

The Lifelong Communities Fellow Program

presents

Lifelong Communities: Planning for Action

Our Guides:

Karen Campbell, Bob McIntire, Anne Schroth, and Dyan Walsh

Sponsored by the Maine Center on Aging, with funding from the Maine Community Foundation



Lifelong Communities Fellow Program, 2020/21



Karen Campbell
Host: Dexter



Ellen Ceppetelli
Host: Madison



Nancy Davis
Host: Dover-Foxcroft



Candy Eaton
Host: Caribou



Donna Palmer
Host: Limestone



Mary Beth Paquette
Hosts: Millinocket
and Waldo County

Sponsored by the Maine Center on Aging, with funding from the Maine Community Foundation



Jennifer Crittenden
UMaine Center of Aging



Laura Lee
Maine Community Foundation

Lifelong Communities: Planning for Action

Our Guides:



Karen Campbell



Bob McIntire

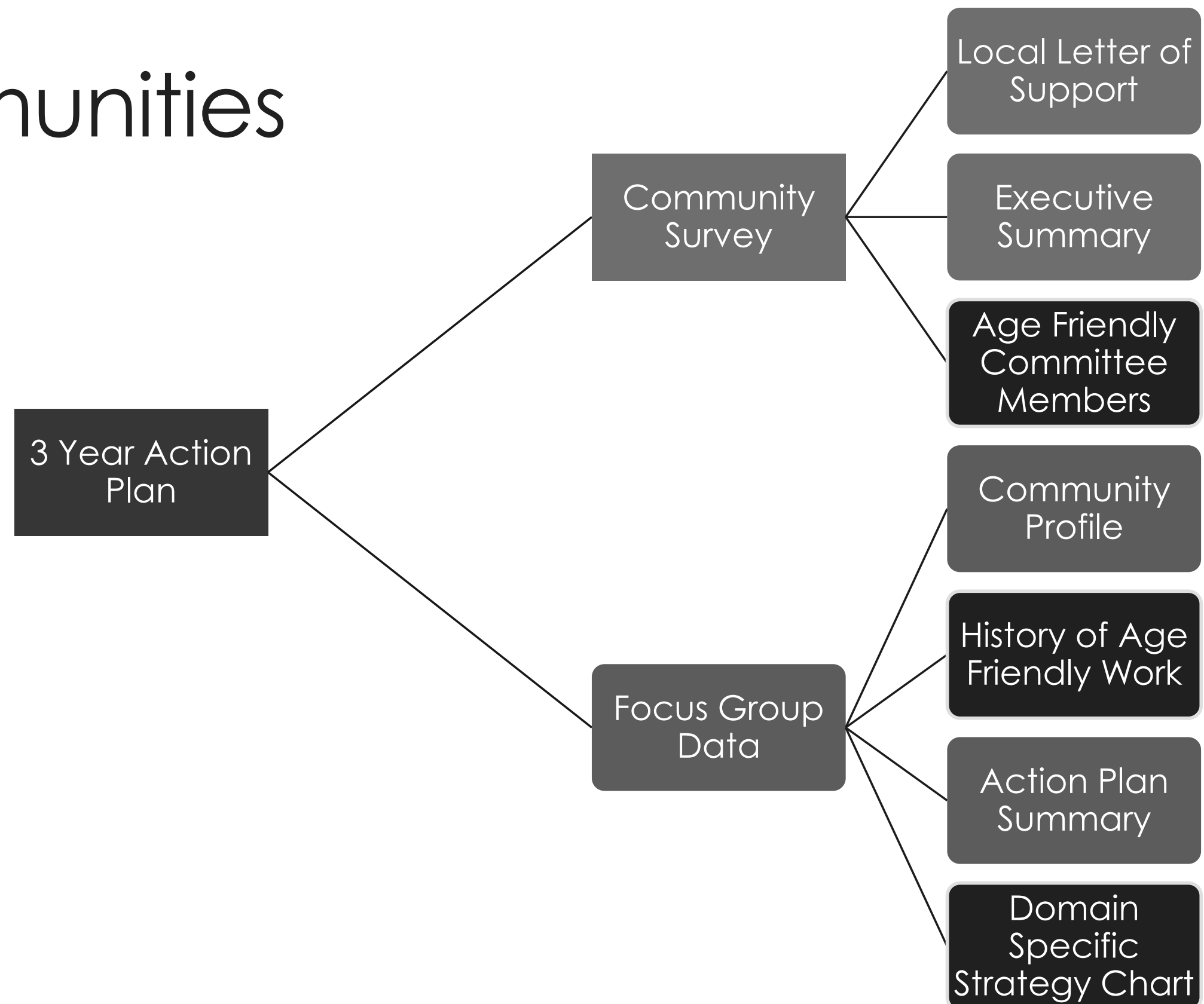


Anne Schroth



Dyan Walsh

Livable Communities Action Plan

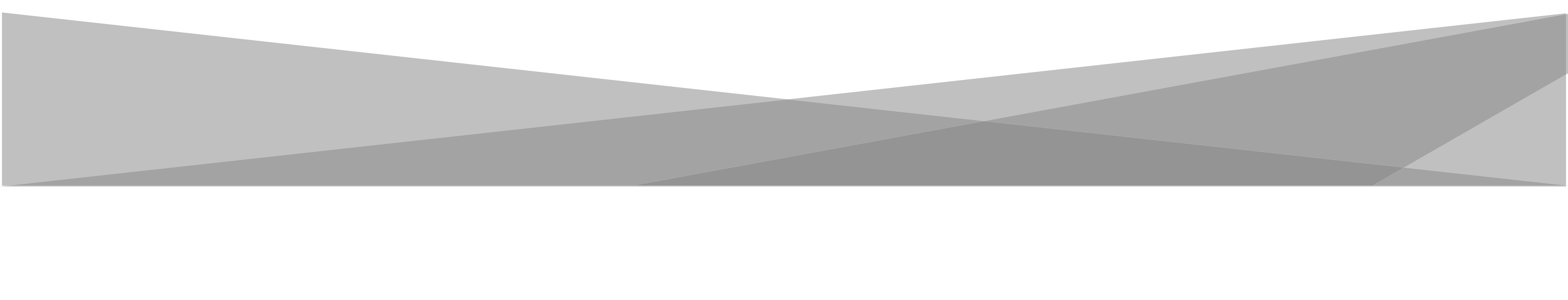


Creating the Action Plan

LOCAL LETTER OF SUPPORT

- Letter to AARP Maine State Director (Lori Parham)
- Examples abound on AARP.org or by contacting any Livable Community and reviewing their Action Plan
- Letter is from Town Manager

EXECUTIVE SUMMARY

- Summarize key highlights/accomplishments to date
 - Mission Statement
 - Vision and Values
