

Age-Friendly Louisville Social Inclusion & Outdoor Enhancement Workgroup Meeting Minutes

February 11th, 2024 | Edison Center, RCS, 701 W Ormsby, Louisville, 40203

Members present: Tanya Sallee*, Diane Clark Curtis*, Eziamara Oguibe-Sheperd, Mathilde Berthe, Kristin Chrevenak, Abby Bauer, Angela Ceccato, Barbara Gordon, Chris Clemens, Damera Blincoe, David Blincoe, David Allgood, Debbie Tuggle, Justin Magnuson, Erin Lamon, Grant Johnson, Greg Willet, Katherine Autin, Kyra Johnson, Lizz Taylor, Nicole Hayden, Pamela Yankeelov, Rita Morrow, Sandra McGuire, Stacie Redmon, Suzanne Bittenbender, Tishisha Rawlins, Sophia Banks•.

*Facilitator

•Notetaker

Item	Discussion
<p>1. Welcome/Introduction/ Meeting Objective</p> <p>Facilitators: Tanya Sallee (H), Dr. Eziamara Oguibe-Sheperd (H) & Diane Curtis (SI)</p>	<p>After the introductions, the facilitator team outlined the meeting’s objective: to identify shared priorities between the Housing and Social Inclusion domains and explore collaboration opportunities.</p> <p>With Louisville Cohousing as the guest speaker, the meeting focused on how cohousing principles align with housing accessibility and social connectivity goals, paving the way for potential partnerships.</p>
<p>2 <u>Speaker Presentation</u></p> <p>Mathilde Berthe, Designer at Studio Co+hab on behalf of Louisville CoHousing</p>	<p>The group welcomed representatives from Louisville Co-Housing, guest speaker Mathilde Berthe and future cohousing resident Kristing Chrevenak. Kristin provided a brief introduction to the vision for co-housing in Louisville and her motivation for joining the movement. She emphasized co-housing as an alternative to traditional retirement, offering both a strong sense of community and personal privacy. She highlighted the intergenerational focus of Louisville Cohousing specifically and the many shared activities that foster connection among residents.</p> <p>Presentation: Presented by Mathilde Berthe of Studio Co+Hab</p> <p>Overview</p> <ul style="list-style-type: none"> ● Co-housing communities have private homes plus extensive shared facilities ● Residents participate in design process and community management ● Aims to foster social connections while maintaining privacy ● Can be intergenerational or senior-focused ● ~200 co-housing communities in US currently, none yet in Kentucky <p>Design and Accessibility Considerations</p> <ul style="list-style-type: none"> ● Universal design principles used to maximize accessibility ● Ground floor units typically fully wheelchair accessible ● Common spaces like dining areas must meet ADA requirements ● Some participants felt more attention needed for aging/disability needs ● Design can be customized based on community member needs <p>Community Life and Decision-Making</p>

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	<ul style="list-style-type: none"> ● Shared meals and activities foster social connections ● Residents manage community through consensus decision-making ● Support aging-in-place through community connections and shared resources ● Questions raised about handling situations when residents can no longer live independently <p>Exploring the overlap between Age-Friendly Louisville and Cohousing</p> <ul style="list-style-type: none"> ● Mission of AFL and LCH have almost the same: “Creating an accessible and inclusive city/neighborhood for people of all ages and abilities, where city and neighborhood is interchangeable ● Mathilde encouraged a partnership between the Louisville Cohousing and AFL and hopes that the workgroup members will join the LCH meetings to contribute to accessibility concerns ● <p>Next Steps for Louisville Co-Housing</p> <ul style="list-style-type: none"> ● Public presentation on March 25th at Western Library. REGISTER HERE. ● Monthly meetups on 7th of each month at 7pm. MORE INFO and Registration. ● Seeking interested community members to join planning process
3	<p><u>Q & A</u></p> <p>Who cleans/maintains the common house and other common areas?</p> <p>There are committees for different tasks, such as a cleaning or plowing committee. Larger tasks may involve outside help or volunteer support. Designing easy cleaning is also crucial, while others form a cleaning committee.</p> <p>Is there a way to carry groceries and other big equipment to the house?</p> <p>There are carts available throughout the development to help carry groceries. The distance from the parking lot to the common area is only about 2.5 minutes, and the walk is pleasant. In the community, neighbors help each other, so if anyone needs assistance with carrying heavy items, there's always support. If needed, the community can also hire outside help for tasks.</p> <p>Do they build according to buyer?</p> <p>Yes, and the future buyers are not prospective imaginary buyers, but they are real people, who participate in the design of the houses. You design for your needs and universal and accessible design is beneficial for all.</p> <p>Is accessibility a factor during construction?</p> <p>Universal design and balance is the key. Mathilde highlighted that there is a high demand in cohousing communities but not a lot of cohousing communities yet. Therefore, the more communities get built, the</p>

