | 92% | 84% | 93% | 69% | 72% |
| Education | | | | | | |
| Non-College Graduate | 82% | 90% | 76% | 89% | 69% | 66% |
| College Graduate | 82% | 86% | 70% | 90% | 70% | 61% |
| Marital Status | | | | | | |
| Married | 80% | 88% | 75% | 90% | 66% | 66% |
| Not Married | 85% | 92% | 72% | 89% | 76% | 64% |

Health and Wellness

Amenities and services related to health and wellness are important components of an age-friendly community. As a result, residents were asked to rate the importance of having several health and wellness amenities and services in the City of Arnold.

Specifically, respondents were asked whether it was important to have wellness programs (such as classes on nutrition or weight control), conveniently located health services, easy to find information on supportive services, affordable home care services, and a variety of health care professionals including those who speak multiple languages.

Figure 13 provides a breakdown of responses to the health and wellness questions. Table 6 shows the percentage of respondents, among various demographic subgroups, who stated that it was important have that amenity in the City of Arnold.

Health and Wellness Programs and Classes

When asked about the salience of programs such as nutrition, smoking cessation, and weight control, 70% of respondents indicated that it was important to have in the City of Arnold.³³ A smaller percentage of respondents, 22% indicated that it was not important, while 8% of residents were unsure.

Convenient Health and Social Services

Eighty-three percent of residents believe that it important to have conveniently located health and social service in the City of Arnold.³⁴ Twelve percentage of respondents indicated that it was not important, and five percent of respondents were unsure.

Information on Local Supportive Services

Eighty-two percent of residents believe that it is important to have easy to find information on health and supportive services in Arnold.³⁵ Twelve percent of respondent indicated that it was not important, while seven percent were unsure.

Affordable Home Care Services

Eighty-one percent of respondents stated that it was important to have affordable home care services in the City of Arnold.³⁶ Eleven percent believed that it was not important, while eight percent of respondents were unsure.

³³ Question 34: "Health and wellness programs and classes in areas such as nutrition, smoking cessation, and weight control."

³⁴ Question 35: "Conveniently located health and social services."

³⁵ Question 36: "Easy to find information on local health and supportive services."

³⁶ Question 37: "Affordable home care services including health, personal care and housekeeping."

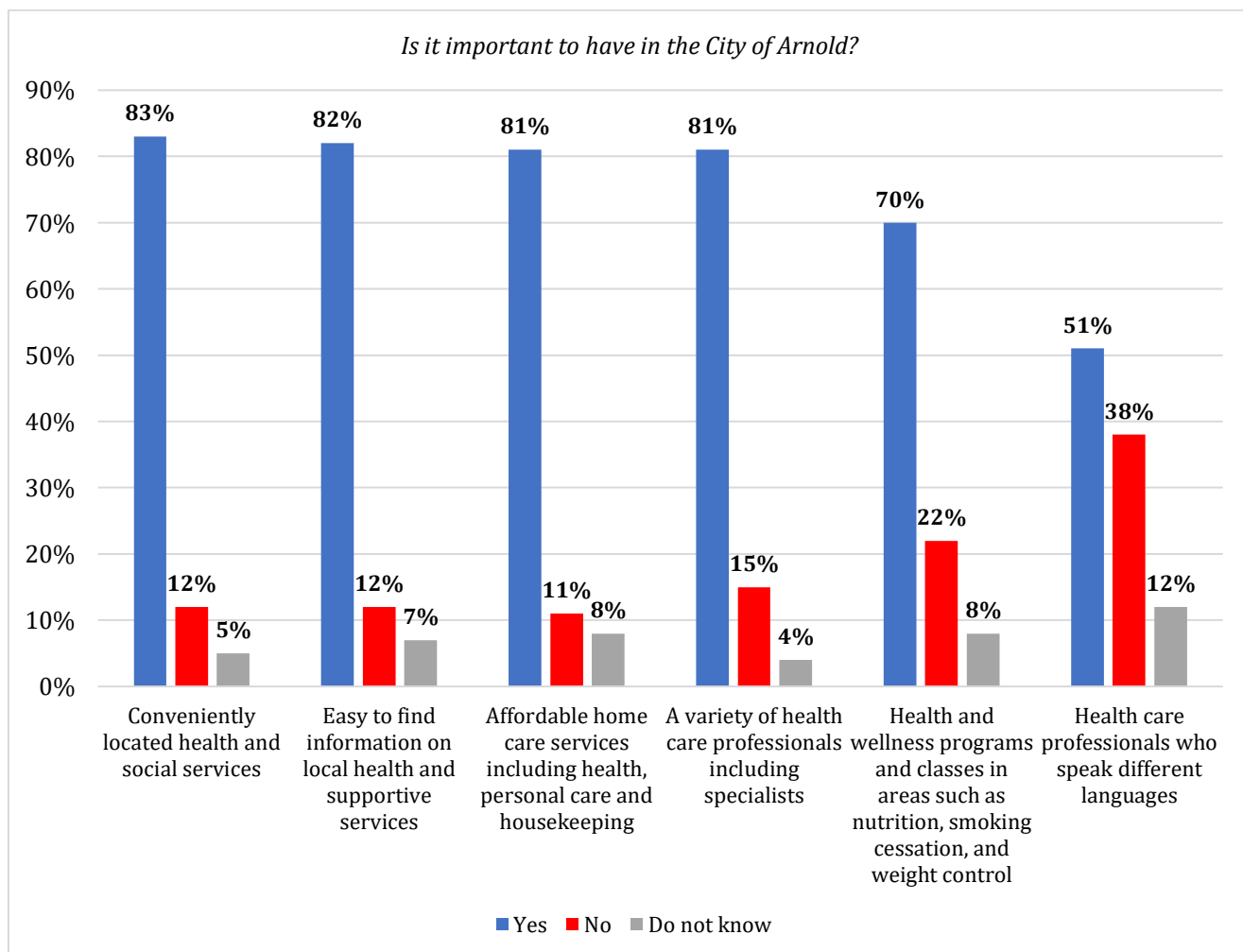
Variety of Health Care Professionals and Specialists

Eighty-one percent of respondents agreed that it was important to have a variety of health care specialists in the City of Arnold.³⁷ This is compared to fifteen percent who indicated that it was not important, and four percent who were unsure.

Health Care Professionals Fluent in Multiple Languages

A small majority of residents (51%) believe it is important to have health care professional who speak different languages.³⁸ Thirty-eight percent of residents stated that it was not important to have health care professionals who speak different languages in Arnold, while twelve percent of respondents were unsure.

Figure 13: Importance Placed on Health and Wellness Amenity



³⁷ Question 38: "A variety of health care professionals including specialists."

³⁸ Question 39: "Health care professionals who speak different languages."

Table 6: View of Health and Wellness Amenity as Important by Subgroup

| Subgroup | Q34. Health Programs | Q35. Social Services | Q36. Easy to Find Info | Q37. Affordable Home Care | Q38. Variety of Specialists | Q39. Different languages |
|----------------------|-------------------------------------|-------------------------------------|---------------------------------------|--|--|---|
| Overall | 70% | 83% | 82% | 81% | 81% | 51% |
| Sex | | | | | | |
| Male | 65% | 78% | 79% | 75% | 74% | 49% |
| Female | 74% | 88% | 85% | 86% | 86% | 52% |
| Age | | | | | | |
| 18-34 | 66% | 76% | 74% | 85% | 75% | 50% |
| 35-44 | 66% | 76% | 79% | 63% | 75% | 57% |
| 45-54 | 72% | 94% | 92% | 85% | 89% | 51% |
| 55-65 | 72% | 88% | 88% | 87% | 87% | 59% |
| 65+ | 72% | 83% | 81% | 81% | 80% | 38% |
| 55< | 68% | 81% | 80% | 79% | 79% | 52% |
| 55+ | 72% | 85% | 84% | 84% | 83% | 48% |
| Sex/Age | | | | | | |
| Men<55 | 66% | 77% | 78% | 75% | 73% | 52% |
| Men 55+ | 63% | 80% | 80% | 75% | 76% | 42% |
| Women <55 | 70% | 87% | 83% | 83% | 85% | 52% |
| Women 55+ | 77% | 88% | 87% | 89% | 87% | 51% |
| Education | | | | | | |
| Non-College Graduate | 70% | 83% | 81% | 81% | 80% | 49% |
| College Graduate | 68% | 83% | 85% | 79% | 82% | 53% |
| Marital Status | | | | | | |
| Married | 69% | 84% | 82% | 78% | 81% | 51% |
| Not Married | 70% | 81% | 81% | 85% | 80% | 49% |

Entertainment and Activities

This portion of the Survey asked residents about the importance that they placed on different entertainment activities. Respondents were asked about the importance of entertainment venues, activities catered to older adults, affordable activities, activities for young and older individuals, as well as a variety of cultural activities.

Figure 14 provides a breakdown of responses to these questions. Table 7 outlines the percentage of respondents who stated the amenity was important by various demographic subgroups.

Entertainment Venues

Seventy-three percent of residents believe that it important for Arnold to have conveniently located venues for entertainment.³⁹ In contrast, one out of five (20%) residents, indicated that it was not important, while seven percent were unsure.

Activities for Older Adults

Eighty-two percent of respondents stated that it was important to have activities specifically geared toward older adults.⁴⁰ Fourteen percent indicated that it was not important to have these types of activities, while five percent of respondents were unsure.

Affordable Activities for All Ages

Eighty-seven percent of respondent indicated that it was important to have gave activities that were affordable to all residents.⁴¹ One out of ten residents (10%) did not believe that it was important to have activities affordable for all, while four percent were unsure.

Activities Involving Young and Older People

Seventy-seven percent of residents believe that it important to have activities involving younger and older people in the City of Arnold.⁴² Fifteen percent of respondents stated that it was not important to have to have activities involving those young and old in Arnold, while nine percent of residents were unsure.

Activities for Diverse Populations

Sixty-two percent of residents believe that it is important to have a variety of cultural activities for diverse populations.⁴³ Comparatively speaking, twenty-seven percent of respondents did not believe it was important, while eleven percent were unsure.

³⁹ Question 40: "Conveniently located venues for entertainment."

⁴⁰ Question 41: "Activities specifically geared to older adults."

⁴¹ Question 42: "Activities that are affordable to all residents."