 - Key Participants in Age Friendly work to date. Be broad in your inclusion
- 

Creating the Action Plan

Age Friendly Committee Members

Community Profile

Town
Employees

Community
Partners

Businesses

What Makes
Your
Community
Special?

Community
Members

Vacation spot?
Nature? Vibrant
Community?

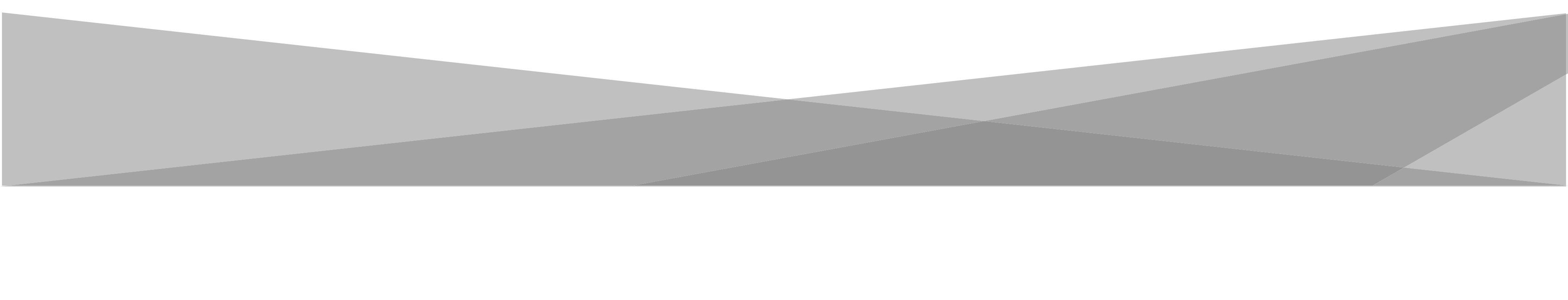
Comprehensive
Report

Creating the Action Plan

HISTORY OF AGE FRIENDLY WORK

- How/when did your group form?
- How did you engage the community in the conversation?
- Summarize key points that emerged

ACTION PLAN SUMMARY

- Use the 8 Domains of Livability to organize and summarize areas your Livable Community Committee will be focusing on
 - Your Action Plan may not include action items in all 8 domains – THAT'S OK!
 - Use this Action Plan Summary to establish Year 1, 2, and 3 goals
- 

Creating the Action Plan

Domain Specific Strategy Chart

Domain

Goal

Project #1

Responsibility of

Action Steps

Resources/Support/Community Partners

Potential Barriers/Resistance

Communication Plan

Metrics

Time Frame/Status

A decorative graphic at the bottom of the slide consisting of several overlapping, semi-transparent gray triangles and polygons of various shades, creating a complex, abstract geometric pattern.

