



Danforth Livable Communities



Table of Contents

	Page
Local Support Letter	3
Executive Summary	4
Action Plan Summary	7
Danforth for Livable Communities Committee Members	8
Community Profile	9
History of Age Friendly Work	13
Domain Specific Action Plan	18-37
Outdoor Spaces and Buildings	18
Transportation	20
Housing	22
Social Participation	26
Civic Participation and Employment	30
Communication and Information	32

Local Support Letter

Town of Danforth

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March 10, 2020

Lori Parham
AARP Maine State Director
53 Baxter Blvd
Portland, ME 04101

Dear Ms. Parham,

On behalf of the Town of Danforth, I am pleased to submit this letter of continued commitment to the AARP Network of Age-Friendly communities.

Since being accepted as an Age-Friendly town in 2018, Danforth has persisted in its efforts to integrate the 8 domains of livability with improved services, community functions, and town planning- such as the Livable Communities Plan. The Danforth Livable Communities Committee (DLCC) has been established and worked tirelessly on developing this plan which was guided by results of an initial assessment survey of our senior residents, focusing on the domains that proved important to them. Our local senior group continues to be active, promoting elderly inclusion and activity in the community.

Our commitment to being an Age-Friendly community has been a great impetus to look at our town through a different revitalization lens. With implementation of this action plan, the Selectmen of Danforth have new perspectives and ideas of what the town can truly achieve with the help of our residents. I am proud to be part of this exciting time in Danforth's history making it a great town to live in for a lifetime.

Sincerely,



Carrie Oliver
Chairman
Danforth Board of Selectmen

Executive Summary

The Danforth Livable Communities Initiative:

“Danforth for a Lifetime” is not just an expression, it is the driving force behind our Livable Communities initiative. Since applying to become an Age Friendly Community, Danforth has adopted an “age-friendly lens” when reviewing town policies, ordinances, and practices. We know a majority of our seniors wish to age at home and we strive to ensure that we assist in as many ways as we can for their success.

About the Community:

The Town of Danforth is a small, rural town in the northernmost corner of Washington county, bordered by Aroostook and Penobscot counties. The town serves as a “hub”, or service center, for many surrounding towns and unorganized territories, and is charged with providing several of these areas with municipal and community amenities. It is a growing community that is frequented by tourists in the summer. As part of the Houlton Labor Market, Danforth’s economy is inextricably dependent upon business activity in neighboring communities, and particularly Houlton. Forestry and rail transportation have been the backbone of the economy for Danforth, but labor statistics show that like most towns in Aroostook, the health, social and educational services sector is now providing far more jobs than natural resource based industries.

Danforth is part of School Administrative District #14, East Grand School, which is a two member school district with Weston. The district also serves Reed Plantation, Brookton, Bancroft, and Forest City. East Grand School is located in Danforth and is one of our largest employers. The district has experienced a general decline in enrollment over the last decade but is forecasted to increase its enrollment numbers by 11%. This, coupled with the Local Schools-Regional Support initiative, could have a significant impact on how and at what cost education is delivered to the local students and on the economic picture of the town in the future.

With the introduction of an age-friendly focus in 2018, the Town began examining initiatives that utilized existing community assets and how they could be culminated into a more specific,

constructive framework for better living. A steering committee was formed early on and consisted of various stakeholders, including Town management, a member of the MSAD #14 school board, an editor from the local newspaper, president of the local Chamber of Commerce, members of local healthcare organizations, and volunteers from existing community groups.

To understand the needs of our older residents, a survey was designed based on the AARP model of the World Health Organization's 8 domains that affect the quality of life in a community. From the survey results, several challenges were identified which became the concentration for the age-friendly steering committee as well as Town leaders for community planning. Danforth values all of its residents and recognizes that age friendly policies and practices benefit all who call Danforth home. Town management endeavors to develop a livable community plan with an emphasis on supporting our senior residents. As a community, we embrace the challenge of ensuring that all of our residents can live and thrive here.

The Mission, Vision, and Values that Guide our Age-Friendly Work:

Our Mission:

The Town of Danforth's Livable Communities Committee is dedicated to creating programs and services that beneficially impact safety, housing, wellness, and transportation for all residents.

Our Vision:

Through a network of committed volunteers, outreach and support efforts, we will encourage participation in social and civic activities that improve the quality of life for residents. For those 50 and older, the programs and services will afford them a means to advocate for better living initiatives that will assist them to thrive while aging in place.

Our Values:

Danforth prides itself on being a welcoming and inclusive community. Small and close-knit, residents express feeling accepted and supported as two of our communities values. The small town atmosphere, social nature, the ability to make lifelong friends, and community involvement by citizens of all ages, are what make our community special.

Key roles in the steering committee's assessment:

Ardis Brown, Danforth's Town Manager was the driving force behind our community's development of an Age-friendly initiative. She introduced the Livable Community concept and the 8 domains of livability to the Select Board and then the broader general community. Ardis was supported in these efforts by Patricia Oh, Ph.d, a Livable Communities Consultant, and the AARP Maine staff.

