State: Maine
Community Name: Fort Kent
Population Size: 3890
Percentage of Residents Above Age 60: 25
Community Structure: Town
Other:
Community Type: Suburban (offices, apartments and shops), Rural

Elected Official Signing the Letter of Commitment
Name: Jacob Robichaud
Title: Council Chairman
Office Mailing Address: 416 West Main Street
Community Contact Name: Suzie Paradis
Email: Suzie Paradis
Position: Town Manager
Telephone: Suzie Paradis - Town Manager oversees and assesses the communities needs, budgets Jason Nadeau - Recreation and Parks Director is responsible for all recreational town owned facilities and parks and activities.

Role:
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Older Adult Involvement:
We often hear aging population, but what does that really mean? What defines an aging population? In Fort Kent we want to strive not to segregate by excluding older adults as they begin to face challenges. We are all aging, and we will all get there at one point. The smallest of details can influence inclusion for an age friendly community. Our goal is to create an age-friendly community that is designed for diversity, inclusive and cohesiveness. Some of the examples below have already been implemented and we will continue to strive to make the Town of Fort Kent a great age friendly community. Some of our homebound seniors having difficulty driving, grocery shopping and or making meals. Our inclusiveness and cohesiveness is displayed through our local grocery stores which currently deliver to homebound individuals, we use the public transportation, ARTS bus, that takes our age friendly individuals to and from their home downtown for errands or appointments. The Meals on Wheels program that is managed at our Fort Kent Senior Center delivers nutritious meals weekly and ensure the food is a healthy choice. Even the smallest steps as ensuring homes, public buildings and parkways are safe for our age friendly individuals, making sure handrails, lighting and handicap
accessibility is in place. To ensure inclusiveness we will continue to advertise our social events and activities through many different avenues such as social media, newsletters monthly calendars at our local eateries, the senior center, through our downtown speaker system as well as notification through our assisted living facilities.

The community has an aging population with a core group of volunteers who are eager to make a difference. The community has much to offer to our citizens as we are fortunate to have Northern Maine Medical Center, the University of Maine at Fort Kent, and Fish River Rural Health who we can collaborate and partner to create and age-friendly activities and continue mentor our citizens to participate. Being a service center community allows us to offer additional programs through our retail businesses. By becoming an age-friendly community we will have the opportunity to join the AARP Age Friendly membership and expand our opportunities and make Fort Kent a place where everyone of all ages enjoys to live. We need to include collaboration between the students at the Fort Kent Elementary School Pre-K through sixth grade, the Fort Kent Community Middle High School 7-12th and the University of Maine at Fort Kent college students with our age-friendly population. All ages will benefit and learn from one another. We will have an opportunity to join the AARP Age Friendly membership and expand our opportunities and make Fort Kent a place where everyone of all ages enjoys living and spending leisurely time in. Social media, community boards, newsletters and school outreach will help guide us and implement the collaboration. As mentioned above our goal is to collaborate between public health departments, schools, retail businesses and agencies focused on the needs of our community members. We are ready to make Fort Kent the third community in Aroostook County, Maine an age-friendly place.

Increasing Collaboration and Coordination:

AARP Team Member Contact Info: Patricia OH, UMaine Program Manager patricia.oh@maine.edu

Most Instructive Area of Work: Age-friendly communities enable older people to take part in a range of social activities and be inclusive throughout the community, as Fort Kent has several events where age friendly individuals can participate in. Fort Kent has several Assisted living facilities and a senior community center that offers daily meals on wheels program. We provide several aspects of communication to ensure all of our community is aware of our services. We have a senior bus to offer transportation, a hospital and several medical facilities to better serve our population. The year-round activities offered is all inclusive to all ages. We are a unique and friendly community and becoming age-friendly is beneficial for all.

Optional Resolution: Error in form input for this field only.

Logo or Image: Error in form input for this field only.

Website: 

Twitter 2: 
Facebook 1: Town of Fort Kent, Maine
Facebook 2: Town of Fort Kent Recreation and Parks
Additional Social Media: