

**Please describe the named person's role in the community's age-friendly initiative (100 words minimum)-friendly work could be useful to other communities in the network? (100 words minimum)**

Amanda Valorosi is the Senior Assisted Living Coordinator for the City of Carson. She holds a master's degree in Gerontology and has a wealth of knowledge that serves an aging population. She currently serves as the temporary liaison until additional meetings can be held with community organizations including the local AARP chapter, California State University Dominguez Hills, and the Senior Citizens Advisory Commission, where community members can be identified for this position. In addition, Amanda is responsible for senior programming including the Geriatric Aide program, Bereavement Support Group, Caregiver Support Group, Senior Share Storytelling Group, Silver Cheer program, Senior Information Resource Fairs, and the Emergency Alert Response System.

**Briefly describe your existing community policies, programs and services that are targeted toward older people. Please identify how your community plans to become more age friendly.  
(250-300 words required)**

The City of Carson is an excellent place to be a senior! The City Council and City Management are dedicated to creating a community where it is safe to age in place. For example, the Senior Recreation program provides virtual and in-person programs including, but not limited to, Yoga, Salsa, Needlecraft, Board Games, and Bingo. Special events such as Valentine's Day, Spring Fling, Las Vegas Day, and the Holiday Luncheon, are held quarterly and bring seniors together to enjoy live entertainment, dancing, and the opportunity to socialize. The City also provides the Geriatric Aide program whereby City employees assist home-bound seniors with light cleaning, shopping, and running errands. The city also partners with LifeStation, Inc. to provide up to 60 Emergency Alert Response System (EARS) units to home-bound seniors who live alone: There are multiple support groups for seniors, including Bereavement Support, Caregiver Support, and the new Senior Share Storytelling Group. The city is proud to host quarterly Senior Information Resource Fairs, where up to 20 vendors provide valuable resources for Carson's senior population. The Carson Community Center provides space for the YMCA to prepare Meals on Wheels along with congregate lunches Monday-Friday. It also houses the Joseph B. Jr. and Mary Anne O'Neal Stroke Center, where many members are seniors. The Carson Sheriff's Station is located directly across the street from City Hall, and community members are invited to call the non-emergency line for wellness checks for seniors at any time. Seniors are also eligible for an annual discount on waste management services, as well as Dial-A-Ride services provided by the Transportation Division. In addition, the City's fixed-route bus service - the Carson Circuit, charges a \$1.00 regular fare for one-way trips, \$30.00 for a monthly pass for unlimited rides, and free fare for all seniors age 60 and over. Finally, the Senior Citizens Advisory Commission serves as an advisory board to the City Council. They are appointed by the City Council and meet monthly to address the needs of seniors in Carson.

**How will older adults be involved in the community's efforts to become more age-friendly?  
(250-300 words required)**

The City of Carson strongly believes in civic engagement and offers multiple opportunities for residents to get involved and make a difference in the community. For example, public comment is welcomed at every City Council meeting and every Commission meeting. Town Hall meetings are very common, and elected officials make concerted effort to avail themselves to residents in every district while providing information for opportunities that are disseminated through flyers, social media, and the Carson Report. Every residence in the City of Carson receives a quarterly publication. The Senior Citizens Advisory Commission consist of a group of residents appointed by the City Council to serve as an advisory board who meet monthly to address senior issues and concerns and are instrumental in the progress Carson makes toward becoming a more age-friendly city. The city also plans to partner with the local chapter of AARP through this process. There are many AARP members living in Carson, and the lines of communication are already open through regular member newsletters and monthly meetings. The city plans to collaborate with the local chapter to extend civic engagement opportunities to AARP members. In addition, the City of Carson is fortunate to have a university in its backyard, California State University Dominguez Hills, which has been a wonderful partner over the years, and this project will be no different. Staff has already met with Dr. Archana Sharma who teaches classes at CSUDH involving research methods, community needs assessments and program planning, as well as community health program and implementation. She desires to make the AARP survey part of the curriculum for her students. If the timing is right, the same cohort of students can collect and analyze the data for a minimum of one full school year.

**How will the efforts to become more age-friendly increase collaboration and coordination among relevant community agencies and departments? (250-300 words required)**

The pursuit of this designation will increase collaboration and coordination among relevant community agencies and departments immediately. There are missed opportunities that the city can capitalize on, such as filling gaps in service. The city intends to build a stronger relationship with the local AARP chapter. Staff has already contacted the president who has expressed an interest in building a stronger relationship with the city. Continued collaboration with CSUDH will only strengthen the relationship that already exists. Collaborating with Dr. Archana Sharma will provide students with hands-on experience in community health assessments and data analysis. The OLLI (Osher Lifelong Learning Institute) program on the CSUDH campus is a prime example of a local resource that the city can better engage with. It is a program of educational, cultural, and social opportunities for retired and semi-retired individuals age 50 and above. Collaborations with the YMCA will continue, including outreach not only to those who enjoy the congregate meals onsite, but to the Meals on Wheels participants as well. Harbor UCLA is a local hospital that has their own geriatric programs in which that relationship can be reestablished. The city used to partner with them for nutrition programs, however, staff turnover brought the partnership to an end. This project will serve as a catalyst for a renewed partnership. GENESIS, a program through the Department of Mental Health, is geared toward seniors, however, the city has not established a strong relationship with that resource.

**What motivated your community to join the AARP Network of Age-Friendly States and Communities (100 words minimum)**

As Carson continues to grow, the city prides itself on maintaining a small-town atmosphere where relationships are important and bridging the gap between generations is a priority. We recognize the importance of taking care of residents of all ages. The City of Carson strives to stay true to its motto of "Future Unlimited," and we know that our future is possible due to the older adults that have built our community and desire to stay here while aging in place and watching the community remain age friendly throughout the inevitable changes in the world. The City of Carson is motivated to join the AARP network of age-friendly states and communities to strengthen relationships with community partners such as the local AARP chapter, while simultaneously helping older adults feel confident and connected to our community. As the population grows and ages, it is extremely important to the City of Carson to remain cognizant of the changing needs and desires of senior residents.

**If you have consulted with an AARP State office or the national AARP Livable Communities team to discuss enrollment, please provide that person's name, title and e-mail address or phone number.**

Rafi Nazarians  
AARP California- Associate State Director  
rnazarians@aarp.org | (626) 585-2638

**What aspect of your community's current or intended age-friendly work could be useful to other communities in the network? (100 words minimum)**

The City of Carson continues to work closely with the South Bay Cities Councils of Government (SBCCOG), a regional association of city governments, to address issues affecting the aging populations of our city. Additionally, we have met with the local University, California State University Dominguez Hills, and plan to work with their Health Sciences department to make it part of their curriculum for students to help analyze the data received from the needs assessment survey that will be provided by AARP. The Community Services department already has a strong network of people working together with our many parks, the Transportation Division, the Community Center, and Human Services, which can easily be used as model programs for other communities. In addition, the city created a COVID-19 task force that assisted older adults with grocery delivery, a Grab-and-Go lunch program, in-home testing, while keeping them home safe during the recent pandemic.