Building an Age-Friendly Community
The Action Plan for Aging Well
In Presque Isle, Maine

Plan submitted May 2020
For period 2020 - 2023
March 11, 2020

To Whom it May Concern:

As Manager of the City of Presque Isle, I strongly endorse the mission and work of Age Friendly Community Committee in Presque Isle. Presque Isle has a significant number of elderly residents, and I feel that it is important to ensure their integration into the community, as too often, as residents’ age, they become more isolated. The Age Friendly Community Committee in Presque Isle has identified many of the needs of our seniors and have plans to increase awareness of such needs at the governmental level.

As the city continues in its economic revitalization and its corresponding improvements in infrastructure, such as sidewalk, roads and parks, it is critical that we consider incorporating designs and amenities that best suit all age demographics. We want to be cognizant of the need for safety and independence for our seniors and plan accordingly in our construction of walkways and other public spaces.

The scope of the plans and goals of Age Friendly Community Committee in the City of Presque Isle is significant, and I applaud all that they have done and all that they plan to do. Demographically, today, Presque Isle is a very interesting community. Our elderly generation is a large part of our population and we must be increasingly aware of their needs. I believe our Age Friendly Community Committee in Presque Isle is up for the task.

Sincerely,

Martin Puckett
City Manager
Executive Summary

The Age-Friendly Initiative

According to The American Association of Retired Persons (AARP)’s website, AARP’s Network of Age-friendly States and Communities is the US “affiliate of the World Health Organization Global Network of Age-Friendly Cities and Communities, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. AARP’s participation in the program advances efforts to help people live easily and comfortably in their homes and communities as they age. AARP’s presence encourages older adults to take a more active role in their communities and have their voices heard. Initiatives focus on areas such as housing, caregiving, community engagement, volunteering, social inclusion and combating isolation among older citizens.”

Why Presque Isle choose to become an Age-Friendly Community

AARP’s website indicates that “Membership in the AARP Network of Age-Friendly States and Communities means that a community’s elected leadership has made a commitment to actively work with residents and local advocates to make their town, city, county or state an age-friendly place to live.” This is definitely a goal embraced by the City of Presque Isle and its elected leaders especially in light of the fact that Presque Isle has a higher percentage of those 65 and older than the State of Maine and the United States as a whole as well as an older housing stock. As a result, in May of 2018, the City of Presque Isle applied to become an Age-Friendly Community.

The Mission and Vision that guide Presque Isle’s Age Friendly Work

The philosophy is quite simple. The mission of Age-Friendly Presque Isle is to promote healthy aging in our community; and to keep city officials informed of the needs of older adults living and aging in the community. The vision for Presque Isle is to be a healthy, livable community for residents of all ages.

Our Approach

A team was assembled by asking stakeholder agencies to provide a representative from within their organizations. The approach adopted by the team was to build awareness of the Age-Friendly designation and the important work tasked to the team. Once the initial ground work was laid, the team prepared an Assessment Survey and distributed the survey to residents through the local New York Life Insurance office, Leisure Village & Gardens, City Hall, and Northern Light AR Gould’s Healthy Aging. The assessment survey results were then analyzed with an action plan designed to be implemented over the next three years.

Summary of the Plan

The AARP Age-Friendly Initiative focuses on eight domains or topics: Outdoor Spaces and Public Buildings; Communication and Information; Social Interaction; Housing; Respect and Social Inclusion; Civic Participation and Employment; Transportation; and Community Support and Health Services. After reviewing the results of the assessment, the team decided to focus on three areas identified as needing action in which we felt we could make a real difference and have an impact. These areas are Outdoor
Spaces and Public Buildings, Civic Participation, and Transportation. Each of these areas have activities, responsible parties, available resources, needed resources, community partnerships, goals and deadlines identified.

**Presque Isle’s Age-Friendly Committee**

The Committee is comprised of several individuals, who collectively, have their fingers on the pulse of the community. Committee members include:

- Kimberly Smith, Resource Development and Public Information Officer, City of Presque Isle
- Dottie Sines, representing Aroostook Agency on Aging
- Bill Casavant, representing the Sargent Family Community Center Advisory Board
- Dick Engels, Esq., representing Presque Isle Rotary
- Penny Kern, representing SAGE (Seniors Achieving Greater Education), the senior college at the University of Maine at Presque Isle
- Dawn Roberts, representing Northern Light-AR Gould Hospital
- Craig Green, representing Presque Isle City Council
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COMMUNITY PROFILE

The Community

Aroostook County is a 6,800 square mile county in rural northern Maine that is the size of the states of Connecticut and Rhode Island combined. Aroostook is the largest county east of the Rockies. Presque Isle is the largest city in Aroostook County and considered the “hub” of the county offering a large regional hospital, international airport, an indoor shopping mall, and three institutions of higher learning. Although the night-time population of Presque Isle is under 10,000, the day-time population swells to over 25,000 with people from neighboring communities and the adjacent Canadian Province of New Brunswick coming to work, dine, shop, and study.

There is a great deal of history in this community – local, state, national and international. In fact, the city boasts six museums: the Presque Isle Air Museum, Maysville Museum, the 1875 Vera Estey House Museum, the Aroostook Band of Micmacs Museum, the James School, and the Northern Maine Museum of Science at UMPI. Presque Isle is the location of Aroostook State Park, the State’s first state park. It is the origin of the 1959 National Christmas Tree and was the location of the nation’s first ICBM, the SNARK. In 1978, the Double Eagle II, the first successful transatlantic balloon flight, lifted off from a potato field on the south end of town. Another interesting and unique tourism draw is the Maine Solar System Model, the largest complete three-dimensional scale model of the Solar System in the world. The planets, Pluto to the Sun, line US Route 1 from Houlton to Presque Isle with six of the ten being located in Presque Isle.

