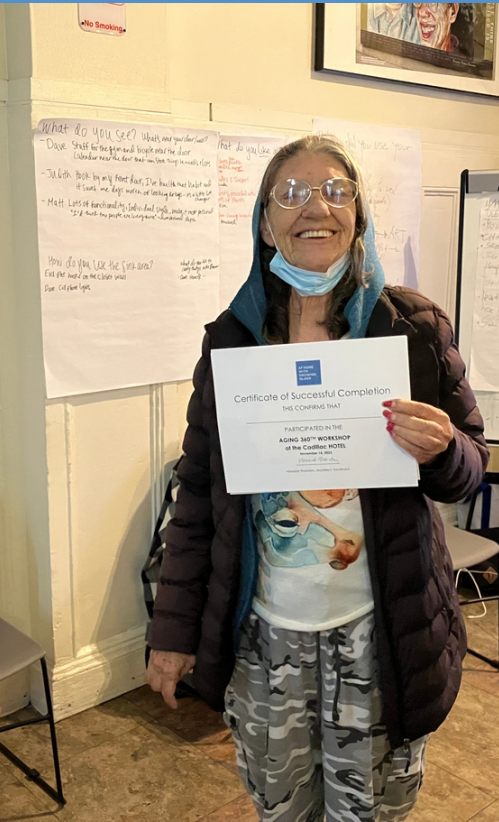


AT HOME
WITH
GROWING
OLDER



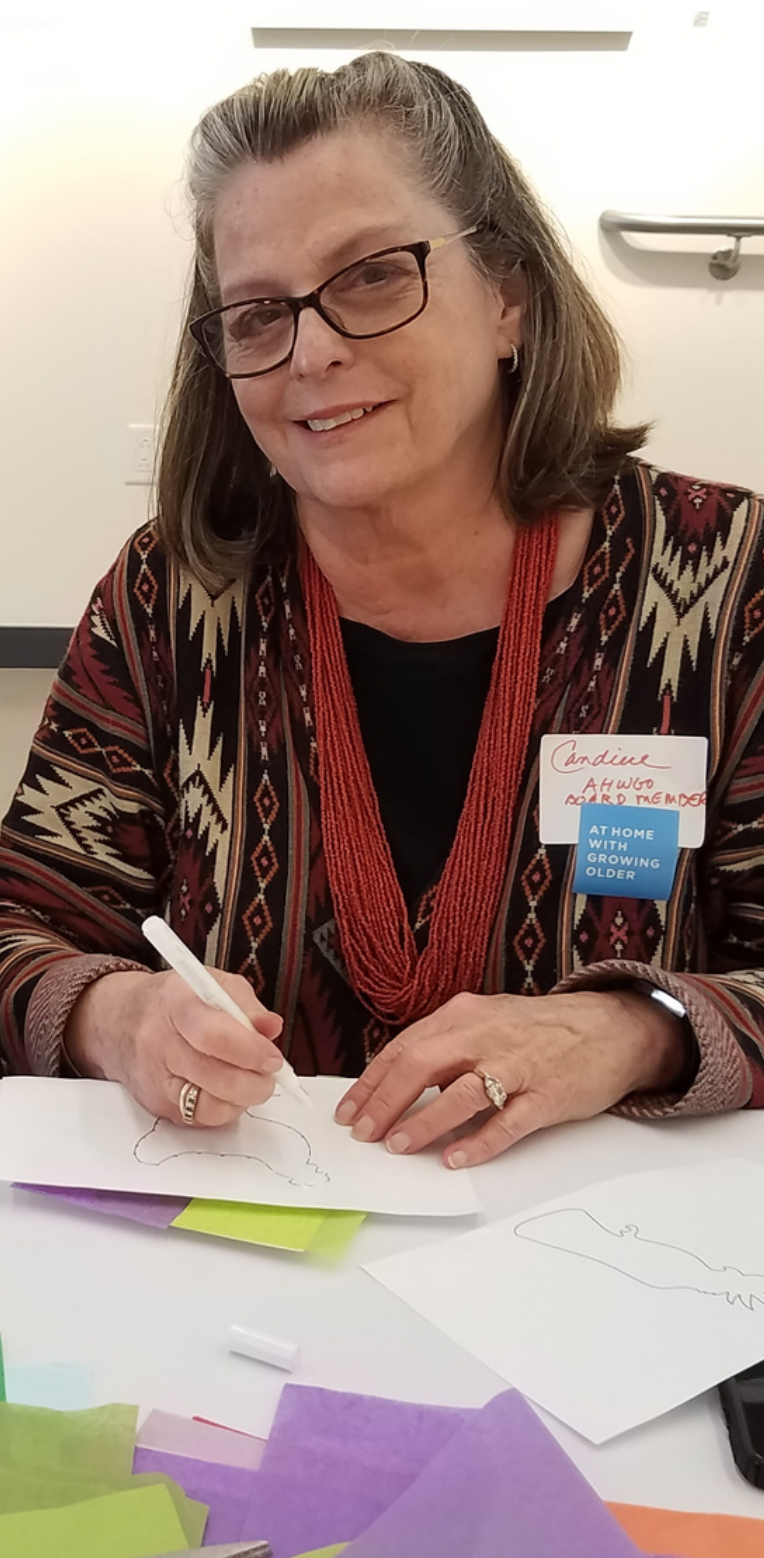
Year-End Report 2023

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Our Mission

To educate, inspire and connect people across generations and disciplines to re-envision and improve the experiences of later life in the context of home



A WORD FROM THE CHAIR

At Home With Growing Older's ambition is bold. Our goal is to enable and empower people to comfortably stay in their homes as they age, fostering continued active engagement within the community.

This report is dedicated to two remarkable volunteers who embody the strength of learning through stories in distinct ways. Rick Moody, a luminary in the aging arena, guided us in amplifying these narratives and forming connections with like-minded advocates. Amy McDonald, a dedicated management consultant, collaborated with us over the past year, crafting an extensive plan to expand our Aging 360 workshop's reach. **We invite you to be part of this journey.**

CANDIECE MILFORD

BOARD PRESIDENT

AT HOME
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OLDER

MANY STORIES

Throughout the year, our engagement with a diverse range of individuals has underscored the richness of learning through stories and experiences. In our three key programs — Aging 360 workshops, monthly conversations on *At Home*, *On Air*, and the annual *age in* event — hundreds of people were involved in participatory learning.

Collaborating with established Bay Area community-based organizations has allowed us to amplify our efforts to assist individuals in diverse living situations to age in place, recognizing that "home" takes various forms, from a small room in a single room occupancy hotel (SRO) to a cherished lifetime residence or an apartment in an affordable housing project.

Aging 360 workshops offer a practical framework for making simple yet impactful DIY adaptations. Its essence is summarized in this participant's observation:

“Making changes in your room that you would not think are possible.”



Our uniquely interdisciplinary conversations **At Home, On Air** featured guest speakers like Daniel Promislow, the principal investigator and co-founder of the Dog Aging Project. He illuminated parallels between understanding aging in our canine companions and benefiting in our own aging process.

We also delved into narratives shared by the co-founder of the Black/Land Project, Mistinguette Smith, exploring the profound relationships between Black elders and the land they inhabit.

And finally, choreographer and dancer Joe Goode told stories about how our body can become our home if we do not treat it as a workhorse.

“One of the things I hear in my interviews with Black elders about their relationships to land is that land is a way of knitting people together in relationships of ongoing care and intergenerational obligation to each other.”

