

Aging in Sedona

Challenges And Opportunities



Sedona Forum 2000 Final Report

Sponsored by the Sedona Academy of Public Affairs, December, 2000



On our cover...

Four neighbors who seem to be aging very well indeed!

Dick Levy is 83 years old. He arrived in Sedona in October, 1980. In the years since, he has become well known for his active participation in many local theatre productions. He has also served as a board member of several local organizations, and currently serves the Boys & Girls Club and the Adult Community Center of Sedona in that capacity. Today, Dick really enjoys devoting more time to his life-long passion – golf, a sport he took up at the age of 12.

Harriet Smith is 95 years old. She has lived in Sedona for 14 years and was active as a member of the Red Rockin' Grannies for many of those years. Harriet was born in Chicago and later lived in southern California where she worked as a secretary at the college in Claremont. Harriet was also married and brought two children into the world. She also holds the distinction of being the oldest participant in this Sedona Forum on Aging.

D'Nell Monroe is 57 years old. D'Nell has lived in Sedona for four years. During that time she has worked in the administrative office of the Sedona-Oak Creek Canyon Chamber of Commerce and also for the City of Sedona (her current position). D'Nell has also been a very active member of the Red Rockin' Grannies during her time in Sedona and thoroughly enjoys her dancing, singing and rockin'.

Roy Swenson is 65 years old. Roy is a fine artist who lived in Sedona for a number of years until recently moving to Cottonwood. He is a longtime fitness advocate who still works out four days a week to maintain his excellent physique. In addition to his work as an artist, Roy also works part-time at the Sedona Spa at Los Abrigados in Sedona. In his "spare" time, Roy still manages to find time to play the drums.

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Sedona Forum 2000



Plenary Session Final Report

Sedona, Arizona

Sunday, December 3rd, 2000

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Dear Community Member,

I attended my first Sedona Academy Forum in 1996. The topic was Tourism. The incredible work of a community Town Hall type meeting focused on one issue at a time knocked me out! How lucky we are to have an organization such as the Sedona Academy – dedicated to long-range planning of difficult issues in Sedona. How visionary!! I was so impressed, as was ACCS President Jack Kenny, that we began a campaign to have a Forum one day on Aging in Sedona.

While the population of Sedona is nearly 50% aged 55 and older we did not have a Forum dedicated to the elderly until the year 2000, after the Youth Forum and a Verde-Valley Forum. Finally (it seemed like forever to me) it was decided that a Forum on Aging in Sedona was valid and pertinent.

You have in your hands the culmination of several years work. The Sedona Academy voted to have the Forum on Elderly about 18 months before the actual event. Many, many interested people, wanting to insure programs, lifestyle and a specific type of environment for Sedona, took their time and energy to produce the Forum.

As both Chairwoman of the Forum and Executive Director of the Adult Community Center of Sedona, it was a thrilling experience.

Marshall A. Worden of the University of Arizona was hired to develop and produce the research materials for the Forum. He and his staff, Scott G. Davis and David deKok, held break-out sessions with the community and did many surveys. He brought students from the University all the way to Sedona on many occasions to work with our Research Committee and with the community to develop an accurate picture of the needs of Sedonans.

I loved working with the Research and Planning Committee members: Dick Dahl, Sheldon Finkelstein, Dr. Louis Getoff, Kathy Levin, Dick Levy, Bill Oriol, Linda Stevenson and Ed Southwell. They each took a great deal of time to develop the topics for the research and then lay out the agenda for the Forum itself. They gave of themselves through their broad experience and life knowledge and created the best Forum yet, in my humble opinion.

But perhaps my greatest excitement stemmed from the Forum itself. We had a national keynote speaker, Dr. Bruce Clark, start off the event

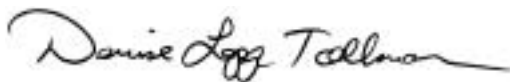
with statistical information on a national basis about the baby boomer generation and how it will affect everything in the next few years. His speech motivated many discussions during the Forum. The following guest speakers, Dr. Ferenc Nagy, Mary Beals-Luedtka, Meg S. Fenzi, Marston Beatty, Jigger Warren, Ken Johnson, and the Sedona Red Rockin' Grannies (one Grannie at every meal) were equally informative and motivating.

The three groups of 20 participants each gave of their time and ideas, selflessly creating a long range plan for the community. But most wonderful of all, a task force was formed immediately to take the ideas and bring them to reality in Sedona. I am so encouraged by these results and grateful to all those who are involved and interested.

As you read the final report I hope your own interest is peaked to get involved with local organizations that serve senior adults. For it is only with everyone's help that these great ideas and challenges can be met over the years.

My deep appreciation to all the other irreplaceable volunteers including the superb Report Writing Team led by David Keeber and Steve Hansen and including Jim Eaton, Cole Greenberg and Charlie Hawkins; the Forum Panel leaders: Jim Eaton, Kathy Levin, Marshall Worden, Tom Leenhouts, Sandy Moriarty, Scott G. Davis, Ray Jegge and Virginia Duncan; and, of course, the forum staff including Syd Hall, Bea Axline, Tom Shuman and George Tice. The Forum could not have happened without you!

I dedicate this final report to Jack Kenny who was there in the beginning but was not alive to see the final results. I hope we accomplished all you would have wanted us to!!



Denise Lapp Tallman

Chairwoman

"Aging in Sedona - Challenges and Opportunities"

December, 2000

Introduction

With elderly Sedonans growing in number and faced with the certain acceleration of that growth as the baby boom generation ages, a new level of caring and involvement is needed to ensure a high quality of life. This was the overall conclusion arrived at by participants in the 15th Sedona Forum, held during the weekend of November 30 to December 3, 2000. The immediate concrete result of the weekend's deliberations was the spontaneous creation of a core group committed to become a Task Force on Aging. The Task Force is charged with addressing the needs of Sedona's aging population.

In planning for this year's Forum, the Board of the Sedona Academy turned its attention to the needs of the elderly in our community and concerns about the aging process. Sixty participants, three technical representatives and eleven staff members, looked closely at our community and the challenges of aging. The Forum participants were divided into three discussion panels, each a cross section of concerned citizens and students. The roster of the discussion panels appears in Appendix III.

The Background Research Report was prepared by the Office of Economic Development of the University of Arizona to help participants make informed decisions about the future of aging in Sedona. The full text of the report is included as the second section of this publication.

The Background Research Report begins with a General Introduction to the challenges con-

fronting the aging population today. It also identifies community attitudes regarding older adults in Sedona. These responses were derived from a local survey.

The Demographic Profile of the Aging Population describes trends for the State of Arizona. A constant increase in the relative share of the population age 65 and older over the last quarter century is due primarily to advances in living conditions and medical technology. The increase in the number of older adults is exerting pressure on the resources available to meet their needs.

Chapter Three examines the economic, social and political issues of the aging population. Today's older people experience greater economic well-being than those of generations past. The portion of the population living below the poverty level is significantly lower in Sedona than elsewhere in Yavapai County, Coconino County and the State of Arizona. In addition, this section looks at concerns of social security and personal retirement as they impact the aging. It further examines the economic and civic contributions of older people through a look at volunteerism and political participation.