⁴² Question 43: "Activities involving young and older people."

⁴³ Question 44: "Variety of cultural activities for diverse populations."

Figure 14: Importance Placed on Entertainment Amenity

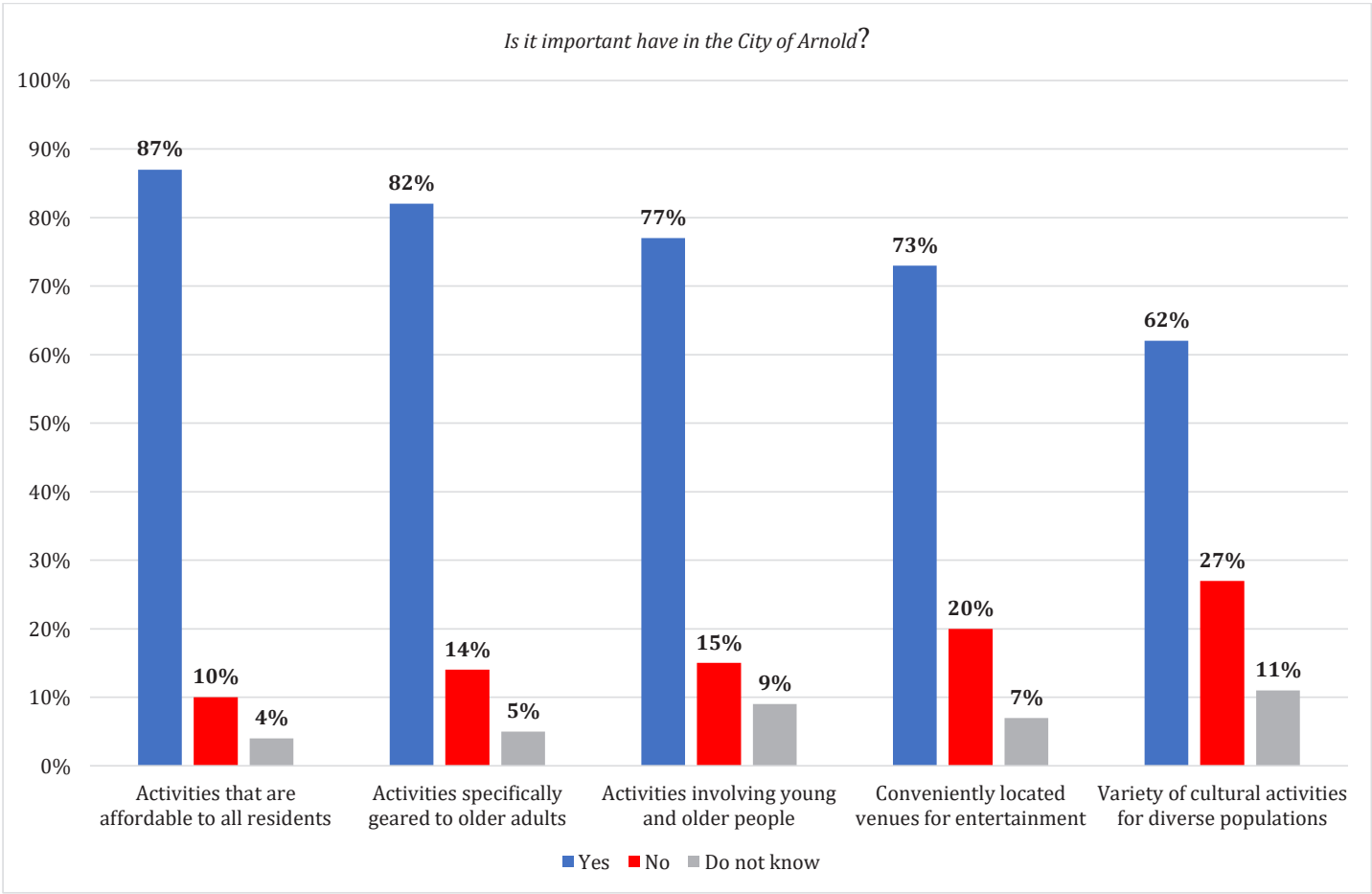


Table 7: View of Entertainment Amenity as Important by Subgroup

| Subgroup | Q40. Entertainment Venues | Q41. Activities for Older Adults | Q42. Affordable Activities | Q43. Activities Young/Old | Q44. Cultural Activities |
|-------------------------|--|---|---|--|-------------------------------------|
| Overall | 73% | 82% | 87% | 77% | 62% |
| Sex | | | | | |
| Male | 70% | 77% | 82% | 72% | 58% |
| Female | 77% | 87% | 91% | 80% | 66% |
| Age | | | | | |
| 18-34 | 65% | 86% | 85% | 74% | 54% |
| 35-44 | 62% | 75% | 78% | 71% | 62% |
| 45-54 | 83% | 91% | 94% | 89% | 72% |
| 55-65 | 83% | 80% | 92% | 81% | 60% |
| 65+ | 77% | 78% | 85% | 71% | 66% |
| 55< | 69% | 84% | 85% | 77% | 61% |
| 55+ | 80% | 79% | 88% | 76% | 63% |
| Sex/Age | | | | | |
| Men<55 | 67% | 83% | 83% | 73% | 58% |
| Men 55+ | 76% | 64% | 80% | 69% | 56% |
| Women <55 | 72% | 86% | 89% | 81% | 64% |
| Women 55+ | 81% | 87% | 93% | 79% | 68% |
| Education | | | | | |
| Non-College Graduate | 74% | 84% | 87% | 78% | 64% |
| College Graduate | 71% | 76% | 84% | 72% | 55% |
| Marital Status | | | | | |
| Married | 74% | 82% | 84% | 78% | 62% |
| Not Married | 72% | 82% | 91% | 73% | 61% |

Social Participation and Inclusion

This section of the survey asked residents about the importance of social participation and inclusion opportunities. Respondents were asked about the importance of having a range of volunteer activities to choose from, opportunities for older adults to participate in decision making bodies, easy to find information about volunteer activities, and job opportunities for older adults.

Figure 15 displays the responses to this series of questions. Table 8 below outlines the percentage of respondents who stated the amenity was important by various demographic subgroups.

Range of Volunteer Activities

Eighty-one percent of residents indicated that it was important to have a range of volunteer activities to choose from the City.⁴⁴ Thirteen percent of respondents did not believe it was important to have the in City, while six percent of residents were unsure.

Opportunities for Older Adults to Participate in Decision Making Bodies

Seventy-seven percent of residents stated that it was important to have opportunities for older adults to participate in decision making bodies.⁴⁵ Sixteen percent of respondent believe that it was not important, while eight percent of respondents were unsure.

Information about Volunteer and Social Activities

Eighty-three percent of residents indicated that it was important to have easy to find information about local volunteer opportunities in Arnold.⁴⁶ Eleven percent of residents indicated it was not important, while seven percent of respondents were unsure.

Range of Flexible Opportunities for Older Adults

Seventy-six percent of respondents stated that it was important for Arnold to have a range of flexible job opportunities for older residents to choose from.⁴⁷ Seventeen percent of residents did not believe it was important, while seven percent of respondents were unsure.

⁴⁴ Question 45: "A range of volunteer activities to choose from."

⁴⁵ Question 46: "Opportunities for older adults to participate in decision making bodies such as community councils or committees."

⁴⁶ Question 47: "Easy to find information about local volunteer opportunities and social activities."

⁴⁷ Question 48: "A range of flexible job opportunities for older adults."