Mistinguette Smith



Lake Merritt, Oakland, CA

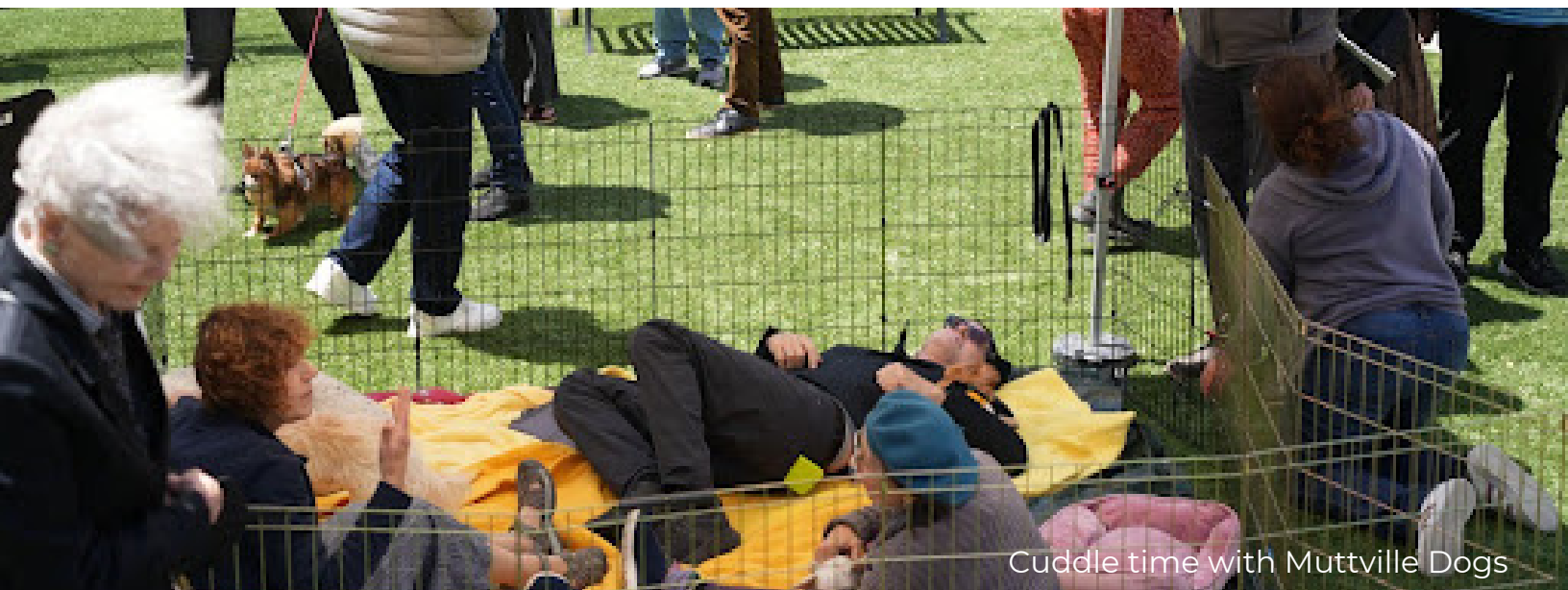
During our 4th **agein** event, our annual teach-in on aging, the stories that unfolded highlighted the mutual healing that arises from human-animal connections along with the great benefits for healthy aging.

Photographer Alice Wingwall moved us with her account of Rumba, her guide dog turned soul mate, demonstrating the powerful bond between human and canine.

The interaction of humans with senior dogs from Muttville, the Senior Dog Adoption Agency which visited during the event, tell many more stories about delight and how

“Dogs are magic and they get you out walking. They get you up in the morning. They make community.”

Sherri Franklin
Founder & Executive Director, Muttville



Cuddle time with Muttville Dogs



Photographer Alice Wingwall delivered opening remarks for the 4th agein. She is pictured here with her guide dog Buttercup in her home.

Program Spotlight: Aging 360

Cadillac Hotel, San Francisco, Spring & Fall 2023

The Cadillac is one of the oldest Single Room Occupancy Hotels (SRO) in the San Francisco Tenderloin District. SROs are becoming Naturally Occurring Retirement Communities (NORCs) to San Francisco's low income and formerly unhoused older adults from Black, Indigenous, and People of Color (BIPOC) communities.