The steering committee was formed early on and consisted of members of Town management, a member of the RSU #14 School Committee, the editor of the local newspaper, President of the Chamber of Commerce, members of local health organizations and volunteers from various local community groups.

Creating the Action Plan and Engaging Community:

The Assessment Approach and How It Informed the Action Plan:

The goal of the assessment was to identify the key elements that would make Danforth more supportive of seniors who wish to age in place in their community. The main data source was an adapted version of a survey developed by AARP, which was made available to Danforth residents during elections, at the post office, town office, and through small group meetings over a period of 1-2 months. The Danforth version of the survey contained 18 questions; 41 residents completed the questionnaire. The survey sample, while not randomly selected and relatively small, appears to be fairly representative of the larger senior Danforth community.

Action Plan Summary

This action plan is the first step in a longer multi-pronged, multi-year effort to incorporate Danforth's Livable Community's Action Plan into Danforth's Comprehensive Plan thus developing sustainability for Danforth's age friendly approach by ensuring that the World Health Organization's 8 domains of livability are considered in any new ordinances, construction, or town plans. The initial action plan identifies goals in **seven key domains**:

- 1) Outdoor Spaces and Buildings Goal:** To ensure walking paths and/or sidewalks throughout downtown and develop a plan for a Community Center
- 2) Transportation Goal:** To develop a volunteer ride service in Danforth
- 3) Housing Goal:** To create a set of programs/policies to enable older adults to be safe and comfortable within their own homes and our community
- 4) Social Participation Goal:** To expand social opportunities for all members of our community with a focus on engaging our older citizens
- 5) Civic Participation and Employment Goal:** To expand Volunteerism in Danforth
- 6) Communication and Information Goal:** To develop a network to communicate volunteer opportunities and existing programs
- 7) Community and Health Services Goal:** To expand access to services that ensure the health and well-being of our elder population

Danforth Livable Communities Committee

The assessment and planning work that has generated this action plan was directed and coordinated by a steering committee of municipal employees, business leaders, nonprofit members, and community volunteers.

Livable Communities Committee Members (2019-20)

Name	Representing	Committee
<i>Ardis Brown</i>	Town Manager	Assessment and Planning
<i>Christine Conlogue</i>	Editor of the local newspaper, Community News. Retired Human Resources Manager in State Correctional Facility. Livable Community Co-Chair.	Civic Participation and Employment, Communication, and Transportation
<i>Rose Epstein</i>	Retired year round resident.	Community Support & Health Services, and Housing
<i>Natasha Brown</i>	Volunteer representing the community youth voice. Livable Community Committee Secretary.	Communication & Information, Social Participation
<i>Angela Cowger</i>	CEO, Danforth Habilitation Association and member of RSU 84/MSAD 14 School Committee.	Respect and Social Inclusion, and Social Participation
<i>Denise Smith</i>	President of the Chamber of Commerce. Local Business Owner. Retired Human Resource Manager.	Community Support and Health Services, and Outdoor Spaces
<i>Keitha Shrrremetis</i>	Retired year round resident. Chairperson for the Coffee Talk Gang.	Housing Respect & Social Inclusion
<i>Gerald Allen</i>	Danforth Fire Department, Communications Officer NWSAAS ambulance driver.	Transportation
<i>Pamela Dahl</i>	<i>Retired Teacher. Board of Director, Danforth Habilitation Association. After School Advisory Comm. Co-Chair, Livable Community Committee.</i>	<i>Social Participation Civic Participation</i>

Community Profile

Located in the picturesque Baskahegan region of northern Washington county, immediately over the border of Aroostook county, the Town of Danforth has a resident population of ~650 (2020) with over 48% aged 55 or older. The Town sees a tremendous increase in population during the warmer months from tourists and camp owners. In this area, several lakes, such as East Grand, Brackett, and Hot Brook, bestow year-round recreational activities as well as providing economic opportunities for the region. Fishing, hunting, boating, snowmobiling, snowshoeing, hiking, and ATV'ing are enjoyed by both residents and visitors.

Danforth is proud to possess historical features too. The Union Hall is the town's most well-known building and is listed on the National Register of Historic Places by the Maine Historic Preservation Commission. The Union Hall hosts numerous community functions, such as town meetings, and serves as the Town's only polling station. There are also three known prehistoric archeological sites located on the shore of Grand Lake and the town is the southern terminus of the "Million Dollar View Scenic Byway"- designated as a State Byway in 1971.

Danforth is a tight-knit rural community, proud to have a unique culture, abundant recreational resources, and natural beauty. It is a place where many born here want to stay and a place where many who come "from away", never want to leave. The Town of Danforth wants to seize that sentiment and support all residents who wish to live in Danforth for a lifetime.

