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

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

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

Jennifer Crittenden
UMaine Center of Aging

Laura Lee
Maine Community Foundation

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Lifelong Communities: Planning for Action

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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

Community Partners

What Makes Your Community Special?

Vacation spot? Nature? Vibrant Community?

Comprehensive Report

Town Employees

Businesses
## 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

<table>
<thead>
<tr>
<th>Domain</th>
<th>Goal</th>
<th>Project #1</th>
<th>Responsibility of Action Steps</th>
<th>Resources/Support/Community Partners</th>
<th>Potential Barriers/Resistance</th>
<th>Communication Plan</th>
<th>Metrics</th>
<th>Time Frame/Status</th>
</tr>
</thead>
</table>

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**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
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
<table>
<thead>
<tr>
<th>Town Select Boards</th>
<th>Blue Hill, Brooklin, Brooksville, Castine, Deer Isle, Penobscot, Sedgwick, Stonington, Surry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical &amp; Social Service Providers</td>
<td>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 &amp; 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 &amp; Hospice</td>
</tr>
<tr>
<td>Community Organizations</td>
<td>Blue Hill Heritage Trust, George Stevens Academy, Blue Hill Public Library, Friend Memorial Library, New Surry Theatre &amp; Performing Arts School, Witherle Memorial Library</td>
</tr>
<tr>
<td>Emergency Providers</td>
<td>Castine Fire Rescue Department, Memorial Ambulance Corps, Peninsula Ambulance Corps</td>
</tr>
<tr>
<td>Businesses</td>
<td>Penobscot Bay Press, Blue Hill Peninsula Chamber of Commerce, Deer Isle-Stonington Chamber of Commerce</td>
</tr>
<tr>
<td>Community Volunteers</td>
<td>Betsy Armstrong, Lila Balch, Si Balch, Claire Connor, Allan Currie, Doug Cowan, Bery Kornreich</td>
</tr>
</tbody>
</table>
The Demographics of Aging in Towns on the Blue Hill Peninsula

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 Brookville. Nearly one in four (24%) have attained the milestone of their 65th birthday. More than half (52%) of the 4,974 households include at least one person age 60 or older.

Living Arrangements: While the majority of older people (51%) live with a spouse, many live alone. The majority (70%) of people living alone are women. One in five (17%) older residents moved to their home in the Blue Hill Peninsula less than 15 years ago. 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 purchasing. 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 people. Older homes need more maintenance and home modifications for older residents to age in
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. Many residents have attained the milestone of their 60th birthday. It is include at least one person age 60+

Living Arrangements of Sedgwick: residents age 65+
- Lives with spouse
- Lives alone
- Intergenerational Family
- Relative or friend
- Younger age-friendly community

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. Almost half (45%) of the 752 households include at least one person age 60+

Living Arrangements of Surry: 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 (36%) have attained the milestone of their 60th birthday.

Living Arrangements of 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 Stonington: 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 are at greater risk for social isolation than their peers who have lived in Stonington longer.

Living Arrangements of Penobscot

Penobscot, home to approximately 727 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 49. One third (31%) have attained the milestone of their 60th birthday. Almost half (45%) of the 338 households include at least one person age 60+

Living Arrangements of Penobscot: 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 (20%) older residents moved to their home in Penobscot less than 15 years ago. Recent movers have fewer social ties and are at greater risk for social isolation than their peers who have lived in Stonington longer.
Network of Age-Friendly Communities
Membership Dates

<table>
<thead>
<tr>
<th>Community</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Hill</td>
<td>September 2016</td>
</tr>
<tr>
<td>Brooksville</td>
<td>March 2017</td>
</tr>
<tr>
<td>Castine</td>
<td>March 2017</td>
</tr>
<tr>
<td>Brooklin</td>
<td>May 2017</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>May 2017</td>
</tr>
<tr>
<td>Penobscot</td>
<td>May 2017</td>
</tr>
<tr>
<td>Sedgwick</td>
<td>May 2017</td>
</tr>
<tr>
<td>Surry</td>
<td>May 2017</td>
</tr>
<tr>
<td>Stonington</td>
<td>August 2017</td>
</tr>
</tbody>
</table>
Age-Friendly Coastal Communities
Community Assessment
Final Report

Community Assessment completed July 2018.
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.