This year, the Curry Senior Center invited us to facilitate two Aging 360 workshops for the Cadillac Hotel residents. A typical SRO room is about eight feet by ten feet wide, and about 30% of rooms at the Cadillac have private bathrooms — the rest share bathrooms. We redesigned the Aging 360 workshop as a 6-session class. After each class, participants would receive a simple take-home item to experiment with in their rooms. They had control over improvements to their room and could experience their ability to optimize their rooms for their needs.

Our board member, Howard Thornton, took the initiative to connect deeply with the Cadillac community, engaging with residents and staff alike. **This personal investment resulted in impressive attendance numbers, heightened participant engagement and a collective class 'energy' that fostered peer-to-peer learning.**

We are thrilled to be able to continue to support residents of the Cadillac Hotel to age in place. Thanks to a grant by the Henry Mayo Newhall Foundation and thanks to the strong support of the Cadillac Community, **we will offer our next workshop in Spring of 2024.**

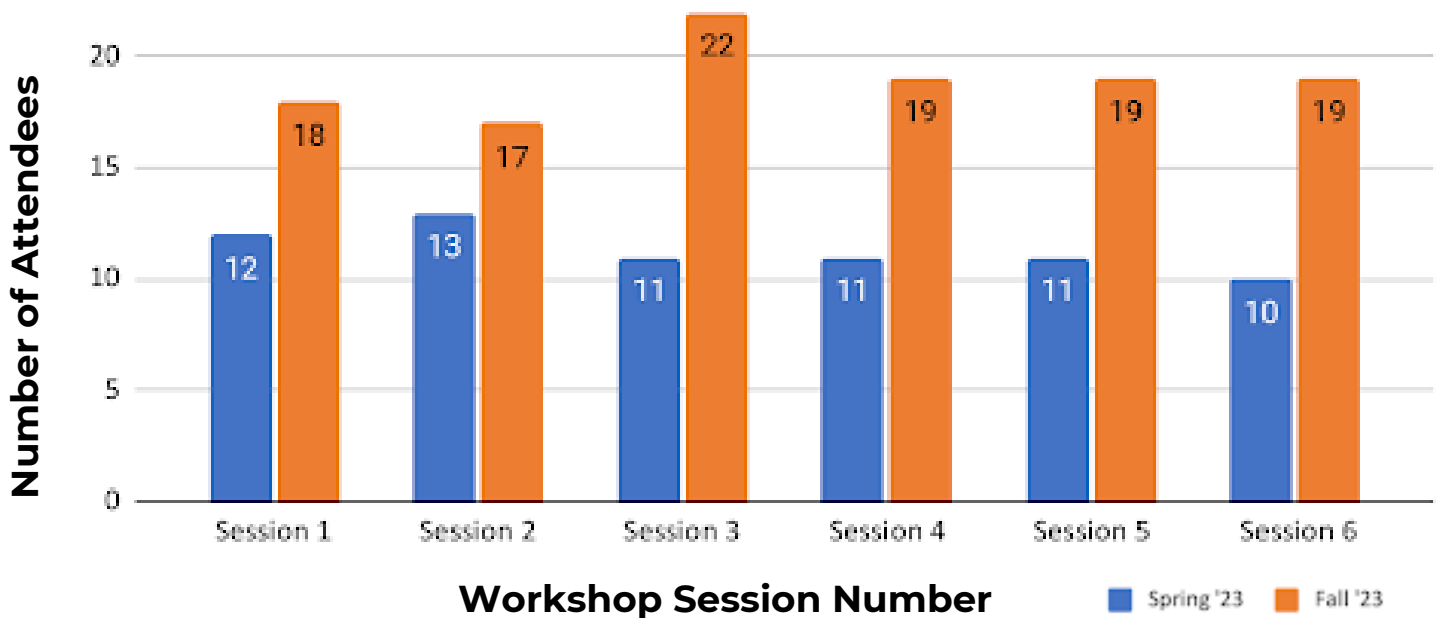


“Before it was hard to stand up, but the light helps me move in the dark.”