Creating the Action Plan

8 week timeline

EX. 1: DIVIDE AND CONQUER

Week 1: Assign the following to 1-2 members each;

Executive Summary, Community Profile, History of Age Friendly Work and Action Plan Summary

Week 2: Review progress. Recommend edits.

Letter of Support from Town

Week 3: Review edits. Recommend final edits.

Begin Domain Specific Strategy Chart

(Domain 1 &2)

Week 4-6: Continue work on Strategy Chart

2 Domains each week

Week 7: Review full Action Plan, Share with Patricia Oh

Final Edits

Week 8: Present Action Plan to Municipality for approval

EX. 2: SECTION BY SECTION

Week 1: Executive Summary, Community Profile

Week 2: History of Age Friendly Work and Action Plan

Letter of Support from Town

Week 3: Begin Domain Specific Strategy Chart

Domain 1 and 2

Week 4-6: Continue Work on Strategy Chart

2 Domains each week

Week 7: Review full Action Plan, Share with Patricia Oh

Final edits

Week 8: Present Action Plan to Municipality for approval

Blue Hill
Brooklin
Brooksville
Castine
Deer Isle
Penobscot
Sedgwick
Stonington
Surry

**AGE-FRIENDLY
Coastal Communities**



Where **AGING** and **THRIVING**
go hand in hand

Planning for Action

A program of Healthy Peninsula and its community partners



Town Select Boards	Blue Hill, Brooklin, Brooksville, Castine, Deer Isle, Penobscot, Sedgwick, Stonington, Surry
Medical & Social Service Providers	Aroostook Mental Health Center, At Home (a program of Downeast Community Partners), Beth C. Wright Cancer Resource Center, Northern Light Blue Hill Hospital, Community Health & Counseling Services, Eastern Area Agency on Aging, Friends in Action, Friendship Cottage (a program of Downeast Community Partners), Healthy Acadia, Healthy Island Project, Healthy Peninsula, Hospice Volunteers of Hancock County, Northern Light Homecare & Hospice
Community Organizations	Blue Hill Heritage Trust, George Stevens Academy, Blue Hill Public Library, Friend Memorial Library, New Surry Theatre & Performing Arts School, Witherle Memorial Library
Emergency Providers	Castine Fire Rescue Department, Memorial Ambulance Corps, Peninsula Ambulance Corps
Businesses	Penobscot Bay Press, Blue Hill Peninsula Chamber of Commerce, Deer Isle-Stonington Chamber of Commerce
Community Volunteers	Betsy Armstrong, Lila Balch, Si Balch, Claire Connor, Allan Currie, Doug Cowan, Bery Kornreich.

The Demographics of Aging in Towns on the Blue Hill Peninsula

The Blue Hill Peninsula, home to approximately 11,303 people, has many age-friendly features that make it a great place to live. The median age ranges from 22 in Castine to 57 in Brooklin. Nearly one in four (24%) have attained the milestone of their 65th birthday¹. More than half (52%) of the 4,974 households include at least one person age 60 or older².

Living Arrangements: While the majority of older people (51%) live with a spouse, many live alone. The majority (70%) of people living alone are women³. One in five (17%) older residents moved to their home in the Blue Hill Peninsula less than 15 years ago⁴. Recent movers have fewer social ties and are at greater risk for social isolation than their peers who have lived in the same home for a longer time.

Home ownership is common, with 84% of older families living in a home they own or are purchasing⁵. Older residents may need help with repairs and modifications to remain comfortable and safe in their homes and to protect their investment.

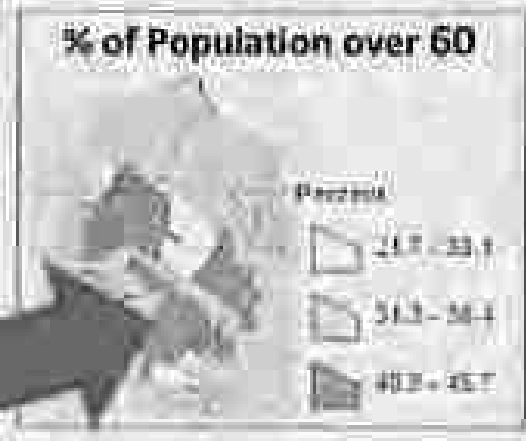
Age of Housing where Older People Live: Older people are more likely to live in older housing stock than are younger people⁶. Older homes need more maintenance and home modifications for older residents to age in place. The need to deal with home ownership is greatest for those aging with a disability that prevents them from doing simple, routine chores safely.

