



2023 Annual Report

Year Two of the Three-Year Age-Friendly Lancaster City Action Plan

*all ages together ...
inclusive and respectful of every generation*



Prepared by the Age-Friendly Lancaster City Leadership Team:

City of Lancaster
Landis Communities
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with
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2023 Annual Report Age-Friendly Lancaster City Action Plan

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2023 Annual Report
Year Two of the Three-Year
Age-Friendly Lancaster City Action Plan
all ages together ... inclusive and respectful of every generation

2023 Overview

When the idea of joining the World Health Organization’s Global Network of Age-Friendly Cities was first introduced to Lancaster in 2016, the Network had 286 members.

Lancaster City is now among 1,500+ worldwide members of this Global Network, each using the lens of WHO’s 8 domains of an Age-Friendly Community to develop and implement its own 3-year Action Plan.

2023 completes the second year of Age-Friendly Lancaster City’s 3-Year Action implementing these four Action Projects:

Housing Creation and Preservation

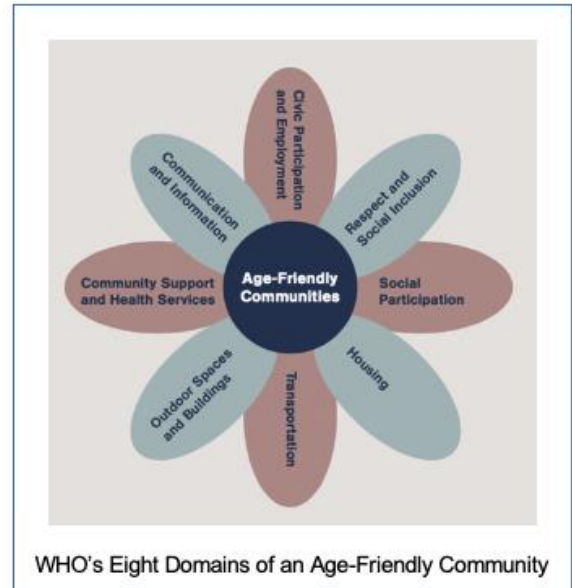
Vision Zero

Communication Coordination & Outreach

Promoting Intergenerational Connections

The foundation of our Action Plan are the organizations that collaborated to lead each of these Action Projects. Background information about Lancaster City’s age-friendly planning process, our integration of WHO’s 8 domains of an Age-Friendly Community, and the Action Team Leaders are included as Appendix B to this report.

As we move into our final year of this Action Plan, the Housing Creation and Preservation Project is now complete, and each of the other three Action Projects are on track to complete all Key Activities in the Plan’s third year. The Progress Reports, which begin on page 6, list the Key Activities in each Action Project, detail which activities have been accomplished, as well as events and projects done that exceed expectations of the plan adopted in 2021.



Among the highlights of 2023 are:

1. Age-Friendly Lancaster City brought an “all ages” perspective to the City’s Comprehensive Planning process by working directly with the City’s Planning Bureau to ensure all ages of residents were represented.

“Lancaster City is poised to become a national role model for smaller cities to include age-friendly best practices in their Comprehensive Plans.”

David Rouse, former Director of Research at the American Planning Association, and author of the book The Comprehensive Plan.

2. The “Community Well-Being Element” of Lancaster City’s Comprehensive Plan, [Our Future Lancaster](#), includes accomplishing the entire Age-Friendly Action Plan. (Appendix D)

Element BCC-2 -Community Well-Being. Action BCC–2.3A: Age-Friendly Action Plan

Work to accomplish the Age-Friendly Action Plan, completed in January 2022, and the four project focus areas: 1) Access to Services: Communications and Outreach; 2) Purpose & Meaning: Promoting Intergenerational Connections; 3) Housing Creation and Preservation; and 4) Vision Zero and Public Space Design

3. The 2023 Age-Friendly Lancaster Summit, held on October 12, 2023 at the Holiday Inn in Lancaster City, brought together 100 participants representing community-based organizations, government leaders, businesses, and residents for an update on our Action Plan and a Showcase of Age-Friendly Housing Options. A Summary Report of the Goals and Proceedings of the Fourth Age-Friendly Lancaster Summit is included as Appendix C.
4. Lancaster City Planning Bureau partnered with Age-Friendly Lancaster to present the Showcase of Age-Friendly Housing Options to highlight our city’s available and potential housing options that serve across the spectrum of ages, incomes, and personal preferences. *The Showcase of Age-Friendly Housing Options in Lancaster City* is a detailed report about each of the housing options presented at the Summit, its connection to the Comprehensive Plan, and key takeaways prepared by and available from the Lancaster City Planning Bureau.
5. Age-Friendly Advisory Committee members generously committed time to provide input, ideas and support as the 2023 Age-Friendly Lancaster Summit was conceived and *The Showcase of Age-Friendly Housing Options in Lancaster City* was developed.
6. Age-Friendly Lancaster’s “all-ages” perspective was key to Lancaster City being selected as the site for the Mid-Atlantic Intergenerational Conference in July 2024. The conference will include full-day session highlighting Lancaster City’s Comprehensive Planning process, an example of the principles and practices in the American Planning Association’s 2023 Report “Intergenerational Community Planning.”