Community Infrastructure is examined in the next section, looking at housing and transportation as they concern older adults. Development of a transportation system to serve the needs of older adults in the Sedona area is also examined.

Chapter Five assesses the health and wellness of older people on a national level and in the

Sedona area. Although national percentages of those with chronic disability have decreased over the past twenty years, the actual number of those suffering from chronic disability has increased. It also examines mental health needs and services, as well as elder abuse case statistics at the local, county and state levels.

Health Care is the subject of Chapter Six. Attention is given to the status of caregiving with a focus on what types of things need to be done to ensure caregiving at high levels of safety and quality. Affordability and access to health care are also addressed, with descriptions of various health insurance options. Overviews are provided for the systems of Medicare, Arizona Health Care Cost Containment System (AHCCCS) and Arizona Long Term Care System (ALTCS). Issues of prescription drug costs and rural access to health care also are addressed.

The Background Research Report concludes with appendices providing survey questions, survey results, a listing of agency services and information resources.

By combining the Background Research Report with the consensus statement of the Forum Report, the issue of aging in Sedona is examined from a variety of angles, providing a vision and blueprint for action in our community. The Sedona Academy presents this publication to the community to inspire the kind of open-minded dialog that can be created by a non-confrontational sharing of ideas and attitudes.

Session I

Philosophical Overview

Question 1

Should government be relied upon to provide more services for the elderly or should private enterprise be called upon to provide such services? If the latter, what services should be provided by government? How might they be paid for? What services are best provided for by private enterprise?

The gray box sidebars appearing throughout this report are excerpted from the mealtime speakers' presentations over the Forum weekend. Their presentations provided valuable new facts and insights for the discussion panels during their meal breaks. See Appendix V for more on the speakers.

“The population over the age of fifty-five said their three kinds of outstanding characteristics were volunteerism, experience and knowledge. I feel that we are tremendously shortsighted in under-estimating the value of the experience and wisdom of our older population. I think that is going to change, but it's not going to change fast enough. I was a little bit chagrined to see that in the youthful population when they were asked the same question – their point of view about seniors – the number one response was that they had no point of view, number two was bad driving and number three, no support for youth.”

Dr. Bruce Clark

Government or private sector?

Services to the elderly can be seen as falling into three general areas; health care, personal services and transportation. Increased partnership efforts are needed among government, private enterprise, community service organizations and individuals. Each can be responsible for different areas, based on services and functions already in place. Efforts begun by one might transfer to another after an initial start-up effort. The specific challenge to this approach is to provide good service coordination through a central resource to avoid duplication, ensure coverage, and establish standards. That central resource or “hub” would have to be local enough to serve effectively as an information resource and coordinating agency.

Examples of these services and functions are:

Government: Transportation, social security, health care, continuing education, tax credits and deductions.

Private enterprise: Recreational opportunities, health care and transportation.

Community service organizations and individuals: Recreational opportunities, personal care assistance, quality of life services such as home visits and other outreach efforts and transportation.

Area residents have a long history of working to create and support needed services for themselves. The sense of community that has driven the creation of institutions such as the Library and the Boys and Girls Club could well rise to meet the needs of the elderly where a need is not being met by existing programs. An opportunity exists for partnerships not only among the larger service providers but also for segments of the population that might not previously have found

Question 2

Identify the core values that should guide Sedona as we address the needs and concerns of older adults.

“Somehow we have come to the conclusion (and this is really the media and society responding to the media) that the highest way that we rate somebody at living as an older person is how good they are at mimicking youth. How good can they imitate youth is the determinant of how well they are aging. That to me is an outmoded concept and we have to get rid of it. I would like to think that Sedona could become known for redefining elderhood as that period of time in life when we encourage knowledge, when we value experience. Elderhood as opposed to being elderly.”

Dr. Bruce Clark

Question 3

How important are intergenerational residential living practices and intergenerational community activities in Sedona?

“We have come to the end of the linear life pattern and the rise of the cyclic life pattern. The linear life pattern was characterized by a short period of education, a long period of work and then you died. In modern times, we

Continues... ➤

ways to work together. Young people and the elderly could form partnerships through nonprofit and community organizations to fill gaps overlooked by the central coordinating agency. Individual responsibility also a key element.

Core values that should guide us

Core values that should guide Sedona include maintaining independence and dignity, positive relationships, citizen involvement, educational opportunities and spiritual fulfillment.

Encouragement of personal independence, self-sufficiency and dignity involves maintaining comfort and safety in the home and maintenance of financial independence and integrity. Respect for every individual's rights and preservation of dignity throughout a lifetime are key components of this value.

Relationships involve neighborliness, intergenerational awareness and activities and caring for others – focusing on opportunities to share, learn and play.

The value of citizen involvement in our community promotes a genuine sense of usefulness for those participating and the public's recognition of the important contributions that volunteers make.

Educational opportunities encompass the need to instill a broad-based awareness of the difficulties that come with aging, as well as a commitment to life-long learning.

Intergenerational living and activities

Intergenerational living fosters a special kind of upbringing for children and a place of honor for adults. Intergenerational relationships are key to solving the pressing issues of the elderly.

However, the reality is that less intergenerational living takes place in Sedona. Many here are separated from their families by great distances, disrupting traditional living patterns of the nuclear and extended family. Because of these realities, we have to work hard to look for opportunities and ways to encourage intergenera-

added on this short period of time of leisure, then you died. That was life. You were young; you did that once. You had a period of education; you did that once. Then you got older and got married; you did that once. You had a few kids and bought a house in the suburbs; you did that once. You retired, you took a cruise; that was life. But now, for the cohort over the age of sixty-five and seventy, they have actually gotten a surprising fifteen or twenty years, that they didn't expect, of extra life. What are you going to do with those extra years? Are you just going to add a little more time to be old, a little more time to be frail? Or do you want to add on more life, and life in its abundance? We are beginning to see a new way that people want to live. While not everyone gets to live this way, it is now an aspiration we are beginning to see. This is the cyclic life pattern. We see increasingly that the pattern of the past is repeated over and over. We are going to go back to school, we are going to go back to work. The average person entering the work force today is going to be retrained for an entirely new career somewhere between six and ten times during the course of their career and that may even be conservative! I think that the Sedona community can be one of the places that can really offer an opportunity for people to experience the cyclic life."

Dr. Bruce Clark

Question 4a

What are some of the contributions of older adults to the community?

tional activities. Seniors have a lot of wisdom and experience to impart and they are often under-utilized. At the same time, elders can learn a great deal from and about the younger generation, including their attitudes and needs.

While a few laudable intergenerational community activities exist, there are vast opportunities for more. An excellent example of intergenerational communication is the active inclusion of youth in the Sedona Forums, a program that has produced excellent results for a number of years. The dialogue encourages honest communication and helps to reduce fear and dispel stereotypes.