Demographics of the community:

The main source of demographic data used for Danforth was from a demographic profile created for Danforth by the Headwaters Economics' Economic Profile System (EPS) on January 13, 2020. It includes topics such as land use, demographics, specific industry sectors, and the role of non-labor income. Data in the report comes from the U.S. Census Bureau's American Community Survey (ACS), which is conducted annually throughout the country to collect demographic, social, economic, and housing information. The U.S. Census Bureau's FactFinder was also utilized, which uses information from the ACS.

The 2013-2017 estimate population from the Danforth EPS was 649 residents. This estimate has medium reliability due to the small sample sizes used in the survey. ACS uses five-year estimates for towns with low population numbers. Over 48% of Danforth’s population is over the age of 55.

Age	Population	Percent of Total Population
55 to 59 years	46	7.1%
60 to 64 years	49	7.6%
65 to 74 years	93	14.3%
75 to 84 years	93	14.3%
85 years and over	32	4.9%

About 94% of the population is white. For residents aged 65 and over, roughly 62% were female and 38% were male. A little over 31% of 65+ residents were found to be living in poverty.

Of the 218 Danforth residents over the age of 65:

75.2% were high school graduates or higher, 4.1% had a Bachelor’s degree or higher

61.5% had a disability

19.7% were veterans

The labor force participation rate for 65+ residents was 15.6%

21.6% were married couple households, 17.8% lived in owned homes, 3.7% lived in rented homes

3.2% of unmarried men in other family households lived in owned homes

2.3% of unmarried women in other family households lived in owned homes

14.7% in non-family households lived alone, 10.6% lived in owned homes, 4.1% lived in rented homes

2.8% in non-family households who did not live alone lived in owned homes

5% spoke a language other than English at home

Comparing the AARP Age Friendly Survey sample to the ACS data

The modified AARP survey conducted in Danforth was small and not randomly selected, but appears to be fairly representative of the ACS data profile for the town. There were 41 survey participants and they were aged 50 and over.

A little over 60% of survey respondents were female; ACS estimates for 62% of 65+ residents being female.

About 15.8% of those surveyed reported being employed; ACS estimates for labor force participation for those 65+ was 15.6%.

Aroostook County Data

The most recent data from the U.S. Census Bureau's Quick Facts provides some additional information on older adults at the county level. The estimated 2018 population in Aroostook County was 67,111 (33,958 female and 33,513 male); and 16,174 were aged 65 and over.

Additional insight on the county are shared from findings in the 2018 Aroostook County Profile, the third Maine Shared Community Health Needs Assessment created to help improve the health of Maine residents.

Of residents living in Aroostook County:

\$38,087 was the median income

17.7% were living in poverty

95.2% were white

89.5% graduated high school

16.9% experienced food insecurity

3,166 residents (472.6 per 10,000 population) experienced an unintentional fall-related injury

47.7% of residents 65+ were living alone

9.5% were uninsured

30.1% lived a sedentary lifestyle

21.9% had a disability

23.4% rated themselves as living in fair or poor health

- 20.8% had three or more chronic conditions
- 35.3% (all ages) were enrolled in MaineCare
- 13.5% experienced cost barriers to health care
- 11.1% of adults aged 45+ experienced cognitive decline
- 3.7% provided caregiving for at least 20 hours per week

What Makes Danforth a Good Place to Live:

Danforth is a small tight-knit community abundant in recreational opportunities, unique culture, and natural beauty. It is located in the Baskahegan region, which is rich with nature-based tourism opportunities and currently has a mix of eateries, lodging, guiding and outfitting establishments, and other services for the vacationing public.

The town has several lakes, rivers, and streams that provide recreational opportunities for residents and visitors. The town hosts numerous public events throughout the year, including fishing and ice fishing events, an annual East Grand Adventure race, and a weekend-long SummerFest. The newly created Harlow Trail is now open for cross-country skiing and snowshoeing. Trail organizations, such as the East Grand Snowmobile Club and the Grand Lakers ATV club are forms of recreation that are important factors in the local and regional economy.

The town of Danforth provides a range of services to enhance the well-being of its residents. The East Grand Health Center, the first established rural health center in Maine, offers a variety of healthcare and mental health services. A landing pad for LifeFlight's emergency helicopters is under construction near the boat landing to expedite hospital transport for patients with urgent medical need.