7. Sponsorship revenue increased in 2023 by \$5,000 over the prior year. The 2023 Revenue and Expense Statement for Age-Friendly Lancaster City is included in Appendix A.
8. Age-Friendly Lancaster City promoted our city and its organizations to AARP. This brought more than \$15,000 of sponsorship funds into the Lancaster Community by making personal introductions for AARP staff to key stakeholders at the following local organizations having programs and projects matching AARP's goals in the general population, and the areas of diversity, inclusion, and equity.
 - African-American Historical Society of South Central Pennsylvania
 - Age-Friendly Lancaster City
 - Brightside Opportunity Center
 - Lancaster Central Market
 - Lancaster City Alliance
 - Lancaster City's Department of Neighborhood Engagement
 - Lancaster Downtowners
 - Lancaster Public Library
 - Lancaster Recreation Commission
 - LGBTQ+ Coalition
 - Lancaster Pride PRIDE
 - South Asian Association of Lancaster
 - Spanish American Civic Association
9. DanceAge, an intergenerational program facilitated by Lancaster Recreation Commission with support from AARP Pennsylvania, drew people from senior citizens to elementary school students to learn different dance steps and styles. The six-week program provides a fun and healthy space to forge social connections.
10. The first annual Community Volunteer Fair drew over 100 volunteers to engage with 26 community benefit organizations at the Lancaster Public Library on September 7, 2023. Promotion targeted senior volunteers from the city and nearby retirement communities, aiming to connect them to intergenerational opportunities already present in our community.
11. The Communication Outreach program expanded Lancaster residents' awareness of two methods to provide accurate medical information to emergency responders - first, via the Pennsylvania Yellow Dot program and second, by teaching residents how to update their necessary medical information in their smartphones.
12. The City of Lancaster received a \$12.7 million dollar grant from the US Department of Transportation to implement the Vision Zero Action Plan and its Age-Friendly components.

Housing Creation and Preservation 2023 Action Plan Project Progress Report

The goal of the **Housing Creation and Preservation Project** in Lancaster City's Age-Friendly Action Plan is to assure that older residents are represented in equitable housing goals and housing-related policies to afford current and future generations the ability to age in place, within a supportive and vibrant community.

Every Key Activity in this Action Project was designed to incorporate the age-friendly lens into the City's current process of developing its first new comprehensive plan in 30 years. Over and above using the age-friendly lens to consider housing policies, the City's Planning Bureau considered the needs, perspectives, and assets of residents of all ages in all aspects of the Comprehensive Plan to assure Lancaster City continues to be a great place to grow up and grow old!



Events engaged residents of all sectors and ALL AGES during the Comprehensive Planning Process.

This paragraph from a [December 31, 2023 blogpost by David Rouse](#), beautifully summarizes the significance of this endeavor.

While the plan contains many innovative qualities, one that stands out for me is its commitment to an age-friendly community. In December 2021, a diverse coalition of Lancaster organizations, stakeholders, and residents completed the *Age-Friendly Lancaster Action Plan* using the World Health Organization's Age-Friendly Cities and Communities Framework. The Action Plan identified four priorities: Housing Creation & Preservation, Pedestrian Safety/Vision Zero, Intergenerational Connections, and Access to Services/Information & Outreach. It also set a goal to integrate the perspectives of older adults into the comprehensive planning process. As a result of the process, age-friendly policies and actions are incorporated throughout *Our Future Lancaster*. Examples include walkability and pedestrian safety (such as implementation of the city's Vision Zero Plan); intergenerational parks and recreational facilities; and a focus on housing choice, affordability, inclusion, and innovation. I don't know of any other comprehensive plan that has addressed the needs of older adults to the extent as *Our Future Lancaster*, which I believe can become a national model for smaller cities to incorporate age-friendly policies into their plans.

The 2023 Age-Friendly Lancaster Summit

A Showcase of Age-Friendly Housing Options in Lancaster City

- Home Sharing
- Apartment Living
- Missing Middle Housing
- LGBTQ+ Senior Housing
- Accessory Dwelling Units (ADU's)
- Whole Home Repairs for Aging-in-Place
- Affordable Housing by HDC MidAtlantic
- Luxury Living by Willow Valley (*Mosaic*)
- Intergenerational & Community Living by Garden Spot Communities
- Middle Market Housing by Landis Communities (*Landis Place on King & Steeple View Lofts*)

Over and above completing every Key Activity in the Housing Creation & Preservation Action Project, the Lancaster City Planning Bureau:

- Invited the Age-Friendly Advisory Committee members to participate in the policy workshops for the Comprehensive Plan.
- Partnered with Age-Friendly Lancaster City to develop a Showcase of Age Friendly Housing Options to present at the 2023 Age-Friendly Summit.
- Produced a 20-page report, *The Showcase of Age-Friendly Housing Options in Lancaster City*, detailing each of the housing options presented at the Summit, its connection to the Comprehensive Plan, and key takeaways.
- Accepted the invitation to present a full-day session at the Mid-Atlantic Intergenerational Conference in Lancaster in July 2024, to highlight Lancaster City's Comprehensive Planning process, an example of the principles and practices in the American Planning Association's 2023 Report "Intergenerational Community

Planning."

The Housing Creation and Preservation Project is now complete. The following chart tracks the completion of each Key Activity during Year Two of the Lancaster City Age-Friendly Action Plan and includes accomplishments that were over and above the plan.

Housing Creation and Preservation Project of the Age-Friendly Lancaster City Action Plan

2023 Progress Report

Project Title: Housing Creation and Preservation
Priority Area: Housing and Public Spaces
Age-Friendly WHO Domain: Housing; Outdoor Spaces & Buildings
Goal: Assure that older residents are represented in equitable housing goals and housing-related policies to afford current and future generations the ability to age in place, within a supportive and vibrant community.
Action Team Lead: Douglas Smith, Bureau Chief, Community Planning & Design, Lancaster City

		Done in	Action Project Year 2 - 2023 Updates			Planned for	Comments
		2022	2023	2023	2023	2024	
Key Activities		Action Project Year 1	Accomplishments	Challenges/ Changes	Over & Aboves	Action Project Year 3	
1	Assure that the needs of the 9.8% of Lancaster's residents that are over 65 are considered during the Comprehensive Plan process, as we will build upon and refine the Interim Housing Strategy over the next one to two years.	X	The City incorporated Age-Friendly planning experts, older adults, and relevant local coalitions throughout the Comp Plan process, beginning to end.	No changes. Challenges are numerous: policy are usually reactive, and what we need is investment to create the housing in accordance with policy.	Supporting the completion of the entire Lancaster City Age-Friendly Action Plan is included as an Action Item in the City's Adopted Comprehensive Plan: Our Future Lancaster		<ul style="list-style-type: none"> This Key Activity has been completed. This task was incorporated into work throughout the Comprehensive Planning process.
2	Include at least one older adult in the Comprehensive Plan Committee and in each of the five Comprehensive Plan Advisory Committees.	X	The City accomplished this with the help of the Age-Friendly Project Facilitator.	None.	We included many older adults throughout the process!		This Key Activity has been completed.
3	Designate one or more Comprehensive Plan Committee members to be members of the Age-Friendly Housing Creation and Preservation Action Team.	X	Complete!	None.	None.		This Key Activity has been completed.
4	Review the Center for Regional Analysis initial study of affordable housing to suggest any additional analysis in order to consider older adult needs.		The study was reviewed, and an additional housing study was completed for the Comp Plan to verify the data.	None.	One additional housing study was completed by consultant and Planning.		This Key Activity has been completed.
5	Review the Interim Housing Strategy and identify goals that will improve housing options for older adults and intergenerational/multi-generational families such as:		Goals have been articulated in the Plan, and relevant strategies include: Goal 1, Goal 2c, Goal 3c, and Goals 4a and 4b.	None.	This task was completed, and those identified strategies were incorporated into the Comp Plan. See Planning System 1 in the plan.		This Key Activity has been completed.
5.a	Protect, maintain, and improve the quality of existing housing to help keep households safe and affordable.		The City has completed lead remediation of dozens of households, and grandparents who help raise children are eligible for this grant fund.	Supply chain issues, shortage of qualified companies, and awareness of the programs are both ongoing challenges.	<ul style="list-style-type: none"> A dedicated session on aging-in-place home repair programs was held during the "Showcase of Age-Friendly Housing Options" presented at the 2023 Lancaster Age-Friendly Summit. The City recently submitted a healthy homes grant to HUD to expand age-in-place home renovations for older adults and disabled people. 		<ul style="list-style-type: none"> This Key Activity has been completed. This task was incorporated into work throughout the Comprehensive Planning process.
5.b	Innovate by exploring emerging housing design types, which may facilitate lower-cost housing units. Possibilities may include Home Sharing and Community Living Models, Accessory Dwelling Units, Tiny Homes, and Reduced Parking Requirements.		Between 2020-2022, City supported approximately 50 units with innovative housing, including tiny apartments, tiny homes, and shared living.	Reducing parking requirements are both favored and fought by residents. This remains a difficult issue around housing.	<ul style="list-style-type: none"> The "Showcase of Age-Friendly Housing Options" presented at the 2023 Lancaster Age-Friendly Summit included dedicated sessions on low-income housing, ADU's, and the SHARE program for home sharing. The Comp Plan now has an action to create an ADU program. 		<ul style="list-style-type: none"> This Key Activity has been completed. This task was incorporated into work throughout the Comprehensive Planning process.

Housing Creation and Preservation 2023 Action Plan Project Progress Report

	Done in 2022	Action Project Year 2 - 2023 Updates			Planned for 2024	Comments
		2023	2023	2023		
Key Activities	Action Project Year 1	Accomplishments	Challenges/ Changes	Over & Aboves	Action Project Year 3	
6		Use inclusive phrases such older adults, people of all ages and abilities, intergenerational/multi-generational families, and across the life course in housing and design-related goals and policies.	This task was completed by staff and also reviewed by Age2Age Consultant Chris Kennedy and comprehensive planning expert David Rouse.	None.	None.	•This Key Activity has been completed. •This task was incorporated into work throughout the Comprehensive Planning process.
7		Review the Age-Friendly Housing Practices highlighted by the WHO on the Age-Friendly World Website, focusing particularly on the cities in the United States.	Practices were reviewed and many were incorporated into the Comp Plan.	Not all suggested practices were relevant to a comprehensive plan.	None.	This Key Activity has been completed.
8		Review Comprehensive Plans from other cities that specifically address the needs of older adults.	The Comprehensive Plans of Portland OR and Boston MA have been reviewed. Best practices from each were considered through the Comprehensive Planning Policy workshop.	None.	None.	This Key Activity has been completed.
9	X	Gather input from Lancaster City's older adult population using the "Meeting in a Box" kits developed by the City's planning team and other strategies.	Engagement was completed with the adoption of the Comprehensive Plan in October 2023.	None.	The City used many techniques very successfully, including three AF summits, three advisory committee gatherings, engagement with The Downtowners, and outreach at the SACA senior Center.	This Key Activity has been completed.
10	X	Disaggregate key data sets by age.	This was done for engagement data and for looking at the racial/age composition of the City.	Some data sets are not possible to disaggregate or age data is not available.	The City disaggregated data by age for a major grant application, and it was very helpful. We plan to continue this work going forward.	This Key Activity has been completed.
11		Incorporate older adults into any implementation committee structures after the plans adoption.	Noted. We consider this an ongoing task.	NA	NA	Yes & ongoing Implementation committees have not yet been developed.
Baseline Metrics	Done in 2022	Accomplished in 2023		Planned for 2024		Comments
#1		The Comprehensive Planning process is a new opportunity to include the aging lens in Lancaster City's housing goals and housing-related policies		Done!		None.
#2		The Comprehensive Planning process includes starting a Comprehensive Plan Committee of 18 city residents, and five Advisory Committees.		Done!		None.
#3		City of Lancaster's Interim Housing Strategy references older adults two times.		Done!		None.
Target Metrics	Done in 2022	Accomplished in 2023		Planned for 2024		Comments
#1		One or more older adults will be among the 18 members of the Comprehensive Plan Committee		Done!		None.
#2		One or more Comprehensive Plan Committee (or Advisory Committee) members will also serve as members of the Age-Friendly Housing Creation and Preservation Action Team.		Done!		None.
#3		One or more older adults will be members of each of the five Comprehensive Plan Advisory Committees.		Done!		None.