Other positive examples include The Museum of Northern Arizona's partnership with the Flagstaff Arts and Leadership Academy (a charter high school) and the PEAKS of Flagstaff, a senior assisted living facility. Some Atria residents are community elders who visit schools monthly, and the Adult Community Center of Sedona (ACCS) and Sedona Red Rock High School students have agreed to work together on various projects. Eden Center in Cottonwood, which provides adult day health services, has three ongoing programs that foster intergenerational contact. Such programs are few in number, however.

The challenge is to make substantial intergenerational programs a reality in Sedona. For example, intergenerational programs at ACCS have been difficult to get off the ground due to a lack of participation by seniors. Technology and computers can be used as tools to bring people together rather than keep them apart. A rich area for exploration is stimulating more senior involvement in school programs, day care centers, churches, clubs and community organizations.

What older adults contribute

Older people contribute to the community in a variety of ways. Many are well-off financially, pay taxes and spend money for goods, services and entertainment. They are often the largest contributors to charities and other non-profits. Older residents tend to have the time to initiate new organizations and institutions in our com-

“At the White House Conference on Aging... of the forty positions in the Conference’s platform, not one dealt with kids, not one dealt with youth, not one dealt with education.”

Dr. Bruce Clark

Question 4a

Do older adults place an undue burden on society?

“I think that retirement is going to become “reirement” in the future. I think that Sedona needs to get prepared for people that going to want jobs, and not jobs as thirty- and forty- and twenty-year olds, but jobs as fifty- sixty- and seventy-year olds.”

Dr. Bruce Clark

Question 5

What sort of tensions exist between generations?

“How we care for our elders is a measure of our society and we don’t measure up very well. Elders are our spiritual leaders, our keepers of history. As Shakespeare said, ‘The elders hath borne most.’ They deserve our love, our respect and our protection.”

Mary Beals Luedtka

munity. They also comprise the majority of the volunteers in our area. Many organizations could not provide their current level of services were it not for their older volunteers. The high level of skills inherent in this segment of the population adds considerably to our quality of life.

Intergenerational tensions – the “burden”

Stereotypes and self-reinforcing fears create tensions between generations. Cultural and technological differences have increased. Misunderstandings and a divergence of interests also contribute. Examples are the lack of support for youth-oriented activities by seniors and a similar lack of understanding of adult interests by young people.

Many forum participants felt that the question of whether older adults place an undue burden on society was inappropriate. Some suggested that those older adults who are unexpectedly unable or, for whatever reason, have not provided for themselves do pose a financial burden. This can translate into a crisis for either the families of those unprepared individuals, or for the community through the need for services on an emergency basis.

Intrinsic to the natural human transition from infant to oldest old is the interplay between interdependence and independence at each step. At birth we are dependent upon others for everything, but as we mature and gain more independence, we find that others tend to become dependent upon us. We are often unwillingly returned to almost total dependence as our physical or mental systems fail.

In allocating time, emotional and financial resources, “sandwich families” are forced to choose among caring for children, caring for family elders and addressing their own needs.

Of particular concern in the Sedona area are the relatively long distances for walking that make motorized transportation a necessity. The great disparity in the ages of drivers and driving styles create tensions on the roads. Moves to

“We are redefining what it is like to age, what it is like to work, what it is like to be fifty, today.”

Dr. Bruce Clark

locate schools in established residential areas have also caused rifts. Another contributor to inter-age tensions is the occasional disconnect between the older members of the community and younger families. Without the connections of family, there is less opportunity to intermingle.

Session II

Identifying Issues and Conflicts

In answering these questions you may wish to address some or all of the following aspects as appropriate

- A.** Economic Security, Employment and Retirement Security
- B.** Continuing Education, Recreation and Leisure
- C.** Community Participation and Volunteerism
- D.** Transportation
- E.** Housing and Assisted Living
- F.** Health Needs, Health Care and Elder Abuse

Question 1

Discuss the demographic make-up of Greater Sedona and its implications for addressing the needs and concerns of older adults. What are the implications of living longer in Sedona?

“The defining event of the Twentieth Century is the mass aging of our population”

Dr. Bruce Clark

Implications of living longer

The demographic profile of Sedona is heavily weighted toward older people, as compared to the U.S., Arizona and both Coconino and Yavapai counties. While Sedona’s median age has been dropping since its 1980 peak and the percentage of older people in Sedona’s population has also declined since its 1990 peak, the total number of citizens over 65 continues to increase. Of particular concern is the fact that the percentage of citizens over 85 is growing substantially faster than the percentage of those over 65 as a whole.

When considering the implications of this larger older population, a finer breakdown related more to life stage than chronological age may be useful: 1) people who are independent, 2) those needing some assistance, 3) people who need full assistance and 4) the dying.

For people who are independent, needs and concerns center around having sufficient recreational, entertainment, social and educational opportunities. Sedona may have fewer social and recreational outlets and activities than there are in age-restricted retirement communities. The implications are a need to identify the needs and concerns, initiate and coordinate programs and

“Elder abuse is a shocking revelation to most of us. We don’t even think it exists, or we don’t want to. However, studies show that elder abuse is a full-scale national problem with a frequency only slightly less than that of child abuse, and we are fifteen years behind on child abuse as to awareness and prevention. One out of every twenty elders is a victim, every year. It is really less likely to be reported than child abuse. In fact, studies show that only one in every fourteen cases is reported at all.”

Mary Beals Luedtka

Question 2

What are the needs of the oldest old and how can they be addressed?

“Neglect is an often overlooked form of abuse. Neglect is defined as “a pattern of conduct without a person’s informed consent that results in the deprivation of food, water, shelter, medicine, cooling, heating...”, anything necessary to maintain your physical or mental well-being. But, neglect can also be the neglect of a person by himself or by a caregiver who is charged with caring for that person. We’ve had cases where seniors have been denied medication, denied food, and denied contact with the outside world and when they protest, they are threatened with the possibility of being put into a nursing home. So they say nothing.”

Mary Beals Luedtka

promote them. Another area of concern is the shortage of employment opportunities for those who choose to work beyond traditional retirement age.

Issues of adequate healthcare services may become primary for older adults needing assistance. Help may also be rendered in the form of transportation services, personal care, medication reminders, shopping assistance, etc. The implications are many: need for sufficient health care services, more healthcare professionals, affordable housing, transportation and educational resources for elders and their care givers. Other implications are having adequate quality assisted living facilities or in-home care services. The dying need competent and compassionate care. Their care givers also need support services.

Many may need more than one level of service, depending on their health and condition. In addition, some elders are reluctant to accept service because of privacy issues, denial, confusion or perhaps embarrassment. One solution may be to utilize certified service managers to coordinate services and minimize the number of people “descending” on the person. This solution would require recruiting and training of more service managers.

Addressing needs of the oldest old

The needs of the oldest old are numerous and varied. They can be grouped into the following general areas: Health, Emotional, Financial and Legal, Physical and Spiritual. Health needs include proper nutrition, mental health care, home health care, nursing and medication monitoring. The emotional component can be defined as the need for compassion and companionship, friendships and socialization, access to people who can counsel on death and dying, the choices surrounding care and end-stage decisions and spiritual needs.

