Membership Application

To join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Cities and Communities

- If you have questions while completing this form, please email livable@aarp.org.
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 1/12/2022

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: The Grateful Undead (in the Sacopee Valley towns of Baldwin, Cornish, Hiram, Parsonsfield and Porter)

STATE: Maine

POPULATION SIZE: Total for Sacopee Valley – 7975 (Includes towns of Baldwin, Cornish, Hiram, Parsonsfield and Porter, each averaging approximately 1600.) Data from 2019.

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 5 town average: 20.8%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT:
Selectmen from each of the 5 towns (see attached letters)

OFFICE ADDRESS OF THE SIGNER: (See attached letters.)

Section 2: COMMUNITY CONTACT FOR THE AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

The community contact is the local staff member or volunteer who is primarily responsible for carrying out the community-level work — it is not the responsible AARP staff member.

NAME: Laurie Downey and Deb Flint

POSITION: Steering Committee members

EMAIL ADDRESS:

TELEPHONE NUMBER:

Please describe the named person’s role in the city or community’s age-friendly initiative:

Laurie Downey and Deb Flint are longtime members of the Grateful Undead. Both Laurie Downey and Deb Flint have been involved in discussions and major decisions concerning the group’s direction and activities over the past five years. Laurie was a founding member of the group over ten years ago, and is currently on the ad hoc steering committee.
### Section 3: COMMUNITY ACTIVITIES, ENGAGEMENTS and COLLABORATIONS

1) Please provide a brief summary of the community policies, programs and services that are targeted toward older people and how the community plans to become more age-friendly.

The Grateful Undead is a volunteer organization that is spearheading programs and services targeted to older people in the Sacopee Valley region, including Cornish, Baldwin, Hiram, Porter and Parsonsfield. Our mission is to support aging in place by promoting knowledge and organizing services and activities that enable residents of the Sacopee Valley and surrounding towns in southwestern Maine to continue to live in our own homes and community safely, independently, and comfortably as we age.

Current, ongoing programs of the Grateful Undead include:

- **Transporters**: Volunteer drivers take SVHC patients and others to medical and other appointments.
- **Resource guide**: A free printed listing of community resources (food pantries, housing, addiction services, etc.)
- **Wednesday Walkers**: Program of weekly walks or easy hikes to promote health and socializing
- **Handy Helpers**: Porter Grange volunteers doing simple repairs that will enable people to age in their homes
- **Senior Central**: Fosters an active, engaged senior community through a stimulating and supportive environment.
- **Currently being developed**: Wellness-check phone call system, broadened from earlier Phone Buddies program.

2) How will the community engage and involve older people in the process of becoming a more age-friendly?

The Grateful Undead is open; nobody is turned away. We encourage people to join our meetings, and anyone can ask to be on our mailing list for emails; once on the list they can email the Grateful Undead with suggestions or requests for assistance. We have had several events at which community input was gathered. Following are some methods of community outreach by the Grateful Undead:

- A booth at the ParSem Day fair was held this past summer to tell about the Senior Central project, to solicit input through a brief questionnaire, and to encourage interest in a Community Listening Session in September.
- **Community Listening Session**: A wide range of older people invited from the community (5 towns) for guided conversations to enable people to be heard about their hopes for a senior center - with or without walls.
- **Word of mouth** has been the most successful way that information has been and will be shared.
- **Our events** are publicized through the Shopping Guide, a local tabloid sent free to all Sacopee Valley residents.
- **Sacopee Valley Adult Education** - We have had a listening session in the past through Adult Ed and will continue to schedule workshops aimed at senior learners through them.

3) Briefly describe the mechanisms the community has or is planning to put in place to facilitate collaborative planning and implementation between different agencies and departments.

- **The Sacopee Valley Health Center (SVHC)** is a community health center in Porter that serves the surrounding Sacopee Valley towns. SVHC has collaborated on many levels with the Grateful Undead; it has been a fiscal sponsor and often refers patients to our programs. Recently the SVHC conducted vaccination clinics in Cornish, and we publicized these clinics to our members. The Outreach and Enrollment Specialist at the SVHC coordinates Transporter rides when our services are needed. Prior to the Covid-19 pandemic, the Grateful Undead held its monthly meetings in the SVHC meeting room.
- The Grateful Undead works with the Sacopee Valley Adult Education to offer educational sessions and workshops on aging in place, as a mechanism for gathering and sharing information.
- People in leadership positions at local churches are members of the Grateful Undead and collaborate to make sure that older people are served (e.g., Natalie Blake, pastor of the First Congregational Church in East Baldwin). For example, the food pantries at churches in Porter and Baldwin serve all local towns, and we help to publicize these services to our members.
Section 4: NETWORK MEMBERSHIP

Your answers to the following questions will help us complete your membership in the global age-friendly network and better enable us to understand how to support the network.

4) How do you hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

The Grateful Undead is a collaborative organization of community members of five southwestern Maine rural towns working to find solutions to the complex problems facing elders in this demographic. These issues include transportation, social isolation, the upkeep of aging homes and health concerns. Our efforts and solutions may prove to be helpful for other rural Age-Friendly Communities. We’ve developed a dynamic and active membership and volunteer base for our various programs; at present we have 103 people on our email list. We continue to meet monthly by zoom, and our committees meet at additional times during the month. We hope to participate in AARP Network of Age-Friendly Communities meetings in the future in order to learn from others, and to share with other communities how our program has evolved over the last ten years: what has worked and what hasn’t.

5) What motivated your community to join the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities?

The Covid pandemic has emphasized how difficult isolation is for older residents and how much we all need social connections. We feel we could enhance programs of the Grateful Undead by connecting with the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities. We can better serve the community in programs such as the Grateful Undead Transporters if we have access to liability insurance that is anticipated through the AARP Network of Age-Friendly Communities. As we plan the new program, Senior Central, which is initially a center without walls that uses existing spaces and resources in the community, we can learn from other Age-Friendly Communities how they have managed similar initiatives.

Please provide a digital (JPG, PNG or PDF) file or link of a logo or other image that represents your community. The image resolution should be at least 72 dpi. As an example of an image, here’s ours:

![The Grateful Undead](image-url)