Danforth has many offerings that bring its residents together, including a farmer's market, downtown concerts, yoga classes, Millyard Gatherings (local history discussions), and community luncheons. There are activities and groups specifically for older adults, such as a social time and crafting group, knitting group, exercise and nutrition classes at the EG Health Center, and AARP events

History of Age Friendly Work

Danforth's Livable Community efforts began when Danforth's Town Manager, Ardis Brown, took office in 2017. In October of that year, she realized the need of many older residents when the Town hosted a Senior Health and Safety Expo at the Town Hall which was very successful in attracting older adults for an educational and social event. In early 2018, after Ardis attended an informational session about Age Friendly efforts hosted by Aroostook County Area Agency on Aging (AAAA), the formalization of becoming an Age-Friendly Town began. Patricia Oh, Ph.D, a Livable Communities Consultant was the speaker sharing the World Health Organization's (WHO) 8 domains of livability and results of age friendly efforts in both Maine communities and nationwide. Shortly after that meeting Danforth began the process of applying to be an AARP Age Friendly certified community. Danforth was awarded the Age-friendly states and communities' status in April of 2018 and embarked on their journey to develop as an age-friendly, livable community.

Immediately after receiving status as an Age friendly Community, Danforth's Town Manager and Select Board formed a Livable Communities Steering Committee and began developing a slate of programs aimed at education, socialization, and reducing isolation. A twice weekly exercise class was immediately offered. A monthly speaker series on topics such as Medicare/Medicaid enrollment options, services available through the AAAA, and resources available to older adults in the community was launched in the Spring of 2018.

Based on the success of this event, the Committee chose to continue and expand the conversation around healthcare by offering a soup and sandwich event at the K-12 school titled "*The Future of Healthcare - a Community Conversation.*" This event was held from 5-6:30pm offering both a meal and the opportunity for all community members to attend and listen to a panel discussion on healthcare issues followed by a question and answer period. Community partners included the school system, AARP Maine, East Grand Health Center, Aroostook Area on Aging Agency, and Houlton Regional Hospital.

At these events, Danforth Livable Communities Steering Committee began engaging older adults in Danforth in a conversation about what would make Danforth, "Danforth for a Lifetime".

The Danforth for a Lifetime Approach

With the assistance from AARP Maine, the Town of Danforth and the Livable Communities Steering Committee conducted a survey of older adults living in Danforth in the fall of 2018. The modified AARP survey contained 18 questions designed to aid the committee and the town leaders in identifying and prioritizing areas of concern among its older citizens. The survey was conducted over a period of 12 weeks and was open to all residents aged 55 and older. Participants were able to access the survey at the polls, at the town offices, the post office and at several community focus groups. The survey was completed by 41 individuals and although a small sample size, the results of the survey are considered to be representative of the needs and desires of Danforth’s older residents. Eleven needs were identified by respondents. Consistent with many other small, rural communities in Maine, the top needs identified as being the type of services residents would like to see over the next 5 years were;

Home Maintenance/repair	72.4%
Safety Checks	51.7%
Transportation Services	48.3%

Other needs identified included;

Wellness and Exercise Classes	41.4%
Personal Home Care	37.9%
Need for smaller/more accessible housing	32.4%
Day Trips/Social events/Hobby Clubs	32.4%
Daily Check-ins	27.6%
Food/Meal Delivery	24.1%
Affordable Housing	Identified by community conversations
Senior/Community Center	Identified by community conversations

Two additional needs that were not specifically addressed in the survey questions but were identified through the community conversations were the need for a Senior/Community Center and also the need for more Affordable Housing. These items were added to the survey responses by the Livable Communities Committee.

Utilizing the Survey Data and Community Conversations to Develop the Action Plan

Armed with the results of the survey and the community conversation feedback, the Danforth Livable Communities Committee began to formulate the process it would use to develop its first Three Year Action Plan.

In March of 2019, the town was asked to participate in a pilot program funded by the Maine Community Foundation and administered through the University of Maine's Center on Aging. This pilot program was designed to match individuals who had been engaged in age friendly work in Maine for a number of years with Maine communities, such as Danforth, that were early on in their process. The program matches a Lifelong Communities Fellow to a community for 8 months (Sept-June) to provide support around topic specific projects. Danforth enthusiastically agreed to participate and in September of 2019 was matched with Karen Campbell, a Lifelong Communities Fellow to assist and support Danforth's Livable Community Committee with the development of the Three Year Action Plan.

The Town Manager and the Lifelong Communities Fellow reviewed a number of Action Plans previously submitted and approved by AARP and the WHO. Using these plans as guides, it was determined that Danforth Livable Community Committee would primarily follow the process outlined in AARP's *Roadmap to Livability*, a comprehensive guide of tactics, best practices, and models for creating achievable action plans. Two on-site planning meetings were scheduled facilitated by the Lifelong Communities Fellow. The first meeting, in October 2019, helped the Danforth Livable Committee define its values, prioritize the needs identified through the community engagement process, and begin identifying community partners. The second meeting, January 2020, continued mapping Danforth's community assets, introduced the Roadmap to Livability framework to the full committee, and developed consensus for the format the group would use in developing the action plan.

The outcome of these two meetings, supplemented by continued work by the committee in between and after meetings, was the development of the following goals and objectives.

