

Dexter Age Friendly Committee



Action Plan 2021

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Local Support Letter



Town of Dexter

23 Main Street
Dexter, Maine 04930
Shelley L. Watson, Town Manager
Phone 207-924-7351
manager@dextermaine.org

March 28, 2017

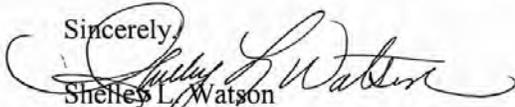
Lori Parham
AARP Maine State Director
53 Baster Blvd
Portland ME 04101

Dear Ms. Parham,

On behalf of the town of Dexter, I am pleased to submit this letter of interest and commitment in the AARP/World Health Organization Network of Age-Friendly Communities. Dexter recognizes the importance of encouraging and promoting age-friendly planning and policies to address changing demographics and to enhance independent living, and is committed to a process of continual improvement to support active and healthy aging.

As part of our involvement and commitment we will conduct a base assessment of the community's age-friendliness and develop a community action plan based on the findings of the assessment. We will involve older residents deeply in the planning process and we commit to monitoring progress toward implementing the action plan.

Sincerely,


Shelley L. Watson
Town Manager

Executive Summary

The Dexter Age Friendly Community (DAFC) committee was formed in May 2017 by a group of people focused on making Dexter a place where residents can continue to live independently in their own homes with increased options for community support and social interactions by removing challenges and barriers within the community. Modeled after the “Thriving in Place” initiative, the group utilized resources and funding through a collaboration with AARP and University of Maine’s Center on Aging to assess the existing strengths and resources in Dexter as well as to learn what is lacking.

A survey enabling the committee to clearly understand what the participants believe are challenges faced by aging residents was created and distributed. The completed survey target goal was 275 and 265 were returned.

Based on the committee’s ideals, goals, and location, the “Bridging Generations” logo was designed and created by the students at Tri-County Technical Center. Dexter Age Friendly sponsored events, held in collaboration with AARP and the Center on Aging, have been a Valentine’s Community Tea, and Community Luncheon, and 5 Community Conversation Dinners. These events helped to introduce the DAFC to the community, solicit additional input, and the luncheon was a celebration for completing the survey and launching the DAFC.

Since 2017, the DAFC has been the driving force to bring the Senior Food Commodity Program back to Dexter, which now includes a new Furry Friends Food Program, a “Good Morning Neighbor” safety call-in program, a Tea and Talk series, and Pop-up University classes.

Mission Statement

The Dexter Age Friendly Community Committee is focused on improving access, safety and social interaction for the aged and aging residents of Dexter as well as working to enable people of all ages to actively and safely participate in community activities.

Our Vision and Values

The mission statement embraces bridging all generations of people in the town to make sure that citizens, young and old, have safe access to all services and activities offered by the town. This led to our vision “Bridging Generations”. To ensure that our vision

remains front and center of our work, our logo depicts an older person and a child walking hand-in-hand through a covered bridge with the words, “Bridging Generations.” This concept of bridging generations, i.e. being multi-generational, is fundamental to all of our programming and we are proud of our partnerships with our schools, sports teams, and local clubs.

Our vision is to go forward with the initiatives identified through our assessment working closely with our community partners and developing new ones.

Key Participants in Dexter’s efforts to develop an Age Friendly Plan

Name	Position	Name	Position
Jean Jacobs	Human Services Director, Dexter	David Wihry	UMaine Center on Aging
Patricia Oh	Livable Communities Consultant, AARP Maine	Liz Breault	Dexter Librarian
Shelley Watson Trampas King	Dexter Town Managers	Nancy Hoskins	Health Officer
John Johnston Dorothy Mountain Rosemarie O’Toole Lysbeth Ranagan Denise Webb Dawn Tritch	Past/Present Committee Member	Andrew Bermudez Lillian Bennett Fred Cooley George Dever Cindy Freeman-Cyr Steve Pratt	Past/Present Committee Member