The city also hosts some fabulous events including but not limited to the Northern Maine Fair (founded in 1850), the Aroostook County Brew Fest, the Crown of Maine Balloon Fest, and the Nordic Trail Festival.

Four season outdoor recreation here is beyond compare with hiking, biking, canoeing and kayaking, hunting, fishing, ATV riding, snowmobiling, snow shoeing, skiing and more readily accessible. Presque Isle boasts four lakes, a wide stream, and the Aroostook River. In addition to Aroostook State Park, the city is also the home to the Nordic Heritage Center. The Nordic Heritage Center is a world-class cross country ski, biathlon and biking facility with 20 km of ski trails and marked mountain bike trails. It hosted the 2006 and 2014 Biathlon World Junior Championships as well as the 2011 and 2016 Biathlon World Cups with athletes from more than 30 countries competing.

Presque Isle is also in close proximity to the North Maine Woods, Big Rock – Mars Hill’s downhill ski facility, and is part of the 2,300 miles of groomed snowmobile trails in northern Maine.

The Demographics

According to the US Census, as of July 1, 2018, the population of Presque Isle has dropped to 8,998. Of this figure, 19.8% are under the age of 19 and 19.0% are aged 65 and older. The median age of our community is 43.7 while the median age in the US is slightly younger at 37.4.

Northern Maine is typically Caucasian. Here is Presque Isle, 93.9% of the population is white, 2.5% is Native American (the Aroostook Band of Micmacs, a federally recognized tribe is headquartered in Presque Isle), 1.3% identify as Asian, 1.1% as Hispanic, and 0.6% as African American.
There are 127.9 people per square mile with Presque Isle covering 75.76 square miles in central Aroostook County. Compared to national averages, a higher percentage of the population has completed high school (Presque Isle 89.3%, US 87.7%). However, our college graduate levels are somewhat lower (Presque Isle 23.5%, Maine 30.9%, US 31.5%) despite having the University of Maine, Northern Maine Community College, and a branch of Husson University here.

Maine’s housing stock is the 7th oldest in the nation. In Aroostook County, 70% of the homes were built prior to 1979. This means the homes require much more maintenance and are less energy efficient causing higher heating fuel costs. Being situated in northern Maine, often with the coldest temperatures in the country and with winter lasting 7 – 8 months, the impact of heating oil costs on the economy is harsh. Costs per gallon are often $.20 -.40 higher than rates in cities and towns down state as well as in other states. These are important considerations when talking about our older residents aging in place.

**Presque Isle – A Great Place to Live**

Presque Isle is a close-knit community with very active and caring community members. It is large enough to have numerous organizations such as Rotary, Kiwanis, and other organizations and clubs and small enough that everyone works together to meet the needs of various population segments.

The basic needs of older adults are well met here in Presque Isle by organizations such as Aroostook Regional Transportation System (ARTS), Aroostook County Action Program (ACAP), and Aroostook Agency on Aging. Programs include but are not limited to Meals on Wheels; transportation to medical appointments, pharmacy and grocery trips as well as social functions; home repairs; heating fuel assistance; homeownership support; case management services and more.

Northern Light AR Gould Hospital, a large regional hospital located here in Presque Isle, has four physicians on staff that specialize in geriatrics from general practice to internal medicine to hospice. In addition, the Senior Connection/Healthy Aging program offers educational luncheons, free health screenings, and discounts at the hospital’s Gardenside Café. Also, additional medical services for our older adults are offered by Aroostook House of Comfort offering hospice care here in Presque Isle and the Veterans’ Home, which is only 11 miles away.

Studies have shown that in order to maintain good health in our older years, we must do something cognitive, something physical and something social on a regular basis. Each of those needs are well met in Presque Isle. The United Way of Aroostook has an active RSVP program (Retired Senior Volunteers). Seniors Achieving Greater Education (SAGE), celebrating its 20th anniversary this year, is housed at the University of Maine at Presque Isle and was established to serve intellectually curious adults aged 50 and older who desire to learn more about the world and themselves in a relaxed, non-competitive atmosphere. The Mark & Emily Turner Memorial Library offers numerous programs from genealogy to free movie rental to art shows and demonstrations. In addition, the City’s beautiful new Community Center features a designated Senior Room with full commercial kitchen. The Senior Room has programming for the older population including Game Time on Mondays, Knit & Stitch on Tuesdays, a hot lunch on Tuesdays, a Music Jam on Wednesdays, Bridge games and a Balance Class on Thursdays, and Billiards on Wednesdays and Thursdays.
For those needing a little more assistance with food, AAA offers a Meals on Wheels program, there is a faith-based food pantry in town, and Martha & Mary’s Soup Kitchen. Presque Isle and its citizens diligently strive to ensure that our seniors do not have to choose between purchasing prescription medicines, heating fuel, and food. One example of a recent collaborative proactive effort by area organizations is the telethon that was held on our local television station WAGM in conjunction with ACAP and the United Way to raise additional funds for heating oil assistance.

The University of Maine at Presque Isle and Northern Maine Community College both have fitness centers with memberships available for seniors. In addition, the City has a four-mile long paved and lit designated walking trail through the heart of town and is in the process of adding shorter loops around the new Community Center with direct access to restrooms and a designated parking lot.