In financial and legal matters, the elderly need trustworthy and competent professional advice when they are unable to make clear decisions for themselves. Those advisors should counsel on

“One example is the misuse of the power of attorney. When someone has power of attorney over their mom, their aunt, the uncle, it is very easy to take advantage of that person. Oftentimes we have seen the power of attorney misused and we call law enforcement and how many times have I heard, ‘They have a power of attorney. Everything’s OK here. There’s no crime.’ Wait a minute... misuse of a power of attorney is a CRIME! This state has tough requirements for the execution of the power of attorney and for the duties of the agent. An agent cannot use the power of attorney to benefit himself or his family and he cannot give gifts unless it is specified in that legal document, specifically. If an agent misuse the power of attorney in the state of Arizona, there are criminal implications, as well as civil.”

Mary Beals Luedtka

Question 3

How do physical and social isolation affect older adults in Sedona?

Question 4

What are the primary obstacles and constraints to effectively addressing the needs of older adults in Sedona?

present circumstances and estate planning. Financial disability, due to dwindling resources, stresses many aging individuals. This is a challenge that should not be overlooked. Physical needs of the elderly are more extensive. Assisted living facilities are needed for those no longer able to care for themselves. For those still in their homes, home repairs and personal care are other needs. Accessible transportation is a major need.

Clearly, easier access to information about services available for the elderly is needed. This could be addressed with a central point for information such as “Dial 211” (a senior information and referral hotline). Affordable or cooperative living settings would also help. Expanded neighborhood watch programs could provide an opportunity to bring the community together. Creating services akin to Welcome Wagon that would provide for home visits or an elder version of “Head Start” are other solutions.

Effects of physical and social isolation

Sedona’s gated communities, interspersed National Forest lands, scattered commercial centers and unconnected subdivisions contribute to a sense of isolation. For older adults, physical and social isolation may result in depression, withdrawal and a feeling of being “invisible.” Seniors who are isolated may be hesitant to participate in social activities on their own.

While some seniors like to feel self-sufficient, they also don’t like to be alone. The elderly often do not recognize their need for help in areas such as proper nutrition, as well as maintaining activity and exercise levels. The lack of physical activity makes the frail even more fragile. Some people are reluctant to participate in social activities on their own. Those who are able to remain active may avoid some of the consequences of isolation.

Addressing needs – obstacles and constraints

One of the main obstacles to effectively addressing the needs of older adults in Sedona is finding adequate financial resources. Obtaining support for organizations that provide essential

“Depression is a very big problem among the elderly. The suicide rate in Yavapai County is among the highest in the nation.”

Mary Beals Luedtka

“Another area of abuse is emotional abuse. Emotional abuse is getting really, really hard to prove. Berating, ridiculing, demeaning, a pattern of communication, the use of derogatory remarks by a person that is in a position of trust is emotional abuse. But, how do we prove that.”

“Another area is that of “abandonment, desertion, or willful forsaking of an elder by a person have the care or custody of that elder,” and that includes a spouse.” The highest incidence of elder abuse is neglect, but 35% of the abusers are adult children. Another 12.5% are other family members.”

Mary Beals Luedtka

services can be difficult and constraining. Not knowing what the existing organizations do is a deterrent and may be a silent contributor to isolation among the elderly. The Verde Valley Family Resource Council’s Information Directory should be more widely used. More linkages are needed between government entities, volunteers and services. A resource link, via phone, in person and online may also serve to track unmet needs.

Service providers must struggle with a shortage of skilled employees and volunteers, family members who disagree with the service plan, and resistance from the seniors themselves. The elderly and their families face new situations for which there are few traditional guidelines. Without such guidance, coping with these situations can be difficult. Examples are living much longer, re-combined families and the sandwich generation.

Current zoning needs to be revisited to determine if it adequately provides for the housing needs of seniors. Legal constraints and a reluctance to declare an elder incompetent constrain the best efforts of those who would try to make a difference.

Like many agencies, Adult Protective Services is understaffed. Elders without relatives in the community and denial of elder issues by community members (and particularly those personally involved) complicate the challenge of addressing needs. Only limited adult day care is available in Sedona.

Inadequate financing of programs for seniors is a central issue. A shortage of volunteers limits the efforts of even the most committed professionals.

Finally, regulations can constrain, but a lack of regulations can lead to abuses. Although, as reported in the accompanying Background Research Report, poverty among older persons in the Sedona area may be relatively low, its existence must be recognized through outreach and other efforts. The same may be true for persons living alone.

Question 5

What types of neighborhoods and communities best fit the needs of Sedona's older population?

"I think that the whole retirement issue is going to be a profound one. The impact is going to be profound as you see baby boomers attempting to retire. I think it going to be a struggle. We know that social security is going to be a struggle for these baby boomers. We also know that the years these baby boomers are going to have to work will be beyond what they expected and certainly beyond what their parents incurred in their retirement."

Dr. Bruce Clark

Question 6

What type of additional services or programs are needed? What, if any, obstacles exist to prevent development of such services?

"All older people should be able to live independent and dignified lives in their own community for as long as possible today and in the future. Every community should have a system of services and opportunities to help older people serve and be served where they live. Older people, their family and friends must be familiar with the system and feel that it responds to them."

(From the Yavapai College Institute for Applied Gerontology's Blueprint for Community Action in Aging)

Meg S. Fenzi

Neighborhoods for our older population

Friendly communities that enhance the lives of the elderly are often comprised of two inter-linked components: architecturally welcoming neighborhoods and personal support systems of concerned and involved individuals of all ages. Existing neighborhoods in Sedona do not provide for much interaction between people. Well-designed neighborhoods with small plaza gathering places or commons grounds could encourage more interaction and foster the growth of personal support systems. In neighborhoods without these desired design features, people need to work actively to make personal connections. Sidewalks and local parks encourage human connections. Neighborhood watch programs also help.

Affordable housing, multiple housing units such as clusters and multi-tenant units all could contribute to a greater sense of connectedness among community members. These can be encouraged through zoning changes, tax credits and incentives for builders.

In the end, true connection between older area residents and the rest of the community will come only if people make the effort to reach out. This can come only from individual initiative – it cannot be legislated.

Additional services – needs and obstacles

A central clearing house – around which services evolve – would provide much-needed coordination for recipients of services, professionals and volunteers. This "one stop" source for older adults could be supported by an Internet website to facilitate communications and coordination.

Additional services that may be needed for seniors include adult day care, financial management and targeted educational programs. There is also a need for expanded hospice services. We need to take advantage of Yavapai College Institute of Applied Gerontology programs. Their blueprint for action suggests many possibilities. The Institute will require community input in developing train-

ing programs designed to help deal with personal and volunteer shortages in health and service areas. Adequate, reliable transportation continues to be an issue for many seniors. For some, this is a “night time” issue only. However, the major obstacles are finances, volunteer shortages, liability issues, inadequate information, apathy and fear.

Session III

Visioning

Each discussion panel was divided into four sub-groups who engaged in visioning processes for the first part of the session. The entire discussion panel then reconvened and synthesized the four sub-group visions into a consensus vision statement for the panel as a whole.

Panels were asked to: (1) Imagine the year is 2011. (2) Describe the significant ways in which Sedona has prepared for meeting your needs and ensuring a high quality of life. (3) Paint an ideal yet realistic picture of the quality of life experience for older adults in the community.