Community Profile

Located along the 45th parallel in the “heart of Maine” between two must-see Maine tourist attractions, Dexter is a quintessential small New England town. Moosehead Trail on Route 7 brings visitors from the Craggy Atlantic Coastline northward right through Dexter and onward to the Moosehead Lake region in Greenville. Along this picturesque drive travelers are privy to views of majestic forests and sparkling freshwater lakes. The very things that once allowed central Maine to thrive still flourish within our bountiful timber-filled forests and lush farmlands and trout-filled streams, ponds, and lakes. Dexter trumpets the opportunity for citizens and visitors alike to stop, shop, and drink in our bounty and beauty. Additionally, Dexter has a long-time commitment to preserving large undeveloped areas. These areas are currently used for hunting and a variety of outdoor recreation while providing access to the longest continuous Interconnected Trail System in the nation. These woodland trails attract an ever-increasing number of four-wheelers and snowmobilers and thus provide opportunities to attract and expand revenue.

Just as our earliest settlers boasted of what Dexter offered, we seek to share our vision of what Dexter is and can be with strangers who will soon become friends, as well as with those already here. We see Dexter as a place with space to raise families and to establish businesses. We strive to retain Dexter’s charm, steeped churches, and history-filled buildings and envision busy and child-filled schools as a robust sign of our future success. We offer local recreational opportunities that encompass all sports as we partner with our schools to expand further recreational opportunities and places where we can gather as friends and family to play and cheer on our teams. While Dexter is rural, we have a well maintained municipal airport, and are within driving distance of urban life that includes shopping, recreation, and an international airport. We envision a community where our families, graduates, and the elderly choose to live, work, play, and retire. Our vision includes the municipal government's commitment to building requisite infrastructure and services as Dexter develops and expands. In short, Dexter is characterized by its warm and friendly people and personifies Maine's reputation for hard-working folks with an unmatched workforce and a promising future.

History of Age Friendly Work and Creating the Action Plan

Engaging Community

Funds to begin formation of the Dexter Age-Friendly Committee came from the residue of the Thriving in Place MeHAF grant when the Thriving in Place work concluded. These funds were used to create a survey under the direction of the University of Maine’s Center on Aging’s David Wihry. The written survey determined the areas of need in the town as seen by the 265 resident replies. Based on the results of the survey, the committee began work to correct or enhance conditions in the town in accordance with the committee-created mission statement.

Those included in the development of the plan were Dexter citizens, Dexter town employees (Director of Human Services, Town Librarian, and Town Manager), church leaders, and citizens from adjacent rural communities. Older adults were invited to attend meetings and did so following a community tea to introduce the town's citizens to the Age-Friendly concept.

The results of the survey considered AARP's 8 domains of livability, which include the following broad areas.

- **Outdoor Spaces and Buildings**
- **Transportation**
- **Housing**
- **Social Participation**
- **Respect and Social Inclusion**
- **Civic Participation and Employment**
- **Communication and Information**
- **Community and Health Services**

The top ten areas for improvement from the survey are: (1) Availability of jobs for older citizens, (2) Public transportation, (3) Availability of home maintenance services, (4) Entertainment options & social events, (5) Sidewalk condition, (6) Intergenerational social opportunities, (7) Affordable housing, (8) Sidewalk plowing, (9) In-home support services, and (10) Street and parking lot conditions.

Additional areas of need discovered were; safe access to town human services, adequate food availability for the older population, and daily, human contact for those isolated and living alone.

Strengths indicated by the survey are:

- (1) Outdoor Spaces and Buildings including a newly renovated public beach and buildings and town parks in good condition;
- (2) Healthcare Services adequately meet the needs of older citizens and others;
- (3) Public meeting accessibility for older adults; and (5) Traffic signs are in the right areas.