**AARP’s Livability Index for Presque Isle**

The [AARP Livability Index](https://www.livability.com) scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most. Scores are given in seven categories: Housing, Neighborhood, Transportation, Environment, Health, Engagement and Opportunity. Scores range from 0 to 100 with an average community scoring 50. Presque Isle scores above average with a score of 53 with above average “grades” in each category except Neighborhood and Health. In comparison with other cities, Presque Isle fairs well under the microscope. Atlanta, Georgia; West Palm Beach, Florida; Plymouth, Massachusetts (a very walkable city with great museums, dining, transit, and coastline) all scored lower as did our neighboring city, Caribou, Maine (50). Charlottesville, Virginia, which consistently ranks in the “top 10 cities to live” only came in with a score of 57.

The Presque Isle Team does take issue, however, with the reasoning behind some of Presque Isle’s low scores. Under the Neighborhood category, we were marked low on “proximity to grocery stores and farmers’ markets” which should be within a half mile walking distance of neighborhoods despite having five grocery stores and a farmers’ market all easily within walking distance of neighborhoods. We were also scored poorly for “proximity to parks” which should be within a half mile walking distance of neighborhoods despite the fact that we have four city parks and a state park all located directly adjacent to residential neighborhoods.

Under the Transportation category, we were scored in the red for the total number of buses and trains per hour. However, this may be due to the fact that our public transit system, the PI Loop, is too new to have been considered at the time of ranking.
Presque Isle’s Age-Friendly Community

Mission and Vision

The philosophy is quite simple. The mission of Age-Friendly Presque Isle is to promote healthy aging in our community; and to keep city officials informed of the needs of older adults living and aging in the community. The vision for Presque Isle is to be a healthy, livable community for residents of all ages.

Team Representation

Of the six members of Presque Isle’s Age-Friendly Community Committee, five are considered ‘older adults’ aged 60 or over. The shortest period of time any committee member has lived in Presque Isle is 18 years.

Each member of the community is highly visible and extremely active in the community resulting in a committee that truly has its finger on the pulse of the community.

Richard “Dick” Engels, a resident since 1970, is an attorney “of counsel” with the firm of Bemis & Rossignol here in Presque Isle. Dick served as a Captain in the US Army and is a member of the American, Maine, and Aroostook County Bar Association. He has served or is currently serving on Presque Isle’s City Council, the University of Maine at Presque Isle Foundation, Maine Community Foundation’s Aroostook County Fund, Northern Maine Community College Foundation, and the Corporate Board of the local hospital. Additionally, Dick has been a coach for Little League Baseball and Aroostook Football as well as a Team Manager for Presque Isle Youth Hockey Association. Engels is representing Presque Isle Rotary on this team.

Penny Kern has lived in Presque Isle for 36 years. She is the current chair of the board of Seniors Achieving Greater Education, the senior college at the University of Maine at Presque Isle. Penny is the District Coordinator of the AARP Tax Aide Program and worked/volunteered for many years for the Girl Scout Council. Kern has also currently or previously served on the boards of the University of Maine Cooperative Extension, Retired Senior Volunteer Program, Red Cross, Helping Hands for Families and Children, Aroostook Council for Substance Abuse Prevention, Maine Commission for Community Service, and Friends of the Aroostook National Wildlife Center. In addition, she has been or is currently an instructor for AARP Smart Driver, and 4H.

William “Bill” Casavant moved to Presque Isle in 1967 and is a long-time area coach, sporting official, and former Athletic Director of the University of Maine at Presque Isle. He has served on the Northern Maine Boards of Approved Baseball Umpires, Soccer Officials, and Basketball Officials as well as serving as the Past President of Maine College Baseball Umpires. Bill is representing the City’s Recreation & Parks Department Advisory Board on this team.

Dawn Roberts is the Community Health Specialist for Northern Light – AR Gould Hospital, has worked in Health Care for 33 years, and has been a licensed nurse for 20 years. She serves on many committees regarding the health and wellness of Aroostook County citizens including The Aroostook District Coordinating Council, Aroostook County Action Programs Health Service Advisory Committee, Marijuana Workgroup and Drug Free Communities Stakeholder Meeting; Northern Maine Community Colleges Working on Wellness Team, The Aroostook Coordinating Council, and the Micmac Community Health Workgroup and Drug Task Force.
Dottie Sines was born and raised in neighboring Caribou, one of 10 children and the only girl. She feels that growing up poor gave her a strong work ethics and some great life skills. At the age of 6, she contracted Polio and, for many months, was in various hospitals. Being away from the safety and comfort of home at such a young age introduced her to many different professionals as well as personalities. This changed her view of the world. Dottie felt there was a higher purpose for her life and that she is here to use her experience and education to lessen the burdens that many carry, from caregiving to feeding seniors. She worked at the local hospital for 12 years and is continuing her career with the Area Agency on Aging.

Craig Green, who was born and raised in Presque Isle, has been a New York Life Agent with his own insurance firm here in town for over twenty years. Many of his clients are older adults. In addition to working full-time, Craig serves on the City Council; is President of Presque Isle Historical Society and the Presque Isle Air Museum; serves on the board of C.A.N.C.E.R. (Caring Area Neighbors for Cancer Education and Recovery; is a member of the Kiwanis, the Masons, the Elks, and Presque Isle Snowmobile Club. He was also named as Presque Isle Citizen of the Year.