Home Security: Households headed by an older person have a lower needs index than the overall population in the Blue Hill Peninsula. Among older households, there is significant income disparity; 30% of households have less than \$25,000 in annual income while 10% of older households have an annual income of \$100,000⁷.

On the Blue Hill Peninsula: 37% of households age 65 and older have mortgages on their homes⁸. Based on the Elder-Security Index, an older couple with a mortgage living in the Blue Hill region need \$42,394 in annual total income to meet basic needs for housing shelter⁹.

Wellness: Overall, about 17% of people Blue Hill Peninsula residents are veterans but the number grows to 48% of just over the age of 65¹⁰. Veterans (total war & postwar) against poverty: 58% of veterans age 65+ had income less than the poverty rate, compared with 23% of non-veterans. The rate of disability is higher among older veterans than non-veterans; 40% of veterans have a disability, compared with 33% of non-veterans¹¹.

Disability: Blue Hill Peninsula's older residents have a disability comparable with their peers (aged 65+). Nearly 38% of the 65+ Blue Hill Peninsula residents age 65+ have at least one disability¹². The disability rate increased markedly to 40% for people age 75 and older who live in the area¹³. Nearly half (47%) of 65+ residents with a disabling condition live with more than one disability¹⁴. People who live with multiple physical disabilities face an even higher risk of social isolation.



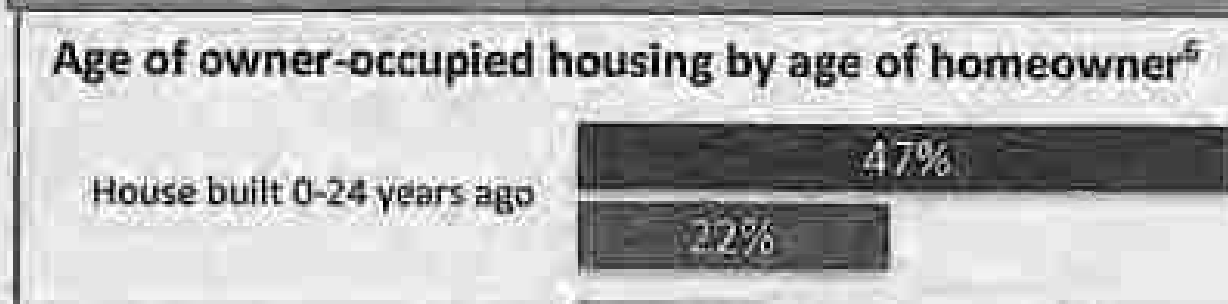
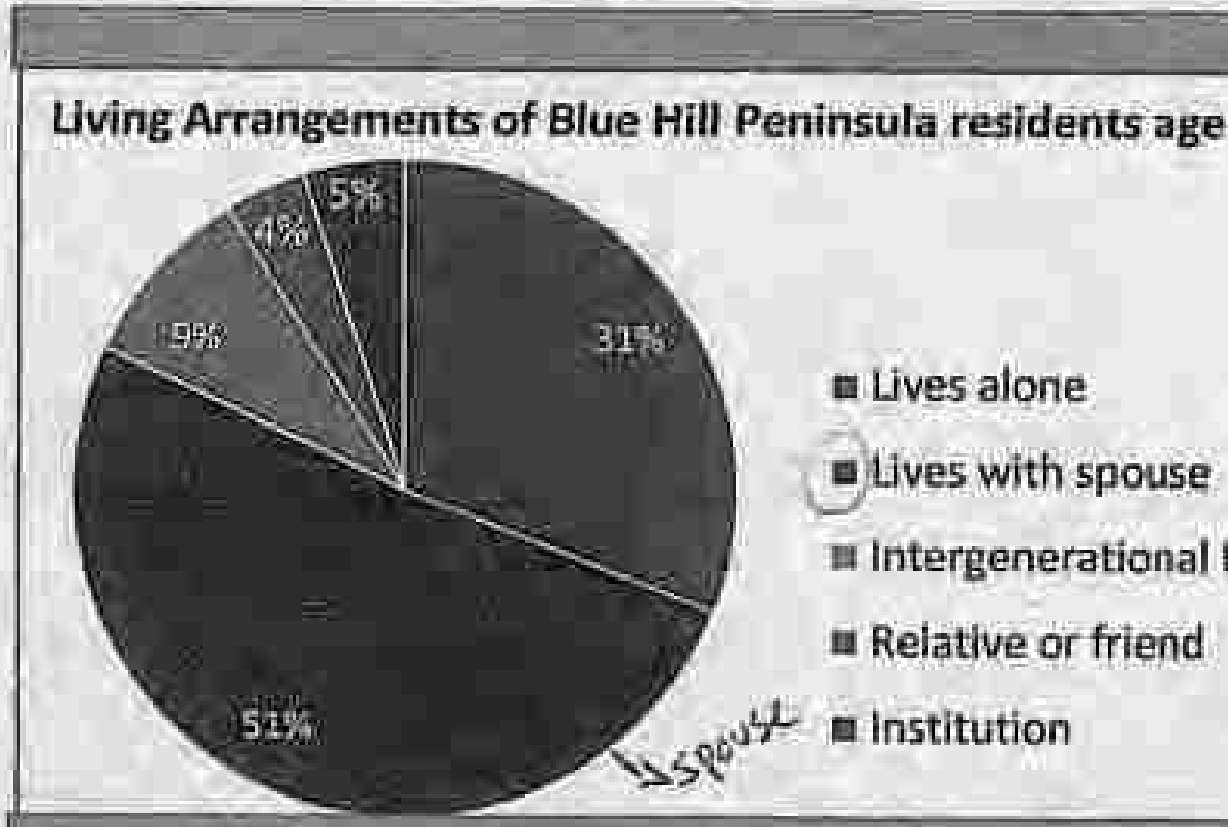
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Living Arrangements: While the majority of older people (51%) live with a spouse, many live alone. The majority (70%) of people living alone are women³. One in five (17%) older residents moved to their home in the Blue Hill Peninsula less than 15 years ago⁴. Recent movers have fewer social ties and are at greater risk for social isolation than their peers who have lived in the same home for a longer time.