The survey identified the greatest worries among respondents as:

- (1) Losing connections to the community;
- (2) Running out of money;
- (3) Not having enough paid work;
- (4) Loneliness;
- (5) Having to leave my home;

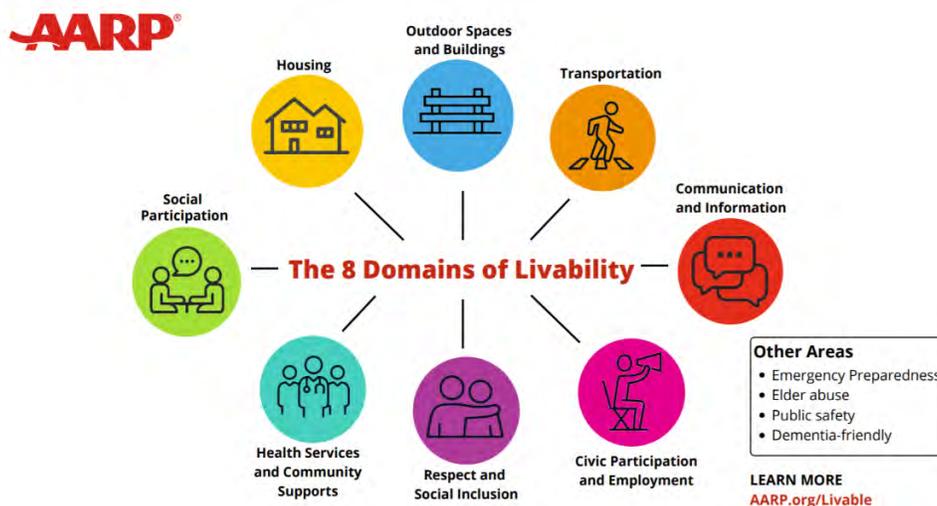
- (6) Inability to drive;
- (7) Home maintenance.

Armed with these identified strengths and areas of need, the Dexter Age Friendly Committee began to develop its Three Year Action Plan.

Creating the Action Plan

Since the committee’s inception in 2017, projects have been created and completed to address areas of need and worry as per AARP’s 8 domains of livability as follows: (1) The Good Morning Neighbor daily telephone call program to address safety, loneliness, and isolation of those living alone; (2) the installation of a stair lift so that all citizens can safely access human services on the second floor thereby increasing respect, social inclusion, and information about services; (3) The Eastern Area Agency on Aging’s Food Commodities distribution program for people over 60 Dexter and surrounding communities to address health concerns; (4) Magnetic refrigerator card with contact information about services available to town residents; (5) Snow shoveling program to help older people or others who physically can’t shovel their walkways and steps along with providing sand filled buckets {and replenishing as needed} to provide a safe walking surface (6) The Tea Talks monthly program to address the livability domains of social participation, communication, and information. (7) the installation of 8 benches around Dexter to provide locations for residents to rest as they carry groceries, due to high level of individuals who walk to grocery store

As our work has progressed, we have continued to solicit input, identify areas of need and create progressive actions plans in 6 of the 8 domains of livability. We have also sought to identify community partners both locally and within our region to ensure that we are not duplicating efforts but working in the most efficient manner. Our domain specific action plans are outlined as follows.



Domain Specific Strategy Chart

DOMAIN 1: Health Services & Community Supports

GOAL: Create programs to increase access to food and ensure safety.

Project #1	Restart Senior Food Commodity Box Program in Dexter.
Responsibility of...	Human Services Director and Age Friendly Committee.
Action Steps	<ol style="list-style-type: none">1. Contact EAAA to request becoming a distribution site2. Arrange location and complete process to become distribution site3. Have distribution site prepared and have food ready for pickup4. Maintain Monthly Distribution and reporting process
Resources and Support	EAAA - will contact recipients to inform of new location Volunteers – will help carry food boxes to recipients' vehicles.
Potential Barriers/Resistance	People do not pay attention to the new location address or do not show up Individuals embarrassed about needing the food
Communication Plan	Residents, Town Office, Hospitals, Dr. offices, Churches, Community organizations, Food Cupboard and Food Commodity distributions, Library
Metrics	<ol style="list-style-type: none">1. Number of applicants and volunteers who sign up and remain in program2. Decreases in welfare check requests3. Simple surveys completed after 6-12 months of participation by participants and their families
Time Frame/Status	Jan. 2018 / Created and Ongoing.

Project #2

Create a daily safety call in program.

Responsibility of...

Human Services Director and Age Friendly Committee (AFC) members.