Kimberly Smith, a resident of 18 years, is the Resource Development and Public Information Officer for the City of Presque Isle. Kim has also previously been named Presque Isle’s Citizen of the Year and has received a Lifetime Achievement Award from the President’s Council on Civic Participation and Service. She serves as the Secretary/Treasurer of Presque Isle Historical Society and as the Secretary of the Presque Isle Air Museum. She is currently on the board of Maine Historical Society and is a former member of Rotary and of the board of Maine Archives & Museums. Smith also serves as the Vice Chair of Aroostook Tourism Council.

History of Presque Isle’s Age-Friendly Work

Although Presque Isle has long been age friendly, “official” age-friendly work began in earnest in spring of 2018 with the application for the Age-Friendly designation. Upon notification of acceptance, team leader Kim Smith began to attend monthly Age-Friendly conference calls and meetings. The first presentation to Northern Light’s AR Gould Healthy Aging group was given in February of 2019. In May of 2019, Smith met with City Manager Martin Puckett, Aroostook Agency on Aging’s Executive Director Joy Barresi-Saucier and AARO’s Patricia Oh to brainstorm possible team members.

In the fall of 2019, the Committee was named and work began on putting together an Assessment. The Assessment was distributed in October and November of 2019. Additionally, Smith spoke before the Healthy Aging group a second time to introduce the Assessment.

In November, the team also received funding from Presque Isle Downtown Revitalization Committee to design and purchase 1,500 business card size refrigerator magnets listing area resources for older adults. These magnets were distributed to area older adults through local agencies and organizations.

The Team’s Approach

The team was assembled by asking stakeholder agencies to provide a representative from within their organizations. The senior college located at the University of Maine at Presque Isle, SAGE (Seniors Achieving Greater Education); the Recreation & Parks Department Advisory Board; Presque Isle Rotary; and Aroostook Agency on Aging all assigned representatives, each of which were part of the older adult
population. In addition, a City Council member was an active part of the team to ensure the information collected by the team was made available to Council.

The approach adopted by the team was to build awareness of the Age-Friendly designation and the important work tasked to the team. This was done by speaking before Northern Light’s AR Gould’s Healthy Aging program on more than one occasion. This group is comprised of approximately 200 older adults from around central Aroostook. In addition, 1,500 business card size refrigerator magnets listing area resources were printed by the team (and paid for by Presque Isle’s Downtown Revitalization Committee) and distributed to older adults through the Senior Room at the Sargent Family Community Center, Aroostook Agency on Aging, Presque Isle Housing Authority, Aroostook County Action Program, Northern Light AR Gould’s Healthy Aging, Leisure Village & Gardens (senior apartments/assisted living), City Hall, and the United Way.

Once the initial groundwork was laid, the team prepared an Assessment Survey and distributed the survey to residents through the local New York Life Insurance office, Leisure Village & Gardens, City Hall, and Northern Light AR Gould’s Healthy Aging.

The Assessment

The Assessment Survey was distributed to residents through the local New York Life Insurance office, Leisure Village & Gardens, City Hall, and Northern Light AR Gould’s Healthy Aging. The hope was that we would receive 400 completed surveys. However, we did fall short of that goal with only 154 completed surveys turned in.

It is felt that if we had at least one individual who could have dedicated 100% of his/her time to this, more could have been done to achieve this goal. In addition, the City did have a student intern during this time period with Age-Friendly Community work listed as a priority in her job description. However, the position was terminated prior to completion for reasons beyond the City’s control.

As the Assessment contained valuable insights, comments and suggestions that will be of interest and importance to other organizations and agencies, the results will be distributed to these groups as well. Age groups of respondents were broken down into eight categories: Under 50, 50-55, 56-59, 60-65, 66-69, 70-79, 80-89, and 90 or older. The majority of those responding (75%) were between the ages of 70 and 89. Of the 154 respondents, there were respondents in every category except 56 – 59. Although 32% of respondents did not indicate male or female, of those that did, 75% were female.
Of the respondents that answered the question on current living arrangement, 78% indicated they live in their own home. Of those that responded, 69% have lived in Presque Isle for 20 years or longer. Of these, 52% live with a spouse and 40% live alone. When asked if they live “in town” or “in the country”, 57% indicated they live in the country. When asked to rate the importance of remaining in Presque Isle as they age, 56% indicated this was “extremely important” and 41% indicated it was “somewhat important”. When asked to rate Presque Isle as a place to live as they aged, 34% rated Presque Isle as “excellent” and 60% rated it as “good”.

General comments included the following:

- *Good to have time for input.*
- *Great idea!*
- *Thanks for the opportunity to express the needs of seniors.*
SURVEY

COMMUNITY

1. How would you rate Presque Isle as a place to live as you age?
   □ Excellent  □ Good  □ Fair  □ Poor

2. Please rate the importance you place on remaining in Presque Isle as you age.
   □ Extremely important  □ Somewhat important  □ Not important

3. Please check one: _____ I live in town  _____ I live out in the country

OUTDOOR SPACES AND PUBLIC BUILDINGS

4. Please rate the following

   a. Public buildings (such as city hall, library, post office) are accessible for people of all abilities
   □ Satisfied  □ No Opinion  □ Not Satisfied
   b. Elevators, ramps in place where needed
   □ Satisfied  □ No Opinion  □ Not Satisfied
   c. The number of designated handicapped parking spaces are sufficient
   □ Satisfied  □ No Opinion  □ Not Satisfied
   d. Clear, easy to read signage
   □ Satisfied  □ No Opinion  □ Not Satisfied
   e. Sufficient benches in parks
   □ Satisfied  □ No Opinion  □ Not Satisfied
   f. Paths wide enough to accommodate wheelchairs or other mobility assistive devices
   □ Satisfied  □ No Opinion  □ Not Satisfied
   g. Sidewalks in good condition, safe for pedestrians and accessible for wheelchairs
   □ Satisfied  □ No Opinion  □ Not Satisfied
   h. Well-lit, safe streets and intersections for all users
   □ Satisfied  □ No Opinion  □ Not Satisfied
   i. Restrooms in public buildings that are accessible to people of different physical abilities
   □ Satisfied  □ No Opinion  □ Not Satisfied