Figure 15: Importance Placed on Social Participation Amenity

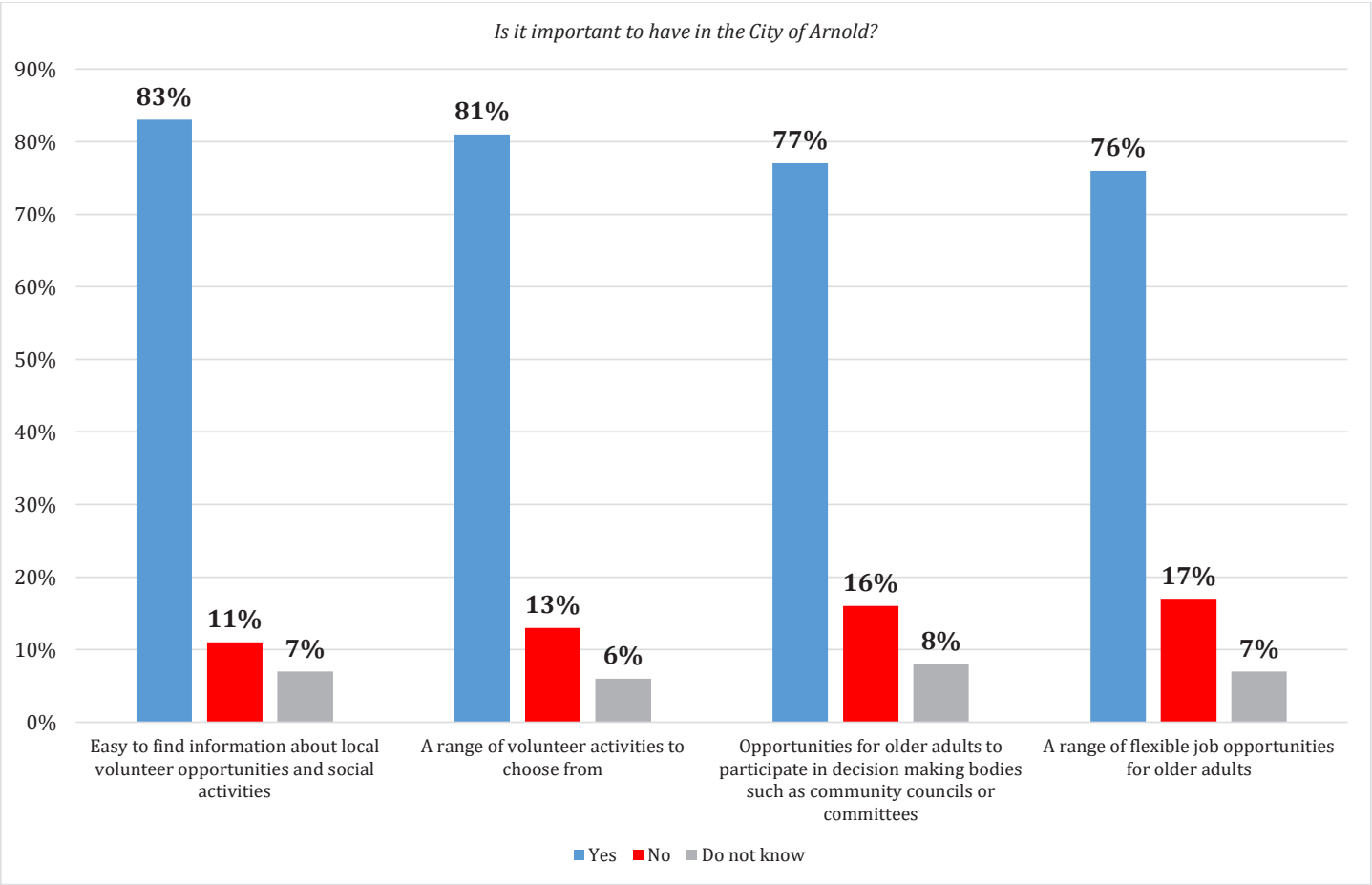


Table 8: View of Social Participation Amenity as Important by Subgroup

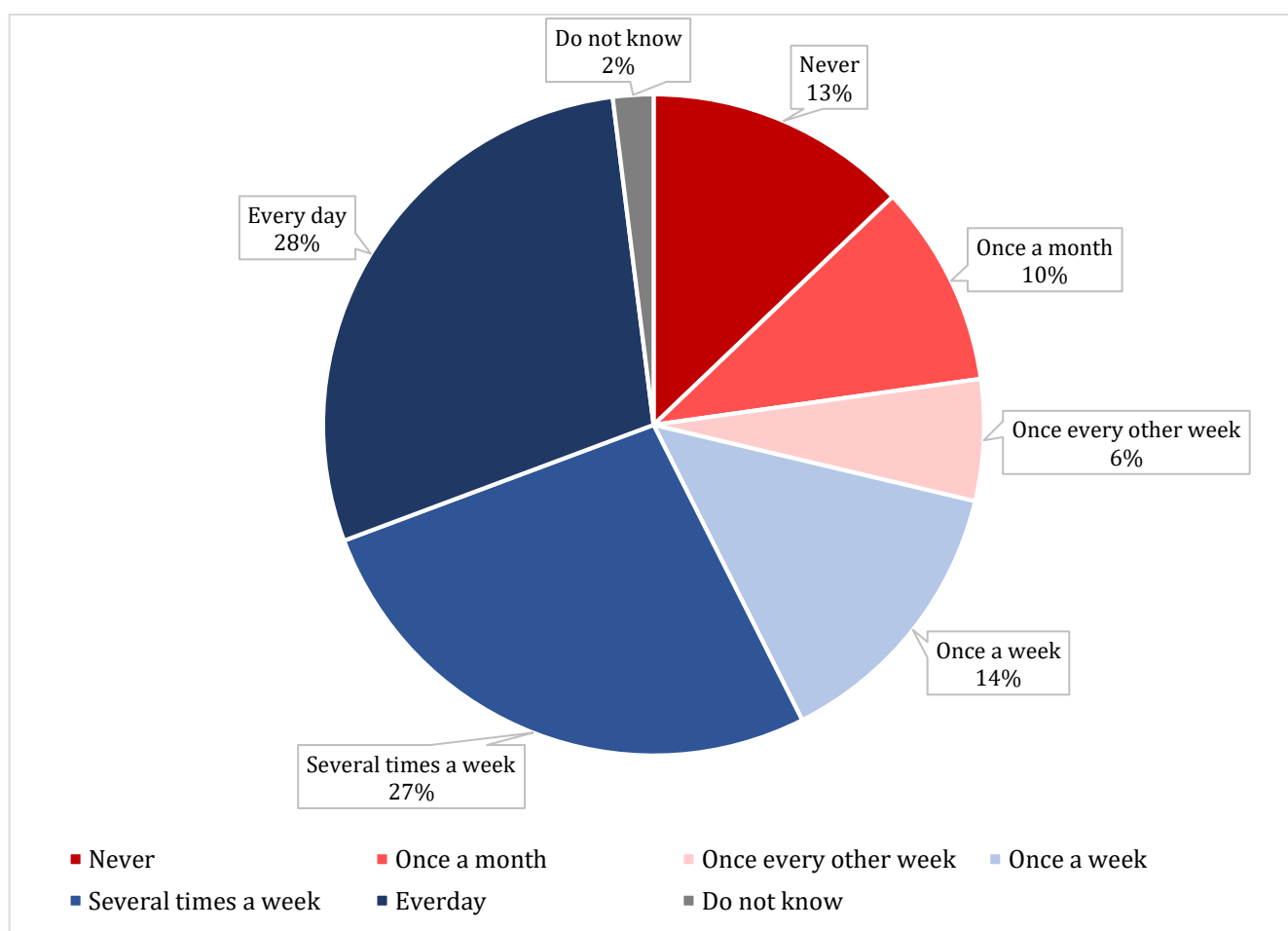
| Subgroup | Q45. Volunteer Activities | Q46. Decision Making Bodies | Q47. Information Volunteer Activities | Q48. Jobs Older Adults |
|----------------------|--|--|--|---------------------------------------|
| Overall | 81% | 77% | 83% | 76% |
| Sex | | | | |
| Male | 77% | 76% | 80% | 71% |
| Female | 85% | 78% | 86% | 80% |
| Age | | | | |
| 18-34 | 86% | 75% | 80% | 68% |
| 35-44 | 66% | 71% | 81% | 69% |
| 45-54 | 88% | 83% | 91% | 86% |
| 55-65 | 81% | 84% | 87% | 88% |
| 65+ | 81% | 73% | 79% | 72% |
| 55< | 81% | 76% | 83% | 73% |
| 55+ | 81% | 78% | 83% | 80% |
| Sex/Age | | | | |
| Men<55 | 78% | 76% | 81% | 69% |
| Men 55+ | 75% | 76% | 78% | 76% |
| Women <55 | 84% | 76% | 86% | 79% |
| Women 55+ | 85% | 79% | 85% | 81% |
| Education | | | | |
| Non-College Graduate | 82% | 77% | 83% | 76% |
| College Graduate | 78% | 76% | 83% | 76% |
| Marital Status | | | | |
| Married | 80% | 78% | 84% | 77% |
| Not Married | 83% | 73% | 81% | 73% |

Frequency of Exercise

The Survey also asked respondents about their exercise habits. Specifically, respondents were asked to indicate the degree to which they engage in some form of physical exercise.⁴⁸ Figure 16 provides a breakdown of the exercise habits of Arnold residents.

Approximately one out of ten residents (13%) do not exercise at all, while a similar amount (10%) only exercise once a month. Six percent of Arnold residents exercise about once every other week, while fourteen percent exercise once a week. Twenty-seven percent of respondents indicated that they exercised several times a week, and twenty-eight percent indicated they exercised every day.

Figure 16: Frequency of Exercise

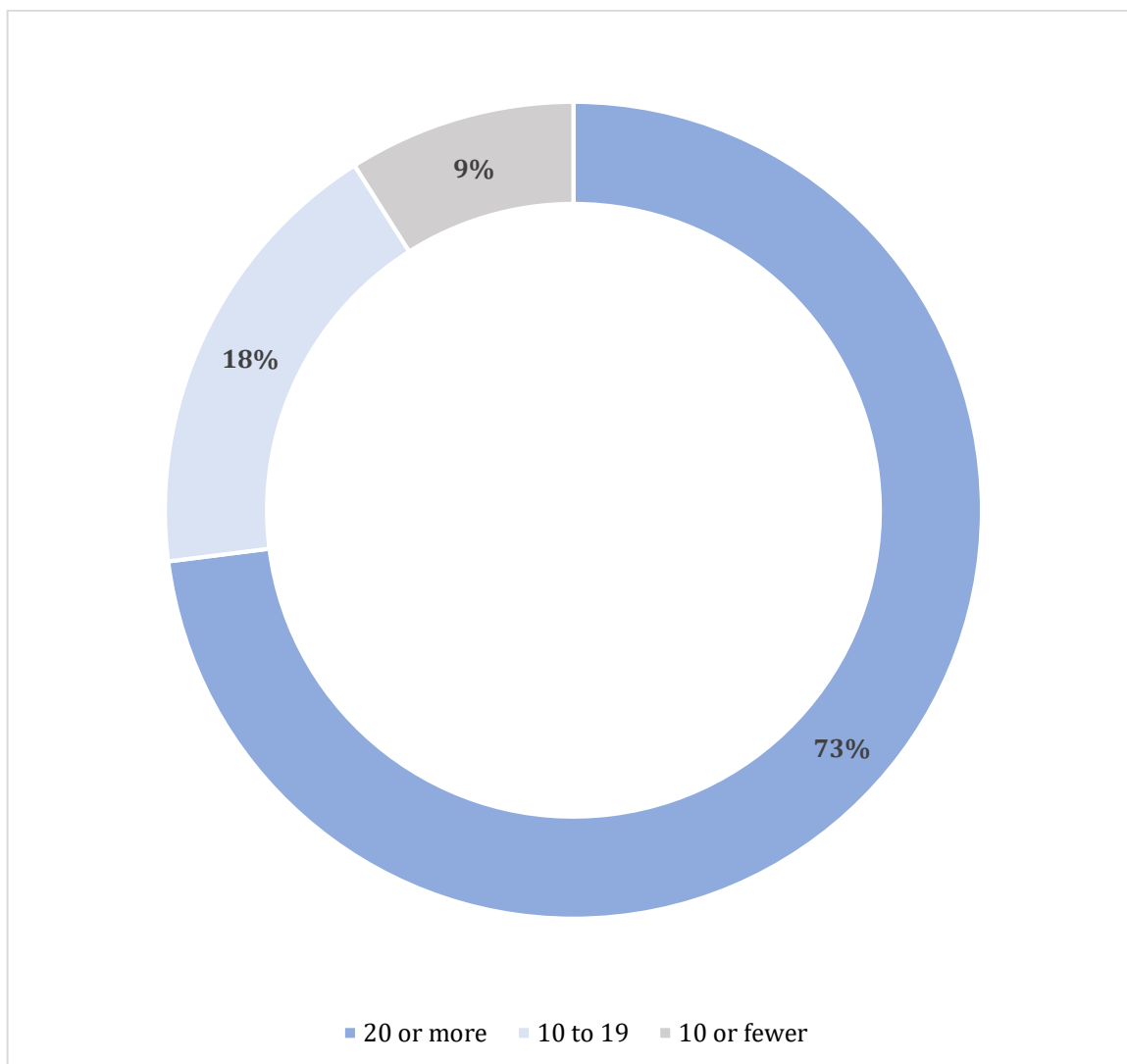


⁴⁸ Question 54: "How often do you engage in some form of physical exercise (such as walking, running, biking, swimming, sports, strength training, yoga, stretching)?"