Action Steps

- 1. Design application**
- 2. Distribute applications**
- 3. Begin Daily Calls**

Resources and Support

**Volunteers to commit to making calls
Public Health Nurses
Police and Ambulance services for well check and assessments**

Potential Barriers/Resistance

Fear of being considered unable to maintain safety.

Communication Plan

Residents, Town Office, Hospitals, Dr. offices and Rehab/Therapy centers, Churches, Community Organizations, Food Cupboard and Food Commodity distributions, Library

Metrics

- 1. Number of applicants and volunteers that sign up and remain in the program.**
- 2. Decreases in welfare check requests for Police Dept**
- 3. Simple surveys completed after 6-12 months by participants and/or families**

Time Frame/Status

Sept. 1, 2018 / Created and Ongoing.

Project #3

Design and implement a volunteer based program to shovel walkways and steps for the elderly or disabled.

Responsibility of...

Human Services Director, Town Manager, Dexter High School/Technical school students, local church leaders and members, Dexter Age-Friendly Committee members, Dexter residents or family members of residents,

Dexter Highway department and Mid-Maine Solid Waste Association.

Action Steps

1. Design/implement a volunteer program to shovel walkways and steps for older or disabled residents.
2. Provide scoops and buckets of salted sand to the identified residents
3. Locate volunteers and invite/identify residents in need to apply
4. Obtain funding for shovels, sand, salt, buckets, and scoops

Resources and Support

Locate and apply for appropriate grants
Town of Dexter departments/employees
Public Health Nurses Association
Police and Ambulance Services
Any agency or person(s) who becomes aware of a resident's need i.e. neighbors, mail carriers, Penquis drivers, plow drivers who are aware of difficulty paying, service agencies
Residents of family members of residents

Potential Barriers/Resistance

People losing customers
Lack of volunteers
Inability to locate adequate funding
Volunteers becoming overwhelmed by volume of work and needs
Landlords not willing to allow salt/sand on property
Residents resistant to voicing need.

Communication Plan

Newspaper articles, Flyers posted or distributed by; Dr's offices, Library, Churches, Community Center, Police Station, local ambulance service, Town Hall, Town of Dexter website, DAFC Facebook page, local businesses, community service agencies, plow truck drivers (town and for hire)

Metrics

1. Number of residents requesting service
2. Number of volunteers participating

3. Verbal feedback from participants, family members, volunteers and agencies
4. Funding is sufficient to allow every applicant immediate services.
5. Brief survey of participants/volunteers in summer of 2021

Time Frame/Status

Sept. 30, 2020 / Created and Ongoing.

Project #4

Open a new Food Pantry and create a clean, safe and welcoming space to provide food for those in need.

Responsibility of...

Andrew Bermudez, First Baptist Church members/volunteers and Dexter Food Pantry Committee {DFPC}.

Action Steps

1. Securing distribution location
2. Prepare location to serve the public
3. Staffing/Volunteers and Volunteer Training
4. Determine days and hours

Resources and Support

**Good Shepard Food Bank
Piscataquis Regional Food Center
First Baptist Church
Local organizations/interested volunteers**

Potential Barriers/Resistance

Stigma around asking for help

Communication Plan

**Ridgeview Community School
Dexter Regional High School
Town Offices/Human Services Dir
Other Churches
Police Department
Newspapers
Good Shepherd Food Bank
Piscataquis Regional Food Center
DAFC Facebook page**

Metrics

1. Number of residents using the DFPC
2. Number of volunteers

Time Frame/Status

Begin by September 15, 2020 and ongoing. Revise as needed.

DOMAIN 2: Social Participation, Communication & Information.

GOAL: To create social activities that are local and free. To promote informal gatherings that enable the sharing of information.

Project #1

**Create a monthly gathering called "Tea Talks" to encourage socializing while providing free entertainment and refreshments.
Provide educational opportunities through guest speakers from various organizations and fields.**

Responsibility of...

Human Services Director and Dexter Age-Friendly Community Committee members.