Home ownership is common, with 84% of older families living in a home they own or are purchasing⁵. Older residents may need help with repairs and modifications to remain comfortable and safe in their homes and to protect their investment.

Age of Housing where Older People Live: Older people are more likely to live in older housing stock than are younger people⁶. Older homes need more maintenance and home modifications for older residents to age in



% of Population over 60

The Demographics of Aging in Brooklin

Brooklin, home to approximately 1,137 people, has many age-friendly features that make it a great place to live, including a high level of civic engagement and strong sense of community. More than one-third (42%) of the 752 households include at least one person age 60+.

% of Population over 60

The Demographics of Aging in Sedgwick

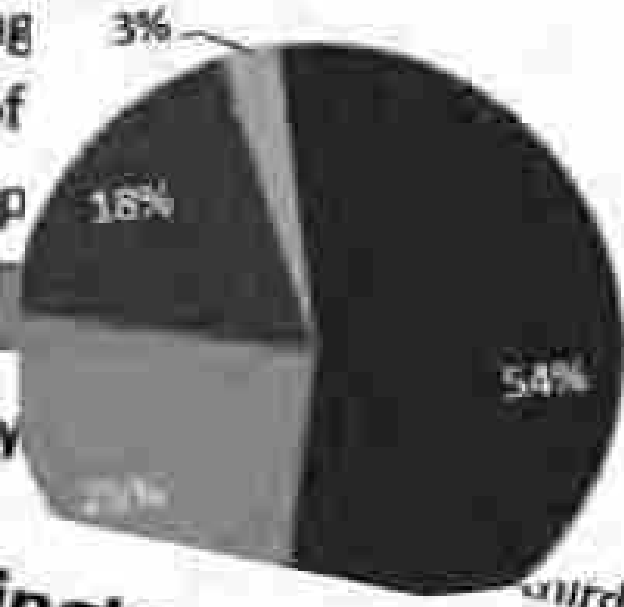
Sedgwick, home to approximately 1,137 people, has many age-friendly features that make it a great place to live, including a high level of civic engagement and strong sense of community. More than one-third (42%) of the 752 households include at least one person age 60+.

% of Population over 60

The Demographics of Aging in Surry

Surry, home to approximately 1,666 people, has many age-friendly features that make it a great place to live, including a high level of civic engagement and strong sense of community. The median age is 46. One of four (28%) have attained the milestone of their 60th birthday. More than one-third (42%) of the 752 households include at least one person age 60+.

Living Arrangements of Sedgwick residents age 65+



- Lives with spouse
- Lives alone
- Intergenerational Family
- Relative or friend