Length of Arnold Residency

Respondents were asked to identify the number of years that they had lived in City of Arnold.⁴⁹ A large majority of residents (73%) indicated that they had lived in the City of Arnold for twenty years or more, compared to eighteen percent who indicated ten to nineteen years, and nine percent who said fewer than ten years. Figure 17 provides a visual depiction of survey responses to this question.

Figure 17: Length of Arnold Residency in Years



⁴⁹ Question 60: "How many years have you lived in Arnold: twenty or more, between ten and nineteen, or fewer than ten?"

Health Care Coverage

The final substantive questions of the Survey asked respondents about their health care coverage. Respondents were asked whether they received health care through a current or past employer, how they purchased their insurance, and whether they received health care through Medicare, Medicaid, or from the Veterans Administration. Figure 18 provides a breakdown of the types of health care provided to residents.

Employer Based Insurance

Seventy-six percent of Arnold residents indicated that they receive insurance through a current or former employer.⁵⁰ Twenty-two percent of respondents do not receive insurance through a current or former employer, while three percent were unsure or refused to answer the question.

Private Insurance

Forty-three of respondents purchase insurance directly from an insurance company.⁵¹ In contrast, fifty-three percent of respondents do not purchase insurance directly from an insurance company, while five percent of respondents were unsure or refused to answer the question.

Medicare

Twenty-seven percent of respondents indicated that they receive health care coverage through Medicare.⁵² Seventy-two percent of respondents stated that they did not receive insurance through Medicare, while one percent stated that they were unsure or refused to answer the question.

Medicaid or Low-Income Government Assistance

Twenty-percent of Arnold residents indicated that they receive health care through Medicaid.⁵³ In contrast, seventy-eight percent of respondents did not receive health care coverage through Medicaid, while two percent of respondent were unsure or refused to answer the question.

Veteran's Administration

Eighteen percent of respondents indicated they received health care coverage through the Veterans Administration.⁵⁴ Eighty percent of respondents indicated that they did not receive health care coverage through the Veterans Administration, while two percent of residents were unsure or refused to answer the question.

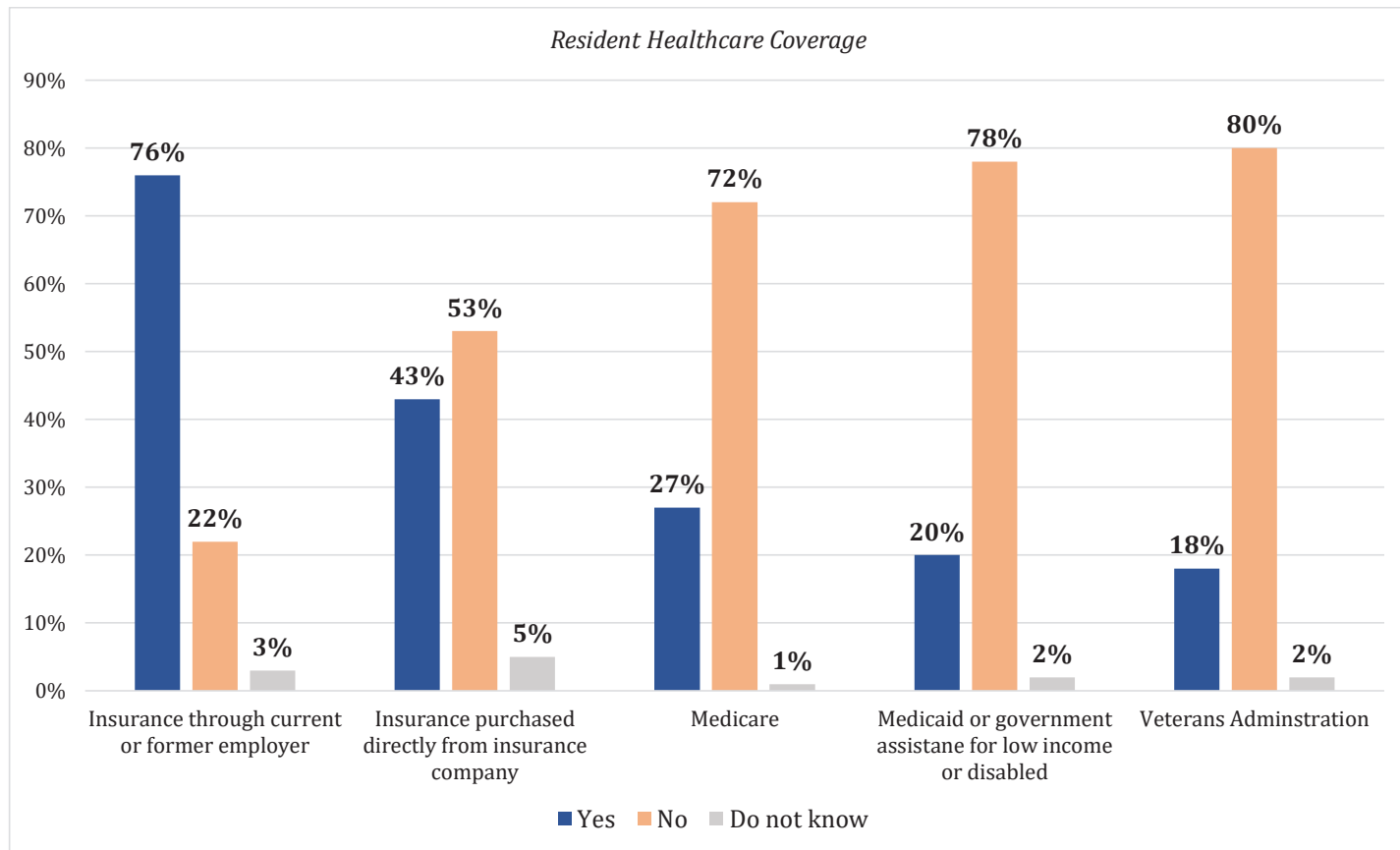
⁵⁰ Question 49: "Insurance through a current or former employer of yours or your spouse."

⁵¹ Question 50: "Insurance purchased directly from an insurance company (not through an employer)."

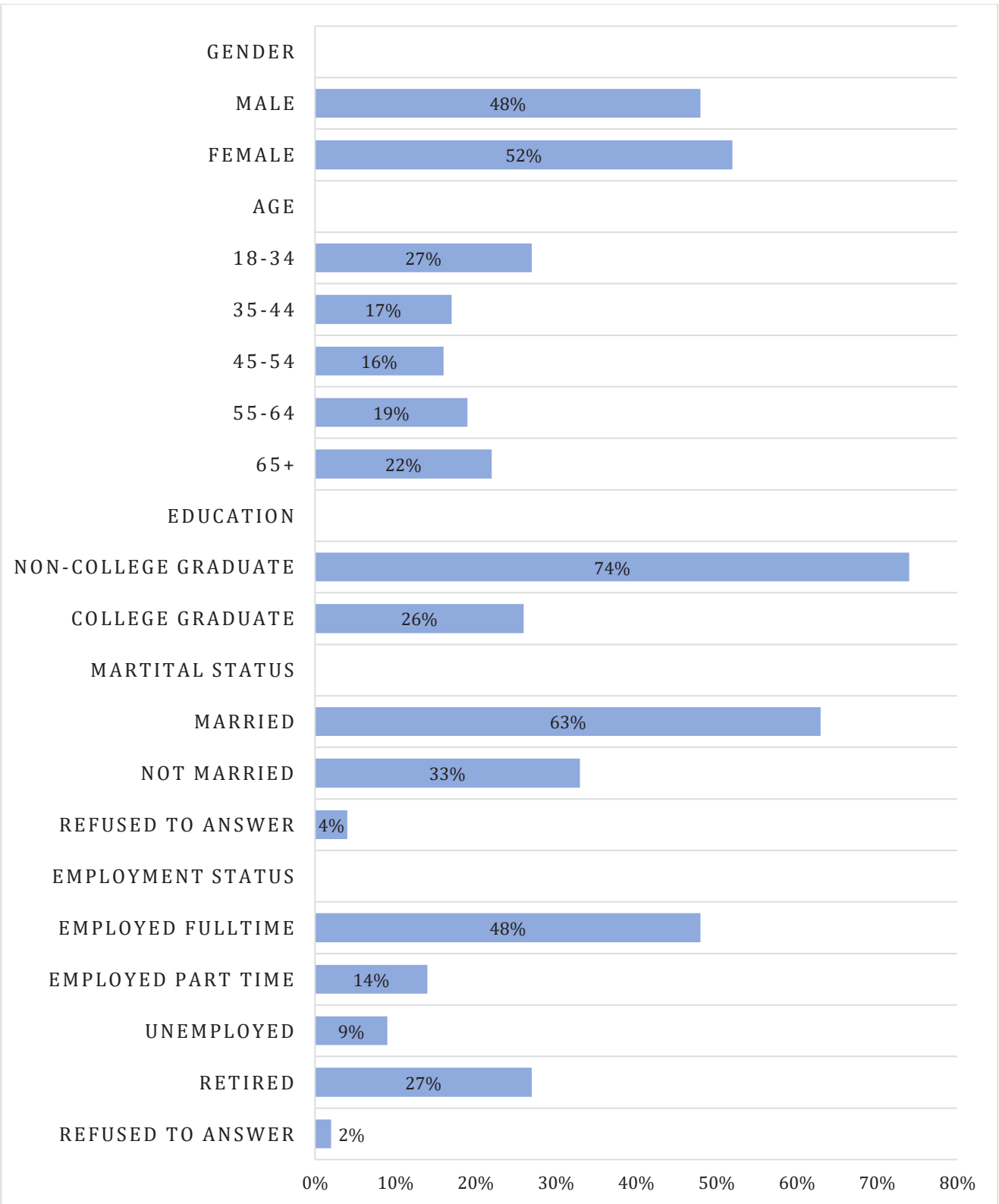
⁵² Question 51: "Medicare (for people 65 and older or people with certain health disabilities)."