- 1,000 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

<table>
<thead>
<tr>
<th>What does the Community Assessment say about each domain?</th>
<th>What community assets exist?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do we have the capacity to change?</td>
<td>What gaps remain?</td>
</tr>
<tr>
<td>What will have impact?</td>
<td>What is feasible?</td>
</tr>
</tbody>
</table>

~~ Region-wide and within each town ~~
## Community & Health Services

<table>
<thead>
<tr>
<th>AARP Language</th>
<th>What does Survey Show</th>
<th>Who is working on these issues?</th>
<th>Do we need more information? Is this a priority area?</th>
</tr>
</thead>
</table>
| 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

<table>
<thead>
<tr>
<th>AARP Language</th>
<th>What does Survey Show</th>
<th>Who is working on these issues?</th>
<th>Do we need more information? Is this a priority area?</th>
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<tbody>
<tr>
<td>People of all ages need public places to gather, indoors and out.</td>
<td>• Post offices are the most used public place, followed by the town office, and library.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Green spaces</td>
<td>• Poor sidewalks are the main reason some residents do not visit public places, followed by no parking nearby, and poor lighting.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Safe streets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Sidewalks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outdoor seating</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Accessible buildings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Elevators</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Stairs with railings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Ramps</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
This should Be a Priority (at least).
# Consensus Priorities

<table>
<thead>
<tr>
<th>Votes</th>
<th>Domain</th>
</tr>
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<tbody>
<tr>
<td>11</td>
<td>Community Supports &amp; Health Services</td>
</tr>
<tr>
<td>11</td>
<td>Housing</td>
</tr>
<tr>
<td>10</td>
<td>Respect and Social Inclusion AND Social Participation</td>
</tr>
<tr>
<td>7</td>
<td>Transportation</td>
</tr>
<tr>
<td>6</td>
<td>Civic Participation and Employment</td>
</tr>
<tr>
<td>4</td>
<td>Outdoor Spaces and Buildings</td>
</tr>
<tr>
<td>4</td>
<td>Communication and Information</td>
</tr>
</tbody>
</table>
Priorities From Last Meeting

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<td>4</td>
<td>Communication and Information</td>
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</table>
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 ~~
**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.

<table>
<thead>
<tr>
<th>Activities</th>
<th>By whom</th>
<th>By when</th>
<th>Resources and Support available/needed</th>
<th>Potential barriers or resistance</th>
<th>Partnerships</th>
<th>Metrics</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Objective 1: Implement AFCC Community Paramedicine Project</strong></td>
<td>All collaborating partners, coordinated by Healthy Peninsula</td>
<td>Grant closes 2/28/20</td>
<td>See CP Logic Model</td>
<td>See CP Logic Model</td>
<td>Barriers created by organizational silos, HIPAA, etc.</td>
<td>Community-wide; health/wellness organizations and networks; caregiver networks</td>
</tr>
<tr>
<td>Implement Community Paramedicine Work Plan established in MeHAF Grant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Explore sustainability options at end of MeHAF-funded period (Feb. 2020)</td>
<td>All collaborating partners, coordinated by Healthy Peninsula</td>
<td>Grant closes 2/28/20</td>
<td>Partner organizations</td>
<td>Funding, coordination</td>
<td>Collaborating partners</td>
<td>Continuation of project</td>
</tr>
</tbody>
</table>

| **Objective 2: Implement Healthy Peninsula Traveling Tool Table Project with Local Libraries (and others)** | 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 |
| Maintain tools & devices for display | | | | | | |
| 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 2020-21 | 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 2020-21 | 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

<table>
<thead>
<tr>
<th>Activities</th>
<th>By whom</th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
<td>Healthy Peninsula, AAA, AFCC partners</td>
</tr>
<tr>
<td>Research and develop list of available loans and grants for home modifications, repair, and improvements</td>
<td>Healthy Peninsula</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Resources and Support available/needed</th>
<th>Potential barriers or resistance</th>
<th>Partnerships</th>
<th>Metrics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff time, funding, collaborative relationships</td>
<td>Funding, volunteers, staffing</td>
<td>AFCC partners, community organizations serving the region</td>
<td>Written proposal of project for volunteer recruitment; outline of goals</td>
</tr>
<tr>
<td>Staff time, funding, collaborative relationships</td>
<td>Funding, volunteers, staffing</td>
<td>AFCC partners, community organizations serving the region</td>
<td></td>
</tr>
</tbody>
</table>

**Healthy Peninsula Traveling Tool Table Project**

See Community Support and Health Services Domain
Age-Friendly Coastal Communities

Age-Friendly Action Plan

Submitted by
Healthy Peninsula
AFOS Coordinating Agency
January 2020
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

Maine Community Foundation

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

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/