Domain Goals and Objectives Planning Tool

Domain 1: Outdoor Spaces and Buildings

- Goal - Ensure walking paths and/or sidewalks throughout downtown and develop a plan for a Community Center with ease of accessibility and programming for all
 - Objective 1: Install walking paths/sidewalks downtown
 - Objective 2: Explore building a community center with a multi-functional option; retail space to help sustain the center

Domain 2: Transportation

- Goal - Develop a volunteer ride service in Danforth
 - Objective 1: Begin/Explore/Enhance a Volunteer Rides program
 - Objective 2: Establish a local rides program to area services and events

Domain 3: Housing

- Goal - Pursue a set of programs/policies designed to enable older adults to be safe and comfortable within their own homes and our community.
 - Objective 1: Create a home maintenance program - The Handy Helper Project
 - Objective 2: Identify and refurbish affordable housing units
 - Objective 3: Build a small tiny home development

Domain 4: Social Participation

- Goal - Expand social opportunities for all members of our community with a focus on engaging our older citizens
 - Objective 1: Ensure Accessibility for Community Wide events
 - Objective 2: Expand Wellness Classes
 - Objective 3: Explore an Exercise/Walking Club
 - Objective 4: Host Senior Expo

Domain 5: Respect and Social Inclusion

- No specific goal in this Action Plan based on Survey results

Domain 6: Civic Participation and Employment

- Goal - Expand Volunteerism in Danforth
 - Objective 1: Expand Volunteerism

Domain 7: Communication and Information

- Goal - Develop a network to communicate volunteer opportunities and existing programs
 - Objective 1: Communications Network

Domain 8: Community and Health Services

- Goal - Expand access to services to ensure the health and well-being of our elder population in order for them to stay in their homes & community.
 - Objective 1: Annual Safety Survey (safety checks)
 - Objective 2: Daily Check-Ins/Discreet Wellness check
 - Objective 3: Community Cafe
 - Objective 4: Meals on Wheels
 - Objective 5: Personal Homecare
 - Objective 6: Pharmacy

These goals and objectives and the specific action steps are outlined in the following domain specific action plan.



Outdoor Spaces and Buildings:

Selected survey findings:

Residents gave ideas about individual needs for services or activities needed, and what they liked to do for fun: seniors-only housing, ATV use, hunting/fishing, community events, senior center, cooking, canning, gardening, sports cards, exercise or walking club, reading or book club.

Domain Specific Strategy Chart/Action Plan

Domain: Outdoor Spaces and Buildings

Goal: Ensure safe walking paths and/or sidewalks throughout downtown and develop a plan for a community center with ease of accessibility and programming for all

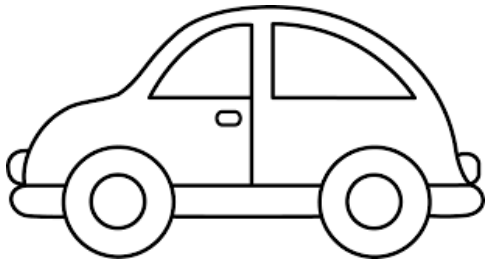
Objective #1: Install Walking Paths/sidewalks downtown						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or support needed</i>	<i>Indicators to measure progress</i>
Activity 1-1	Identify location of walking paths. Create new River Walk	Baskahegan Company/fishway/Town of Danforth/DLCC	Summer 2022	USF/NRCS/ Funding State of ME Parks & Rec, MCF, AARP	Landowner permission	Level of Resident/ Tourist Use
Activity 1-2	Identify location of downtown sidewalks that need repair	Town of Danforth	Fall 2021	USDA Grant, local, state and federal grants	Funding	Obtain new sidewalk

Collaborating organizations and partners: USDA, Baskahegan Co., Mann Landscape Design, Chamber of Commerce, Northern Maine Development

Commission, Washington County Council of Government

Objective #2: Explore building a community center with multi-functional option; retail space to help sustain the center						
Activity	Steps	By whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or support needed</i>	<i>Indicators to measure progress</i>
Activity 2-1	Identify location	Danforth Livable Community Committee (DLCC)	2023	Regional agencies *NMDC/WCOG	Funding	Establishment of center and use
Activity 2-2	Work with architect and contractor on cost estimate & design	Town of Danforth		Grant Writers		
Activity 2-3	Identify potential retailers			Retail partners		
Activity 2-4	Identify funding sources					

Collaborating organizations and partnerships: Town, Maine Family Resource, Masons, Northern Maine Development Commission, Washington County Council of Government



Transportation:

Selected survey findings:

When asked what would impact their decision to move from the area, 23.5% said the need for public transportation, and 48.3% said transportation services would be helpful within the next five years. A little over 20% said transportation was a current issue and 38.5% said it may be a future issue for them.

