

Saco – Age Friendly Saco

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Website: http://www.sacomaine.org/departments/boards_and_committees/age_friendly_saco.php

Facebook URL: <https://www.facebook.com/AgeFriendlySaco/>

Mission Statement: Age Friendly Saco’s mission, “ A Community for a Lifetime”, is to promote active aging by optimizing opportunities for health, engagement, and safety while removing barriers that prevent our citizens from remaining in their homes as they age. This will be accomplished through engagement with community organizations as well as collaboration with the City of Saco and the recruitment of community volunteers for the delivery of services that will empower residents to remain in and engaged in their community.

Programs & Documents 501c3 designation, Sand Buckets Program, Multigenerational gardens, Weatherization program, Handy Neighbor Program, Knox Boxes Lending program for low-income residents, Dinner Dances, Meet Your Legislators, Email distribution lists, Quarterly newsletters, Resource Guide, Refrigerator Resource Magnet, Age Friendly Rate during winter months at Hampton Inn, Accessible Beach Mats with beach wheelchair and walker, Office Hours with the Medicare Expert, & Wellness Fairs

Progress:

	Formed a steering committee (X) town appointed () stand-alone committee (X) 501c3 () Written By-Laws
	Completed Assessment
	AARP/WHO Approved Action Plan
	AARP/WHO Approved After-Action Progress Report

Implemented Programs (Domains)

- (Outdoor Spaces and Buildings) 2018 Challenge Grant winner. The age-friendly team worked with the city to install ADA-compliant beach mats and devices to improve mobility and accessibility to local beaches for all. Using monies available through a different grant programs, the age-friendly team also developed an intergenerational garden with an annual "harvest" meal for all ages.
- (Transportation) (1) Developed mini-bus transportation service for people living in congregate housing to go shopping once/week. (2) Working with OOB & Saco - TriCity Transportation Committee. (3) Creation of Guide to transportation services in tri-city area.
- (Housing) (1) Handy neighbors program (2) Window Dressers Program (3) Property tax abatement program (4) Knox box program (awareness/working with local hardware store) (5) Hampton Inn winter residence (5) Sand bucket program (6) Tool table--adaptive equipment awareness program
- (Community Support and Health Services) (1) Partnering with regional medical equipment loan project to provide for Saco residents (2) Commodity food program (3) Intergenerational accessible community garden (4) Medicare expert meets with residents to make sure they are accessing the income-based programs they are eligible to receive
- (Social Participation) (1) Volunteer Forum and Wellness Fair (2) Annual Swing into Spring event (3) Annual Harvest Dinner Dance (4) Partners with Rec Department, library and other organizations to get word out about activities
- (Respect and Social Inclusion) With OOB Community Friendly Connection, hosted "Aging Literacy: Disrupting Aging in Your Community" for age-friendly communities in Maine.
- (Civic Participation and Employment) (1) Meet and Greet with local representatives and senators (2) Recruiting volunteers for steering committee as well as people interested in working on a specific initiative or domain.
- (Communication and Information) FB page, AF Newsletter