

The page features a decorative graphic consisting of several overlapping circles in various shades of blue (from light to dark) and thin blue lines that intersect to form a triangular shape in the upper right quadrant. The circles are arranged in a way that they appear to be floating or connected by the lines.

Community Café Summary Report

Pierce County Area Agency on Aging

Recordings and observations captured during
Community Café sessions held in Pierce County in 2010
and 2011.

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Community Café Report

Introduction

Background

As the “baby boom generation” ages, Pierce County faces an unparalleled demographic shift, which will alter our communities and the services that local jurisdictions are called to provide in order to ensure persons of all ages and abilities are able to continue to live in their preferred setting. At the same time, the Great Recession continues to impact the level of community programs and resources available for our aging population and adults with disabilities. How will Pierce County meet these challenges?

Currently, the Area Agency on Aging is developing its 2012-2015 four year plan that will guide Pierce County in planning for programs and services that can best serve older adults and adults with disabilities. This roadmap takes into consideration the demographic trends of the region, policy/legislative changes, funding, community feedback, and consumer utilization.

The Community Cafés were designed to learn firsthand what community members value, want and desire to make their community a community for all ages and abilities that will be reflected in the 2012-2015 Area Plan.

Methodology

Being able to share personal stories, experiences, and insights often offers the best picture of people’s feelings and concerns about aging well and how our communities respond to an aging population. To that end, Pierce County Area Agency on Aging designed a series of Community Cafes to reach older adults, adults with disabilities, community leaders, family members and service providers throughout the County.

A letter of invitation was mailed to organizations, service providers, elected officials, churches, senior centers and others that share an interest in aging well. In addition, they were encouraged to share the invitation with others they thought would be interested in participating.

At each Café, participants, seated 4-5 at a table, participated in three 20-minute conversations, each discussing a specific question. At the end of each round, participants were encouraged to share key insights and ideas with the whole group that emerged from the discussion at their table. The three questions discussed at the Community Café were:

Community Café Report

1. What do you value most about the community/neighborhood of which you are a part?
2. You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?
3. What would be the most important step you would take to making your community a community for all ages?

Between October 2010 and March 2011, seven Community Cafes were held, four geographically based and three with targeted groups of constituencies. Geographically-based Cafes were held in central Tacoma, Mid-County, Lakebay, and Eatonville. Targeted constituency Cafes were held with Aging and Disability Resource Center Community Forum members, lesbian, gay, bisexual and transgender adults, and the faith community. More than 125 people participated in these Cafés, providing key insights and ideas on making Pierce County a community for all ages.

Participant responses to each question posed were then categorized under four essential elements of a livable community (Figure 1): Basic Needs, Independence & Caregiving, Physical & Mental Health and Well-Being, and Social & Civic Engagement. These four elements are based on research conducted by the Center for Home Care Policy and Research to maximize independence, assure safety and security, promote inclusiveness and provide choice.

Figure 1. Essential Elements to a Livable Community for All Ages

Basic Needs

- Housing is affordable, appropriate, and accessible.
- Personal, financial, and environmental safety is a community priority.
- Everyone has enough to eat.
- Access to essential services is seamless, barrier free, affordable, and welcoming.
- Individuals have the financial resources to meet their basic needs.

Independence & Caregiving

- People are informed and motivated to rely on each other and existing systems.
- A comprehensive, coordinated continuum of services supports older adults through all stages of their lives, including end of life.
- Transportation is affordable, accessible, flexible, reliable, safe, and easy to arrange.
- Caregivers are informed, educated, acknowledged, and supported.

Physical & Mental Health and Well-Being

- Wellness is a personal priority.
- Wellness is a community priority.
- Health and wellness services are affordable, accessible, and readily available.
- Wellness includes end of life and dying as a natural part of life.
- A welcoming environment fosters physical activity and participation.

Individual & Community Involvement

- Everyone in the community feels connected to others.
- People of all ages participate in social, civic, cultural, educational, and recreational activities.
- Opportunities exist for meaningful volunteer work.
- Positive images of aging are promoted.

FINDINGS BY KEY ELEMENTS

Basic Needs

- A continuum of housing options is important to participants. Having to leave your community because there are no other options is not acceptable. Participants shared the need for increased availability of affordable housing and housing options (e.g. shared housing, retirement communities, assisted living, cluster living), and located so that residents have easy access to essential services.

“Develop senior housing so elders can stay in their community.”

- Participants valued the richness of services and supports that are available in their communities. What is challenging is finding access to these services not only for the individual but community groups/providers. Two issues emerged from the Cafés: lack of information about service availability and appropriateness; and better networking among community groups/providers to improve access to resources.

“Services and resources for aging/disabled are thought out, planned and coordinated.”

