



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 me@aarpp.org or call 866-554-5380
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 7/19/2016

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Town of Cumberland

STATE: Maine

POPULATION SIZE: 7200

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 30 percent

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Thomas Gruber, Town Council member, member of Cumberland AIP leadership committee

OFFICE ADDRESS OF THE SIGNER: 290 Tuttle Rd., Cumberland, ME 04021

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.

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

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

Tom Gruber's role: liaison between the Cumberland Town Council and the Cumberland Aging in Place Program. Mr. Gruber is the initiator and a key leader in the AIP movement in Cumberland. Susan Gold serves as the coordinator of the AIP program in Cumberland. Her services are contracted through Southern Maine Agency on Aging. In addition to coordinating the AIP program, she serves as liaison between AIP Cumberland and SMAA and connects AIP clients to SMAA services.

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.

Aging in Place Cumberland is dedicated to helping the town's seniors remain independent as long as possible. Programs and services include Friendly Visitor program (volunteers make biweekly visits to homebound seniors), transportation program (free rides for Cumberland seniors provided by volunteers), handyman program (free minor home repairs by volunteers), emergency pet care (temporary care of pets while owner's in hospital or called away), and vendors' list of recommended home repair contractors. Two monthly get-togethers for seniors offer coffee, tea, goodies, and music or other programming. AIP has website (AIPCumberland.org) maintains community calendar with listings of interest to seniors in the town. Cumberland Fire Department oversees call-in program (if participants don't call in each morning, department does a wellness check), durable medical equipment for free, car seat installation help for grandparents, wellness checks when requested. CFD also participates in training Friendly Visitor and rides volunteers. Community plans to sustain and expand programs and services for seniors.

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

Many of the members of the Aging in Place Committee, which oversees AIP operations, are seniors in Cumberland, including a representative from a Cumberland senior housing development. The town conducted three surveys to assess the needs and preferences of seniors in the town; additional surveys are conducted at senior gatherings to determine what types of programs and services are desired. An annual forum also enables seniors to voice their concerns and needs. Flyers, outdoor signs, the AIP website, the and an AIP kiosk at Town Hall serve to inform seniors of programs and services and recruit them and others for volunteer positions.

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.

AIP Cumberland has already collaborated with the Congregational Church in Cumberland to establish the rides program, which operates under the umbrella of the church; AIP assists with training and volunteer staffing and phone costs. AIP also collaborates with the Cumberland Fire Department to publicize the call-in, durable medical equipment, wellness check, and child safety seat programs. Local churches provide space, goodies, and volunteers for the get-togethers and for a balance class. The local historical society and library provide programming for AIP events and help with an exhibit of Cumberland seniors, based on interviews, photographs, and videotapes prepared by USM students. The USM students conducted the project in collaboration with AIP. The town of Cumberland and AIP contract with Southern Maine Agency on Aging for the services of a part-time AIP coordinator to manage the AIP program.

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?

Aging in Place Cumberland will share volunteer handbooks, forms, and other materials with other groups wanting to initiate similar programs. The initiative and its success in aiding aging community members and the respect shown the town’s older residents serve as role models to other communities. Tom Gruber, one of the leaders in AIP Cumberland, serves as a spokesman for AIP initiatives and has been a panel member on Webinars on the topic. Other AIP members, Cumberland Town Manager Bill Shane, and coordinator Susan Gold speak frequently to various groups and individuals on the topic.

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?

Cumberland is committed to helping the town’s seniors remain independent and living safely in their own homes as long as possible. Cumberland recognizes the importance of encouraging and promoting age-friendly planning and policies to address the growth in the senior population. The town aims to adopt policies and initiate programs and services to support residents’ ability to remain active and healthy as they age.

6) Please provide a digital 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 >



Logos sent to email address.