Vision Zero 2023 Action Plan Project Progress Report

The goal of the Vision Zero Project in Lancaster City’s Age-Friendly Action Plan is to increase safe use of public spaces, including roadways and sidewalks, for older city residents.

A major Vision Zero Action Project accomplishment in 2023 was the City of Lancaster receiving a \$12.7 million dollar grant from the United States Department of Transportation to implement the Vision Zero Action Plan.

“The City has been working to implement our Vision Zero plan since 2020 — we’ve completed and are in process of numerous street improvement projects like those coming to S. Duke Street & Church Street. We’ve also made strides improving our bicycle network. And now, we can supercharge these efforts.

We are here today to celebrate the City’s largest federal grant ever, a \$12.7 million Safe Streets for All grant made possible by the Bipartisan Infrastructure Law and allocated by the U.S. Department of Transportation. Lancaster is one of only 37 cities nationwide to receive an implementation grant through this program.

I am beyond thrilled for these dollars to get to work in our community.” - Mayor Danene Sorace

An age-friendly representative was part of the selection committee and reviewed Request for Proposals (RFP) to facilitate the implementation of the grant funds. To date there have been improvements made at 45 different intersections.



City of Lancaster Staff, Elected Officials, Age-Friendly Leadership, and Community Members celebrate the award of the \$12.7 million dollar Safe Streets for All Grant at J.P. McCaskey High School on March 17, 2023.

The following chart tracks progress made with the Vision Zero Project during Year Two of the Lancaster City Age-Friendly Action Plan Implementation.

Vision Zero & Outdoor Spaces Project of the Age-Friendly Lancaster City Action Plan
2023 Progress Report

Project Title: Vision Zero & Outdoor Spaces
Priority Area: Housing and Public Spaces
Age-Friendly WHO Domain: Housing; Outdoor Spaces & Buildings
Goal: Increase support and opportunities for intergenerational experiences
Action Team Lead: Cindy McCormick, Deputy Director, Public Right of Way, Department of Public Works, Lancaster City

	Done in	Action Project Year 2 - 2023 Updates			Planned for	Comments
	2022	2023		2023	2024	
Key Activities	Action Project Year 1	Accomplishments	Challenges/Changes	Over and Aboves		
1	Review Vision Zero plans from other cities that specifically addressed the needs of older adults	x	Complete			
2	Include at least one older adult on the Vision Zero Implementation Steering Committee	x	Two members of Steering Committee over 60; one primary		Age-Friendly representative on committee to review RFPs for	
3	Data analysis to identify senior focus areas			GIS staff is limited.		x Incorporate age related data into GIS. Will seek intern and
3a	Identify location of older adult housing, service activities, etc			GIS staff is limited.		x Incorporate age related data into GIS. Will seek intern and
3b	Review crash data to determine where and to what extent older adults are impacted by serious injury and fatal crashes	x	Complete			
4	Create communications materials for drivers, pedestrians and bicyclists. Target various demographics including older adults.		Attended more than 30 community events to educate and share about Vision Zero and	Targeted communication requires additional time due to staff capacity.		
5	Prioritize Vision Zero funding and investments in low-income communities, communities of color, and/or low mobility communities.		Made safety improvements at 45 intersections.		Received a Safe Streets and Roads for All grant from the US DOT for \$12.7M to implement the Vision Zero Action Plan	
Baseline Metrics	2022	2023		2024		Comments
#1	Statistics on crashes, fatalities, and serious injuries, including impacts to older adults		Of the 98 KSI crashes between 2017 and 2021, 26 or 27% involved persons 60 or over			
Target Metrics	2022	2023		2024		Comments
#1	Outreach and communications materials published targeting older adults		Attended more than 30 community events to educate and share about Vision Zero and distributed over 300 yard signs		Continue outreach and engagement efforts. Launch communications	
#2	Number and status of implementation projects in the areas most impacting older adults;		Made safety improvements at 45 intersections; Received a Safe Streets and Roads for All grant from the US DOT for \$12.7M to implement the Vision Zero Action		Continue design and implementation of current projects, commence priority projects	
#3	Improved statistics on crashes, fatalities, and serious injuries, including impacts to older adults				Additional analysis into age related crashes; Coordinate with police for improved data retrieval and timeliness.	Data collection is delayed.

Communication: Coordination and Outreach 2023 Action Plan Project Progress Report

The goal of the **Communication: Coordination and Outreach Project** in Lancaster City’s Age-Friendly Action Plan is to assure that providers and older residents are aware of available services and opportunities.

Coordination: Aging service providers continue to meet monthly to share updates about relevant programs, such as utility assistance, Medicare Open Enrollment, the Senior Farmers Market Nutrition program, and more. This ensures that organizations are providing accurate information to the people within their networks. This action team has also initiated a collaborative training time, inviting presentations from the YMCAs New American Welcome Center, Lancaster County Emergency Management, and Advoz: Mediation and Restorative Justice.

Outreach: Year two has emphasized educating older neighbors about ways to provide accurate medical history to emergency responders. Various members of the action team have provided information about Pennsylvania’s Yellow Dot Program and have assisted people in updating their emergency medical information on their smartphones at community events, including Brightside Opportunities Center Health Fair, Open Streets, and the Community Volunteer Fair. More outreach is scheduled into next year at senior apartment buildings and senior centers, with support from an intern from Franklin & Marshall College.



Above: Paola Rodriguez, a senior at F&M College, helps residents at Landis Place on King (55+ apartment building) update their emergency contacts in their smart phones and complete PennDOT Yellow Dot pamphlets for their cars in November 2023.



Above: Lancaster Downtowners promote Yellow Dot at Open Streets in May 2023.

Right: United Way of Lancaster County promotes Yellow Dot and supports attendees updating their emergency medical information and contacts in their smart phones at the Brightside Opportunities Center Health Fair in April 2023.