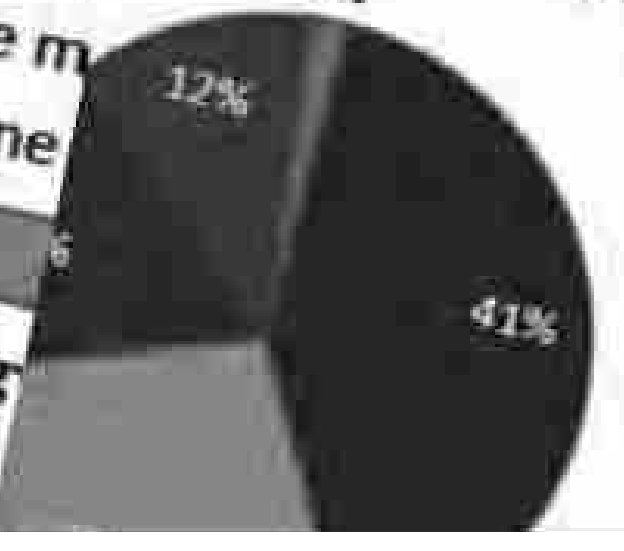
Living Arrangements of Surry

Living Arrangements: While the majority of people live with a spouse, relative, or friend, many live alone. Most (52%) of the people living alone are women. More than one third of the people living alone are women. More than one third of the people living alone are women.

The Demographics of Aging in Stonington

Stonington, home to approximately 1,312 people, has many age-friendly features that make it a great place to live, including a high level of civic engagement and strong sense of community. The median age is 48. One third (30%) have attained the milestone of their 60th birthday. Almost half (45%) of the 587 households include at least one person age 60+.

Living Arrangements of Penobscot



Living Arrangements of Stonington



Living Arrangements: While the majority of people live with a spouse, relative, or friend, many live alone. Most (66%) of the people living alone are women. More than one of four (26%) older residents moved to their home in Stonington less than 15 years ago. Recent movers have fewer social ties and less than 15 years ago. Recent movers have fewer social ties.

Network of Age-Friendly Communities

Membership Dates

Blue Hill	September 2016
Brooksville	March 2017
Castine	March 2017
Brooklin	May 2017
Deer Isle	May 2017
Penobscot	May 2017
Sedgwick	May 2017
Surry	May 2017
Stonington	August 2017

Blue Hill
Brooklin
Brooksville
Caxton
Deer Isle
Penobscot
Sedgwick
Stonington
Sunny

AGE-FRIENDLY
Coastal Communities

Where AGING and THRIVING
go hand in hand

Age-Friendly Coastal Communities
Community Assessment
Final Report



Community
Assessment
completed July
2018.

July 2018

Blue Hill
Brooklin
Brooksville
Castine
Deer Isle
Penobscot
Sedgwick
Stonington
Surry

AGE-FRIENDLY Coastal Communities



Where AGING and THRIVING
go hand in hand

Community Assessment

— Surry Data —

Age-Friendly Coastal Communities (AFCC) is a regional initiative coordinated by Healthy Peninsula that includes Blue Hill, Brooklin, Brooksville, Castine, Deer Isle, Penobscot, Sedgwick, Stonington, and Surry. AFCC is working with older residents to make the region and each community a better place to live, work, and play.

- Between October 28 and December 31, 2017, AFCC conducted a survey of the nine communities to learn what is working in our area to support healthy, active, engaged aging and identify areas for improvement.
- 1000 surveys were mailed to a randomized selection of homes across the 9 towns and an electronic survey was widely distributed through e-mail lists, partner agencies, and social media. In addition, hard copies were distributed in various locations (libraries, town offices) and events (Senior Coffeehouse, happy hours, movie screenings, and more).
- Regionally, 765 residents responded to the survey. Of those, 59 were Surry residents. Almost half of Surry (46%)

8 Domains: Needs, Assets, Gaps & Capacity

What does the Community Assessment say about each domain?	What community assets exist?
What do we have the capacity to change?	What gaps remain?
What will have impact?	What is feasible?

~~ Region-wide and within each town ~~

Community & Health Services

AARP Language

What does Survey Show

Who is working on these issues?

Do we need more information? Is this a priority area?

At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

- 78% of respondents have the health care services they need
- 12% do not have needed health care services
- 26.3% of respondents have fallen in the past year
- 36% of respondents have concerns about falling
- 52.1% of respondents need (or will need) help with home chores
- 33.8% need home modifications to make home safer as they age
- 1.8% of respondents sometimes do not have enough food

This is the work of the MeHAF Rural Health Transformation Grant

Outdoor spaces & buildings

AARP Language	What does Survey Show	Who is working on these issues?	Do we need more information? Is this a priority area?
<p>People of all ages need public places to gather, indoors and out.</p> <ul style="list-style-type: none"> • Green spaces • Safe streets • Sidewalks • Outdoor seating • Accessible buildings <ul style="list-style-type: none"> ○ Elevators ○ Stairs with railings ○ Ramps 	<ul style="list-style-type: none"> • Post offices are the most used public place), followed by the town office, and library. • Poor sidewalks are the main reason some residents do not visit public places, followed by no parking nearby, and poor lighting. 		