⁵³ Question 52: "Medicaid or any kind of government assistance plan for those with low incomes or a disability."

⁵⁴ Question 53: "Veterans Administration or other military health care."

Figure 18: Types of Respondent Health Care Coverage

Demographic Profile of Respondents



Methodology

Telephone interviews were administered to a random sample of 400 adults over the age of eighteen in Arnold, Missouri. The sample of respondents was drawn using standard probability techniques from a list of residents from the City of Arnold. Surveys were administered to both landline and cellular phones.

Interviews were conducted between November 27, 2018 and December 6, 2018 by a national interviewing firm. Each demographic group (e.g. gender and age) is represented in proportion to their percentage of residents in the City of Arnold, Missouri.

The sampling error, at the ninety-five percent confidence level, is plus-or-minus 4.9% for the overall sample. Sampling errors are higher for estimates based on a portion of the sample (e.g. male respondents). Because of rounding, not all totals equal precisely one hundred percent.

If no differences by demographic category are mentioned in the analysis, it means they did not depart significantly from the overall totals.

The survey was designed and directed by Bryce D. Summary, Ph.D.



Appendix 1: Survey Toplines

City of Arnold Commission on Aging and Disabilities

Margin of Error: +/-4.9%
Note: Percentages may not equal 100% due to rounding.

- Q4. How would you rate the City of Arnold as a place for people to live as they grow older? Excellent, very good, good, fair, or poor?

| | |
|--------------------------------------|-----|
| Excellent | 17% |
| Very good | 30% |
| Good | 32% |
| Fair | 13% |
| Poor | 08% |
| Do not know, not sure, refused | 01% |

- Q5. In general, when compared to most people your age, how would you rate your health? Excellent, very good, good, fair, or poor?

| | |
|--------------------------------------|-----|
| Excellent | 12% |
| Very good | 32% |
| Good | 34% |
| Fair | 16% |
| Poor | 06% |
| Do not know, not sure, refused | 01% |

- Q6. Thinking about your retirement years, how likely is it that you will move to a different home? Very likely, somewhat likely, not very likely, or not at all likely?

| | |
|--------------------------------------|-----|
| Very Likely | 14% |
| Somewhat likely | 17% |
| Not very likely | 30% |
| Not at all likely | 37% |
| Do not know, not sure, refused | 03% |

If you were to consider moving during your retirement, would any of the following factors impact your decision to move? For each factor, please answer YES or NO. If you are not sure, please say so and we will move on.

[RANDOMIZE Q7.-Q14.]

- Q7. Wanting a different size home that meets your needs

| | |
|--------------------------------------|-----|
| Yes | 43% |
| No | 53% |
| Do not know, not sure, refused | 04% |

Q8. Fearing for your personal safety or security concerns

Yes28%
No69%
Do not know, not sure, refused04%

Q9. Looking for a home that will help you live independently as you age

Yes54%
No40%
Do not know, not sure, refused06%

Q10. Wanting to move to an area that has better health care facilities

Yes23%
No74%
Do not know, not sure, refused04%

Q11. Wanting to be closer to family

Yes29%
No66%
Do not know, not sure, refused05%

Q12. Needing more access to public transportation

Yes26%
No69%
Do not know, not sure, refused05%

Q13. Wanting to live in a different climate

Yes28%
No66%
Do not know, not sure, refused06%

Q14. Looking for an area that has a lower cost of living

Yes37%
No60%
Do not know, not sure, refused04%

Now, I want to ask you a few questions about the types of modifications or improvements that you may need to make to your home to make it more suitable for you to live in as you age. For each, please answer YES or NO to indicate whether you think you will need to make that modification or improvement or not.

[RANDOMIZE Q15.-Q19.]

Q15. Easier access into or within your home such as a ramp, chairlift, or elevator, or wider doorways

Yes29%
 No68%
 Do not know, not sure, refused03%

Q16. Bathroom modifications

Yes26%
 No71%
 Do not know, not sure, refused04%

Q17. Putting a bedroom, bathroom, or kitchen on the first floor

Yes17%
 No80%
 Do not know, not sure, refused04%

Q18. Improving lighting

Yes14%
 No84%
 Do not know, not sure, refused02%

Q19. Installing a medical emergency response system in case of emergency

Yes24%
 No68%
 Do not know, not sure, refused08%

Now, I want to ask you a few questions about some services and amenities in the City of Arnold. For each, please tell me whether you think it is important to have in the City of Arnold. If you think it is important, please answer YES. If you do not think it is important, please answer with a NO. If you are unsure or do not know please say so and we will move on.

[RANDOMIZE Q20.-Q23.]

Q20. Home repair contractors who are trustworthy, do quality work, and are affordable

Yes84%
 No12%
 Do not know, not sure, refused04%

Q21. Seasonal services such as lawn work or snow removal for low-income and older adults

Yes78%
 No17%
 Do not know, not sure, refused05%

Q22. Affordable housing options for adults of varying income levels and ages

Yes80%
 No14%
 Do not know, not sure, refused06%

Q23. Homes that are equipped with features such as a no-step entry, wider doorways, first floor bedroom and bath, grab bars in bathrooms

Yes74%
 No22%
 Do not know, not sure, refused05%

[RANDOMIZE Q24.-Q27.]

Q24. Well-maintained and safe parks that are within walking distance of your home

Yes68%
 No25%
 Do not know, not sure, refused07%

Q25. Sidewalks that are in good condition and are accessible for wheelchairs or mobility devices

Yes83%
 No12%
 Do not know, not sure, refused05%

Q26. Well-maintained public buildings and facilities that are accessible to people of different physical abilities

Yes87%
 No11%
 Do not know, not sure, refused03%

Q27. Neighborhood watch programs

Yes78%
 No13%
 Do not know, not sure, refused09%

[RANDOMIZE Q28.-Q33.]

Q28. Accessible and affordable public transportation

Yes82%
 No13%
 Do not know, not sure, refused06%

Q29. Special transportation services for people with disabilities and older adults

Yes89%
 No08%
 Do not know, not sure, refused03%

Q30. Public parking lots, spaces, and areas to park

Yes74%
 No19%
 Do not know, not sure, refused07%

Q31. Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers)

Yes89%
 No08%
 Do not know, not sure, refused03%

Q32. Audio/visual pedestrian crossings

Yes70%
 No21%
 Do not know, not sure, refused10%

Q33. Driver education/refresher courses

Yes64%
 No27%
 Do not know, not sure, refused09%

[RANDOMIZE Q34.-Q39.]

Q34. Health and wellness programs and classes in areas such as nutrition, smoking cessation, and weight control

Yes70%
 No22%
 Do not know, not sure, refused08%

Q35. Conveniently located health and social services

Yes83%
 No12%
 Do not know, not sure, refused05%

Q36. Easy to find information on local health and supportive services

Yes82%
 No12%
 Do not know, not sure, refused07%

Q37. Affordable home care services including health, personal care and housekeeping

Yes81%
 No11%
 Do not know, not sure, refused08%

Q38. A variety of health care professionals including specialists

Yes81%
 No15%
 Do not know, not sure, refused04%

Q39. Health care professionals who speak different languages

Yes51%
 No38%
 Do not know, not sure, refused12%

[RANDOMIZE Q40.-Q44.]

Q40. Conveniently located venues for entertainment

Yes73%
 No20%
 Do not know, not sure, refused07%

Q41. Activities specifically geared to older adults

Yes82%
 No14%
 Do not know, not sure, refused05%

Q42. Activities that are affordable to all residents

Yes87%
 No10%
 Do not know, not sure, refused04%

Q43. Activities involving young and older people

Yes77%
 No15%
 Do not know, not sure, refused09%

Q44. Variety of cultural activities for diverse populations

Yes62%
 No27%
 Do not know, not sure, refused11%

[RANDOMIZE Q45.-Q48.]

Q45. A range of volunteer activities to choose from

Yes81%
 No13%
 Do not know, not sure, refused06%

Q46. Opportunities for older adults to participate in decision making bodies such as community councils or committees

Yes77%
 No16%
 Do not know, not sure, refused08%

Q47. Easy to find information about local volunteer opportunities and social activities

Yes83%
 No11%
 Do not know, not sure, refused07%

Q48. A range of flexible job opportunities for older adults

Yes76%
 No17%
 Do not know, not sure, refused07%

Now, I would like to ask a few questions about whether you have any of the following kinds of health care coverage. For each type, please answer YES or NO. If you do not know, just say so and we will move on.

[RANDOMIZE Q49.-Q53.]

Q49. Insurance through a current or former employer of yours or your spouse

Yes76%
 No22%
 Do not know, not sure, refused03%

Q50. Insurance purchased directly from an insurance company (not through an employer)

Yes43%
 No53%
 Do not know, not sure, refused05%

Q51. Medicare (for people 65 and older or people with certain health disabilities)

Yes27%
 No72%
 Do not know, not sure, refused01%

Q52. Medicaid or any kind of government assistance plan for those with low incomes or a disability

Yes20%
 No78%
 Do not know, not sure, refused02%

Q53. Veterans Administration or other military health care

Yes18%
 No80%
 Do not know, not sure, refused02%

Now, a few more questions.

Q54. How often do you engage in some form of physical exercise (such as walking, running, biking, swimming, sports, strength training, yoga, stretching)?

Never (I do not exercise)13%
 About once a month10%
 About once every other week06%
 About once a week14%
 Several times a week27%
 Everyday29%
 Do not know, not sure, refused02%

Q55. Do you happen to have any children under the age of 18 living with you in your household?

Yes10%
 No90%
 Do not know, not sure, refused>1%

Q56. Do you happen to have any children over the age of 18 living with you in your household?

Yes25%
 No75%
 Do not know, not sure, refused>1%

Q57. Do you happen to have any parents or other adult relatives or friends over the age of 18 living with you in your household?

Yes11%
 No88%
 Do not know, not sure, refused01%

Q58. What is your current marital status? Are you married, widowed, separated, divorced, not married, but living with a partner, or have you never been married?