The following chart tracks progress made with the Communication: Coordination and Outreach Project during Year Two of the Lancaster City Age-Friendly Action Plan Implementation.

Communication Coordination and Outreach Project of the Age-Friendly Lancaster City Action Plan

2023 Progress Report

Project Title: Communication: Coordination and Outreach
Priority Area: Access to Services
Age-Friendly WHO Domains: Communication & Information; Community Support & Health Services; Transportation
Goal: Providers and older residents are aware of and have easy access to available services and opportunities for older adults
Lead: United Way of Lancaster County

		Done in	Action Project Year 2 - 2023 Updates			Planned for	Comments
		2022	2023	2023	2023	2024	
Key Activities		Action Project Year 1	Accomplishments	Challenges/Changes	Over and Above	Action Project Year 3	
January 2022-June 2022:							
1	Identify preferred communication channels for providers	x	Complete				
2	Identify preferred communication channels for older residents	x	Complete				
3	Coordinate a meeting between 211 staff, city staff, and OoA staff to align referrals and recommendations.	x	Complete				
June 2022-December 2022							
4	Prioritize and compile services information literature in preferred formats	x	Prioritizing accurate medical information in emergency				
5	Identify and activate trusted persons (faith communities, PCPs, Neighborhood Leadership Academy) to disseminate service information		Outreach is taking place from organizations, and through senior centers and housing providers.				
6	Facilitate dissemination of service information through current media outlets		Utilizing current newsletters, email, word of mouth, and social media to share accurate				
January 2023-December 2023							
7	Evaluate 2022 process to determine method and process for 2023		Action Team continued monthly meetings to share accurate	Capacity to complete projects between meetings is limited for	Action Team sought shared learning through info sessions		
8	Continue regular dissemination of service information to providers and older residents		2023 focused on supporting senior residents in maintaining accurate medical history and	Organizations are sending more accurate and updated information to our own networks;	Four organizations participated in 3 community events to disseminate emergency medical		
Baseline Metrics							
#	Partners do not meet regularly or collaborate on this type of communication.	x	Partners met monthly and hosted 3 guest programs/organizations; Lancaster County Emergency Management, YMCA New Americans, and Advoz.		Monthly communication, information, and referral meetings will continue.		
Target Metrics							
#	Collaborative and coordinated information dissemination will be created; outreach to older residents via current methods will increase in frequency by at least 2 times annually; outreach by new trusted persons will increase, reaching at least 50 older adults.		Expanded residents' awareness of methods to provide accurate medical information to emergency responders via PennDOT Yellow Dot program and updating information in smartphones. Three community events; over 100 participants		F&M Works intern engaged for additional pop-ups		

Promote Intergenerational Connections 2023 Action Plan Project Progress Report

The goal of the **Intergenerational Connections Project** in Lancaster City’s Age-Friendly Action Plan is to increase support and opportunities for intergenerational experiences.

In response to the survey data from Year One, the Action Team held three “Lunch and Learn Conversations” for service providers and adult audiences to exchange information about opportunities for: Purpose and meaning in later life, Volunteer opportunities in our community, and Opportunities for intergenerational connections. Each event was held at a unique community location with 20-30 people attending.

In 2023 the Action Team also connected with AARP to fund a new intergenerational dance program at LancasterRec, offering a six-week dance class for \$10 open to participants of all ages.

Excerpt from: *Dance program encourages all ages to boogie to better health*, by KARYL CARMIGNANI FOR LNP | LANCASTERONLINE May 10, 2023

Led by dance instructor Lydia Baranoski, the exuberant group — ranging from about 10 to 24 dancers week to week — warms up before getting down to business learning the 4/4-time cha-cha steps and shuffle at the Lancaster Rec Center. Baranoski demonstrates the moves, then the class “copies” the dance.

Dance program encourages all ages to boogie to better health

KARYL CARMIGNANI FOR LNP | LANCASTERONLINE
May 10, 2023



Young and old learn dance at the Lancaster Rec Commission in Lancaster, on Monday, May 1, 2023. The dance is part of Age Friendly Lancaster City Intergenertional Connections Project.

VINNY TENNIS | Staff Photographer

For Kim Caggiano, 70, of Landis Valley Road, the class is extremely enjoyable, though she says she has some trouble coordinating her feet while listening. She says it’s a new exercise for her, besides just walking around her neighborhood. Baranoski says the classes are a mix of new and experienced dancers. “The class is accommodating to brand-new students but still challenging,” she says.

The Action Team also hosted the first annual Community Volunteer Fair at the Lancaster Public Library. The all ages event was specifically advertised to senior apartment complexes and life plan communities in and near the City of Lancaster. Twenty-six community organizations hosted tables providing information on volunteer opportunities to more than 100 attendees. A post-event survey garnered positive feedback from attendees and vendors.

High quality traffic! Over a dozen folks with serious interest signed up to learn more about volunteering with our organization. Great comradery. Meaningful connections.

The Community Volunteer Fair filled a gap in the community - creating a one-stop place for people to find multigenerational and intergenerational volunteer opportunities in one convenient location.



Promotional Flyer for the Community Volunteer Fair

The following chart tracks progress made with the Intergenerational Connections Project during Year Two of the Lancaster City Age-Friendly Action Plan Implementation.