Domain 1: Computer-Based OR Deployment
Basic Strategy

How to Implement OR

How to Implement OR

This should be a priority (add a sticky)

I (or my organization) can work on this domain

How to Implement OR

How to Implement OR

This should be a priority (add a sticky)

I (or my organization) can work on this

Domain 1: Computer-Based OR Deployment
Basic Strategy

How to Implement OR

How to Implement OR

This should be a priority (add a sticky)

I (or my organization) can work on this domain

Consensus Priorities

Votes	Domain
11	Community Supports & Health Services
11	Housing
10	Respect and Social Inclusion AND Social Participation
7	Transportation
6	Civic Participation and Employment
4	Outdoor Spaces and Buildings
4	Communication and Information

Priorities From Last Meeting

Votes	Domain
11	Community Supports & Health Services
11	Housing
10	Respect and Social Inclusion AND Social Participation
7	Transportation
6	Civic Participation and Employment
4	Outdoor Spaces and Buildings
4	Communication and Information

Existing Assets and Planned Activities

- ▶ What activities do existing AFCC partners have that address specific domain(s)?
- ▶ What other activities are happening in the community (though maybe not by AFCC partner) that address specific domains?
- ▶ Within our three priority areas, what integrated approach can we develop to create new, stronger, more sustainable activities in that area?

~~ Regional and Town Perspectives ~~

COMMUNITY SUPPORT AND HEALTH SERVICES

Goal: To improve access to and information about medical and social service resources to support health and wellbeing and improve access to timely, coordinated care.

Collaborating Organizations: Healthy Peninsula, Northern Light Blue Hill Hospital, Castine Fire & Rescue, Memorial Ambulance Corps, Peninsula Ambulance Corps, Age-Friendly Coastal Communities Coordinating Council Partners

Beneficiaries: Individuals and families living on the Blue Hill Peninsula, Deer Isle, and Stonington, with some projects focused more narrowly on older people or isolated, underserved older and/or disabled patients of Northern Light Blue Hill Hospital Primary Care Clinics.

Activities <i>What needs to be done?</i>	By whom <i>Who will be responsible for getting it done?</i>	By when <i>By what date will the action be done?</i>	Resources and Support available/needed		Potential barriers or resistance <i>What individuals and organizations might resist? How?</i>	Partnerships <i>What individuals and organizations should be informed about/involved with these tasks?</i>	Metrics <i>What indicators have been identified to measure progress?</i>
			Resources available	Resources needed <i>(financial, human, political, etc.)</i>			
Objective 1: Implement AFCC Community Paramedicine Project							
Implement Community Paramedicine Work Plan established in MeHAF Grant	All collaborating partners, coordinated by Healthy Peninsula	Grant closes 2/28/20	See CP Logic Model	See CP Logic Model	Barriers created by organizational silos, HIPAA, etc.	Community-wide; health/wellness organizations and networks; caregiver networks	See CP Logic Model
Explore sustainability options at end of MeHAF-funded period (Feb. 2020)	All collaborating partners, coordinated by Healthy Peninsula	Grant closes 2/28/20	Partner organizations	Funding, coordination		Collaborating partners	Continuation of project
Objective 2: Implement Healthy Peninsula Traveling Tool Table Project with Local Libraries (and others)							
Maintain tools & devices for display	Healthy Peninsula	Started July 2019 and ongoing, with new exhibits monthly or	Funding, staff time	Funding		Community organizations; libraries; local news outlets	# tools in exhibit

Objective 4: Exercise/Balance/Nutrition/Wellness Classes Offered in Local Communities Throughout the Region

Continue to provide exercise, balance, strength-building classes in local communities	Healthy Peninsula and AFCC will support with information-sharing and resource connection. Classes provided by partner agencies (Healthy Acadia, Healthy Island Project, Eastern Area Agency on Aging, Beth C. Wright Cancer Resource Center)	Ongoing through 2021	Strong collaborative relationships, funding,	Funding, staffing		AFCC Community Partners	# classes offered; location of classes; # participants; reviews of classes
Continue to provide nutrition classes as possible in local communities	Healthy Peninsula and AFCC will support with information-sharing and resource connection. Classes provided by partner agencies (Healthy Peninsula, Healthy Acadia, Healthy Island Project, Beth C. Wright Cancer Resource Center)	Ongoing through 2020-	Strong collaborative relationships, funding,	Funding, staffing		AFCC Community Partners	# classes offered; location of classes; # participants; reviews of classes

Objective 4: Continue information-sharing, local collaboration, and resource expansion for health & wellness activities from community partner organizations and volunteers

See Communication and Information Domain

HOUSING

Goal: To establish a range of home repair resources for older people aging in older homes in the towns of the Blue Hill Peninsula and Deer Isle