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	<p>more accessibility will increase and be a factor. Newer constructions are more accessible and once they are multi-family they have to adhere to an international building code and therefore a percentage of the them have to be constructed wheelchair accessible.</p> <p>What happens when a community member is not safe to live in in the Cohousing community? Doing any alterations to accommodate. There are not contracts or anything legally. It is</p>
<p>4</p>	<p>Action Item 1 Identify domain overlap with focus on intergenerational living arrangements</p> <p>Action Item 2 Domain Subcommittee Breakout & Recap</p> <ul style="list-style-type: none"> ● Breakout rooms have been pre-created, including general Housing and SI domain rooms and sub-breakout rooms as needed. <p>After Q & A the large group was asked to break into smaller groups based on interest and involvement. The Housing domain discussed the overlap with Housing and the Cohousing initiative.</p> <p>Housing: Advocating for intergenerational housing and living arrangements, including ADUs in cohousing communities.</p> <ul style="list-style-type: none"> ● Housing group to gather more information on co-housing concept ● Consider having Age-Friendly Louisville members attend a Louisville Co-Housing meeting <p>Social Inclusion: Leverage cohousing and the Village Movement’s shared focus on social connection, mutual support, and aging in community/aging in place.</p> <p>Next Steps</p> <ul style="list-style-type: none"> ● Share photos/updates from Valentine's Day initiative ● Explore options for virtual participation in Social Inclusion meetings <p>Subcommittee Updates</p> <p>Social Inclusion</p> <ul style="list-style-type: none"> ● Update on Valentine’s Day/Black History Month initiative. <p>Valentine's Day Card Initiative</p> <ul style="list-style-type: none"> ● Partnership between schools and senior living facilities were established throughout the city as well as organisation such as 50.50 Mentoring and ElderServe ● Students making cards to be delivered to seniors ● Some delays due to snow days, high flu cases. Timeline may need to be adjusted <p>Housing</p> <ul style="list-style-type: none"> ● Updates on CAPS flyer revisions ● Revisit key takeaways from the New Directions presentation

Item	Discussion
	<ul style="list-style-type: none"> ● Discuss upcoming meeting with LMHA on Parkland apartments' accessibility. ● New meeting location starting in March: Community Room at Highland Shelby Park Library.
5	<p>Current events and new resources</p> <ul style="list-style-type: none"> ● Share SI & H related events and resources in the community with group Flyers shared at meeting: <ul style="list-style-type: none"> ○ My Health Matters - Get educated virtually every Monday at 6:30 - 7:30 p.m. with My Health Matters! This month you can explore topics like palliative and hospice care, estate recovery, and important health documents. No sign-ups required. Attend here: https://loom.ly/OJlwUaw ○ Project Warm Energy Engagement Workshop - February 21st, 10:30 a.m. - 1:30 p.m. Register here. ○ PEARLS (Program to Encourage Active, Rewarding Lives) - The PEARLS program is a FREE resource for adults 60+ who are dealing with depression. If you or someone you know could benefit, visit http://tragerinstitute.org/PEARLS or call 502-588-3471 to learn more. ○ Grandparents raising grandchildren support group - More Info here ○ Care for Older Adults - Hosted by Project ECHO and KCHC - Register Here
6	<p>Next Workgroup Meetings</p> <p>Housing: March 5th at 2 pm → Reminder: Starting in March the Housing workgroup will be at their new location at Highland Shelby Park Library, community room. LM Housing Authority will visit to discuss accessibility in the Parkland apartments redevelopment</p> <p>Social Inclusion: March 11th at 2 pm. → Usual location: Emma Wessel, HUG initiative confirmed attendance and a short presentation</p>