It is clear that comprehensive, coordinated information about services for older adults and adults with disabilities does exist in Pierce County. However, many people don't know that it's available and there appears to be a need to “demystify service delivery systems.” To better collaborate, coordinate, and communicate services to the community, service providers recommended an important step would be to hold an annual “collaborative summit.”

- A sense of security and safety was important to the participants. While more police presence and strong punishment for criminals was mentioned, it also means well lighted streets, building and/or dispelling fears/myths about other age groups, and neighborhoods coming together to look out for each other.

“More community togetherness to promote safety and security.”

“Meal site where we can enjoy the food and make friends.”

- Access to food banks, meals-on-wheels, and senior meal sites was valued and a critical piece in addressing basic needs.

Community Café Report

Independence & Caregiving

- Being able to remain in their own homes as long as they are able is so important. Though health needs may interfere, participants want to be as independent as they can for as long as they are able.
- Issues of mobility and transportation are at the heart of barriers threatening independence and being connected to the community. Transportation issues create a lack of mobility and are of particular concern in rural areas, among people with physical disabilities, and those that are low-income. Not being able to get around without difficulty creates barriers to participating in activities that promote physical health, emotional well-being, and social interaction.

“More user friendly transportation systems.”

“Awareness that compassionate care is available and community surrounds them; that they are safe and will not be left without resources.”

- To have a livable, inclusive community, participants expressed the importance of a continuum of services that address all stages of life and long term care planning cycles that are longer (“20 years instead of 2 years”), having safety nets, and a senior buddy system in place so that everyone has someone who cares for and checks on them.

Physical & Mental Health and Well-Being

- Personal health is recognized as a primary key to aging well and being able to do what you want at any age. Many Café participants seem to have taken advice about eating well, exercising, and self-care to heart. They value exercise programs available at their local senior center, nature, gardening, access to Puget Sound, parks, outdoor activities, and walkability of downtown Tacoma.

“Healthcare is focused on health promotion and prevention – so people are moving more, eating well, etc.”

Community Café Report

Participants mentioned that more physicians and wellness programs as people grow and age is important including access to mental health services. Support and services for disabled and mentally ill is an important part of a community for all ages. It was also noted that more education around mental health and social ills was needed.

“human touch revisited”

- The significance of having positive thoughts, building compassion in others/community, being loved, having spiritual care and expression were shared by Café participants as important to well-being.

Social & Civic Engagement

- Participants at every Café valued the importance of feeling connected to others as an essential part of having an inclusive community. Many praised the connections they have at their local senior centers or other community centers as essential to their daily lives, and recommended that their communities create even more opportunities at these centers to connect, i.e., longer hours, more help and programs.

“I love the community center...I love the social aspect since I live alone. The sewing circle is important to us who like sewing and crafting.”

“Connections between generations are stronger.”

Promoting intergenerational activities and programs was highly recommended to show that everyone is valued, regardless of age, and to build a sense of community. Participants suggested establishing a “pea patch” in the community for elders to teach/mentor youth, linking school programs with senior programs, creating space/facilities for the community to hold intergenerational events, adopting a grandparent program, storytelling project where youth record stories of elders, and youth teaching elders basic computer skills.

“Give everyone a part.”

Community Café Report

“Increased opportunity for volunteering and activities/socialization for all generations at the center and throughout community.”

- The importance of everyone having a sense of purpose and usefulness was also expressed at every Café. Volunteerism emerged as a theme, particularly intergenerational opportunities as noted above. Offering more opportunities for meaningful volunteer work for everyone regardless of their physical limitations and more community recognition of volunteers and their role in the community was important.

Participants also recognized barriers that limit individuals from volunteering and suggested that more employers sponsor volunteer days and allow time for employees to volunteer, and have access to vehicles for volunteering.

Community Café Report

Mid-County Community Center Café

October 18, 2010

26 participants

What do you value most about the community / neighborhood of which you are a part?

Basic Needs

- Emergency services nearby
- Quiet rural community with close access to essential services
- Easy access to shopping
- Active Safe Streets, community watch
- Sense of security and safety with helpful neighbors
- Having my own home – I like the fact that it is my own
- Pierce County pays for meals

Independence & Caregiving

- Good neighbors willing to help – being there for us in our time of need
- My son, family – grandchildren live just a mile away
- Freedom to come and go when I want

Physical & Mental Health and Well-Being

- Exercise at the senior center (Pierce County pays for exercise)
- Easy access to clinics, hospitals
- Enjoy nature and ability to garden
- People proud of their yards – competing with neighbors for best lawn

Social & Civic Engagement

- Great community center with good programs (but needs lots of help)
- Close to the senior center that I can have social time with ladies that enjoy the same things as I do
- Community events on a smaller scale
- Great volunteer board at the Mid-County Community Center
- People helping people – willing, active, opportunities, proud, welcoming
- Very friendly community - chance to socialize