Aging 360 participant at the Cadillac talking about their use of the battery powered LED puck light, which was the take-home item in the session about light and color.

88% of participants made changes to their room as a result of the workshop

Attendance per Session (Spring '23 vs Fall '23)



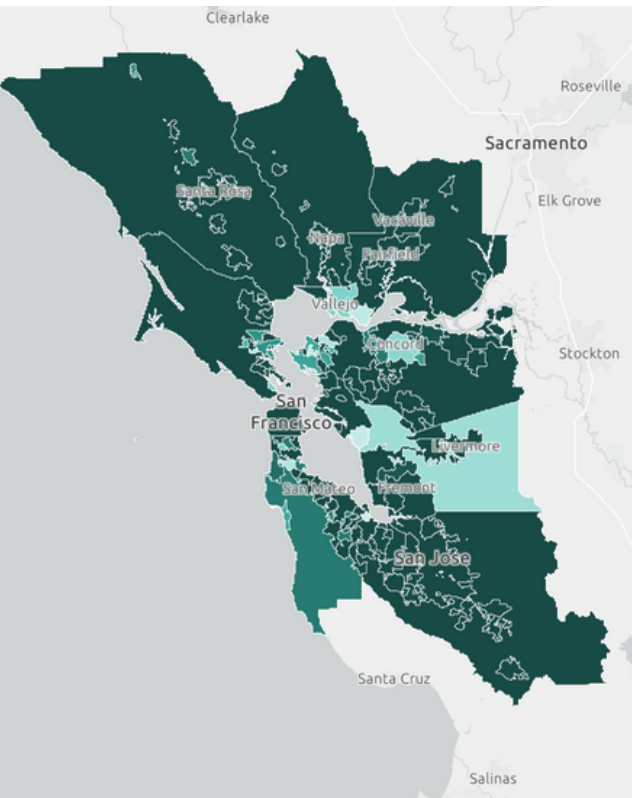
Program Spotlight: At Home, On Air

Episode 33: The Lack of Affordable Housing & its Impact on Aging in Place in the Bay Area

'We are all neighbors in one big community' was the official title that we chose for this conversation with Karen Nemsick. Earlier in 2023, Karen accepted a position as Director of the Housing Justice Initiative with United Way Bay Area. Her more than 10 years as Executive Director for Rebuilding Together San Francisco has given her the deep, hands-on understanding of affordable housing that she now invests into advancing the agenda of affordable housing on a regional level. [*Listen to the conversation on our podcast...*](#)

She suggested three simple ways for individuals to create more affordable housing and inter-generational neighborhoods:

- Be informed and learn what is happening in your city: Check to see if your city meets its housing plan. [The Housing Readiness Report](#) makes it very transparent what kind of housing gets built in cities and if it meets the needs of people who live in these cities.
- Speak up and vote for affordable housing in your city & region.
 - In the Bay Area: Support affordable housing bonds by voting for the November 2024 general obligation bond by the [Bay Area Housing Finance Authority](#), a regional authority created in 2022 to address the Bay Area's Housing crisis.
- Plan ahead and adapt your home for aging in place. Making your home age-ready means you are creating affordable, long-term housing for yourself and potentially also for others. Even simple adaptations make a difference!



Dark Green: Areas with above-moderate income housing production (201% of area goal)
 Source: *Housing Readiness Report*

“When we have people who can stay in the community for a long time, we build relationships and that community builds resilience; it's a more thriving community.”

Karen Nemsick on *At Home, On Air*

Out of every 5 people in the Bay Area, 3 people need affordable housing.

Since 2013 ...

140 forums facilitated

152 guest speakers

3,150 participants

Since August of 2021...

5,000+ listens to the *At Home, On Air* podcast

**AHWGO'S
AT HOME, ON AIR**

Join the conversation.