(The full text of the original Vision Statements created by the three Forum Panels are included in their entirety in Appendix I of this Final Report.)

The Vision

Sedona is a model community in addressing the needs of its elders in a caring, compassionate manner. The area’s clean, healthy environment has been maintained and the community is recognized as friendly and accommodating to all ages.

Each discussion panel will be divided into three sub-groups who will engage in a visioning process for the first part of the session. The entire discussion panel will then reconvene and synthesize the three sub-group visions into a consensus vision statement for the panel as a whole.

The Assignment:

Imagine the year is 2011. Describe the significant ways in which Sedona has prepared for meeting your needs and ensuring a high quality of life. Paint an ideal yet realistic picture of the quality of life experience of older adults in the community.

Be sure to address the issues that were raised in each of the six areas of concern identified in the previous discussion session.

“The age wave that is coming is characterized by a segment of elderhood that is now sixty-five to seventy that is looking at things a bit differently.

1. They didn't go through a Depression
2. They are very self-assured.
3. There are things that they need to do, there are things that they want to do, and there are things that they like to do.

The age wavers that are coming are all very intent on making that happen. The way that they are making that happen is that they want to stay functional.

These mature boomers want to continue working and continue pursuing what they love to do. That is why Sedona is very important in getting ready for this influx. These mature boomers are coming to Sedona to change their lives. They have worked very hard all their lives, they are not getting ready to go into retirement. They want to pursue their life's dream. These boomers represent a significant shift in the way that they look at life”

Marston Beatty

A fully functioning Elder Center acts as a hub for assisting all older adults in finding the resources they need. The Center is the base for a “911” type hotline service widely known as a central source for elder issues information, supported by a combination of public and private funding. The Center is also a clearinghouse for a broad spectrum of services including legal, employment, educational, social, health and nutritional counseling, transportation and hospice.

Long-established programs, such as Meals on Wheels and the Verde Valley Caregivers Neighbors program are coordinated through the Center. Although technology plays a major role, the center is characterized by a high level of personal contact. Volunteer opportunities are readily available even for the oldest of the old and young people.

The Center has an intergenerational imperative that includes socialization opportunities and a broad range of interest groups. Day care is available for both adults and children. Relationships across generations are further developed through travel programs. Home-based activities are available for those unable to attend functions at the Center. These activities help young people respect the wisdom and experience of elders, while older people appreciate the vitality and idealism of the young.

Education envisioned

Education on the issues of aging, planning for elderhood and cross-generational relationships begins at home and in the elementary schools. Elder education includes second or third career training and enrichment courses at local community colleges and NAU.

Both individuals and couples are involved in interesting and meaningful programs and activities, including recreation, social and education. Through continuing education they are well prepared for possible changes in their life situation.

“Genetics impacts about 6% of longevity.”

“The main problem with today’s longevity is that we live longer.”

“The human genetic code is calculated at 124 years.”

Dr. Frank Nagy

“The best years of my life were my eighth decade when I had time to think and ponder the mysteries of the universe”

Socrates

The needs of our older citizens from all income levels are easily met. Social Security and Medicare issues have been resolved. Full-time and part-time job opportunities are available in light, clean industries.

“Sandwich generation” members have support groups available to help them deal with the dilemma of how to care for their children and elders at the same time. Caring and nurturing teenagers participate in various community organizations. Neighborhood and friendship networks are in place throughout the area.

Regular public transportation within Sedona and on a regional basis includes door-to-door stops and transportation for the handicapped on an appointment basis. This, in conjunction with well-maintained roads and sidewalks, has eased traffic congestion and provided increased mobility throughout the community. More neighborhood connectors have eased congestion on the main arteries.

A wide variety of affordable housing options is available and includes high density housing, assisted care facilities, secured facilities for the memory impaired, more nurturing-style long term care facilities and homes planned for easy conversion to accommodate the needs of older citizens. Failed time-shares have been converted to assisted care facilities.

Better care envisioned

Adequate numbers of qualified, capable care givers and high quality medical, wellness and functional fitness experts utilize both traditional and alternative methods. Doctors, nurses and nurse practitioners provide home-based medical care. Home care to help with daily activities, personal care and housekeeping is also available. Mobile units are regularly scheduled at shopping centers to offer certain health services. There is a 24-hour telephone or online check-in service and a chat line. Greater neighbor and caregiver

involvement in reporting has substantially reduced elder abuse.

The experience of aging in Sedona has been transformed from a potentially frightening and depressing life stage into a meaningful continuation of activity and vitality for our older citizens. The dramatic growth of new relationships among community members helps make life in Sedona meaningful.

The Assignment:

Consider policy recommendation, program development and advocacy efforts for each of the six discussion areas addressed in the previous sessions:

1. Economic Security, Employment and Retirement Security
2. Continuing Education, Recreation and Leisure
3. Community Participation and Volunteerism
4. Transportation
5. Housing and Assisted Living
6. Health Needs, Health Care and Elder Abuse

1. Identify the action plan needed to achieve your vision in the short term: 1 to 5 years

2. Describe the appropriate roles and responsibilities to be taken on by the following entities to achieve each strategy.

Citizens of all ages

Older Adults

Community Organizations

Private Enterprise

Schools

Local, County, State, and Federal Government

Session IV

Action Plans

A number of Forum participants joined to create a Task Force to achieve our vision of Sedona. The Task Force will develop strategies and specific action steps for implementation and support the formation of a Commission on Aging by the City of Sedona and the Counties. The Task Force will take the first steps toward implementing the recommendations of the Forum. Areas to cover in this initial effort are 1) creating a central information resource 2) improving transportation 3) political action 4) fund raising 5) outreach and marketing efforts.

Central information resource

The Adult Community Center of Sedona, Northern Arizona Council of Governments and Verde Valley Care Givers already provide substantial amounts of information and experience. But, there is a need to incorporate them into a broader central information resource.

The Task Force will:

- ❖ explore creating a local access number for information on existing and newly developed resources and services for elders

“Here is a blueprint for community action on aging. These are essential elements to effective community systems for older people.

1. Does your community have a visible point of contact where anyone can go or call for information, help or referral on any aging issue?
2. Does this point of contact lead to a range of options including jobs, volunteer opportunities, suitable housing, quality institutional care, nutrition, transportation, health and other needed services?
3. Is this range of options accessible to all older adults; independent, semi-independent or dependent no matter what their income?
4. Are all resources, public, private, voluntary and personal, committed to supporting the system?
5. Does collaborative decision making between public, private, voluntary, religious and fraternal organizations of older people exist in your community?
6. Are all those concerned with older people working together?
7. Is there special help for targeting resources to the most vulnerable of older people, those most in danger of losing their independence?
8. Is there good referral from agency to agency to assure that information or assistance is received, no matter how or where contact was made in the community?

Continues... ▾

- ❖ encourage existing organizations to assess ongoing needs and coordinate resources and services
- ❖ consider establishing a coalition of government, private, volunteer, education and other organizations to work together on senior issues. (Faith-based organizations can also be players.)