   Additional Comments on Outdoor Spaces and Public Buildings:
   ____________________________________________________________
   ____________________________________________________________

COMMUNICATION AND INFORMATION

5. Is information about community events and local activities easy to find?
   □ Yes  □ No  □ Not certain

6. Is information about services and resources to support aging in place easy to find?
   □ Yes  □ No  □ Not certain

7. How do you get your information?
   □ Newspaper  □ Word-of-mouth  □ Television  □ Radio  □ Newsletters/flyers
   □ E-mail  □ The Internet  □ Social media (Facebook, Twitter, Instagram...)

   Additional Comments on Communication and Information:
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
SOCIAL INTERACTION

8. How frequently do you spend time with family, friends, or neighbors?
   - Once a day or more
   - Several times a week
   - Once a week
   - A few times a month
   - Once a month
   - Less than once a month

9. Which of the following are available and/or do you use?
   - Activities that offer senior discounts
   - Widely publicized events – social/recreational
   - Opportunities to volunteer
   - Clubs such as bridge, gardening...

10. If you would like to socialize more, what prevents you from doing so (check all that apply)?
    - Mobility or health issues
    - Too expensive
    - No one to go with
    - Find out too late
    - Lack of transportation
    - Not much to do here
    - Schedule conflict
    - Other: __________________________________________

Additional Comments on Social Interaction:
____________________________________________________________________________
____________________________________________________________________________

HOUSING

11. In what kind of housing do you currently live (check all that applies)?
    - Single-family home
    - Apartment
    - Retirement community
    - Assisted Living
    - Nursing home
    - Mobile home
    - With family
    - Other: _________________________

12. If you were to relocate in the next few years, which of the following factors would impact your decision (check all that apply)?
    - Looking for smaller or more accessible home
    - Want to live closer to family or friends
    - Want a warmer climate
    - Want to be closer to medical care/shopping/library/church
    - Need better transportation options
    - Need something less expensive
    - Other: __________________________________________

13. Do you plan to make any of the following modifications to your home to allow you to age in place?  □ N/A
    - More accessible (ramps, wider doors)
    - Improve lighting
    - Put kitchen, bedroom, or bathroom on first floor
    - Add grab bars, hand rails, non-slip tiles
    - Install medical emergency response system
    - Other: __________________________________________

14. Please rate the following in importance
    - Very Important
    - Somewhat Important
    - Not Very Important

    a. Trustworthy home repair contractors, who are affordable and do quality work
    - □
    - □
    - □

    b. A home repair service for low-income and older adults to help with roof or window repairs
    - □
    - □
    - □

    c. Seasonal services such as lawn work or
snow removal □ □ □ □
d. Housing options for people at all income levels □ □ □ □

Additional Comments on Housing:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

RESPECT AND SOCIAL INCLUSION

15. Do you feel valued as an older resident of Presque Isle?
    □ Yes    □ Most of the time    □ Not usually    □ No
16. Do you feel there is general awareness of the contributions of older residents in Presque Isle?
    □ Yes    □ Most of the time    □ Not usually    □ No
17. Do you feel that the City of Presque Isle wants to encourage older residents to remain in Presque Isle as they age?
    □ Yes    □ No

Additional Comments on Respect and Social Inclusion:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

CIVIC PARTICIPATION AND EMPLOYMENT

18. What is your employment status (please check all that apply)?
    □ Employed (full- or part-time)    □ Unemployed, looking for work    □ Retired
19. On average, how many hours per week do you volunteer (round to nearest hour)?
    □ 0    □ 1-2    □ 3-4    □ 5-6    □ 7-8    □ more than 8
20. Please rate the following in importance

    a. A range of volunteer activities □ □ □
    b. Opportunities to participate in local government □ □ □
    c. Opportunities to participate in decision making in community organizations □ □ □
    d. Easy to find info on volunteering □ □ □
    e. Transportation to/from volunteering activities if needed □ □ □

Additional Comments on Civic Participation and Employment:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
TRANSPORTATION

21. Please describe your level of mobility (ability to walk and get around):
   - [ ] I can easily walk unassisted
   - [ ] I walk unassisted but with difficulty
   - [ ] I use a cane or walker
   - [ ] I use a wheelchair

22. Please tell us how you usually travel around town (check all that apply):
   - [ ] Personal vehicle
   - [ ] Walking
   - [ ] ARTS on-call
   - [ ] Friends/family
   - [ ] Other: ____________________________

23. Are you aware of the Aroostook Regional Transportation System (ARTS) demand response transportation?  [ ] Yes  [ ] No

24. Have you heard that there is a new public transportation system set to begin in Presque Isle on October 15 (Going Places – The Presque Isle Loop)?  [ ] Yes  [ ] No