Action Steps

- 1. Research what other communities are doing for free community gatherings**
- 2. Create sustainable, consistent, local, free activity to encourage people, especially older adults and/or disabled residents to gather and interact outside of their home.**
- 3. Provide free educational and entertainment options**

Resources and Support

**AARP
Community Center
Town of Dexter
Funding from various grants
Volunteer drivers willing to provide rides/carpool to participants
Community Agencies/Organizations to participate as speakers, encourage attendance
Churches
Library
Local businesses**

Potential Barriers/Resistance

**Finding a suitable location if Community Center doesn't open in time
Winter weather**

	<p>Lack of funding for refreshments Lack of guest speakers Transportation issues Low attendance</p>
<i>Communication Plan</i>	<p>Newspaper articles, ex. Upcoming Events AARP Age Friendly page Updates at each monthly gathering Monthly flyers at Drs offices, Housing complexes, Banks, Town of Dexter website, Town Office window, Electronic sign at Police Station, DAFC Facebook page, Hospitals, Library, and during Food Commodity and Food Cupboard distributions.</p>
<i>Metrics</i>	<ol style="list-style-type: none"> 1. Number of attendees on monthly basis 2. Assessment requesting anonymous feedback conducted after 12 months
<i>Time Frame/Status</i>	<p>Oct. 1, 2019 / Created and Ongoing.</p>
Project #2	<p>Design a series of Pop-Up Universities that enable all interested to participate in a variety of fun and educational activities to increase personal knowledge and growth as well as increase social/community participation.</p>
<i>Responsibility of...</i>	<p>Dexter Age-Friendly Community Committee members, Gatherings 4 Main St. community center, various instructors.</p>
<i>Action Steps</i>	<ol style="list-style-type: none"> 1. Establish a consistent schedule of educational classes
<i>Resources and Support</i>	<p>Community Center Town of Dexter Funding from various grants Skilled instructors willing to volunteer or provide low-cost instruction/guidance to participants Community organizations to serve as instructors as well as encourage attendance to their patients/clients</p>

	<p>Churches Library Local businesses</p>
<i>Potential Barriers/Resistance</i>	<p>Lack of funding Lack of instructors Uninteresting topics/classes Transportation issues Weather issues</p>
<i>Communication Plan</i>	<p>Newspaper articles, ex. Upcoming Events AARP Age Friendly page Updates at each monthly Tea Talks gathering Flyers posted every 3 months at Drs offices, Housing complexes, Banks, Town of Dexter website, Town Office window, Electronic sign at Police Station, DAFC Facebook page, Hospitals, Library, and during Food Commodity and Food Cupboard distributions.</p>
<i>Metrics</i>	<ol style="list-style-type: none"> 1. Track number of people attending 2. Track amount of instructors offering their services 3. An anonymous survey will be conducted every 3 months for participants to provide feedback as well as for non-participants to make suggestions.
<i>Time Frame/Status</i>	<p>April 1, 2020 / Created and Ongoing.</p>
Project #3	<p>Create a technology program for seniors that includes free supplies and trainings.</p>
<i>Responsibility of ...</i>	<p>Human Services Director, Dexter Age-Friendly Community Committee and the Maine Digital Equity Company.</p>
<i>Action Steps</i>	<ol style="list-style-type: none"> 1. Start a senior technology program that provides equipment and support so seniors can effectively use the internet.

Resources and Support

DAFC members
Community Center
Town of Dexter employees
Grant funding
Community agencies/organizations to encourage seniors to apply for the program
Churches
Library

Potential Barriers/Resistance

Lack of funding
Increased cost of supplies
Lack of interest
Anxiety relating to the ability to learn
Concern of damaging the tablet
Fear of the internet/getting scammed
Lack of attendance/participation for classes

Communication Plan

Newspaper articles
AARP Age Friendly page
DAFC Facebook page
Flyers posted at Dexter Town Office, Library

Metrics

1. Documenting how many people sign up thereby gauging interest and need
2. Track number of participants who complete the classes.
3. Success will be determined by feedback from the recipients and by future requests.

Time Frame/Status

Mar. 1, 2021

DOMAIN 3: Transportation & Travel options

GOAL: To arrange transportation opportunities to local resources for those in need.