Married62%
 Widowed24%
 Separated01%
 Divorced06%
 Not married, but living with a partner01%
 Never been married01%
 Do not know, not sure, refused05%

Q59. What was the last year of school you completed?

0-12 (high school or less)42%
 13-15 (some college, associate's degree, trade school)31%
 16 (college graduate)16%
 17 or more (graduate/professional)11%
 Do not know, not sure, refused>1%

Q60. How many years have you lived in Arnold: twenty or more, between ten and nineteen, or fewer than ten?

| | |
|--------------------------------------|-----|
| 20 or more (all my life) | 73% |
| 10-19 | 18% |
| Fewer than 10 | 09% |
| Do not know, not sure, refused | >1% |

Q61. 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?

| | |
|--|-----|
| Own | 91% |
| Rent | 06% |
| Other type of living arrangement | 03% |
| Do not know, not sure, refused | 01% |

Q62. Are you working fulltime, part time, retired, unemployed and looking for a job or unemployed and not looking for a job?

| | |
|--------------------------------------|-----|
| Work fulltime | 48% |
| Work part time | 14% |
| Retired | 27% |
| Unemployed/look for job | 02% |
| Unemployed/not looking for job | 07% |
| Do not know, not sure, refused | 03% |

Gender

| | |
|--------------|-----|
| Male | 48% |
| Female | 52% |

Age

| | |
|-------------|-----|
| 18-34 | 27% |
| 35-44 | 17% |
| 45-54 | 16% |
| 55-64 | 19% |
| 65+ | 22% |

Telephone

| | |
|----------------|-----|
| Cellular | 40% |
| Landline | 60% |

Appendix 2: Survey Questionnaire November-December 2018

Hello, my name is (CALLER NAME). I'm calling from _____, a public opinion research firm calling you on behalf of the City of Arnold's Commission on Aging and Disabilities. We're calling citizens of Arnold to learn their views about issues concerning the community. All your responses are confidential and will only be used in statistical summaries. May I please speak with [NAME ON LIST]?

Q1. Are you at least 18 years of age and live in Arnold, Missouri?

- 1. Yes
- 2. No **[TERMINATE]**
- 9. **[Vol.]** Don't know, not sure **[TERMINATE]**

Q1a. RECORD TELEPHONE TYPE

- 1. Landline
- 2. Cell/Mobile

Q2. For statistical purposes only, would you please tell me how old you are? **[IF "REFUSED," ASK:]** Well, would you tell me which age group you belong to?

- 1. 18-29
- 3. 30-39
- 4. 40-49
- 5. 50-69
- 6. 70 or older
- 9. Refused **[TERMINATE]**

Q3. RECORD GENDER **[ASK IF UNCERTAIN]**

- 1. Male
- 2. Female
- 9. Refused

Q4. How would you rate the City of Arnold as a place for people to live as they grow older? Excellent, very good, good, fair, or poor?

- 1. Excellent
- 2. Very good
- 3. Good
- 4. Fair
- 5. Poor
- 9. **[Vol.]** Do not know, not sure, refused

Q5. In general, when compared to most people your age, how would you rate your health? Excellent, very good, good, fair, or poor?

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

Q6. Thinking about your retirement years, how likely is it that you will move to a different home? Very likely, somewhat likely, not very likely, or not at all likely?

1. Very Likely
2. Somewhat likely
3. Not very likely
4. Not at all likely
9. **[Vol.]** Do not know, not sure, refused

If you were to consider moving during your retirement, would any of the following factors impact your decision to move? For each factor, please answer YES or NO. If you are not sure, please say so and we will move on.

[RANDOMIZE Q7.-Q14.]

Q7. Wanting a different size home that meets your needs

Q8. Fearing for your personal safety or security concerns

Q9. Looking for a home that will help you live independently as you age

Q10. Wanting to move to an area that has better health care facilities

Q11. Wanting to be closer to family

Q12. Needing more access to public transportation

Q13. Wanting to live in a different climate

Q14. Looking for an area that has a lower cost of living

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

Now, I want to ask you a few questions about the types of modifications or improvements that you may need to make to your home to make it more suitable for you to live in as you age. For each, please answer YES or NO to indicate whether you think you will need to make that modification or improvement or not.

[RANDOMIZE Q15.-Q19.]

Q15. Easier access into or within your home such as a ramp, chairlift, or elevator, or wider doorways

Q16. Bathroom modifications

Q17. Putting a bedroom, bathroom, or kitchen on the first floor

Q18. Improving lighting

Q19. Installing a medical emergency response system in case of emergency

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

Now, I want to ask you a few questions about some services and amenities in the City of Arnold. For each, please tell me whether you think it is important to have in the City of Arnold. If you think it is important, please answer YES. If you do not think it is important, please answer with a NO. If you are unsure or do not know please say so and we will move on.

[RANDOMIZE Q20.-Q23.]

Q20. Home repair contractors who are trustworthy, do quality work, and are affordable

Q21. Seasonal services such as lawn work or snow removal for low-income and older adults

Q22. Affordable housing options for adults of varying income levels and ages

Q23. Homes that are equipped with features such as a no-step entry, wider doorways, first floor bedroom and bath, grab bars in bathrooms

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

[RANDOMIZE Q24.-Q27.]

- Q24. Well-maintained and safe parks that are within walking distance of your home
- Q25. Sidewalks that are in good condition and are accessible for wheelchairs or mobility devices
- Q26. Well-maintained public buildings and facilities that are accessible to people of different physical abilities
- Q27. Neighborhood watch programs
1. Yes
 2. No
 9. **[Vol.]** Do not know, not sure, refused

[RANDOMIZE Q28.-Q33.]

- Q28. Accessible and affordable public transportation
- Q29. Special transportation services for people with disabilities and older adults
- Q30. Public parking lots, spaces, and areas to park
- Q31. Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers)
- Q32. Audio/visual pedestrian crossings
- Q33. Driver education/refresher courses
1. Yes
 2. No
 9. **[Vol.]** Do not know, not sure, refused

[RANDOMIZE Q34.-Q39.]

- Q34. Health and wellness programs and classes in areas such as nutrition, smoking cessation, and weight control
- Q35. Conveniently located health and social services
- Q36. Easy to find information on local health and supportive services
- Q37. Affordable home care services including health, personal care and housekeeping

Q38. A variety of health care professionals including specialists

Q39. Health care professionals who speak different languages

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

[RANDOMIZE Q40.-Q44.]

Q40. Conveniently located venues for entertainment

Q41. Activities specifically geared to older adults

Q42. Activities that are affordable to all residents

Q43. Activities involving young and older people

Q44. Variety of cultural activities for diverse populations

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

[RANDOMIZE Q45.-Q48.]

Q45. A range of volunteer activities to choose from

Q46. Opportunities for older adults to participate in decision making bodies such as community councils or committees

Q47. Easy to find information about local volunteer opportunities and social activities

Q48. A range of flexible job opportunities for older adults

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

Now, I would like to ask a few questions about whether you have any of the following kinds of health care coverage. For each type, please answer YES or NO. If you do not know, just say so and we will move on.

[RANDOMIZE Q49.-Q53.]

- Q49. Insurance through a current or former employer of yours or your spouse
- Q50. Insurance purchased directly from an insurance company (not through an employer)
- Q51. Medicare (for people 65 and older or people with certain health disabilities)
- Q52. Medicaid or any kind of government assistance plan for those with low incomes or a disability
- Q53. Veterans Administration or other military health care
1. Yes
 2. No
 9. **[Vol.]** Do not know, not sure, refused

Now, a few more questions.

- Q54. How often do you engage in some form of physical exercise (such as walking, running, biking, swimming, sports, strength training, yoga, stretching)?
1. Never (I do not exercise)
 2. About once a month
 3. About once every other week
 4. About once a week
 5. Several times a week
 6. Everyday
 9. **[Vol.]** Do not know, not sure, refused
- Q55. Do you happen to have any children under the age of 18 living with you in your household?
1. Yes
 2. No
 9. **[Vol.]** Do not know, not sure, refused

Q56. Do you happen to have any children over the age of 18 living with you in your household?

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

Q57. Do you happen to have any parents or other adult relatives or friends over the age of 18 living with you in your household?

1. Yes
2. No
9. **[Vol.]** Do not know, not sure, refused

Q58. What is your current marital status? Are you married, widowed, separated, divorced, not married but living with a partner, or have you never been married?

1. Married
2. Widowed
3. Separated
4. Divorced
5. Not married, but living with a partner
6. Never been married
9. **[Vol.]** Do not know, not sure, refused

Q59. What was the last year of school you completed?

1. 0-12 (high school or less)
2. 13-15 (some college, associate's degree, trade school)
3. 16 (college graduate)
4. 17 or more (graduate/professional)
9. **[Vol.]** Do not know, not sure, refused

Q60. How many years have you lived in Arnold: twenty or more, between ten and nineteen, or fewer than ten?

1. 20 or more (all my life)
2. 10-19
3. Fewer than 10
9. **[Vol.]** Do not know, not sure, refused

Q61. 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?

1. Own
2. Rent
3. Other type of living arrangement
9. **[Vol.]** Do not know, not sure, refused

Q62. Are you working fulltime, part time, retired, unemployed and looking for a job or unemployed and not looking for a job?

1. Work fulltime
2. Work part time
3. Retired
4. Unemployed/look for job
5. Unemployed/not looking for job
9. **[Vol.]** Do not know, not sure, refused

Thank you very much for your time. Have a great (afternoon/evening)!



Mayor's Summit: Age Friendly Community Results

February 26, 2019

Evaluation Form Results

68 attendees / 32 total submitted (47% return)

1. Overall, how would you rate your experience today?

| | | |
|-----------|-----|------|
| Excellent | 9% | (2) |
| Good | 78% | (18) |
| Neutral | 9% | (2) |
| Poor | 0% | (0) |
| Very Poor | 0% | (0) |
| No answer | 4% | (1) |

2. How can we improve this session in the future? (circle all that apply)

- | | | |
|-----------------------------|-----|------|
| a. Different location | 3% | (1) |
| b. Shorter session | 0% | (0) |
| c. Longer session | 10% | (3) |
| d. Provide more information | 10% | (3) |
| e. Nothing- it was great | 63% | (19) |
| f. Other: | 14% | (4) |
- Get more people involved; participation.
 - Took a while to figure out what information was needed; have another and I can work faster and maybe better.
 - Good effort.
 - Allow participants to come to the session more prepared / informed as to what you wish us to provide.