Community Café Report

- Helping each other and other communities and organizations
- Community made up of people
- Don't know neighbors

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

- Process for support and awareness of neighbors to help notice/report potential problems and access help and services
- Good and plentiful police protection and stronger punishment for criminals
- Movement around community without fear
- More services at the center
- Agencies coordinating more quickly and efficiently
- Less hoops for seniors in finding qualifications for programs
- Well lighted streets - better accessibility at night for programs
- Community center serves lunch
- More expansive library outreach services
- Community is safe – neighbor helping neighbor
- Safer community, no graffiti, vandalism

Independence & Caregiving

- Accessible transportation for everyone
- Safe, reliable transportation for seniors

Physical & Mental Health and Well-Being

- Healthy enough to do what we want at any age

Social & Civic Engagement

Feels connected to others

- Family life involves everyone
- Everyone kind, friendly, more interaction with neighbors
- Better intergenerational integration. Better support from varying generations
- Respectful of each other

Community Café Report

Volunteer work

- Have time to volunteer
- Vehicles for volunteering
- Employers sponsoring volunteer days

Participate in activities

- More arts – concerts, plays, etc., at all levels
- Community center is safe place for activities and exercise
- Community center brings together families and those who live alone – growing membership, use, longer hours and more services
- Place for all ages
- Community center is important to many in neighborhood
- “I love the community center. I feel very safe and comfortable here. The lunches and activities are great. I love the social aspect since I live alone. The sewing circle is important to us who like sewing and crafting.”
- Community gathering
- Dog park and parks, covered activity area
- Activities with same aged people

Other Comments

- Strong support for schools

What would be the most important step you would take to making your community a community for all ages?

Basic Needs

- More community togetherness to promote safety and security
- Eliminate multi-story homes
- Sense of safety and security has to be a priority
- Meals at community center, meals-on-wheels
- Stiffer punishment for criminal activity (i.e. drunk driving)
- Seniors and others walk the community without fear
- Safer accessibility for all - better lighting, sidewalks, paved shoulders on road, lighting, bike paths, big street signs, police protection, safe walking area that doesn't include the road
- Parental control returned

Community Café Report

Independence & Caregiving

- Better support system for all
- Create a safety net, a “surrogate” family, in the community by encouraging and facilitating multi-generational relationships
- Good, safe reliable public transportation

Physical & Mental Health and Well-Being

- Healthy activities for all ages – intergenerational – outdoor, active (sitting and interactive)

Social & Civic Engagement

- Activities for all ages to integrate generations and create a sense of community
- Keep MCCC open on Friday and early evenings to involve all ages in activities
- Involve local schools for entertainment at lunches – hopefully to bring parent interest
- Good community center with funding to continue and improve
- More activities at community center to involve all ages – open longer hours, more help and programs
- Increased opportunity for volunteering and activities/socialization for all generations at the center and throughout community
- Smaller neighborhood events specific to immediate neighborhood, not community at large
- Family life involves every member
- More citizen / community action involvement
- Increase accessible activities for all ages that has transportation available, active, healthy, socializing, after school, indoor/outdoor intergenerational

**Key Peninsula Community Center Café
Lakebay
October 28, 2010
40 participants**

What do you value most about the community/neighborhood of which you are a part?

Basic Needs

Access to Essential Services

- Can depend on fire department and neighbors
- Growing number of organizations that help people without leaving the peninsula which leads to more connections, cross pollination between people
- Readily available small business community and professionals (library, grocery, dentist, hair salon)
- Many services; e.g., food pantry, senior center, medical services

Safety

- Take good care of the roads
- Neighbors watching each other's homes
- Good control over animals
- Drivers and people looking out for each other in our individual neighborhoods
- We live in a rural area but people always are there when a need arises

Nutrition

- Senior center and food bank – touches everybody

Independence & Caregiving

- Self sufficiency

Physical & Mental Health and Well-Being

- Positive thoughts
- The peace and quiet and people
- Resources of beauty – water, woods
- Got a real good hospital very close
- Senior center activities – exercise class
- The rural woods, secluded atmosphere

Community Café Report

- The quiet
- Movement of tide and Peninsula
- All the access to Puget Sound
- Different resources available as we age

Social & Civic Engagement

Feels connected to others

- Love of others who live here
- Extended family – know everybody
- Socializing with people at home port
- Friends out here – people are friendly out here
- Our sense of community – fire department, parks and volunteers
- Helping one another (can give but also know can receive)
- Sense of community
- Community works together; helps out
- Friendliness, caring and coordination of people in community
- We are all here for family and stayed because we liked the peninsula
- Friendliness, caring, coordination
- Good neighbors
- A rich community story
- Welcoming community
- School personnel who are committed to the community
- The open mindedness, respect for diversity
- As the community grows, so do the vices
- Angel guild – fills a need in the community
- People in the community – diversity of people
- Acceptance of uniqueness
- Having the opportunity to talk about our community together and list everything we value (so much!!!)
- People know each other
- Participation is not obligatory
- This community draws out the goodness of people