Project #1

Locate and arrange weekly or Bi-weekly rides for those in need to local resources.

Responsibility of ...

Human Services Director, Town Manager, Dexter Age-Friendly Community Committee members, Church leaders and members and residents in the community.

Action Steps

- 1. Organize schedules and participants needs.**

Resources and Support

**Town of Dexter
Dexter Recreation Dept.
Gatherings 4 Main St. Community Center
Dexter Police Dept.
Local Churches, Drs offices, Local Civic Organizations
Local Cab Company
Various grant application options
Volunteer drivers
Library
Lynx/Project Ride**

Potential Barriers/Resistance

**Lack of funding
Overwhelmed with participants
Lack of volunteers**

Communication Plan

**Newspaper articles
Flyers posted at Drs offices, Library, Churches, Community Center, Police Station, local ambulance service, local post office, during Senior food distributions, local businesses, community service agencies, senior housing complexes**

	Postings on Town of Dexter website and DAFC Facebook page
<i>Metrics</i>	<ol style="list-style-type: none"> 1. Verbal feedback from participants, family members of residents, volunteers, and agencies 2. Number of people requesting service 3. Number of volunteers participating 4. Funding is noticeably sufficient to allow every applicant service.
<i>Time Frame/Status</i>	Sept. 30, 2021
Project #2	Locate and arrange bus tours for seniors to attend events in, around and outside of Maine.
<i>Responsibility of ...</i>	Dexter Age-Friendly Community Committee, Dexter Recreation Department and Cyr Bus Company.
<i>Action Steps</i>	<ol style="list-style-type: none"> 1. Establish annual schedule of bus tours available to residents
<i>Resources and Support</i>	Town of Dexter Dexter Recreation Dept Cyr Bus Company Gatherings 4 Main St. Community Center Local Churches Drs. Offices Local Civic Organizations Grant applications for funding DAFC members
<i>Potential Barriers/Resistance</i>	Inclement weather Transportations to/from bus pick up location Inability to obtain grant funding
<i>Communication Plan</i>	Newspaper articles Flyers posted at Drs offices, Library, Churches, Community Center, Police Station, local ambulance service, local post office, during Senior food distributions, local businesses, community service agencies, senior housing complexes

**Postings on Town of Dexter website and
DAFC Facebook page**

Metrics

1. Data from Cyr showing increased participation in bus tours.
2. Number of residents attending
3. Funding is sufficient to allow each interested person the option of participating either free or at a reduced rate.

Time Frame/Status

June 30, 2021

Project # 3

Explore the opportunity to participate in the Lifelong Maine AmeriCorps Program and have 1 FT or 1-2 PT paid Volunteers for the 2021-2022 program year.

Responsibility of ...

**Human Services Director
DAFC Committee
Town Manager**

Action Steps

1. Establish job description for position to include responsibility for specific age-friendly project(s) already identified in the Action Plan.
2. Determine if position warrants FT, PT or multiple PT AmeriCorps members.
3. Apply for position(s) with assistance of University of Maine Center on Aging (UMCOA). Service to begin 9/21
4. Recruit Member(s) or work with UMCOA to identify applicants.

Resources and Support

**UMaine Center on Aging
Town of Dexter
DAFC
Local Civic Organizations
Area Nonprofit Agencies
Grant Applications for funding
National AmeriCorps program
Maine Community Foundation**

Potential Barriers/Resistance

Lack of funding
Difficulty in matching a Lifelong Maine AmeriCorps Member
Lack of support/guidance from Town
Lack of commitment of DAFC members and community at large to support AmeriCorps Member in completion of projects

Communication Plan

Newspaper articles
Flyers posted at Library, Churches, Community Center, local post office, local businesses, community service agencies
Postings on Town of Dexter website and DAFC Facebook page
UMaine student/alumni placement center
National Americorps recruitment program

Metrics

1. Completion of identified project including all metrics previously outlined.
2. Addition of a minimum of 5 new volunteers per project.
3. Demonstrated sustainability of project(s).