Out of 41 responses, 34 said they get around by themselves, 3 sometimes relied on others, and 4 always relied on others. (Respondents could choose more than one response)

Of 15 respondents who found transportation difficult: Do not want to go alone-5, Weather-9 Darkness- 3, No license-1, Uncomfortable asking-1, Distance-1, Expense-1, Health-1 (Respondents could choose more than one response)

When asked where residents would like to go if they had no transportation issues, 24 responded: Shopping- 20, Doctor- 19, Visiting- 16, Community Events- 13, Church-1 (Respondents could choose more than one response)

Domain Specific Strategy Chart/Action Plan

Domain: Transportation Goal: Develop a volunteer ride service in Danforth

Objective #1: Begin/Explore/Enhance a volunteer rides program						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>

			<i>done?</i>			
Activity 1-1	Communication-letting people know about existing available resources	DLCC	Fall 2020	Community News/Bulletin Board, Social Media	Getting people to ask/admit they need a ride, communication, time limitations with existing bus service (length of time at each retail space)	Amount of people using the service

Collaborating organizations and partnerships: Aroostook Regional Transportation, Downeast Community Partners (DCP)

Objective #2: Establish a local rides program to area services and events						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 2-1	Find volunteers	DLCC	2021	DCP	Funding expense for volunteers	Number of people using system
Activity 2-2	Find vehicles	Town		AARP		
Activity 2-3	Establish guidelines- who, radius, training volunteers, safety					
Activity 2-4	Communicate existing grocery delivery service to homebound		Knights Thriftway			Number of deliveries

Collaborating organizations and partnerships: Local churches, Knights Thriftway



Housing:

Selected survey findings:

Year round residents=86.8% Part-Year residents=10.5% Does not Apply=2.6%

When indicating how important it was for the respondent to remain in town, 68% said very important, 17% said somewhat important, and 4.9% said not important.

When asked what might cause them to move from the area, 29.4% said because the cost of their current living situation is too high, and 32.4% said the need for smaller or more accessible housing.

In response to a question about what made their current living situation most difficult, 25.6% said restricted physical mobility, 33.3% said maintaining the home, and 23.1% said daily chores, such as cooking and cleaning. (Could choose more than one response)

When asked what types of services would be useful to them in the next five years, 69% said housecleaning and 72.4% said home maintenance/repair. (Could choose multiple responses)

Domain Specific Strategy Chart/Action Plan

Domain: Housing **Goal:** Pursue a set of programs/policies designed to enable older adults to be safe and comfortable within their homes and our community.

Objective #1: Create a home maintenance program called the Handy Helper Project						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or support needed</i>	<i>Indicators to measure progress</i>
Activity 1-1	Identify 5 services homes	DLCC	June 2020	DLCC	volunteers	Participation
Activity 1-2	Recruit volunteers	Volunteer groups		SAD 14	Identify community members-recipients	
Activity 1-3	Obtain tools to complete tasks			Churches, Service groups	Supplies (rakes/garbage bags)	
Activity 1-4	Create a vendor guide	DLCC	June 2020	Maine Community Foundation, AARP	Funding, available contractors-agreeing to respond in a timely manner	Printed copy

Collaborating organizations and partnerships: East Grand School, local churches, civic groups, volunteers, Downeast East Community Partners, ACAP

Objective #2: Identify and refurbish affordable housing units						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 2-1	Identify existing housing inventory- assess available properties and condition	DLCC, Local building professionals	2021	Local building professionals, ACAP, DCP	Lack of housing, Condition of available buildings	Available units
Activity 2-2	Feasibility of upgrading available units					
Activity 2-3	Seek out funding to bring up to code			Northern Maine Development	funding	
Activity 2-4	Refurbish existing units			Washington County Council of Government		

Collaborating organizations and partnerships: Housing owners, ACAP, Downeast Community Partners

Objective #3: Build a small tiny home development						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 3-1	Establish/demonstrate need by doing a housing survey	DLCC, Town	2023	USDA, ACAP	Funding, developer	Available units
Activity 3-2	Identify a location for the development			Downeast Community Partners		
Activity 3-3	Locate available funding sources					
Activity 3-4	Work with agencies, developers, etc to create the housing units/development			Northern Maine Development, Washington County Council of Government, Tiny Homes of Maine		

Collaborating organizations and partnerships: Housing Developer, ACAP, Downeast Community Partners, Tiny Homes of Maine



Social Participation:

Selected survey findings:

Almost 73% indicated that they would like to be more involved with community activities. Top responses for specific activities (could choose more than one response): potlucks- 50%, arts & crafts- 54.2%, church- 54.2%, cards/games- 41.7%, eating out- 41.7%, concerts- 21%, and dances- 12.5%. Over 41% said they would find wellness and exercise classes to be a useful service to be available in the next five years.

When asked about how often they visited family and/or friends in the area, 13.5% said daily, 51.3% said between once a week and several times a week, and 25.2% said a few times a month or less. When answering what prevented them from socializing more, 54.2% reported health or mobility issues, 16.7% said they had no one to go with, 4.2% said lack of transportation, and 16.7% said because there was nothing to do.

