

HEY NEIGHBOR

Turn your neighborhood into a community. One Carmichael neighbor is quickly turning into legend. Over the past several years, Graham McBain has been quietly turning his charming Garfield Estates into a cohesive, interactive community of 200+ households with regular and seasonal activities for young and old alike. He is now on a mission to turn 10,000 neighborhoods into communities. If you would like to be a part of this movement, reach out to Graham on Facebook or email info@moailiving.com.



HIGHLIGHT STORY

Aging in Sacramento.

There is a demographic change happening across the nation and a local movement is attempting to tackle the issues before they become problematic. Pg. 3

JUMP ON BOARD

Helping turn your neighborhood into a community.

BY CRAIG FOWLER

On the small island of Okinawa, Japan, there is a concept of community support called MOAI. These MOAI are a lifelong support network of friends and family who get together on a very regular, weekly basis to support each other (emotionally, spiritually, instrumentally), provide companionship to each other and to embrace the ups and downs of the aging process, together.

Living in a supportive community of individuals, young and old, who believe longevity should be embraced provides the strength and resilience demanded of dignified aging. Knowing that you are not alone, that there is a support system that will help you in your times of need allows for the peace of mind and confidence required to live your best life. Pg. 2

We would like to provide you with the tools and resources, the network, you need to create and be a part of your own MOAI. We will talk about events and services happening at the State and County level as well as activities in your community that will help you get involved and meet new people who share your values and vision.

In my hometown of Carmichael, we offer this concept of MOAI at our senior care homes, MOAI Living, and urge active family and community involvement in our homes. We are involved with the Hey Neighbor movement with founder Graham McBain who is striving to develop 10,000 neighborhoods into communities. We are also

actively involved in the Sacramento LADAP initiative at the County level and reaching out to out-of-state organizations such as Bridge Meadows, a Multigenerational Housing Community offering



affordable apartments to seniors, foster youth, and their families. You don't have to change the world, you just have to change your neighborhood.

A big part of our effort is to CONNECT you with the resources and services that you either do not know about or are unable to access. We will talk about new and old programs and provide you with the means to contact these services.

We hope you join us in this journey to CONNECT our neighbors and create the support system we all need in order to strive. Don't be shy. Reach out to info@moailiving.com To learn more about the above referenced organizations:

www.moailiving.com
www.bridgemeanows.org
<https://www.agefriendlyaccounty.org/action-plan>

RECOMMEND READING

IKIGAI by Héctor García and Francesca Miralle



This book explores the Japanese concept of ikigai, or “a reason for being,” as the key to a longer, more

fulfilling life. The book offers interviews with centenarians from Okinawa, a “Blue Zone” of

high longevity, with insights from psychology and self-help experts.

The core philosophy is a Venn diagram showing ikigai as the intersection of four elements:

1. *What you love*
2. *What you are good at*
3. *What the world needs*
4. *What you can be paid for*

By finding where these areas overlap, you can identify your own life's purpose and experience a daily sense of meaning. Embracing this purpose, rather than retiring, is a key to a long and happy life.

AGING IN SACRAMENTO

SACRAMENTO COUNTY LOCAL AGE AND DISABILITY ACTION PLAN

Working To Enhance Livability And Accessibility.

By 2030, Sacramento County will have 40,000 more older adults than it does now. By 2060, it will have 300,000 more. In order to prepare for this demographic shift, on February 25, 2025, the Board of Supervisors approved Sacramento County's Local Age and Disability Friendly Action Plan (LADAP), launching a community driven effort to advance accessibility, inclusion, and

How humans interact with their environment changes over time. A person's quality of life is impacted by either a change to their own personal capacity, or a change in the capacity of the environment to support them. Creating "habitats for humanity," where people can adapt the environment to better meet their needs, will lead to better aging outcomes.

Goal #1 Housing for All Ages & Stages: We will live where we choose as we age in communities that are age, disability, and dementia-friendly and climate and disaster-ready.

Goal #2 Health Reimagined: We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.

Goal #3 Inclusion & Equity, Not Isolation: We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

Goal #4 Caregiving : That Works
We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.

Goal #5. Affording Aging: We will have economic security for as long as we live through a network of affordable and accessible support.



equity for older adults and individuals with disabilities.

LADAP offers a holistic approach to human life where individuals and communities are seen as part of a larger, interconnected ecosystem. Human well-being co-exists with the health and dynamics of the broader environment: natural ecosystems, economic and social systems, and the built environment.

LADAP brings together a diverse group of professionals from the private and public sectors to address these ever-changing needs and offer suggestions to better the outcomes for all of our residents. These teams have set their own unique priorities and solutions with these goals:

As the Age-Friendly Sacramento County initiative moves forward, LADAP will evaluate the impact of its' efforts and provide biannual updates to all partners and residents. Every five years, the process will be repeated by developing new goals as previous ones have been accomplished. By continuously seeking improvements, Sacramento County will become more age and disability friendly over time.

To learn more about Sacramento LADAP please visit:
<https://www.agefriendlysaccounty.org/action-plan>

CRAIG FOWLER



A lifelong resident of Sacramento and strong community advocate. He works with various senior service organizations as well as the San Juan Unified School District, breaking barriers and creating opportunities.

Community involvement and active participation is critical to addressing and resolving the issues that affect

each and every one of us. It is up to each of us to make an effort to make a difference. Spread information with your friends and loved ones. Report suspicious and unusual activity to the appropriate authorities. Check in on your lonely neighbor. Be actively involved.

Craig M. Fowler

MOAI LIVING



2025

Best of Carmichael

COMMUNITY BOARD



SPOTLIGHT

**TUESDAY,
NOVEMBER 18, 2025
1 PM - 2 PM**



CARMICHAEL LIBRARY
4605 MARCONI AVENUE

KEY CONNECTIONS CO-LIVING

Gail Samuels with Agency on Aging Area 4 is connecting older people with an available room for rent to people looking for an affordable space to live, allowing older adults to age in place, foster social connections and improve quality of life.

PRESENTATION BY GAIL SAMUELS,
CO-LIVING COORDINATOR
KEY CONNECTIONS, AGENCY ON
AGING AREA 4

Connecting people with an available room for rent to people looking for an affordable space to live, making meaningful social connections and helping older adults age in place.

AREAS SERVED:

Placer, Sacramento and Yolo Counties.

OPEN TO:

All adults; one participant must be 60 years or older.

SERVICES:

KEY CONNECTIONS provides free background checks and tenant agreements.

**Do you have an
extra room in your home
you want to rent?**

**Are you looking
to rent a room
and share a home?**



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