@AHWGO



Listen, Learn, Live

Program Spotlight: Annual *agein*

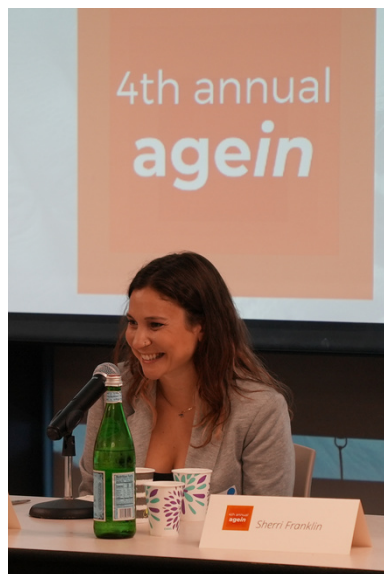
The Human-Animal Bond in Healthy Aging

The **agein** is an annual, in-person learning event, designed in the tradition of the teach-ins. Participants, panelists and workshop leaders learn from and with each other through conversations, person-to-person engagement, art making and more.

The 4th annual agein was produced for the first time in collaboration with the nonprofit arts organization Ruth’s Table in the San Francisco Mission District. We learned through a panel discussion moderated by Chris McCarthy, engagement with senior dogs from Muttville, art making in the Ruth’s Table gallery and lunch conversations.

“How can we support and design our systems so that it's easier for older adults to be a pet owner?”

Chris McCarthy, *agein* Moderator



What did today's conversation spark in your group?

“How excited they [dogs] are to greet every new day. And how, with age, it's so wonderful if you can still have the attitude of ...

Love each day as it's coming forth, and don't just wake up with a grumble.”

“How having her first dog in older age created a family with neighbors, and how it brought a whole new aspect to her life.”

Since 2019 we have hosted 4 agein events with:

285 registered attendees

18 panelists and facilitators

4 participating artists from the fields of jazz, dance and visual arts

The logo for 'agein' is centered within a series of four concentric squares. The squares are filled with a gradient of orange and brown tones, with the innermost square being the darkest and the outermost being the lightest. The text 'agein' is written in a white, lowercase, sans-serif font, positioned in the center of the innermost square.

agein

Impact Award

Since 2021

The **At Home With Growing Older Impact Award** honors individuals and organizations whose work has had a lasting positive impact on the experiences of later life through empowerment, education, advocacy, and activism.

Recipient 2021: Marie Jobling

Founder & Executive Director of
the Community Living Campaign



Recipient 2022: Louise Aronson, MD MFA

Geriatrician at UCSF, Author,
Writer & Educator



Recipient 2023: Sherri Franklin

CEO & Founder of
Muttville Senior Dog Rescue





2023 Recipient:

Muttville Senior Dog Rescue & its Founder and CEO Sherri Franklin

Honored for:

Helping senior dogs find homes and opening the door to animal companionship for older adults. Sherri Franklin is a long-time animal advocate and shelter volunteer. She founded Muttville in 2007 to save the lives of the older dogs that were considered “unadoptable” and routinely euthanized in area shelters. The organization is now a Bay Area favorite and a national model.

Learn More:

Muttville’s Cuddle Club & Seniors for Seniors program

Something to Write Home About

Something to Write Home About is our monthly, free resource letter featuring case studies and stories pulled from our 13 + years of experience working in the aging field.

Each edition of **Something to Write Home About** includes practical tips for modifications, adaptations and tools geared towards empowering individuals to age in their homes and in the world with safety and delight ... along with unique, true stories written by our team: Executive Director Susanne Stadler, an architect specializing in age supportive and inclusive environments, the accomplished Board of Directors, and the experts behind our revolutionary Aging 360 program.

Read the November 2023 edition:

Less is More: How to turn your home into a friend in older age - on a shoestring budget

Follow our core principles for everyday age-friendly living:



The many places we call home...