3. Please indicate your level of agreement with the following statement:

"I learned something new from attending this event."

| | | |
|-------------------|-----|------|
| Strongly Agree | 34% | (11) |
| Agree | 56% | (18) |
| Neutral | 6% | (2) |
| Disagree | 0% | (0) |
| Strongly Disagree | 0% | (0) |
| No Answer | 4% | (1) |

4. What did you like about today's session?

| | | |
|--|-----|------|
| a. Sharing my thoughts on my community | 29% | (18) |
| b. Listening to other participants | 38% | (24) |
| c. Learning about livable communities | 30% | (19) |
| d. Other | 3% | (2) |
| • Everything | | |
| • Meeting New People | | |

5. I'm interested in getting involved or learning more about making our community more livable.

| | | | |
|-----------|-----|------|------------------------------------|
| Yes | 50% | (15) | Contact information on second page |
| No | 20% | (6) | |
| No answer | 30% | (9) | |

6. Please provide any other comments / thoughts about today's session.

- Since beginning work with the city, I have grown to admire, respect, and love the people of Arnold.

Small Group Input / Comments

Domain: Housing

What would you put a high priority on preserving in Arnold?

- Property maintenance
- Sr. Living homes
- Housing: affordable / accessible
- Variety of housing options

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Senior housing / living- 7
- Permits to build fences on residential properties
- More age friendly homes

What needs to work better in Arnold today?

- More senior housing- 5
- Affordable housing for seniors- 3
- More housing to age in place
- Housing opportunities for all ages
- More licensed Residential Care Facilities / Assisted Living Facilities options
- Building codes that are more friendly to age in place without a huge burden on builders
- Housing for veterans
- Public sewers rather than septic tanks in some areas

In the year 2029, what would you need or like to see happening in Arnold?

- More houses where one can age in place (universal design)- 5
- Veteran's Home in Arnold
- All abandoned / deserted home razed
- Affordable housing for families with low income

Domain: Neighborhood

What would you put a high priority on preserving in Arnold?

- Neighborhoods- 10
 - o Sidewalks (access to other neighborhoods, on major streets, etc.)
 - o People are the crux of the community
 - o Lighting
- Recreation center- 5
- Availability of access to all essential (eating, shopping, etc.)- 5
- Snow removal- 4
- Safety- 4
 - o Keep police force strong and updated technology
- Planning & Zoning- 3
 - o Green spaces / Historic spaces
- Parks (including walking trails)- 3
- Churches- 3
- Farmers Market
- Arnold museum
- Library
- Jefferson College
- Rickman Auditorium

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Farmer market- 9
- Dog park- 6
- Recreation center- 6

- Historical Society- 4
- Multiple eating places & expansion of retail options- 3
 - o Nicer ladies shops
- Library- 2
- Entertainment options (Rickman, Movie Theater, etc.)- 2
- Park improvements- 2
- Improved sidewalks- 2
- Archery park- 2
- Churches- 2
- Quick access to just about everything that one might need
- College
- Beautification committee & Garden Club
- Available health care options
- Wi-Fi
- Arnold commons
- Better infrastructure
- Fire stations
- Care Connections at St. John's Lutheran Church

What needs to work better in Arnold today?

- Better communication on what's going on in Arnold; between city & residents- 11
 - o Tourism committee
 - o Historical society
 - o City Facebook page
 - o City Council working with the residents more
- Walkability- 8
 - o Sidewalks (more, handicap friendly, crosswalks)
 - o lighting
- Litter control- 3
- Mini Golf (center or in one of the parks)- 2
- Better choices of grocery stores: Lucky's, Fresh Thyme, Trader Joe's, Health Food Store- 2
- Better swimming pools- 3
 - o More lanes for swimming, not just wading
- Enhancing existing neighborhood streets
- Flood water control
- More citizen participation (volunteering, council meetings, other public meetings)
- Services to help clear sidewalks for individuals who are elderly / disabled
- Expand the Farmers Market
- There needs to be a downtown
- Better way to communicate emergencies to everyone
- More handicapped parking at recreation center
- More senior services
- More parks
- More upscale entertainment for Rickman Auditorium

In the year 2029, what would you need or like to see happening in Arnold?

- More walkability- 5
- More lighting- 3
- Town center (gathering place of major city operations / activities)- 2
- Old Time Main Street
- Stronger employment base in manufacturing
- Better communication of activities / events in Arnold
- A more visible senior center
- Better enforcement of community standards
- Improved communications between city and residents
- Smoke free everywhere
- Parks with great walking trails
- More green spaces

Domain: Transportation

What would you put a high priority on preserving in Arnold?

- JC Express and other options (bus, taxi, Uber, LYFT, etc.)- 10

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Jeffco Express- 6
- Roundabout at Recreation Center- 4

What needs to work better in Arnold today?

- More public transportation- 8
- Partnership with LYFT to provide medical routes to facilities
- Bike lanes to make the city accessible and to connect to parks
- Better advertising for Jeffco Express routes (stops, times, etc.)
- Traffic
- More turn lanes / stop lights
- More sidewalks on major thoroughfares

In the year 2029, what would you need or like to see happening in Arnold?

- More public transportation- 6
- Easier access to transportation for senior citizens
- A sales tax supporting transportation
- One call transportation center (has been started on a small scale in county)
- Multiple Jeffco Express routes
- Connect transportation to St. Louis and other surrounding areas
- Bike paths around the city
- Better roadway system

Domain: Environment

What would you put a high priority on preserving in Arnold?

- Clean air & water- 4
- Smoking ban- 3
- Improved internet access- 2
- Parks- 2
- Operation Clean Stream
- Spraying for mosquitoes

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Tree preservation ordinance- 4
- Better parks
- Programs with health department
- Programs with library (health)
- Spraying in summer for mosquitoes

What needs to work better in Arnold today?

- Walkability to draw people to parks and recreation center- 4
- Tree ordinance compliance approved- 3
- Expansion of green spaces- 3
- Limit vaping stores
- More community recycling programs
- Revamp Strawberry Ridge to be more like Powder Valley Nature Center
- Neighborhood Watch programs
- Classes on how to be energy efficient
- Education by Arnold to local cities to promote smoking ban
- Use of septic systems compared to public sewer

In the year 2029, what would you need or like to see happening in Arnold?

- Regional air quality pollution improvement- 2
- Smoke free everywhere- 2
- Free internet service
- More community efforts to preserve the environment
- More solar technology

Domain: Health

What would you put a high priority on preserving in Arnold?

- Improved healthcare with new services- 5
- Clean air & water- 4
- Smoking ban- 3
- Improved internet access- 2
- Parks- 2
- Farmer's Market

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Recreation Center- 7
- More health organization choices- 6
 - o Physicians
 - o Urgent care facilities
- Farmer's market- 4
- More fitness places- 2
- Better parks- 2 (Paved track around the lake, trails, etc.)
- Programs with health department
- Programs with library (health)
- Spraying in summer for mosquitoes

What needs to work better in Arnold today?

- More health and wellness programs- 5
 - o Social exercise groups
 - o Weight loss / nutrition education
 - o Smoking cessation programs / incentives
- Walkability to draw people to parks and recreation center- 4
- Recreation center facilities- 4 (More pool lanes for swimming)
- More sports fields (i.e.: soccer)- 3
- More children's programs in spring/summer (t-ball, baseball, basketball, soccer, etc.)
- Availability of home health care workers (CNA's)
- Limit vaping stores
- Revamp Strawberry Ridge to be more like Powder Valley Nature Center
- Second recreation center located in southern part of city
- Education by Arnold to local cities to promote smoking ban

In the year 2029, what would you need or like to see happening in Arnold?

- Hospital in Arnold- 4
- Smoke free everywhere- 2
- Regional air quality pollution improvement- 2
- Affordable health care
- Health / nutrition classes being taught in elementary school / not until Middle School
- Incentive programs for healthy living (partnership with community organizations)
- Free education classes on smoking, diet, healthy living, etc.
- Expanded Farmer's market (enclosed area, open all year long)
- Partnership of health department and local medical facilities for anti-obesity programs
- People promoting the quality of care available at Mercy Jefferson
- More walkable community

Domain: Engagement

What would you put a high priority on preserving in Arnold?

- Education system- 4
- Access to civic clubs- 2
- Improved internet access- 2
- Jobs- 2
- Parks- 2
- Social engagement opportunities (venues)
- Keeping retail stores in business
- More smaller retail stores
- Voting rates
- Operation Clean Stream
- Farmer's Market
- Golf course
- Communication with residents

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Farmer's market- 4
- More businesses, expansion and opportunity- 3
- Better parks- 2
- Arnold Community Link E-Newsletter
- Arnold mo.org website
- Arnold Lobbyist
- More fitness places
- Improved Fire, EMS, Police
- Programs with health department
- Programs with library (health)
- More variety of services & providers
- Expansion of Senior center

What needs to work better in Arnold today?

- Communication (events calendar)- 9
- Increased opportunities for cultural and art- 4
- More sports fields (i.e.: soccer)- 3
- More children's programs in spring/summer (t-ball, baseball, basketball, soccer, etc.)
- Summer music program for children
- Public relations person to compete with events / news from St. Louis, etc.
- Moving billboard at city hall (maybe AARP grant)
- More family practice businesses than corporate businesses
- Map with attractions
- More accessible buildings
- Downtown area
- One stop shop areas (see doctor, haircut, optical, dental, etc.)
- More opportunities for employment
- More community recycling programs

In the year 2029, what would you need or like to see happening in Arnold?

- Free or low cost internet service- 5
- More event venues
- Convention center
- Affordable health care
- More local jobs
- Free or low cost internet- 4
- Convention center- 2
- Ministerial alliance or Christian Coalition sharing information from mayor's quarterly updates
- Expansion of Jefferson College (Arnold campus) offering career & technical programs

Domain: Opportunity

What would you put a high priority on preserving in Arnold?

- Education system- 4
- Access to civic clubs- 2
- Jobs- 2
- Social engagement opportunities (venues)
- Keeping retail stores in business
- More smaller retail stores
- Voting rates
- Maintain / Improve our education system
- Communication with residents

What are examples of community features that one can enjoy today that didn't exist 5-10 years ago?