Promote Intergenerational Connections Project of the Age-Friendly Lancaster City Action Plan

2023 Progress Report

Project Title: Promote Intergenerational Connections
Priority Area: Purpose & Meaning in Later Life
Age-Friendly WHO Domain: Social Participation; Respect & Social Inclusion; Civic Participation & Employment
Goal: Increase support and opportunities for intergenerational experiences
Action Team Lead: Heather Dighe, Executive Director, Lancaster Recreation Commission

		Done in	Action Project Year 2 - 2023 Updates			Planned for	Comments
			2022	2023	2023		
	Key Activities	Action Project Year 1	Accomplishments	Challenges/Changes	Over and Aboves		
1	January 2022-June 2022: Inventory volunteer needs, volunteer skills, and creative enrichment intergenerational opportunities among AFAC organizations and by utilizing LancasterREC survey.	x	Complete				
2	June 2022-December 2023: Pilot response intergenerational programs based on inventory	x	Held three "Lunch and Learn Conversations" for service providers and adult audiences to	Good attendance, but primarily by people already	Connected with AARP to fund a new intergenerational		
3	June 2022-June 2023: Explore, identify partners, and pilot universal volunteer training	x	Complete				
4	June 2022-June 2023: Explore, identify partners, and pilot system to share volunteers		Hosted the first annual Community Volunteer Fair at the Lancaster Public Library on				Community Volunteer Fair to be hosted again in 2024
5	June 2023-December 2023: Explore and pilot shared clearances portal		Completed initial conversations about sharing clearances with stakeholder organizations.	Time and resource investment is beyond the capacity of this action team.			

	Baseline Metric	2022	2023	2024	Comments
	Baseline of opportunities and participation for older residents connecting with younger residents will be established at the conclusion of the inventory in the first 6 months of the action plan.	x			

	Target Metric	2022	2023	2024	Comments
	Increased support and opportunities will be demonstrated by growth in the number of intergenerational programs by at least 1 and older volunteers in participating organizations by at least 10%.		DanceAge, Community Volunteer Fair, and 3 Lunch and Learns provided intergenerational opportunities for over 200 individuals.	Activities in conjunction with the PA Intergeneratioanl conference in July. A second Community Volunteer Fair.	LancasterREC will incorporate intergenerational design processes as they plan and renovate a new recreational center.

Appendices to the 2023 Annual Report for Age-Friendly Lancaster City

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Appendix A: Annual Revenue and Expenses

2023 Revenue and Expense Statement for Age-Friendly Lancaster City

Year Two of the Three-Year Implementation

Revenue		Expenses	
2023 Grant	15,000	Age-Friendly Summit	12,307
2023 Sponsorship	16,500	Action Plan Implementation and Oversight	18,000
2022 Balance	7,300	Administration	1,325
Total	39,150	Total	31,632

Funders: Lancaster County Community Foundation, High Foundation, Landis Communities, Willow Valley Communities, Lancaster County Office of Aging, Garden Spot Communities, RLPS Architects, Pennsylvania Association of Area Agencies on Aging, AARP

In-Kind: Significant in-kind contributions have been made by the City of Lancaster, Lancaster Downtowners, United Way of Lancaster County, Lancaster Recreation Commission, and Landis Communities as leadership and Action Team Lead Organizations.

Additional Action Team Participating Organizations: Lancaster Public Library, Brightside Opportunities Center, LGBTQ+ Coalition, Moravian Center of Lancaster, and Community Action Partnership

Appendix B: Background & Launch of Age-Friendly Lancaster City (excerpt from Age-Friendly Lancaster City’s 2022 Annual Report)

Background & Launch of Age-friendly Lancaster City

Age-Friendly Lancaster City is an opportunity to bring people of ***all ages together*** to rethink our neighborhoods and take action to make them more ***inclusive and respectful of every generation***.



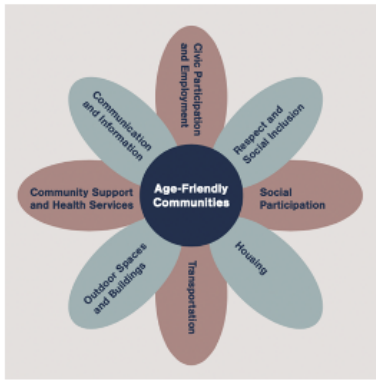
Lancaster City joined World Health Organization’s (WHO) Age-Friendly Cities and Communities Network of over 1,500 forward focused cities across the United States and around the world in 2018. Cities in this Network are invited to use WHO’s 8 Domains of an Age-Friendly Community as a lens to

Joining this Global Network committed the Lancaster City to WHO’s 5-year Cycle of Continual Improvement -- 2 years of planning and 3 years of implementation. With planning interrupted by the Covid Pandemic, Lancaster City’s Age Friendly Action Plan was approved in December, 2021 and adopted in January 2022. (Go to www.CityOfLancasterPA.gov/age-friendly and click on “Explore the Action Plan”)

With the Plan’s approval, resource development began to support implementing the Plan sponsorship and Collaborative Action Teams were formed to lead the four projects included in the Action Plan.

The following chart identifies the Lead Organization for each project in Lancaster City’s Action Plan, and connects each project with one of more the World Health Organization’s 8 domains of an Age-Friendly Community.

The Action Team Lead for each project has built a collaborative team of organizations, key stakeholders and older adults to accomplish the activities outlined in the Action Plan.

 The Four Projects of Age-Friendly Lancaster City's Action Plan	World Health Organization's 8 Domains of an Age-Friendly Community							
	Respect & Social Inclusion	Social Participation	Communication & Information	Community Support & Health Services	Transportation	Civic Participation & Employment	Housing	Outdoor Spaces & Buildings
Promoting Intergenerational Connection Lead Organization: Lancaster Recreation Commission Action Team Lead: <i>Heather Digne</i> Executive Director	X	X		X	X			
Housing Creation & Preservation Lead Organization: Lancaster City Action Team Lead: <i>Douglas Smith</i> Bureau Chief Community Planning & Design							X	
Vision Zero Lead Organization: Lancaster City Action Team Lead: <i>Cindy McCormick</i> Deputy Director Public Right of Way								X
Communication Coordination & Outreach Lead Organization: United Way of Lancaster County Action Team Lead: <i>Kevin Ressler</i> President & CEO	X		X	X	X			

Appendix C: Summary Report 2023 Age-Friendly Summit

A Summary Report of the Goals and Proceedings of the Fourth Age-Friendly Lancaster Summit -- 2023