Something to
Write Home About



Meet Our Team

Board Members

Candiece Milford | Board President
Mikiko Huang | Secretary
Benjamin Bloom | Treasurer
Rachael Friedman
Jesse Gaskin
Yasmin P. Khan
Marcie Rogo
Timothy Simmons
Howard Thornton

Staff

Susanne Stadler | Executive Director
Mariah Bradley | Communications & Marketing Manager
Yulia Moore | Financial Reporting Officer



AHWCO team members at the 4th annual agein

Board Spotlight

We welcome our new board member: Timothy J. Simmons

As a corporate creative and business executive, Tim Simmons has spent nearly 20 years bringing brand stories to life. Tim was most recently the Senior Vice President and Head of Creative for Naturopathica Holistic Health. He has also led brand design for powerhouse companies, including: L’Oreal USA, Unilever, Estee Lauder, Avon, and CVS. Tim is a graduate of the College of Environmental Design at the University of California, Berkeley, where he earned Master’s degrees in Architecture and Urban Planning, (pursuing his interests in the social, cultural and environmental impacts of design and place-making).



My Vision for AHWGO:

“AHWGO's dedication to helping families and individuals re-think, re-imagine and improve the experiences of later life truly resonates with me. I am, along with my two siblings, helping my parents age in place at home. While safety is always top of mind, we have embraced the advice we received from Susanne: *Don't underestimate the value of delight*. This advice has proven itself invaluable to us. I believe that by serving on the board, I can actively contribute to the organization's mission and help steer its strategic direction to even greater heights.”

“I am extremely proud and happy to participate in helping to amplify the mission of AHWGO.”

A Note of Gratitude

Thank you to our entire learning community for your support and engagement this year. Together, we will continue to help more people grow older in the safety & comfort of their own homes.

Our Grantors & Sponsors

Henry Mayo Newhall Foundation
Metta Fund

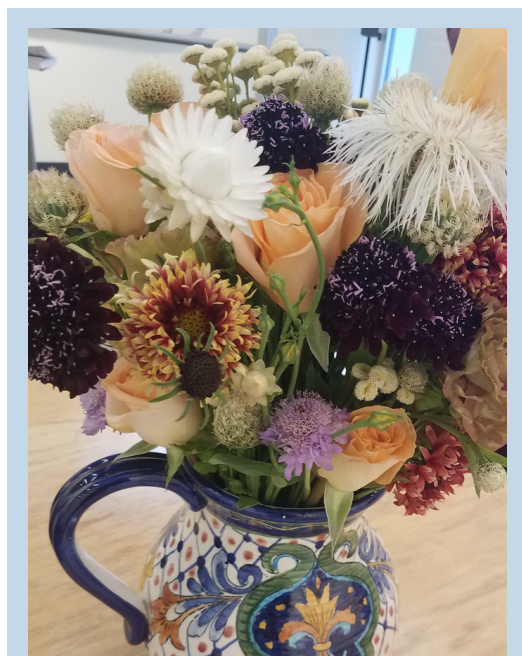
Chip Conley Foundation
Community Living Campaign
Kinship
Rhoda Goldman Plaza
Scott & Warner Builders, Inc.
The Walnut Foundation

Our Volunteers

Adrienne Borgia
Amy McDonald
Andrea Moss
Rick Moody
Erin McInrue Savage
Donna Schempp
One Brick Volunteers

Our 2023 Speakers

Jessica Bibbo, Ph.D.
Sherri Franklin
Joe Goode
Evan Johnson
Maddie Krasno
Chris McCarthy
Susan Moon
Karen Nemsick
Annelie Nilsson
Daniel Promislow
Mistinguette Smith
Adria Thompson
Alice Wingwall



Flower arrangement by Board President
Candiece Milford for the 4th annual *agein*

Engage

Explore Our Work:

www.athomewithgrowingolder.org

Email Us:

info@athomewithgrowingolder.org

Listen to Our Podcast:

At Home, On Air

Read Our Resource Letter:

Something To Write Home About

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