Some hobbies reported by participants: Painting, Quilting, Knitting, Baseball Cards, Reading, Cooking, Canning, Gardening, Photography, Crocheting, Sewing, Crafting, Arts & Educational

Social Participation Services- Which of the following do you use/attend or want to see available in the area? 37 Responses/ 4 Does not apply

	Available, I use	Available, but I don't use	Not Available, I wish it was	Not Available, not wanted	DNA
Senior Discounts	35.1%	8.1%	37.8%	2.7%	16.2%
Volunteering at School or Library	10.8%	18.9%	8.1%	21.6%	40.5%
Social Events	29.7%	13.5%	13.5%	16.2%	27%
Hobby Clubs	29.7%	13.5%	27%	8.1%	21.6%
Day Trips	29.7%	5.4%	32.4%	8.1%	24.3%

Domain Specific Strategy Chart/Action Plan

Domain: Social Participation

Goal: Expand social opportunities for all members of our community with a focus on engaging our older citizens.

Objective #1: Ensure Accessibility for Community Wide events						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 1-1	Evaluate current events (summer concerts, summerfest, etc)	Danforth Livable Community Committee	Summer 2020	List events including dates, location, time	Communicate with planners- parking, seating, accessibility, Physical layout of location, seating, parking, slope of land	Pre- & post-event survey highlighting barriers-were they addressed?

Collaborating organizations and partnerships: Town, Town event planner

Objective #2: Expand Wellness classes						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 2-1	Location	DLCC-Tasha	Spring 2020	Town hall		Participation
Activity 2-2	Time (scheduling)	Co-chairs- Pam & Chris		McKinnon Building	time/scheduling	Wellness
Activity 2-3	Nutrition classes			Health Center		
Activity 2-4	Advertising			AAAA	Communication (getting the word out)	

Collaborating organizations and partnerships: Tasha, Alyssa, Town, Health Center, Eastern Area Agency on Aging, Aroostook Area Agency on Aging

Objective #3: Explore an exercise/walking club						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 3-1	Location- Maple Street	Co-chair: Pam & Chris (DLCC)	Spring 2020	School	Weather	Measure attendance week to week/adjust accordingly
Activity 3-2	Getting the word out			Health Center	Roads	If popular, have 2x/week. If not, see what works for those with scheduling conflicts
Activity 3-3	Offer Transportation			Town	Lack of safe walking paths	
Activity 3-4	Parking			Churches	Transportation for those unable to drive	
Activity 3-5	Benches for resting				Abilities/physical shape	
Activity 3-6	Water station					
Activity 3-7	Scheduling				Working with peoples' schedules	
Activity 3-8	Celebration				Sidewalk conditions in downtown area	

Collaborating organizations and partnerships: Town, Town event planner

Objective #4: Host Senior Expo						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 4-1	Location		May 2020	Town hall		Participation
Activity 4-2	Time (scheduling)	Co-chairs- Pam & Chris	May 12, 2020	Town	time/scheduling	Wellness
Activity 4-3	Identify vendors/ agencies			Coffee Talk Gang		
Activity 4-4	Advertising			AAAA, EAAA health nurse	Communication (getting the word out)	
Activity 4-5	Set up for Expo					

Collaborating organizations and partnerships: Downeast Community Partners, Alyssa, Town, Health Center, Eastern Area Agency on Aging, Aroostook Area Agency on Aging, Machias Savings Bank, Vendors, Volunteers



Civic Participation and Employment:

Selected survey findings:

For employment, 15.8% reported they were currently employed, 2.6% were unemployed, 65.8% said they were retired, and 10.5% said they were disabled. Almost 11% indicated they currently volunteered at a school or library.

Of the 72.7% who indicated they would like to be more involved with community activities, 45% said they would like to volunteer and 12.5% would like to participate in the local government.

Reported Current or Previous Occupations: Sales/Cashier, Manufacturing, Maintenance, Hairdresser, Master Millwright, Cooper, Electrician, Plumber, Chef, Forest Ranger, Chemist, Computer Sciences, Biomedical Sciences, Business (2), Contractor, School/Educational Professional (3), Medical Professional (3), Accounting, Mailman, Social Services, Truck Driver, Arts, Banking, Homemaker (2)

Domain Specific Strategy Chart/Action Plan

Domain: Civic Participation and Employment

Goal: Expand volunteerism in Danforth

Objective #1: Expand volunteerism						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 1-1	Advertising- Getting the word out to people	DLCC	May 2020	Churches	Getting the word out	Number of volunteers
Activity 1-2	Volunteer job listing- volunteers can select level of commitment		May 2020	Senior group, Bulletin boards, food pantry, Facebook, community news	Getting volunteers	Participation level
Activity 1-3	Possible employment opportunities					

Collaborating organizations and partnerships: Volunteers



Communication and Information:

Selected survey findings:

When asked how easy it is to find information about events and services in the community, 62.2% said yes, 21.6% said no, and 16.2% said they were not sure. Respondents indicated how they like to find out about events (could choose more than one response): word of mouth- 61.5%, local paper- 61.5%, social media- 23.1%, flyers- 17.9%, and e-mail 2.6%.