25. Please rate how important the following factors are to your ability to travel in Presque Isle (only rate those that are relevant to your situation).
   - a. I don’t drive/no longer have license
   - b. I don’t have anyone to take me
   - c. I can’t afford transportation
   - d. Availability of transportation inconvenient
   - e. Weather conditions
   - f. Darkness
   - g. Other: ____________________________

26. How many times a month do you go
   - a. to medical appointments
   - b. for a walk or to a group exercise program
   - c. to do errands (banking, shopping…)
   - d. to socialize
   - e. Other: ____________________________

   Additional Comments on Transportation:
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

COMMUNITY SUPPORT AND HEALTH SERVICES

27. What resources would you use if you or a friend/family member needed information about a service? (Check all that apply)
   - [ ] AARP
   - [ ] Aroostook Agency on Aging
   - [ ] Doctor/health care provider/hospital
   - [ ] Family or friends
   - [ ] Faith-based organization
   - [ ] Library
   - [ ] Internet
   - [ ] Phone book
   - [ ] Presque Isle City Hall
   - [ ] Newspaper/radio
   - [ ] United Way 211
   - [ ] Local non-profit organization
   - [ ] Other: ____________________________

28. How likely do you think it is that you will need the following services in the next five years?
   - a. Personal care at home
   - b. Housecleaning services

   Additional Comments on Transportation:
c. Caregiver support

-  
-  
-  

d. Wellness/fitness classes

-  
-  
-  

e. Home maintenance

-  
-  
-  

f. Home delivered meals

-  
-  
-  

g. Safety checks

-  
-  
-  

Additional Comments on Community and Health Services:

______________________________________________________________________________

______________________________________________________________________________

ABOUT YOU

29. Please tell us your age category:

- Under 50  
- 50-55  
- 56-59  
- 60-65  
- 66-69  
- 70-79  
- 80-89  
- 90 or older

30. Are you  

- Male  
- Female

31. How many years have you lived in Presque isle?

- less than 1 year  
- 1-9 years  
- 10-19 years  
- 20 or more years  
- I grew up here

32. Your nearest family lives:  

- with me  
- less than 1 hour  
- in same town  
- more than 1 hour

33. Describe your household (check all that apply):

- live alone  
- with spouse  
- with child/ren  
- with parents or older relative  
- Other: __________________________________________________________

34. What is your current living arrangement?

- rent  
- own home  
- Other: __________________________________________________________

35. Other comments about you:

______________________________________________________________________________

______________________________________________________________________________

36. Other comments about this survey:

______________________________________________________________________________

______________________________________________________________________________

Thank you for taking the time to complete this survey. Your time and effort will assist us in creating an action plan that will truly make Presque Isle an Age-Friendly Community!
Domain-Specific Action Plans

Outdoor Spaces and Public Buildings

*Outdoor Spaces and Buildings refers to the public places of gathering in the community. These buildings and spaces should be easily accessible and welcoming to people of all mobility ranges.*

Presque Isle ranked highly on every question in this domain.
Other questions included: number of designated handicapped parking spaces are sufficient; clear easy to read signage; sufficient park benches; paths wide enough for wheelchairs or other mobility assistive devices; well-lit safe streets and intersections for all users; sidewalks in good condition; and restrooms in public buildings accessible.

The City of Presque Isle has recently invested approximately $12 million in the Riverside area constructing a new, energy-efficient community center with designated Senior Room; Splash Pad; Community Playground; and Public Market Pavilion. These amenities combined with our 4.4 mile paved and lit Bike & Walking Trail which is 8 feet wide provide excellent outdoor spaces and a new award-winning public building for our residents. The Public Market Pavilion is directly connected and accessible to Main Street and downtown shops/restaurants and also provides a venue for our waterfront summer concert series.

Comments from respondents included:

- *Many car drivers ignore the marked road crossings and drive over them at speed. I have nearly been knocked down several times even though I was wearing a red coat and pushing a walker.*
- *(Sidewalks have) raised cracks and bricks that need smoothing out. They are lumpy and sticking up.*

Presque Isle’s Age-Friendly Community Committee proposes:

- To fix sidewalks downtown so as to be safe for pedestrians and wheelchairs. No funds were set aside for this in the 2020 budget. A new TIF district (a defined district that creates funding for public projects by borrowing against future increase in property tax revenues) is in the process of being created (paperwork due by March 2020) with funds specifically earmarked for this project with a completion goal of Fall 2023.
- To take action to make designated crosswalks safer along Main Street for all pedestrians. Presque Isle’s Main Street is US Route 1, a federal route. This presents some challenges as the US DOT dictates what can and cannot be done. Completion goal is fall 2023.
- AARP’s Livability Index was also a source of an action step under this domain. As Presque Isle ranked low in Access to Parks, the group supports the efforts of Presque Isle Historical Society to turn an unused garden at its historic house museum which is less than 800 feet from Main Street with direct access to a public parking lot and in a neighborhood with numerous apartment buildings into a “pocket park”. A pocket park is defined as a small outdoor public space within easy access of downtown. The park will be a spot for reading, meditation, acoustic music concerts, and picnic lunches. Completion goal is fall of 2020.
- Although the City has a beautiful 4.4 mile Bike & Walking Trail, there is a need for shorter loops within easy access of a restroom facility and with a designated parking lot. The City has recently obtained funding to add three small loops which will add about one mile to the trail system adjacent to the Community Center with its own parking lot. Completion goal is fall 2021.
## Domain-Specific Strategy Chart/Action Plan (Create one for Each Domain)

**Domain:** Outdoor Spaces and Public Buildings Goal: increase safety of outdoor spaces, increase access to exercise opportunities, improve proximity/access to parks