Participate in activities

- The way the Lutheran Church helps
- Our senior center (social aspect, meals, information, transportation, education)
- Vibrant arts community
- Library
- We are a destination – not a location – parks, etc.
- Active civic centers – library, senior center

Community Café Report

- Beautiful landscape, parks, vacation destination, camps, recreation
- The senior center and its people and many services

Volunteering

- Volunteerism – so much here – promotes diversity of experiences
- There is not just one thing; however, the volunteerism, helping one another, caring and sharing without expectations
- High rate of friendly volunteers and the spirit of volunteerism
- Community volunteerism / cooperation

Other Comments

- Together from different areas on peninsula
- On holidays, the public visits our KP playground
- Interference by government into our properties
- Money – Ed people setting rules for everyone regardless the knowledge of the environment / lifestyles
- Appreciate county health but resent interference

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

Housing

- Have more housing options for seniors
- Shared housing
- Handyman help and house help (affordable)
- A residence for seniors who can no longer live at home
- Assisted living duplex – adult housing – family homes – shared housing
- More centers for retired people
- Residential units for seniors on the Key Peninsula
- Assisted living

Safety

- Places to walk safely
- Improved police presence
- More police presence

Nutrition

- Lunches at senior center

Community Café Report

Access to services and supports

- One centrally located center of services for all and multi-level housing with services so seniors do not have to move off the peninsula –from birth to death (how to connect the senior center, The Mustard Seed Project, civic center activities)
- Extra hand occasionally
- Mustard Seed Project
- Still have existing services and supports
- Increased outreach coordinated to all and other who cannot or choose not to get out
- More expansive library outreach

Financial Security

- Fully employed local people engaged in a vibrant local economy (recreational and tourism)
- Fully employed by local business

Independence & Caregiving

Transportation

- Good transportation for seniors (affordable and accessible)
- Ferries are leaving from Long Branch-McNeil Island State Park – Anderson Island - Hartstene
- Home delivery from pharmacy and grocery store
- Private roads maintained
- Public transportation readily available for all
- A better public transportation system that includes a way home from hospital
- Shuttle to library, civic center, shopping, and community meals
- More accessible transportation for everyone – regular stop runs from Long Branch to Key Center
- Public transportation to and from all parts of KP

Coordinated system of services

- Better coordination among service providers to address needs birth to death
- Organization that matches seniors needs to remain in home with those who need homes (caregivers)
- Home delivery
- Have a Key Peninsula community ombudsman

Community Café Report

Physical & Mental Health and Well-Being

- Ambulance service
- Increased physicians and wellness programs
- Less drug abuse
- More doctors
- Dental van coming regularly
- No more druggies / meth houses
- Landscape – shoreline and trees – still beautiful
- More exercise programs
- A cleaner Puget Sound – improved environment
- Maintain trees and natural resources
- Maintain low population and rural feel
- A geriatric practice on the KP w/holistic practice

Social & Civic Engagement

Feels connected to others

- Increased arts activities and opportunities for socialization with neighbors
- Small local business is the main source of commerce – they see importance to gather
- Constructive activities for youth
- Schools teaching life skills
- Have a strong community voice
- Community goodwill prevails
- Warm community
- Close-knit community
- Communication (face to face) between generations
- Involve young people in activities
- Mentoring youth by older society (adults)
- All neighborhoods are “mapped” and then there would be “fireplace chats” to be sure there is connection to all as well as centrally located center of services

Participate in activities

- Increased arts activities and opportunities for socialization with neighbors
- Key Peninsula News
- A big “pea patch” in the senior/community for the elders to teach/mentor youth
- More arts – concerts, plays and opportunities for socializing
- Stronger support for schools – better communication of possibilities for projects
- Community voice outweighs outside government with decision making
- Having political representation
- Well organized to attract and demand attention from the county

Community Café Report

- We get better representation from our political reps and we are organized

Volunteer work

- Opportunity for volunteering
- More opportunity for intergenerational volunteering and mentoring
- Trained volunteers to do outreach to isolated and alone
- More volunteer opportunities and/or ways to connect with organizations

Other Comments

- Core people mentored us, lets carry on
- Properties are kept up
- Privacy
- Rural atmosphere remains intact
- Trash-free roads. There are more designated places to throw trash in.
- No power outages
- Protection from non-stop logging (otherwise the community will be gone)
- People are taking better care of the environment; no trash; better upkeep of properties
- Carefully and thoughtfully controlled progress

What would be the most important step you would take to making your community a community for all ages?