Improving transportation

Improving transportation is a major issue. Providing affordable and accessible transportation is a fundamental component of our vision.

The Task Force will:

- ❖ brainstorm issues and solutions to identify and coordinate existing transportation services for the elderly
- ❖ work to incorporate the needs of elders into the thinking of the Action Coalition for Transportation Solutions (ACTS) and other organizations that plan transportation systems
- ❖ consider involving automotive dealers and groups which have their own “under utilized” vehicles.

Political action

The Task Force will consider a broad range of political action to achieve the vision, including:

- ❖ revisiting Sedona’s Focused Future strategies to insure that elder needs are met
- ❖ monitoring the current national debate concerning Social Security and Medicare and letting our elected officials know our needs and desires.
- ❖ encouraging individual action, such as contacting elected officials regarding senior concerns
- ❖ communicating the needs of older adults to the City of Sedona, the Counties and the Forest Service with regard to the development of parks and recreational opportunities.

9. Is the system in your community flexible enough to respond with appropriate individualized assistance, especially for the vulnerable older adult?

10. Is your response to the aging of our nation tailored to the unique nature of your community?

11. Is there leadership in your community to convene all interested persons to assess needs, design solutions, train personnel, track overall success, stimulate change, and plan community response today and in the future?"

Meg S. Fenzi

- ❖ reviewing zoning to accommodate alternative housing possibilities

Fund raising

A combination of government, foundation and private funding will be needed to provide resources for any required programs.

The Task Force will:

- ❖ identify a total funding approach that supports both programs and staff
- ❖ include all interested population groups encompassed in our vision (e.g., sandwich generation, healthy retired people, etc.) and plan for specific funding for programs that affect them

Outreach and marketing

Marketing will be a key element in achieving our vision.

The Task Force will consider:

- ❖ developing campaigns to create widespread awareness and interest in senior issues
- ❖ attracting funding and other resources
- ❖ informing seniors and others on what is available and how to participate.
- ❖ increasing awareness among service organizations on issues of the aging
- ❖ attracting desirable industries and higher-paying jobs to Sedona through targeted marketing efforts

Improving the experience of aging in Sedona comes down to citizens who care taking action to change their community and their lives. This issue, more than any other, will eventually touch every member of our community.

Solving these problems will provide more real benefits to more members of our community than any other topic ever considered by a Sedona Forum. It will take time, but the work begun by the "Task Force on Aging" can create a bright future.

Appendices

I - Individual Panel Visions

II - Forum Discussion Outline

III - Forum Panel Members

IV - Forum Committees and Staff

V - Forum Conference Speakers

VI - Information on Past Forums

Appendix I - Original Un-Edited Panel Vision Statements

Green Panel Vision Statement

The Sandwich Group 20-40

In the Year 2011 There will be a stable minority population of the sandwich generation. While taking care of their aging, retired parents, support groups will be available to educate and assist in the care of the elderly. The sandwich group has teamed up with the teen generation to form a better night life for Sedona. Activities would be held on a regular basis at the community center near the Posse Grounds. A combination of home based business mixed with higher salaries will enable the sandwich generation to support their families. The decrease in housing costs have also allowed the sandwich generation to maintain a stable family.

Recently widowed

In 2011, recently widowed seniors have services readily available within our community to first assist us with the grieving process. Religious, non-religious, and professional counseling is available to re-integrate us back into our community as individuals and not as couples.

Short term educational opportunities are readily available to teach us basic skills our deceased spouse faithfully provided, such as light vehicle and home maintenance, cooking, cleaning, laundry and personal finances.

Relocation services are available to assist us in relocating to other communities or into smaller more manageable housing within Sedona.

Legal and financial services are available to aid us in protecting, redirecting or investing remaining estates or investments. Both financial and legal aid is available to those of us who need it.

Affordable year round public recreational facilities such as a YMCA , community center, indoor pools, parks, and gyms are in place with public transportation services available to take us to and return us from these facilities. Frequent elderhostel opportunities are available for travel with others in our own age group.

Senior employment or volunteer opportunities abound to keep us involved as a valuable and productive member of our Sedona community.

Healthy retired couple

The group is mainly concerned about the maintenance of their “good health” status. To that end they agreed that the access provided by the health resource center or “Hub” is important. The Hub, which is the Commission on Aging, provides a network of services through the use of electronic communication devices and organizations that provide information on such topics as the following:

- Maintaining wellness and preventive medicine
- Providing nutrition information, information on the availability of

anti-aging centers and genetic mapping analysis and diagnosis

- Identifying qualified people to provide support in the areas of spiritual, emotional, physical, mental and social issues

The healthy retired group is involved in the activities that make their lives interesting and meaningful. We are interested in: educational enhancement, such as retraining for second careers, volunteerism, educational enrichment, topics of interest and educational/travel opportunities such as the Elderhostel program. We also enjoy recreational areas, parks with indoor and outdoor facilities that are affordable (indoor pools, tennis courts, basketball, picnics, intergenerational programs), and sidewalks available which encourage us to walk more and use our cars less for short distances

Broad socialization opportunities exist for involvement in community/civic/volunteer organizations. These include assisting in the socialization of single, healthy retirees by hosting dinner parties that include both couples and singles. (Inviting friends/acquaintances that make both singles and couples feel welcome.) We also help in promoting “joiners tables” in restaurants for “singles” to come for dinner in a social atmosphere. (Note: the objective is not for matchmaking or to create a singles club. The activity is designed to be comfortable and without pressure.) Even though the group is healthy and active, the situation can change suddenly. Preparedness is important. Opportunities are available to learn about end of life issues and are kept visible to those in need. The topics include: end of life care (hospice), funeral planning, financial planning, legal planning (wills, trusts, POA’s for financial and health issues), grieving (emotional/spiritual)

Old and infirm

The primary needs of this segment led to a vision that falls into a few groupings.

First, more options for living situations are readily available. This includes choices of assisted living facilities, from partial to full assistance and at various price levels, cluster or group living, and services that allow home living and care. Other aspects of this vision make these living options viable, such as transportation. All housing choices include an element of encouraging “community”.

The other major part of this vision is an expanded health care system. Current services such as adequate numbers of physicians, emergency care, meals-on-wheels are to be maintained. In addition, full hospitalization services are available, as well as a good hospice program, including pastoral care.

Our category of individuals is unlikely to be able to drive, so efficient, available transportation services are provided. This would include very personalized services that transport the infirm and elderly from door to door (we cannot be dropped off by a bus on the corner.) Our group’s vision includes a central agency—volunteer or governmental—to refer people to various services such as abuse help, legal needs, personal services, sources of funding. Another aspect of this included assistance for insurance claim processing.

The vision reflected above deals a lot with physical needs. There are more opportunities for socialization with our age group and with other generations.

Blue Panel Vision Statement

Sedona has become a caring, compassionate and aware community in dealing with its elders. There is a fully functioning center for elderhood which assists all levels of older adults in meeting their various needs. It is the base for a “911” type of number well known by all as the source for any information needed. This center would be supported by a combination of public and private sources. It would be a clearinghouse for a broad spectrum of services available, including legal, employment, educational, social, medical, health and nutrition, transportation and hospice.