Collaborating Organizations: Healthy Peninsula, Eastern Area Agency on Aging, Friends in Action, local libraries, AFCC Partners

Beneficiaries: Older people and their families living in the towns on the Blue Hill Peninsula and Deer Isle

Activities <i>What needs to be done?</i>	By whom <i>Who will be responsible for getting it done?</i>	By when <i>By what date will the action be done?</i>	Resources and Support available/needed		Potential barriers or resistance <i>What individuals and organizations might resist? How?</i>	Partnerships <i>What individuals and organizations should be informed about/involved with these tasks?</i>	Metrics <i>What indicators have been identified to measure progress?</i>
			Resources available	Resources needed <i>(financial, human, political, etc.)</i>			
Build capacity for a Chore Helper Program (collaboration b/w HP and EAAA) with civic organizations or other groups that will serve older people on the Blue Hill Peninsula, Deer Isle, and Stonington	Healthy Peninsula, AAA, AFCC participating partners	2020	Staff time, funding, collaborative relationships	Funding, volunteers, staffing		AFCC partners, community organizations serving the region	Written proposal of project for volunteer recruitment; outline of goals
Research and develop list of trusted contractors	Healthy Peninsula	2020	Staff time, funding, collaborative relationships	Funding, volunteers, staffing		AFCC partners, community organizations serving the region	
Research and develop list of available loans and grants for home modifications, repair, and improvements	Healthy Peninsula	2020	Staff time, funding, collaborative relationships	Funding, volunteers, staffing		AFCC partners, community organizations serving the region	
Healthy Peninsula Traveling Tool Table Project	See Community Support and Health Services Domain						

Blue Hill
Brooklin
Brooksville
Castine
Deer Isle
Penobscot
Sedgwick
Stonington
Sury

**AGE-FRIENDLY
Coastal Communities**



Where AGING and THRIVING
go hand in hand

**Age-Friendly Coastal Communities
Age-Friendly Action Plan**

Submitted by:
Healthy Peninsula
AFCC Coordinating Agency
January 2020

**Action Plan
Submitted and
Approved
January 2020**

A program of Healthy Peninsula and its community partners



PHOTO CONTEST TO FRAME REAL AGING IN MAINE

Photos due: May 09, 2021 (at 12PM EST)

Contest Guidelines:

- Celebrate the diversity of aging experiences in Maine
- Include one person 50+ in the photo
- Open to amateur and professional photographers
- Model release for each person in the photograph
- Submit online: mainecenteronaging.umaine.edu/f-r-a-m-e/.

PRIZE PACKAGES (1 professional and 1 amateur, 1st—3rd place)

- 1st--\$1000 to charity of your choice, \$200 cash, Maine State Vehicle Park Pass
- 2nd--\$500 to charity of your choice, \$150 cash, Box of Maine Gift Box
- 3rd--\$250 to charity of your choice, \$100 cash, 18-piece Ragged Coast Chocolates
- People's Choice--\$250 to charity of your choice, \$100 cash, Lobster Buoy Birdhouse Suet Feeder

For More Information

- mainecenteronaging.umaine.edu/f-r-a-m-e/.
- bit.ly/FRAMELaunchWEB



Jason Paige Smith
jasonpaigesmith.com

FRAME judges and sponsors!

Professional Photographers



Brendan Bullock
brendanbullock.com



Jocelyn Lee
jocelynleestudio.com



Jason Paige Smith
jasonpaigesmith.com

Amateur Photographers



Sara Grant



Ardis Hacker



John Ochira
facebook.com/JohnOchiraPhotography



Elder Abuse
Institute of Maine

Upcoming Learning Opportunities

Ask Age-Friendly Calls

Date: Wednesday, May 19 and June 16 ~ **Time:** 9:00-10:00AM

Guest: Bicycle and Pedestrian Coalition of Maine

Date: Wednesday, July 21 ~ **Time:** 9:00-10:00AM

Guest: Partnering with Heart and Soul initiatives

Date: Wednesday, August 18~ **Time:** 9:00-10:00AM

Guest: Fire Prevention

Date: Wednesday, September 15~ **Time:** 9:00-10:00AM

Guest Topic: State of Maine Age-Friendly Action Plan

To Join: <https://bit.ly/AARPMEEAF>

Phone: 646-876-9923 | Meeting ID: 851 6287 9506 | Password: 103086

Thank you for joining us!

You will get a follow-up email from us within 24 hours that will include a link to the archived version of this webinar.

Please take a few minutes to fill in this survey.

It is anonymous

We will use what you have to say to help us plan future trainings.

FMI: Lifelong Community Fellow Program

<https://mainecenteronaging.umaine.edu/lifelongcomm/>