Basic Needs

- More expanded library services, especially for homebound people
- Community complex that includes library, doctors office, food store, child day care, senior day care, rehab facility
- More employment
- Safety for all
- Variety store
- Develop senior housing so elders can stay in their community
- Housing for elderly so they can stay on the Key Peninsula

Independence & Caregiving

- Create a senior buddy system

Transportation

- Transportation for kids and everyone

Community Café Report

- Van utilized more, perhaps create regular routes to a grocery, doctor's offices (schedule appointments around van route)
- Need to address / build / improve public transportation
- Increased transportation door to door
- Better public transportation. Every two hours is not enough. This will bring more job opportunities (Mason County has free bus service)
- Road widening
- Shuttle services between Long Branch and Key Center / Purdy to Key Center

Physical & Mental Health and Well-Being

- More medical services / facilities as the population grows and ages

Social & Civic Engagement

Feels connected to others

- Continue the conversation that we've begun
- People used to know neighbors years ago
- Communication face to face between generations
- Focus on teens and their needs

Participate in activities

- Seniors teaching their gardening tricks to youth and anyone who wants it
- Involve young people in activities
- Community holiday parties and events for whole community
- Activities like movies at a regular time, especially for teens, but for everyone. Done frequently
- Classes for children / seniors teaching
- Park or activities for teens, older kids
- Look at improving park facilities and programming options
- Inclusion in activities each and every age group
- Park services to accommodate the needs of seniors; i.e., walking trails
- Parks – keep them growing
- More activities at Senior Center
- A common purpose within the community - as an initiative of a “livable community” – use the planned community work as a stepping off place to a wonderful livable community
- School systems need to teach life skills
- Constructive activities for youth
- Build a community center for all ages
- Village concept

Community Café Report

Volunteer work

- Opportunity (regular) to communicate / get to know volunteer opportunities – all of them
- Children participating with seniors at housing for seniors
- Mentoring youth by older adults
- Children interviewing seniors

Other Comments

- Implement the key peninsula planned use plan
- My dream community – 1 step at a time
- More representation for our tax dollars
- Change building codes, roads, stores, etc

Community Café Report

TACID Community Café Tacoma November 1, 2010 6 participants

What do you value most about the community/neighborhood of which you are a part?

Basic Needs

- Community resources or “safety net” of Pierce County
- Weekly safety meetings
- Safety in some neighborhoods

Independence & Caregiving

- Transportation system available in the urban areas
- Transportation (bus, shuttle, paratransit) – at least urban

Physical & Mental Health and Well-Being

- Beauty of the area
- Water
- Parks

Social & Civic Engagement

- Variety of community events available to people of all income levels
- People who care or advocate to build and preserve programs/resources
- Volunteers
- People value friends, neighbors, work associates
- Familiarity of community – can get what they need in their small area
- People are realizing that the “community feel” is being lost with increased size/population and working at building a sense of community
- Diversity
- Variety of activities, no or low cost to high cost, indoor and outdoor
- The number of public libraries

Community Café Report

- Small town feel of communities/neighborhoods
- Community events
- Good schools and community support

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

- No poverty, hunger or homelessness
- Economy has improved and revenues are adequate to fund programs and services
- Safety network of resources still exists... and have expanded
- No crime

Independence & Caregiving

- Technology is as good as or better than it used to be

Physical & Mental Health and Well-Being

- Healthcare is focused on health promises/disease prevention
- Access to mental health and healthcare services for all who need
- Healthy people
- Healthcare is focused on health promotion and prevention – so people are moving more, eating well, etc.
- Living on the water
- Comfortable environment
- Prejudices/biases about mental health are gone
- Everyone can get the medications (resources) they need

Social & Civic Engagement

- Have adopted a slower pace to life with more time for relationships, leisure
- Continued effort by people to better the community
- Increased respect for elders, aging population is valued more and there is greater awareness of aging
- More relationship building time
- Variety of leisure and outdoor activities/parks
- Family
- Parks are still there and FREE

Community Café Report

- Co-workers
- Continued efforts by people to better the community

Other Comments

- Increased pride in the environment
- Technology
- No litter
- Less driving
- Same county
- New neighborhood

What would be the most important step you would take to making your community a community for all ages?

Basic Needs

- More networking between community groups (easier access to resources)
- Improve networking between community groups to improves access to resources, relationships, volunteer opportunities
- Good sidewalks and bike lanes
- Safe community (builds and/or dispels fears/myths about other age groups)

Independence & Caregiving

- Public transportation more accessible and safer
- Breaking down physical barriers
- Accessibility to community by all ages

Physical & Mental Health and Well-Being

- Help build compassion in others/community

Social & Civic Engagement

- Connecting different age groups with each other
- Joining neighbors together
- Activities/programs for all ages that promote intergenerational relationships (family-oriented, meal sharing, musical events/dances) – senior center/school connections
- Relationship building

Community Café Report

- Volunteering
- Block parties
- Link school programs with senior programs (kids interacting with elders, seniors volunteering with kids)
- Create spaces/facilities for the community to gather and hold events to bring community together

**ADRC Community Forum Café, Tacoma
November 17, 2010
16 participants**

What do you value most about the community/neighborhood of which you are a part?