Time Frame/Status

February 2021-August 2022

DOMAIN 4: Outdoor Spaces & Buildings.

GOAL: To ensure access to resources in the Town office's and along high traffic areas within the town.

Project #1	Install a stairlift to the second floor of the Town Office.
Responsibility of ...	The Dexter Age-Friendly Community Committee members.
Action Steps	<ol style="list-style-type: none">1. Complete research on specific equipment needed and obtain quotes2. Complete grant applications per funding source requirements3. Participate in site evaluation to ensure building is equipped for lift installation4. Complete setup and install of purchased chairlift.
Resources and Support	Grant writing workshops Search for available funding Collaboration with others that have successfully written grants.
Potential Barriers/Resistance	Locating and accurately completing grants for financial funding
Communication Plan	Residents through news articles and through notices provided at food distribution sites, banks, Public Health Nurses and other community organizations.
Metrics	<ol style="list-style-type: none">1. Observing increase in mobility challenged people safely utilizing the resources available on the second floor of the Town Office2. Decrease in reported falls on stairs3. Witnessing the decrease of labored breathing of people with health issues.
Time Frame/Status	Mar. 31, 2019

Project #2

Place bench seating along the most traveled areas in town to ensure easy access to local resources.

Responsibility of ...

**Town of Dexter Human Services Director,
Town Manager, Highway Department,
Facilities Department,
Age-Friendly Community Committee
members and local Church's/Organizations.**

Action Steps

- 1. Purchase and install benches along streets with the most foot traffic to enable older adults and mobility challenged residents seating so they can access resources and activities within the town independently.**
- 2. Improve access to Wayside Park by repairing the 2 entrances.**

Resources and Support

**DAFC members
Community Center
Town of Dexter employees
Grant funding
Community agencies/organizations
Churches
Library**

Potential Barriers/Resistance

**Inability to obtain funding for the materials
Unexpected increase in cost of supplies
Lack of volunteers to assist with ground preparations and placement of benches.
Weather issues**

Communication Plan

**Newspaper articles
AARP Age Friendly page
DAFC Facebook page**

Metrics

- 1. Observe use of the benches once installed**
- 2. Observe increase in attendance at Wayside Park for the summer concerts**
- 3. Request feedback from residents that walk throughout town to access**

resources as well as those attending Wayside park activities.

4. Encourage use and feedback on our DAFC Facebook page

Time Frame/Status

Nov. 30, 2020

Project #3

Create a program that provides Elevated Raised Garden Beds for local seniors to place at their homes to learn, or continue with, gardening.

Responsibility of ...

Human Service Director, Head Librarian and sub-committee members once formed.

Action Steps

1. Research interest in having an elevated garden bed
2. Provide photo of prototype
3. Research cost of supplies
4. Create spreadsheet of all interested
5. Seek volunteers to create the garden beds
6. Form Grant subcommittee to research grants and apply for appropriate monies.
7. Seek volunteers to lead classes on seed starting and other topics as needed or requested

Resources and Support

Community Center
Town of Dexter employees
Funding from various grants
Semi-skilled woodworkers/carpenters willing to volunteer or provide low-cost labor
Community agencies/organizations to participate as instructors as well as encourage attendance to their patients/clients
Churches
Library
Local businesses

Potential Barriers/Resistance

Lack of funding
Increased cost of supplies
Lack of volunteers for labor based work

Lack of attendance/participation at seed starting classes

Communication Plan

**Newspaper articles
AARP Age Friendly page
DAFC Facebook page
Library
During food commodity and food cupboard distributions.**

Metrics

- 1. Observing how many people attend classes and use their garden bed**
- 2. Tracking volunteer hours for free or low cost labor**
- 3. Having individuals who received a garden bed complete an anonymous survey on the ease of use and overall benefits of the garden beds.**
- 4. Success will be determined by feedback from recipients and by future requests.**

Time Frame/Status

Mar. 1, 2021



The Dexter Age Friendly Community Committee is focused on improving access, safety and social interaction for the aged and aging residents of Dexter as well as working to enable people of all ages to actively and safely participate in community activities.