All of the needs of our older citizens are easily met for all income levels on a sliding scale where appropriate. Social Security and Medicare issues have been resolved. There are job opportunities for those who desire to work available in light and clean industries.

Education relating to aging issues and planning for elderhood and intergenerational relationship building begins in elementary school. Local educational opportunities for older persons include career training and enrichment at Yavapai and Coconino Community Colleges as well as NAU.

There is an intergenerational community center which includes socialization and recreational opportunities and interest guilds as well as day care for both adults and children. Intergenerational relationships are also developed through travel opportunities. There are home-based activities available for those unable to attend congregate functions. Volunteer opportunities are readily available even to the oldest of the old, and are found through the Center for Elderhood. Those in the “sandwich generation” have support groups available to them to deal with their dilemma of trying to care for their children and their elders at the same time. Teenagers are committed to caring and nurturing through participation in various community organizations. Friendship and neighborhood networks are in place throughout the community.

There is increased mobility in the community, enhanced by roads and sidewalks which are well maintained. Traffic congestion has eased with more neighborhood routes available for both drivers and pedestrians. Regular public transportation exists not only within Sedona, but on a regional basis. It includes door to door stops in Sedona and transportation for the handicapped on an appointment basis.

A wide variety of housing options are available and include low-cost, high density housing, assisted care facilities secured memory impaired facilities, more nurturing-style long term care facilities and homes planned for easy conversion to accommodate the needs of older citizens. Failed time-shares have been converted to assisted care facilities.

There is an adequate number of qualified and capable care givers as well as high quality medical, wellness and functional fitness facilities which include more medical specialists. Home-based medical care is available from nurses, doctors and nurse practitioners. Home care is available for help with active daily skills, personal care and housekeeping. Regularly scheduled mobile units are available at shopping centers to offer certain health services. There is a 24-hour telephone or online check in service which also functions as a chat line. There is greater neighbor and caregiver involvement in reporting elder abuse following the policy of zero tolerance and stiffer penalties for abusers. Sedona is truly thought of as a community which is friendly and accommodating to all ages.

Red Panel Vision Statement

Vision Statement of 20 year-old couple:

To ensure the future generations in Sedona financial security, integrated/affordable housing, education, cultural needs and to maintain a healthy environment.

Sandwich generation:

We visualize that all local transportation issues have been solved. A community hub exists for local use or referral of visiting families of local elders to necessary resources or necessary counseling services. We of the sandwich generation network in providing respite for each other and the community provides a wonderful adult day care program, free to those who need to be subsidized. We teach our children to participate in the care-giving process, producing respect and values of the elder's wisdom and experience. A patient advocacy program is in place for solving medical challenges. Certified geriatric specialists from the Gerontology program of Yavapai College will visit our elders.

Widows and widowers:

I Community Center

A. Clearinghouse for resources

- 1) Internet, phone, print, in person
- 2) Churches, mortuaries, hospice included
- 3) Legal, financial, physical, emotional, mental, social and spiritual resources included:

B. Place to congregate for younger and older

C. Access to Internet

D. Participation in activity/education

II Social Interaction – Above resources and neighborhoods provide for this

III Transportation system has been in place since 2008

IV Private sector provides options such as cremation and/or alternative burial methods because of lack of space for traditional burial.

The oldest of the old:

Our group, the oldest old, has come to terms that as the elderly of Sedona all of our needs have previously been met. In past decades we have been given the opportunities to continue with education. Public transportation systems have been applied in Sedona to assist mobility for the retired to the oldest old. We have been provided with the opportunity to interact with the youth, which has benefitted both our emotional and mental health as well as providing a means of revitalization of the heart and soul. We have been assisted by those who helped and continue to help with

nutrition and health care. Physicians have always been available to us, and we have no anxiety about the future and what it may hold. Now, as we are in a state of dependency and frailty and a need of provided medical assistance we are provided with an environment that allows individuals consisting of the oldest old to come together and address the often hushed issues of death and fear. We as Sedona's oldest old have not been ignored. Sedona has provided itself to be an outlet for self expression and wellness. The fear of growing old and ending one's life has been diminished. We now are left to reflect on the lives we have led and things we have learned. Because of Sedona's assistance as a community, we feel that when the time comes, we will leave earth without worry.

COMBINED VISIONS:

A COMMUNITY CENTER- ("HUB") HAS BEEN ESTABLISHED AS:

A PLACE TO CONGREGATE, INTERACT (INTERGENERATIONALLY)

RESOURCE CLEARING HOUSE

COUNSELING AND GUIDANCE

RECREATION AND LEISURE

CULTURAL CENTER

CONTINUING EDUCATION – educational activities for all ages

VOLUNTEERING AND OPPORTUNITIES TO BE USEFUL

MULTI GENERATIONAL CARE CENTER

We have:

Public transportation

Assisted living housing

Health care, elder care and respite care

Better jobs for all ages fostering economic, health of the community

Clean, healthy environment

Appendix II - Forum Discussion Outline

AGING IN SEDONA: MEETING THE CHALLENGES DISCUSSION OUTLINE

Session I: Philosophical Overview

1. Should government be relied upon to provide more services for the elderly or should private enterprise be called upon to provide such services? If the latter, what services should be provided by government? How might they be paid for? What services are best provided for by private enterprise?
2. Identify the core values that should guide Sedona as we address the needs and concerns of older adults.
3. How important are intergenerational residential living practices and intergenerational community activities? in Sedona?
4. What are some of the contributions of older adults to the community? Do older adults place an undue burden on society?
5. What sort of tensions exist between generations?

Session II: Identifying Issues and Conflicts

1. Discuss the demographic make-up of Greater Sedona and its implications for addressing the needs and concerns of older adults. What are the implications of living longer in Sedona?
2. What are the needs of the oldest old and how can they be addressed?
3. How do physical and social isolation affect older adults in Sedona?
4. What are the primary obstacles and constraints to effectively addressing the needs of older adults in Sedona?
5. What types of neighborhoods and communities best fit the needs of Sedona's older population?
6. What type of additional services or programs are needed? What, if any, obstacles exist to prevent the development of such services?

In answering these question you may wish to address some or all of the following aspects as appropriate

- A. Economic Security, Employment and Retirement Security
- B. Continuing Education, Recreation and Leisure
- C. Community Participation and Volunteerism
- D. Transportation
- E. Housing and Assisted Living
- F. Health Needs, Health Care and Elder Abuse

Session III: Visioning

Each discussion panel will be divided into three sub-groups who will engage in a visioning process for the first part of the session. The entire discussion panel will then reconvene and synthesize the three sub-group visions into a consensus vision statement for the panel as a whole.

The Assignment: Imagine the year is 2011. Describe the significant ways in which Sedona has prepared for meeting your needs and ensuring a high quality of life. Paint an ideal yet realistic picture of the quality of life experience of older adults in the community. Be sure to address the issues that were raised in each of the six areas of concern identified in the previous discussion session.