Domain Specific Strategy Chart/Action Plan

Domain: Communication and Information

Goal: Develop a network that communicates volunteer opportunities and existing programs

Objective #1: Communication network						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 1-1	Set up a Facebook/messaging group	DLCC- Task Leader- Tasha	Spring 2020	Community news	Finding volunteers	response
Activity 1-2	Sign-up communication list- email, text, Facebook			Food pantry	communication/networking	attendance
Activity 1-3	Flyers/handouts			Churches		

Activity 1-4	Face-to-face communication			Local organizations, bulletin board		
Activity 1-5	Bulk mailing			Facebook page (group)		

Collaborating Organizations and Partnerships: Town, community news, churches, local organizations



Community and Health Services:

Selected survey findings:

Food insecurity: About 31% of respondents said they used a food pantry to get food, 3.1% used SNAP benefits, and 10.5% indicated that they do not have enough food.

When asked what services would be useful to them in the next five years, 51.7% said safety checks, 37.9% said personal home care, 27.6% said daily check-ins, and 24.1% said food/meals delivered (could choose multiple responses)

Domain Specific Strategy Chart/Action Plan

Domain: Community and Health Services

Goal: Expand access to services to ensure the health and well-being of our elder population in order for them to stay in their homes and community.

Objective #1: Annual Safety Survey (safety checks within home)						
Activity	Steps	By Whom	By when	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 1-1	Establish client list	Downeast Community Partners- Aging in Place	Spring 2020	Downeast Community Partners	Clients accepting help	Number of homes serviced

		Program				
Activity 1-2	Communication-getting the word out		Roll out info at May expo	EAAA, AAAA, Veteran Assoc, NL	Finding agency to do work, protocols if problems found	Overall safety

Collaborating organizations and partnerships: Downeast Community Partners, Danforth Fire Department, Eastern Area Agency on Aging, Aroostook Area Agency on Aging, Veteran Associations, Northern Light

Objective #2: Daily check-ins / Discreet wellness checks

Activity	Steps	By Whom	By When	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 2-1	Organize a plan of procedure	DLCC-Rose (task leader)	Kick off 2/29/20	Other livable communities, AARP	Obtaining trust from elders to allow assistance	Measured by clients
Activity 2-2	Establish buddy for check-in call			volunteers		
Activity 2-3	Ensure confidentiality			Northern Light		

Collaborating organizations and partnerships: Ambulance service, Health Center

Objective #3: Community Café

Activity	Steps	By Whom	By When	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 3-1	Work with EAAA	Denise- Task Leader-DLCC	Feb 2020	EAAA, AAAA	Location, getting the word out	Attendance level
Activity 3-2	Locate a licensed kitchen facility			volunteers		
Activity 3-3	Recruit volunteers			Northern Light		

Collaborating organizations and partnerships: First Settlers Lodge, Eastern Area Agency on Aging, Aroostook Area Agency on Aging, Town

Objective #4: Meals on Wheels

Activity	Steps	By Whom	By When	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 4-1	Work with EAAA	Denise- Task leader-DLCC	Spring 2020	EAAA, AAAA	Location	Attendance level
Activity	Recruit			volunteers	Clients	

4-2	volunteers/background checks			accepting help, communication
Activity 4-3	Locate a home facility with freezer for storage		Northern Light	volunteers

Collaborating organization/partners: First Settlers Lodge, EAAA, Town, AAAA

Objective #5: Personal Homecare

Activity	Steps	By Whom	By When	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 5-1	Communicating available services	DLCC	Fall 2020	Downeast Community Partners	Awareness of programs	Participation
Activity 5-2	Resource list- identify available resources and create shareable list			EAAA, AAAA, Veteran Clinic, Health Center	Volunteers, client trust- to accept help	

Collaborating organizations and partnerships: Healthcare agencies, Health Center

Objective #6: Pharmacy

Activity	Steps	By Whom	By When	Resources	Challenges	Metrics
	<i>What needs to be done?</i>	<i>Who will be responsible for getting it done?</i>	<i>What date will this be done?</i>	<i>Resources available</i>	<i>Barriers or Support needed</i>	<i>Indicators to measure progress</i>
Activity 6-1	Getting Walgreens to offer satellite	DLCC- Denise- Task Leader	2022	Washington County Council of	Pharmacy commitment to area	Pharmacy services in town

	office		Government	
Activity 6-2	Location- using clinic as temporary storage location	Town	East Grand Health Clinic	location
Activity 6-3	Location- Danforth Habilitation Association alternative site		Greater EG Regional Economic Committee	

Collaborating organizations/partners: Washington COG, EGHC, DHA, EGRDC