**Collaborating Organization(s):** City of Presque Isle’s Recreation and Parks Department, City’s Public Works Department, Presque Isle Historical Society

<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>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>What needs to be done?</td>
<td>Who will be responsible for getting it done?</td>
<td>By what date will the action be done?</td>
<td>Resources needed (financial, human, political, etc.)</td>
<td>What individuals and organizations might resist? How?</td>
<td>What individuals and organizations should be informed about/involved with these tasks?</td>
<td>What indicators have been identified to measure progress?</td>
<td>What was the outcome of the activity? This will help you with your next plan</td>
</tr>
<tr>
<td>Create pocket park downtown</td>
<td>PI Historical Society</td>
<td>Fall 2020</td>
<td>$37,000 secured grants</td>
<td>Volunteers</td>
<td>Library</td>
<td>Completed – Y/N # of events held in park</td>
<td></td>
</tr>
<tr>
<td>Fix sidewalks on Main Street in downtown area</td>
<td>Public Works</td>
<td>Fall 2023</td>
<td>New TIF</td>
<td>Downtown businesses</td>
<td>Sidewalk repair</td>
<td>Church and Academy – Y/N</td>
<td></td>
</tr>
<tr>
<td>Investigate how to have safer crosswalks on Main Street</td>
<td>Public Works</td>
<td>Fall 2023</td>
<td>New TIF</td>
<td>Downtown businesses</td>
<td>Meet with Bike Ped to discuss options – Y/N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Media campaign on location/availability of City parks</td>
<td>City</td>
<td>Summer 2020</td>
<td>human</td>
<td></td>
<td></td>
<td>Mantle Lake: In The City article pub in June 2020 – Y/N Throwback Thursday segment aired on WAGM</td>
<td></td>
</tr>
<tr>
<td>New shorter trail loops around Community Center with designated parking space</td>
<td>Rec &amp; Parks</td>
<td>Fall 2021</td>
<td>$525,000 secured grants</td>
<td>New TIF</td>
<td>Senior expo, Healthy Aging, Rotary, Kiwanis, PI Loop (ads?), publicize inside senior room at PICC</td>
<td>Completed – V/N</td>
<td></td>
</tr>
</tbody>
</table>

Who is responsible for maintaining and updating information: Kimberly Smith, City Resource Development & Public Information Officer
Frequency of meetings: varies according to responsible party
Social Participation

Social Participation refers to the availability of accessible, affordable, and enjoyable activities for people of all ages to enjoy.

Presque Isle is fortunate in the number of activities that take place and that are geared to older adults. Northern Light AR Gould Hospital’s Senior Connection/Healthy Aging program offers educational luncheons, free health screenings, and discounts at the hospital’s Gardenside Café.

Seniors Achieving Greater Education (SAGE), celebrating its 20th anniversary in 2019, is housed at the University of Maine at Presque Isle and was established to serve intellectually curious adults aged 50 and older who desire to learn more about the world and themselves in a relaxed, non-competitive atmosphere. The fall 2019 course catalog offered 30 courses and field trips with a wide variety of topics including but not limited to fitness, science, history, and the arts.

The Mark & Emily Turner Memorial Library offers numerous programs from genealogy to free movie rental to art shows and demonstrations. In addition, the City’s beautiful new Community Center features a designated Senior Room with full commercial kitchen. The Senior Room has programming for the older population including Game Time on Mondays, Knit & Stitch on Tuesdays, a hot lunch on Tuesdays, a Music Jam on Wednesdays, Bridge games and a Balance Class on Thursdays, and Billiards on Wednesdays and Thursdays.

The primary audience for Presque Isle Historical Society is the 50 and over age group. The Society has an amazing schedule of events with 12 types of tours offered on a recurring basis throughout the year, quarterly presentations, and periodic workshops.

Half of the respondents indicated that they socialize several times a week. When asked about the barriers to social participation, the answers were wide ranging.

![Barriers to socialization](image-url)
Comments from respondents included:

- Tend to hear more after the event than before.
- Info on events cannot be found in one or two places. Have to search through multiple Medias to find out. Sometimes it is just luck.
- I have no computer; do not have internet, email, Facebook.

Presque Isle’s Age-Friendly Community Committee proposes:

- To address the issue of “having no one to go to functions with”, the team would like to explore the possibility of creating a “Social Buddies” program within the Aroostook Agency on Aging. Goal for completion fall 2020.
- To increase the access to inform on activities, the team would like to brainstorm with the owners of The Aroostook Common, one of the most recognized and most inclusive local listings of events. Goal for completion fall 2020.
Domain-Specific Strategy Chart/Action Plan (Create one for Each Domain)

Domain: **Social Participation Goal**: increase socialization opportunities for older adults by removing barriers

Collaborating Organization(s): *Aroostook Agency on Aging, The Aroostook Common, Northern Light AR Gould Hospital, Presque Isle Community Center*