Session IV: Action Plans

The Assignment:

Consider policy recommendation, program development, and advocacy efforts for each of the six

discussion areas addressed in the previous sessions:

1. Economic Security, Employment and Retirement Security
2. Continuing Education, Recreation and Leisure
3. Community Participation and Volunteerism
4. Transportation
5. Housing and Assisted Living
6. Health Needs, Health Care and Elder Abuse

1. Identify the action plan needed to achieve your vision in the following implementation periods:

Short Term: 1 to 5 years

Long Term: more than five years

2. Describe the appropriate roles and responsibilities to be taken on by the following entities to achieve each strategy.

Citizens of all ages

Older Adults

Community Organizations

Private Enterprise

Schools

Local, County, State, and Federal Government

Appendix III - Forum Panel Members

PINYON Panel	JUNIPER Panel	PONDEROSA Panel
The "Red" Panel	The "Blue" Panel	The "Green" Panel
CHAIR: Jim Eaton	CHAIR: Tom Leenhouts	CHAIR: Ray Jegge
RECORDER: Kathy Levin	RECORDER: Sandy Moriarty	RECORDER: Ginny Duncan
<i>Panelists:</i>	<i>Panelists:</i>	<i>Panelists:</i>
Ken Johnson	Walter Bache	Tom Kelley
Joni Alexander	Kay Raddatz	Shirley Caris
Nancy Jones	Jan Davis	Nancy Robb Dunst
Linda Stevenson	Sheldon Finkelstein	Carol St John
J. Rex Hubbard	Barbara Schay	Jo Anne Keiser
Laura Rumann	Ken Anderson	Larry Drake
Anne Murphy	Dorothy Staskey	Olga Noyes
Barbara Parish	Harriett Smith	Louise Wolverton
Louis Getoff	Isabelle Getoff	Annemarie Welch
Terry Gorton	Arthur Thomas Knell	Devon Smith
Kathie Lyons Conrad	Bill Oriol	Sheila Joroff
Bob Baughman	Madeleine O'Callaghan	David Tracy
Marlene Latham	William Dewald	Hevka Sramek
Nick Chandler	Letha Conrad	Lou Methfessel
Rosemarie Hospodor	Jim Sebert	Paul Ewing
Lester Adler	Jan Grutzius	Joy Carlson
Pamela Barton	Linda Wolfe	Dick Levy
Stephen Grutzius	Nick Calvano	Jonathan Wong
Melissa Rubin	Larinn Southwell	Allie Olson
Rita Livingston		Hazel Wait
Scott Davis	Marshall Worden	Denise Lapp Tallman
<i>Technical Representative</i>	<i>Technical Representative</i>	<i>Technical Representative</i>

Appendix IV - Forum Committees and Staff

Conference Steering Committee

Denise Lapp Tallman, *Conference Chair*

George Tice, *Budget and Accounting*

Dick Dahl, *Research Committee Chair*

Syd Hall, *Physical Arrangements Chair*

Sandy Moriarty, *Participant Selection Chair*

Lisa Hirsch, *Student Participant Coordinator*

Bea Axline, *Staff Member*

Tom Shuman, *Staff Member*

Ed Southwell, *Staff Member*

Plenary Session Committee

Dick Dahl, *Plenary Session Report Caster*

John O'Brien, *Plenary Session Recorder*

Conference Report Committee

David Keeber, *Co-Chair*

Steve Hansen, *Co-Chair*

Jim Eaton, *Member*

Coleman Greenberg, *Member*

Charlie Hawkins, *Member*

Report Design and Production

Steve Hansen

Appendix V - Forum Conference Speakers

Dr. Bruce Clark

Co-founder, Age Wave, LLC and Senior Vice President, Age Wave IMPACT

Ferenc Nagy, MD

Medical Director, Kachina Point Health Care and rehabilitation Center

Mary Beals-Luedtka

Elder Rights Unit Supervisor, Northern Arizona Council of Governments (NACOG)

Anne H. McKinley

Program Developer, Yavapai College Institute of Applied Gerontology

Meg S. Fenzi

Program Developer, Yavapai College Institute of Applied Gerontology

Marston Beatty

Senior Professional Trainer, Sedona Spa

Jigger Warren

Massage Therapist, Sedona Spa

Sedona Red Rockin' Grannies

A program sponsored by the Adult Community Center of Sedona

Ken Johnson

Investment Executive, Edward Jones

Appendix VI - Information on Past Forums

- Sedona Forum I: January 1985*
The Challenge of Growth and Development to the Greater Sedona Area
- Sedona Forum II: January 1986*
Water Quality/Quantity and Sanitation in the Sedona Area
- Sedona Forum III: February 1987*
Growth Management and Land Use Planning
- Sedona Forum IV: January 1988*
Sedona – Assuring a Quality Future
- Sedona Forum V: January 1989*
Achieving a Unified Community in the Greater Sedona Area – Maximizing Opportunities and Resources
- Sedona Forum VI: January 1990*
Our Cultural Values – Past, Present and Future
- Sedona Forum VII: January 1991*
Environmental Quality in the Sedona/Verde Valley Area
- Sedona Forum VIII: February 1992*
Sustaining the Sedona Area's Economy
- Sedona Forum IX: February 1993*
Building Community through Citizen Involvement
- Sedona Forum X: March 1994*
Building Partnerships with the U. S. Forest Service
- Sedona Forum XI: March 1995*
Congestion or Conservation – Do We Have Choices?
- Sedona Forum XII: March 1996*
Tourism Management for a Sustainable Future
- Sedona Forum XIII: March 1997*
Creating a Healthy Community for Children and Youth
- Sedona Forum XIV: March 1998*
Issues and Impacts
- Verde Valley Forum 1999: June 1999*
Regional Planning & Growth Management
- Sedona Forum 2000: December 2000*
Aging in Sedona – Challenges and Opportunities

Background Research Reports and Final reports are still available for most, but not all, of the past Sedona Forums. A full collection is available at the Sedona Library. Copies of available reports may be obtained from the Sedona Academy by calling 928-282-2184, or writing to: Sedona Academy, PO Box 2696, Sedona AZ 86339.

Appendix VII - The 2000 Sedona Academy Board

Executive Committee

Judy Adams	Steve Hansen
Dick Dahl	Gene Holloway
Jim Eaton	Denise Lapp Tallman
Joyce Forney	Sandy Moriarty
Louis Getoff	Tom Shuman
Jan Grutzius	Ed Southwell
Sid Hall	George Tice

Board Members

Bea Axline	Max Licher
Frank Besnette	Anita MacFarlane
Jennette Bill	Ed McGavock
Mildred Chapin	Russell Moker
Virginia Duncan	Anne Murphy
Dick Ellis	Patricia Oriol
Isabelle Getoff	William Oriol
Cole Greenberg	Margo Running
Stephen Grutzius	Barbara Schay
Lisa Hirsch	Harry Schoenberg
Judith Keane	Pat Schweiss
Bill Kusner	Kathy Shriver
Tom Leenhouts	Larinn Southwell
Kathy Levin	Armor Todd
Lewis Levin	Al Wolfe



For more information about the Sedona Academy of Public Affairs,
The Verde Valley Forum, or the Sedona Forum, please contact us at:

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