Basic Needs

- Churches, senior centers, libraries...
- Locally grown food/farms

Safety

- Sense of safety
- Little crime
- Safety and letting others know about your special needs –intentional/proactive
- Lots of neighborhood watchers / elderly
- Formal – block watches, neighborhood meetings with larger formal groups (e.g. policy)

Independence & Caregiving

- Services easily accessible
- Transportation for all – cost and options don't fit all, shuttle is prohibitive for frail persons, waiting time
- Neighborhood networking – inclusion – know where to go to get/give help
- Community inclusion (family member with disability)

Physical & Mental Health and Well-Being

- Parks / outdoor
- Natural beauty, geographic access to other areas
- Walkability of downtown Tacoma

Social & Civic Engagement

Feels connected to others

- Cooperation
- People work together – “roll up sleeve” to get things done
- People go the extra mile to help each other

Community Café Report

- Flexibility
- Diversity of population / offerings
- Participate in community vs. isolation
- Identify and nurture elders
- Communication with neighborhood
- Respect for others culture and values
- Community spirit/pride
- Neighborliness / small town feeling
- Diversity of people and strong community connections
- “third place” – social spaces
- Older community members’ knowledge

Participate in activities

- Variety of offerings downtown
- Good libraries and education
- Opportunities to stay connected within community
- Arts in Tacoma / museums / theaters
- Collaborative culture
- Local philanthropist / corporate support

Volunteer Work

- Volunteerism

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

- Resources are available to meet basic needs (food, housing, cost of living)
- Abundance of resources vs. scarcity
- Safety (no crime)
- Increased employment opportunities
- Community support and services
- More pro-active services
- More pro-active services

Access to services

- More user friendly for diverse groups
- Increased organization of / continuity of services
- Services and resources for aging/disabled are thought out, planned, and coordinated

Community Café Report

- Making systems more easily accessible

Independence & Caregiving

- People seen for who they are –not their disability
- People have a barrier free livable community: physical environment – mentally - health care - access to food
- Long term care planning cycles (20 years instead of 2 years)

Transportation

- Extensive mass transit – accessible throughout county
- More transportation (mass transportation)
- More user friendly transportation systems
- More mass transit – light rail, elevated trains, fast trains – affordable and accessible
- More integrated mass transit – affordable and accessible

Physical & Mental Health and Well-Being

- Walkability – parks/welcoming
- Access to health care, education, vocational retraining
- Support/services for disabled and mentally ill
- Health care coverage for all
- Beautiful environment
- Walkability / parks / fairs/ markets
- Long term pediatric case management
- Long term support for trauma victims

Social & Civic Engagement

Connected to others

- Connection of youth to elders
- Political system that serves and prioritizes needs of most vulnerable
- A return to a civil culture
- Desire a spirit of working together and that people want to be part of it
- Same down to earth people with “nice” attitude
- Same caring and generosity
- Dedication to service and giving back
- Neighborliness
- Being able to admit mistakes and make restitution/apologies
- Open free communication – working with community
- people valued on a personal level
- Integrated – (culturally, racially, ethnically) – free of bias, negativity

Community Café Report

- Keeping traditions & sharing
- Preserving culture and sharing more
- Do one nice thing
- Overcome disparities
- No discrimination, preserve cultures
- More abundance mindset instead of a scarcity mindset
- Increased respect for and acceptance of diversity
- Increased connectedness
- Increased focus on basic values
- Everybody knows each other

Participate in activities

- Collaboration/working together
- Local support/corporations/philanthropy
- Walkability / parks / fairs/ markets
- Inclusion program – University Place, Tacoma, Puyallup, White River
- What will it take for our community to get involved?
- Community walkability/parks
- Willingness to get involved

Other Comments

- Fair taxation
- Schools (now: innovative; need: resources)
- Innovation/risk taking
- Decreased materialism
- Local innovation
- Schools - resources
- Increased early childhood education
- Increased youth and family support services
- Required financial education before high school education
- More resources for schools (\$)

What would be the most important step you would take to making your community a community for all ages?