Age-Friendly LANCASTER CITY

Summit 2023

A Showcase of Age-Friendly Housing Options in Lancaster City

Sponsored by:



October 12, 2023
At the Holiday Inn Lancaster

Produced by Age2Age.com
with
The Age-Friendly Lancaster City Leadership Team

2023 Age-Friendly Meeting & Summit

A Showcase of
Age-Friendly Housing Options in Lancaster City

9:00 AM OPENING REMARKS

Welcome, Mayor Danene Sorace, Lancaster City

Lancaster City Age-Friendly Action Plan
Melissa Ressler, Lancaster Downtowners

US History 101, Urban Planning 101, & Gerontology 101
... In 10 minutes!
Chris Kennedy, Age2Age

Housing & Lancaster City's Comprehensive Plan
Douglas Smith, Lancaster City

Housing Options Introductions

10:10 AM

HOUSING SOLUTIONS - 2 Breakout Sessions
(includes networking & transitions in between)

First session 10:25 to 11:15

Home Sharing (Franklin Room)
Margo Muchinsky, PA Department of Aging

LGBTQ+ Senior Housing (Sorrell Room)
Nicholas Watson, SAGE

Missing Middle Housing (Imperial Grande)
Grace Rustia, AARP & David Rouse, FAICP

Second Session 11:20 to 12:00

Accessory Dwelling Units (ADU's) (Franklin Room)
David Rouse, FAICP

Apartment Living in Downtown (Imperial Grande)
Marshall Snively, Lancaster City Alliance
Ben Leshner, Parcel B Development Co.

Whole Home Repairs for Aging-in-Place (Sorrell Room)
Rebeca Santos & Noemi Martinez,
Lancaster County Redevelopment Authority

12:10 PM LUNCH

12:40 PM

**REPORTS FROM HOUSING SOLUTIONS
BREAKOUT SESSIONS**

1:10 PM

HOUSING PROVIDERS PANEL PRESENTATIONS

Affordable Housing
Debbie Gable, HDC MidAtlantic

Intergenerational & Community Living
Steve Muller, Garden Spot Communities

Middle Market Housing (Landis Place on King & Steeple View Lofts)
Evan Bergey, Landis Communities

Luxury Living (Mosaic)
Chris Ballentine, Willow Valley Communities

1:50 PM WRAPPING UP!

2:00 PM CONTINUING THE CONVERSATION

**Goals and Proceedings of the Fourth Age-Friendly Lancaster Summit
&
A Showcase of Age-Friendly Housing Options in Lancaster City
October 12, 2023**

The 2023 Age-Friendly Lancaster Summit, held on October 12, 2023 at the Holiday Inn in Lancaster City, brought together about 100 participants representing community-based organizations, government leaders, businesses, and residents. It was designed to provide a cross-sectional for participants to learn from one another and collaboratively create actionable takeaways they could apply within their circles of influence.

The goals for the Summit were to:

- Inform participants about the Year-2 progress of the Age-Friendly Action Plan’s four projects;
- Increase awareness of existing and potential housing options in Lancaster City that will serve all generations;
- Illuminate opportunities for housing options that are
- promoted and supported by the new Lancaster City Comprehensive Plan; and
- Inspire connections, ideas, and actions to increase age-friendly housing options in the Lancaster community.



2023 Age-Friendly Lancaster Summit at the Lancaster Holiday Inn
(photo by Kyle Gamble)

In addition to providing the annual update on the Age-Friendly Action Plan projects, plenary and breakout sessions featured age-friendly housing solutions that are, *or could be*, part of our community that meet older adults’ needs, affordability, and preferences.

The complete Summit agenda is included in the cover to this report.

Opening Plenary

The Summit's opening session began with a welcome by Lancaster City Mayor Danene Sorace. Melissa Ressler, Executive Director of Lancaster Downtowners, then summarized progress made over the past year in implementing the Age-Friendly Action Plan's four projects.



Christine Kennedy
(photo by Kyle Gamble)

Chris Kennedy of Age2Age Consulting provided a whirlwind tour of U.S. history, urban planning, and gerontology over the past century and how they have converged to create challenges and opportunities for housing in Lancaster City today.

Douglas Smith, Chief Planner for the City of Lancaster, concluded the opening session with a presentation on housing and the newly adopted Lancaster City Comprehensive Plan. The

Summit, he said, marked a significant transition from coordination of two related but separate initiatives – Age-Friendly Lancaster City's Housing Creation & Preservation Action Project and the planning process for the Lancaster City Comprehensive Plan – to integrate implementation of solutions that promote diverse, innovative, inclusive, age-friendly, intergenerational, and multigenerational housing. Douglas commented that each of the housing solutions to be presented is supported and promoted by Lancaster City's Comprehensive Plan.



Douglas Smith
(photo by Kyle Gamble)

Housing Solutions Breakout Sessions

The opening session was followed by two breakout sessions in which attendees divided into six groups (three groups per session) to explore these options for meeting Lancaster City's housing needs:

- Home Sharing
- Apartment Living
- Missing Middle Housing
- LGBTQ+ Senior Housing
- Accessory Dwelling Units (ADU's)
- Whole Home Repairs for Aging-in-Place

Each breakout session began with a presentation by a subject matter expert on the housing option, followed by questions by participants and discussion of ways to "grow" this option in Lancaster.