- Farmer's market- 4
- More businesses, expansion and opportunity- 3
- More fitness places- 2
- Arnold Community Link E-Newsletter
- Arnold mo.org website
- Arnold Lobbyist
- Programs with health department
- Programs with library (health)
- More variety of services & providers
- Expansion of Senior center

What needs to work better in Arnold today?

- Communication (events calendar)- 9
 - o Public relations person to compete with events / news from St. Louis, etc.
 - o Moving billboard at city hall (maybe AARP grant)
 - o Map with attractions
- Walkability to draw people to parks and recreation center- 4
- Increased opportunities for cultural and art- 4
- More children's programs in spring/summer (t-ball, baseball, basketball, soccer, etc.)
- Summer music program for children
- More exposure for volunteer opportunities
- Revamp Strawberry Ridge to be more like Powder Valley Nature Center
- Neighborhood Watch programs

In the year 2029, what would you need or like to see happening in Arnold?

- Free or low cost internet- 5
- Convention center- 2
- More event venues
- Convention center
- Ministerial alliance or Christian Coalition sharing information from mayor's quarterly updates
- Expanded Farmer's market (enclosed area, open all year long)
- More walkable community





City of Arnold

ADA Evaluation

June 26, 2018

Animal Control Office

| Area | Correction needed |
|-----------|--|
| Bathrooms | All Doorways must be equipped with Accessible Handles (Operable with a Closed Fist). Door Knob must be replaced with a Lever Handle Door Knob. |
| | Bathroom Mirrors must be viewable to anyone in a Wheelchair. Bathroom Mirrors must be Tilted or the Bottom Edge of the Mirror Reflecting Surface no more than 40 inches from the floor. Lower or Tile the Current Mirror or Install another Mirror in another Location in the Bathroom that is Accessible. |
| | Signs Located on Restroom Doors is not permitted by the ADA. Add Accessible Signs (add Braille) placed to the Latch Side of Doors, 60 inches to Centerline. |

Arnold Golf Course

| Area | Correction needed |
|----------------------------------|--|
| Ramp on South end of clubhouse | Ramp is greater than 1:12 (1 foot of ramp is needed for each inch of height). Because of the limited space the ramp can be reconfigured to include switchbacks. The switchback should also include a 5' long level landing at every 30' horizontal length of the ramp as well as at the top and bottom of the ramp. The ramp is longer than 6' in length and requires railings on both sides and should be between 34"-38" in height. |
| Entrances to lower level | Install signs before the inaccessible entrances indicating the location of the accessible entrance. |
| Door knobs throughout clubhouse. | Replace all round door knobs with a lever or loop handle style door hardware. |
| Emergency Egress | Install visible and audible alarms or provide portable devices. |
| Signage | Provide signs that have raised letters, grade II braille and that the signs are mounted with centerline 60" from the floor and mounted on the wall adjacent to the latch side of the door. |
| Seats, tables, and counters. | Spaces for wheelchair seating are needed. Tables are bistro type (tall) and lower tables for wheelchair access should be available with table / counter tops being between 28"-34" high. |
| Lower level (overflow) | Post clear signs directing people to accessible route. |
| Stairway | Install continuous rails on both sides of the stairs. |
| Restroom signs | Add accessible signage placed to the side of the bathroom door, 60" to centerline (not on the door). For the inaccessible bathroom (downstairs), there should be a sign indicating the location of the accessible restrooms. |
| Restrooms | Install grab bars behind toilets. There should be bars to the side and behind. Lavatories should have a clear space at least 30" wide by 48" deep clear space in front. Lavatories are cabinet based. Replace lavatories. Faucet handles should be replaced with paddle handles. |

Arnold Park

| Area | Correction needed |
|--|---|
| First Small Parking Lot (on right Side) | Disabled Parking Signage is missing a "Fine" sign. A Designated Fine Sign must be posted if the City has Fines for Parking in Disable parking Areas without Proper Authorization. |
| Main Parking Lot | <p>Must have a minimum of one Accessible Parking Space for every 25 parking spaces. Accessible Parking is designated with appropriate signage and on a Stable, Firm, Slip Resistant surface. The first Accessible Parking Space must be Van Accessible (8 foot with and 8 foot Access Aisle).</p> <p>Disabled Parking Signage is missing a "Fine" sign. A Designated Fine Sign must be posted if the City has Fines for Parking in Disable parking Areas without Proper Authorization.</p> <p>Benches on West Side of Parking Lot are not accessible. Benches must have an Accessible Approach or Route. Benches also have no Access Areas for a Wheelchair next to the Benches. A minimum of one 5'x5' Stable, Firm, Slip Resistant surface platform must be installed on the Right or Left Side of one Bench.</p> |
| Circle Parking Lot (East side of playground and around the loop) | Circle Parking Lot must have Two Disabled parking spots Installed. Accessible Parking is designated with appropriate signage and on a Stable, Firm, Slip Resistant surface. The first Accessible Parking Space must be Van Accessible (8 foot with and 8 foot Access Aisle). |
| Paw Park Parking | Paw Park must have a minimum of one Disable parking spot Installed. Accessible Parking is designated with appropriate signage and on a Stable, Firm, Slip Resistant surface. The first Accessible Parking Space must be Van Accessible (8 foot and with a 8 foot Access Aisle). |
| Playground | There is no Accessible Approach to the Playground. Accessible Approach must be installed. This will be Stable, Firm, Slip Resistant surface and a minimum of 36" in width. |
| Bathrooms | <p>There are no accessible signs for either the men's or women's restrooms. Add accessible signage placed to the side of the door, 60 inches to the centerline.</p> <p>Women's accessible restroom only has one grab bar on the side of the toilet. Add a grab bar on the wall behind the toilet.</p> |
| Lake Path (trail access) | Accessible Entrances to Lake Path must be designated by Proper Signage. (1 on far East end and 2 on far West end.) |
| | Park Benches on Lake Route must be made Accessible. Scoping requires a minimum of 20% be made accessible. Two of the 16 must have a Stable, Firm, Slip Resistant surface and a minimum of 36" in width to access the Bench. Then a minimum of one 5'x5' Stable, Firm, Slip Resistant surface platform must be installed on the Right or Left Side of each of the two chosen Benches. |
| Bradley Beach Road Trail Access | Accessible Paths that are not through to the End of the Trail must have Proper Signage that indicates how far to the End of the Accessible Path. This signage must be posted on both ends of the trail as individuals can start at either location. |

Arnold Recreation Center

| Area | Correction needed |
|-----------------------|-------------------|
| No Corrections Needed | |

City Hall

| Area | Correction needed |
|--|---|
| 1 st Floor (Lower Level) Public Restrooms | Signs Located on Restroom Doors is not permitted by the ADA. Add Accessible Signs (add Braille) placed to the Latch Side of Doors, 60 inches to Centerline. |
| 2 nd Floor (Ground Level) Flag Park | The Park Area around the Flag Poll has no Access Areas for a Wheelchair next to the Benches. A minimum of one 5'x5' Stable, Firm, Slip Resistant surface platform must be installed on the Right or Left Side of one Bench. |
| Goods and Services | City Clerk and Municipal Court Signage are not accessible for the Blind. Both Signs must be made Accessible by adding Braille and placing the signage at 60 inches to Centerline. |
| Public Restrooms | Signs Located on Restroom Doors is not permitted by the ADA. Add Accessible Signs (add Braille) placed to the Latch Side of Doors, 60 inches to Centerline. |

Farmers Market

| Area | Correction needed |
|---------|---|
| Parking | Farmers Market must have a minimum of one Accessible Parking Space for every 25 parking spaces. Accessible Parking is designated with appropriate signage and on a Stable, Firm, Slip Resistant surface. The first Accessible Parking Space must be Van Accessible (8 foot with and 8 foot Access Aisle). |

Ferd B. Lang Park

| Area | Correction needed |
|-----------|--|
| Bathrooms | <p>Front Bathrooms (by the paw park) There are no accessible signs for either the men's or women's restrooms. Add accessible signage placed to the side of the door, 60 inches to the centerline.</p> <p>Mirrors in both bathrooms are mounted to high. Lower or tilt down all mirrors with the bottom edge of the reflecting surface no more than 40 inches high.</p> <p>Soap dispensers are mounted to high in both bathrooms. Lower dispensers to be within reach of someone using a wheelchair.</p> <p>Back Bathrooms (closest to the back pavilion) Bathrooms are locked. This may be due to the last flood and the bathrooms are not prepared for public use. If they are not going to be used, then there needs to be signage that indicates the nearest accessible bathroom.</p> |

Public Works Building

| Area | Correction needed |
|------------------------|--|
| Automatic Door Openers | Automatic Door Openers are not required under the ADA. However, if the City Offers them they should be turned on and 100% Operational. If the cost is prohibitive to upkeep they should be removed. Automatic Door Opener was turned off or not working for the Outside Button. The Automatic Door Opener should be Turned On, Repaired, or Removed. |

Strawberry Creek Nature Trail

| Area | Correction needed |
|--------------|---|
| Parking | Parking must have a minimum of one Accessible Parking Space for every 25 parking spaces. Accessible Parking is designated with appropriate signage and on a Stable, Firm, Slip Resistant surface. The first Accessible Parking Space must be Van Accessible (8 foot with and 8 foot Access Aisle). |
| Trail Access | Accessible Entrances to Strawberry Creek Nature Trail must be designated by Proper Signage. If the Nature Trail is not Accessible it must be designated by Proper Signage. |
| | If the Nature Trail is not Accessible the City will need to make a Portion of the Trail Accessible. Scoping Laws under the ADA require a minimum of 20% of the length of the Trail be made Accessible. If the Terrain does not allow for modification to make the Trail Accessible, the City will need to explain why and add that explanation to the Arnold City ADA Evaluation and Transition Plan. |

Required Policies

1. Policy in regards to how the city will accommodate employees who are or become disabled.
2. Policy on how the city will respond to questions and complaints from the public in regards to the American's with Disabilities Act (ADA).
3. Policy, specific to the Arnold Police Department in regards to how they will meet the ADA requirements for accommodations needed by individuals interacting with the police (more specific to those who have been arrested, but does include questioning, traffic stops, etc.).



2101 Jeffco Blvd., Arnold, Missouri 63010
ArnoldMO.org