Basic Needs

- Increase strategies/resources for homeless
- Nutrition
- Jobs – we now need to create lots of jobs

Community Café Report

Access to services

- Collaboration of collaborations – the “mother load of all collaboration groups” – annual “collaborative summit”
- Access to services to meet basic needs: health, education, housing, food, safety
- Collaboration, coordination, communication
- Create a knowledgeable network providing all basic needs with opportunities for mentoring, advocacy for others needs, communication, and global education
- Common gathering with intentional integrated programs: recreational, education, creative and community supports
- Knowledgeable network providing all basic needs (constant communication between providers) – integrated resources (internet, telephone, paper) – mentoring and advocacy
- 211 one information #. Combine 211, 311, and 411. 211 deeper interview and assessment abilities
- demystify service delivery systems, education, and people with special needs
- Non-profits working together

Social & Civic Engagement

- Education: about what the community provides/can provide / culture, ethnicity, proactive education – education normalizes diversity
- Cross-generational relationships – opportunities/services
- Integration vs. segregation
- Goal: ensuring everyone feels a valued member of a caring community
- Identifying core values – non partisan using community forums to help identify core values that all can agree on. Listening teams – results in plans
- Improved education at all levels
- Increase intergenerational communication
- Support neighborhood diversity
- Making the neighborhood user friendly – parity law
- Flexible volunteer
- What will it take for our community to get involved?

Physical & Mental Health and Well-Being

- Demystify service delivery system for healthcare

Independence & Caregiving

- More user friendly resources and transportation
- Livable, inclusive community

Community Café Report

Other Comments

- Technology advancements / information dissemination
- Realize what's working – let go of what's not working
- Finding out what our vision as a city is
- Quality of life is greatly improved
- Awareness of all issues big and small
- We need to know what a business needs to be successful

Community Café Report

Eatonville Family Center Café

November 19, 2010

22 participants

What do you value most about the community/neighborhood of which you are a part?

Basic Needs

- Services to community
- Amenities – pharmacy, grocery store, bank, doctor, library, church, restaurants, parks, shopping, schools, police, paramedics

Nutrition

- Community center – meal site, food bank services
- Meal site that we can enjoy the food and make friends
- Food drives
- Meal site

Safety

- Secure feeling with neighbors and police department
- Small, safe, friendly and giving community
- Safety

Independence & Caregiving

- Bus to lunch

Physical & Mental Health and Well-Being

- Stable environment
- View of Mt. Rainier

Social & Civic Engagement

- Sense of community & service to community
- Socialization
- Friendship with our neighbors
- Small, safe friendly town
- Socialization at and transportation to meal site
- We help each other
- Giving town

Community Café Report

- Fundraising
- Bingo benefits the center
- People around to help

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

- More services / businesses available close by (grocery store, drug store, etc.) and more jobs
- Reasonable living costs
- Also dream of having a large grocery store and department store
- More retail
- Meal site more often

Housing

- low income housing
- new senior housing
- ample senior housing
- beautiful retirement community with housing
- affordable senior housing

Independence & Caregiving

- Bus or transportation for people with medium income
- Dependable bus service
- Public transportation to and from Eatonville
- Public transportation

Physical & Mental Health and Well-Being

- hospital or medical help
- access to better senior health care
- walking, biking trails
- Easier walking
- Lots of flowers, trees and parks
- All paved streets
- Sidewalks

Community Café Report

- Stoplights
- Good streets and safe sidewalks throughout town
- young healthy men and women

Social & Civic Engagement

- Vocational school – senior classes
- Community center viable and flourishing with activity
- Post office, grocery, library, P.T. fire department, etc. still available
- Sense of community

Other Comments

- Natural gas availability
- Well kept homes with no junk cars in yard
- Same population

What would be the most important step you would take to making your community a community for all ages?

Basic Needs

- Safety
- More restaurants
- Amenities – healthcare, bank, pharmacy, grocery, etc.
- Affordable living

Independence & Caregiving

- Transportation
- Handicap friendly
- Pedestrian and handicapped friendly

Physical & Mental Health and Well-Being

- Better medical services
- Support groups
- More parks, walking trails

Social and Civic Engagement

- Better communication between generations

Community Café Report

- Bilingual to reach across generations
- Adopt a grandparent
- Communicate
- Party every day
- Senior discussions of the issues/forums
- Good schools/parks/senior services/youth services
- Social services groups
- Volunteers – schools, senior programs
- Join groups

LGBT Community Café
The Rainbow Center, Tacoma
February 22, 2011
7 participants

What do you value most about the community/neighborhood of which you are a part?

Basic Needs

- Easy access to basic services, stores (in urban/suburban areas)

Independence & Caregiving

- Easy access to transportation in urban/suburban areas

Physical & Mental Health and Well-Being

- Easy access to parks

Social & Civic Engagement

- Diversity – including sexual / gender orientation, ethnic and cultural
- Opportunities and events in the community available to celebrate diversity and to interact with and learn from one another (arts, entertainment, food, volunteerism)
- Easy access to entertainment
- Enjoy the ability to fully participate in the community

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

- Complete rights for all without limits
- Service intake forms that include a check box to self-identify as LGBT
- LGBT-friendly retirement communities

Community Café Report

- “cluster-living” – independent units with a communal kitchen, gardens, etc., with mixed residents rich in diversity of all types
- Someplace, like the Rainbow Center, is a centralized hub for information, support and access to services

Social & Civic Engagement

- There has been a shift of consciousness – we respect elders, we take care of each other, and all basic human needs are met

What would be the most important step you would take to making your community a community for all ages?