Housing Providers Panel Presentations

The Summit's afternoon agenda featured representatives of these four housing providers engaged in meeting Lancaster's diverse housing needs, resources, and preferences, with a focus on older adults:

- Affordable Housing by HDC MidAtlantic
- Luxury Living by Willow Valley (*Mosaic*)
- Intergenerational & Community Living by Garden Spot Communities
- Middle Market Housing by Landis Communities (*Landis Place on King & Steeple View Lofts*)

Conclusion

The Summit was a tremendous success! Responses to four evaluation questions confirmed that the Summit had overwhelmingly achieved its goals:

Evaluation Question	Yes	Somewhat	No
Do you understand the Age-Friendly Action Plan and the four projects in it?	68%	32%	0
Did you learn how the Lancaster City Comprehensive Plan promotes a broad spectrum of housing options?	79%	21%	0
Did you find the presentations about existing and potential housing options informative and useful?	85%	15%	0
Did you speak with someone today that has opened up a new connection or collaboration?	91%	9%	0

Participants also were asked to provide their feedback, which included:

- Good summit. Very informative!!
- Excellent conference!
- This is an important gathering
- Age-Friendly Lancaster City is making progress that we need
- Very helpful information & reflections

The Showcase of Age-Friendly Housing Options in Lancaster City is a detailed report about each of the housing options presented at the Summit, its connection to the Comprehensive Plan, and key takeaways that was prepared by, and is available from, the Lancaster City Planning Bureau.

Going Forward

Lancaster City is developing a list of priority actions to be initiated during the first year following plan adoption. Housing will be an important implementation focus area, for which the Summit results will provide an invaluable resource.

Appendix D

Element BCC-2 -Community Well-Being -- Action BCC-2.3A Age-Friendly Action Plan Excerpt from *Our Future Lancaster* -- Policies & Actions, page 67

Policy BCC-1.4: Hazardous Materials

Support and implement programs that reduce the risk of exposure to hazardous materials. Provide safe distances between areas where hazardous materials are handled or stored, and sensitive land uses such as schools and residences. Ensure that previously contaminated sites and larger brownfields are remediated to appropriate levels before they are developed.

Policy BCC-1.5: Lead Awareness & Mitigation Outside of Homes

Build on the City's lead remediation efforts by increasing awareness of and mitigation efforts to remove lead from sources beyond the home. Common sources include water lines and urban soils that may have been contaminated with lead paint flakes. Eliminate lead water lines rapidly, and promote urban soil testing, raised beds, and other techniques to limit exposure to lead contamination in soil.

Policy BCC-1.6: Pest and Vector Control

Continue to expand the pest and vector control program to further mitigate common insects and vermin. Incorporate emerging best practices as they become available and partner with property owners to improve effectiveness of the program.

ELEMENT BCC-2: COMMUNITY WELL-BEING

Objective: Nurture the well-being of city residents through the support of targeted community facilities and social services.

Policy BCC-2.1: Food Systems Planning

Evaluate the City's food systems to identify access gaps and develop strategies to increase access to healthy food. Assess existing food sources and programs for access to healthy food options. Strategies should consider issues beyond physical proximity and include culturally preferred foods and existing informational resources that connect residents to food assistance.

Policy BCC-2.2: Childcare and Youth Programming

Support childcare services, youth programming, and other supportive services, especially for low-income families. Align zoning and permitting to simplify the process for

establishing childcare facilities and ensure the availability of these services throughout the city.

Policy BCC-2.3: Populations with Special Needs

Recognize the special needs of certain groups, including older adults and persons with disabilities, in planning and service delivery. Housing, transportation, recreation, and other programs should work for everyone, regardless of age or ability.

AGE-FRIENDLY PLANNING

Lancaster is among more than 1,000 members of a global network of Age-Friendly Cities. The designation is recognized by the World Health Organization based on a local commitment to creating buildings and outdoors spaces, programs, services, and attitudes that promote healthy aging and purposeful living at every stage of life. Lancaster viewed the age-friendly planning process as an opportunity to bring people of all ages together to make our neighborhoods more responsive to the needs of every generation.

Age-friendly considerations have been an important part of the comprehensive planning process since the start. Cross-cutting intergenerational perspectives were included in each of the eleven policy area study sessions. Applying this lens in the comprehensive planning process ensures that our community will be a good place for everyone throughout their lives.



Lancaster's Age-Friendly Advisory Committee

Action BCC-2.3A: Age-Friendly Action Plan

Work to accomplish the Age-Friendly Action Plan, completed in January 2022, and the four project focus areas: 1) Access to Services: Communications and Outreach; 2) Purpose & Meaning: Promoting Intergenerational Connections; 3) Housing Creation and Preservation; and 4) Vision Zero and Public Space Design

Policy BCC-2.4: Supportive Services

Provide for supportive services and programs in appropriate places throughout the city, as a shared responsibility across quadrants. These include service centers, group homes, residential care facilities, and other facilities that provide a safety net for residents with special

Appendix E

Press for Age-Friendly Lancaster City Programs in 2023

May 10, 2023: LNP, Dance program encourages all to boogie to better health: https://lancasteronline.com/seniorliving/dance-program-encourages-all-ages-to-boogie-to-better-health/article_6703e5e0-edfb-11ed-8394-5bb7e4f5dc74.html

August 27, 2023: LNP, Look for Volunteer Opportunities That Meet Your Interests:

https://lancasteronline.com/features/together/look-for-volunteer-opportunities-that-meet-your-interests-united-way-column/article_64c659d6-4362-11ee-82e0-9748cfad276e.html

October 9, 2023: Hourglass Foundation: Listening to Lancaster, Age-Friendly Lancaster: <https://hourglasslancaster.org/resources/podcast/listening-to-lancaster-s4e3-age-friendly-lancaster/>

October 13, 2023: One United Lancaster, Age-Friendly summit looks at housing: <https://oneunitedlancaster.com/community/age-friendly-summit-looks-at-housing-video/#WholeHomeRepairs>

November 20, 2023: LNP, Shared Housing a Growing Option for Older Adults Who Want to Age in Place: https://lancasteronline.com/seniorliving/shared-housing-a-growing-option-for-older-adults-who-want-to-age-in-place/article_b2836ae8-8e25-11ee-b94b-b7e254bfe4c2.html#:~:text=One%20solution%20to%20address%20the,housing%20for%20their%20mutual%20benefit.