<table>
<thead>
<tr>
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<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Create Social Buddies program</strong></td>
<td><em>Aroostook Agency on Aging/hospital/</em> Aroost Common</td>
<td>April 2020</td>
<td>AAA’s list of older adult volunteers</td>
<td>Human</td>
<td>Older adults, AAA, hospital’s Healthy Aging, PICC</td>
<td>What indicators have been identified to measure progress?</td>
<td>What was the outcome of the activity? This will help you with your next plan</td>
</tr>
<tr>
<td>1.</td>
<td>AAA will find volunteer to spearhead project; may need to provide cooperative transportation for same</td>
<td>Done - Y/N</td>
<td></td>
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</tr>
<tr>
<td>2.</td>
<td>Hospital to put contact in regular Fit &amp; Fun Over 50 newsletter</td>
<td>Done - Y/N</td>
<td></td>
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</tr>
<tr>
<td>3.</td>
<td>Have sign-up sheet on Wednesday Senior Day at Community Center</td>
<td>Done – Y/N</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>4.</td>
<td>Aroostook Common to provide copies of monthly publication to volunteer</td>
<td>Done – Y/N</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Increase access to information on activities</strong></td>
<td><em>The Aroostook Common, the City, Star Herald</em></td>
<td>April 2020</td>
<td>Hospital newsletter</td>
<td>Human</td>
<td>Older adults, AAA, hospital’s Healthy Aging, PICC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Publish in Fit &amp; Fun Over 50 newsletter where print copies of Aroostook Common can be found</td>
<td>Done – Y/N</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Ask Aroostook Common to increase font size to 12 for easier reading by older adults</td>
<td>Done – Y/N</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>3.</td>
<td>Aroostook Common to advise volunteer where hard copies available</td>
<td>Done – Y/N</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>4.</td>
<td>Ask Star Herald to run periodic column listing events for older adults and discuss appropriate activities for them</td>
<td>Done – Y/N</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Who is responsible for maintaining and updating information: *Kimberly Smith, City Resource Development & Public Information Officer*

Frequency of meetings: varies according to responsible party
Transportation

This domain covers public transportation and all of the various ways people move about the community.

Presque Isle has long recognized biking and walking as a means of transportation. The 4.4 mile paved and lot Bike & Walking Trail was established in the late 1980s with a full-color fold-out trail map available at City Hall, the Community Center, and online.

Aroostook Regional Transportation System, Inc. (ARTS) is a 501c3 non-profit organization founded in 1979. Since that time, ARTS has provided a demand-response door to door transportation services for the people of Aroostook County. ARTS provides transportation to all towns in Aroostook County, Patten/Stacyville in Penobscot County and Danforth in Washington County. Transportation services are provided for the general public, individuals with disabilities, and the elderly at affordable rates. Services are provided for Aroostook Area Agency on Aging, Central Aroostook Association, LogistiCare (MaineCare) and the Maine Department of Health and Human Services through a contracted rate with no charge to the individuals. ARTS demand-response door-to-door services are provided by buses or vans that are all handicap accessible vehicles.

In October of 2019, the PI Loop, a true public transit system created by a community collaboration to meet unmet transportation needs in Presque Isle, was launched with one bus operating seven days a week primarily from 6:00 a.m. to 7:00 p.m. with 16 established stops. There are already plans to add a second bus and expand the service.

Seventy-four percent of respondents indicated that they could easily walk unassisted with 77% traveling by personal vehicle. Of those responding, 86% were aware of ARTS’s services and 93% were aware of the new PI Loop that began in October. Weather conditions and darkness were the biggest deterrents to traveling.

Comments from respondents included:

- The nearest bus stop is one-mile away from my home.
- Loop drivers should dress in city designed uniforms only.
- Loop needs additional stop on Main Street.
- New bus system needs to go to other outlying areas such as the senior apartments on Erskine Drive.

Presque Isle’s Age-Friendly Community Committee proposes:

- Making the operators of the PI Loop aware of all responses pertaining to them and the suggestions provided by respondents so as to better serve our residents. Goal for completion fall 2020.
- Even though ARTS has been in existence since 1979, it was eye-opening to see that only 86% of respondents were aware of its service. The team would like to brainstorm with ARTS on how to increase the awareness of all it offers. Goal for completion Fall 2020.
## Domain-Specific Strategy Chart/Action Plan (Create one for Each Domain)

**Domain:** Transportation Goal: Increase access to activities, jobs, shopping by improving PI Loop service and by increasing awareness of ARTS/PI Loop

**Collaborating Organization(s):** ACAP, ARTS

<table>
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<tr>
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<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assist PI Loop to better serve needs of residents</td>
<td>ARTS, City, Sage, hospital</td>
<td>Fall 2020</td>
<td>Human, financial (grant for PI LOOP)</td>
<td>PI Loop – inability to respond to needs due to distance/cost</td>
<td>What individuals and organizations should be informed about/involved with these tasks?</td>
<td>What indicators have been identified to measure progress?</td>
<td>What was the outcome of the activity? This will help you with your next plan</td>
</tr>
<tr>
<td><strong>1.</strong> Inform Loop operators of responses to survey</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Done – Y/N</td>
</tr>
<tr>
<td><strong>2.</strong> SAGE will provide opportunity for seniors to learn how to use PI Loop by planning an outing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Done – Y/N</td>
</tr>
<tr>
<td><strong>3.</strong> Hospital will provide info about the PI Loop to individuals in need</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Done – Y/N</td>
</tr>
</tbody>
</table>

| Increase public awareness of ARTS, PI Loop | ACAP, ARTS, City | Fall 2020 | Human | Human, financial | | | |
| **1.** Kim will meet with ED/GM of ARTS/Loop/Housing/Leisure Village to determine best way to get additional info out | | | | | | Done – Y/N |
| **2.** PI Loop will give advance notice to hospital and city when planning “free days” so those organs can put info out on their websites for additional exposure | | | | | | Done – Y/N |

**Who is responsible for maintaining and updating information:** Kimberly Smith, City Resource Development & Public Information Officer

**Frequency of meetings:** varies according to responsible party