Basic Needs

- Locate services in the center of the community – “not on the fringe” where they are difficult to access
- Continue and expand opportunities for dialog between the LGBT community and service networks – interact at all levels to build trust and share knowledge
- The current LGBT are part of the “silent generation” – they often do not feel it is safe to come out and are alone and vulnerable. Need to find ways to reach these folks and make it safe for them to ask for and access help

Individual and Community Involvement

- Develop more opportunities for youth to engage with elders to learn from each other – ideas included a storytelling project where youth could record the stories of elders, or a class where youth could teach elders about technology (basic internet skills, texting, etc.).

Faith Community Café
Pierce County Library Administration Bldg., E Tacoma
March 29, 2011
11 participants

What do you value most about the community/neighborhood of which you are a part?

Basic Needs

- Food bank
- Safety / trust that they will be cared for
- Resources within church for neighbors
- Appropriate care and support – guidance, housing, resources
- Feel safe and secure

Independence & Caregiving

- Transportation / properly trained
- Accommodations for needs
- Awareness that compassionate care is available and community surrounds them, that they are safe and will not be left without resources

Physical & Mental Health and Well-Being

- Being loved/respected
- Compassion
- Spiritual care and expression

Social & Civic Engagement

- Friendships
- Fellowship
- They are there for you
- Assesses and responds to needs
- Christian service / faith
- Hospitality
- Music
- Being connected
- Acceptance

Community Café Report

- Accommodating
- People know me – fellowship
- Attention has to be paid to having in-house groups that can say how it is and ways to connect/provide outreach
- Common values
- Long standing history
- Guidance
- Social networking
- Respect
- “Known” community base
- Friendship in the neighborhood
- Find out needs and seek to meet / care management
- A known community for many
- Activities

You have just awakened from a long sleep. As you wake and look around, you see your community is just as you have always wished and dreamed it might be. What is happening/same/different?

Basic Needs

- Safe neighborhoods with intergenerational aspect
- Friends check on seniors
- People are close – no fear
- Feel safe and secure

Independence & Caregiving

- Transportation available for everyone
- Advances in technology
- Accessibility for all
- Everyone has someone who cares for and checks on them

Physical & Mental Health and Well-Being

- Good medical care available to everyone
- More open spaces / parks
- Human touch revisited
- More education around mental health and social ills
- Advancement in technology / medical
- Healthy

Community Café Report

- One-on-one attention and care

Social & Civic Engagement

- Being part of the community
- Everyone showing love and concern for each other
- Communication / connectedness
- Traditional family is celebrated
- Slower pace in life, enjoying life more
- More young people involved in church life
- Generations more connected
- Eradication of social stigmas
- Better communication – more compassionate, more human connectedness
- People feeling valued and needed – connected
- Valued
- One – on – one attention/care
- Neighborhoods focus on youth, education
- Focus and resources for seniors
- Intergenerational events
- Connections between generations are stronger
- Language is all inclusive
- Strength in faith
- The name of Jesus and the word of God is easily communicated on a daily basis with neighbors and friends (without offense)

What would be the most important step you would take to making your community a community for all ages?

Independence & Caregiving

- Transportation

Social & Civic Engagement

- Create opportunities for inter-generational activities
- Finding ways elders can be useful even if they can't use transportation or have disabilities
- Love and respect for everyone
- Give everyone a part
- Don't keep elderly left out
- Honor the elderly

Community Café Report

- Embrace diversity
- Intentional about developing programs for youth, middle and older ages (for example, young people being ushers)
- What ministry can homebound seniors do? Calling others, using whatever skills they have to make them feel youthful, call seniors at home
- Keep youth involved in the ministry
- A phone call; an email; letters from whale ships
- Love and respect for everyone
- Volunteers – outreach in community with elders by youth deserves more recognition (take seniors to grocery stores, foster grandparent programs)
- Collaboration / embracing diversity
 - In house church groups coming together to share different ideas
 - Thinking outside the box / no longer status quo
- Intergenerational strength/connections/dialogues
- Recognition of volunteers and their role in the community
- Listening
- Being known
- Shared opportunities such as gardening, building, cooking
- Variety of communication styles
- See and hear
- Featured articles
- Wear name tags
- Know each other
- Leave alone – honor their wishes
- Allow all age groups to be visible – seen and heard
- Provide a forum to tell and listen to each other's stories