



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@aarpp.org or call 202-434-2430
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 9/7/2016

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: The City of Westbrook

STATE: Maine

POPULATION SIZE: 17,978

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 20.7

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Colleen Hilton, Mayor

OFFICE ADDRESS OF THE SIGNER: Westbrook City Hall, 2 York Street Westbrook ME 04092

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 contact information]

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

Michelle York, Supportive Services Director, The Housing Authority of the City of Westbrook, (aka Westbrook Housing). Ms. York will be the organizing facilitator of the AARP/WHO Westbrook Age-Friendly Communities initiative. As identified by the Westbrook City Council Resolution 2016-27 approving the City's Age-Friendly Community initiative, it further approved The Housing Authority of the City of Westbrook to be the lead entity to facilitate the coordination and advancement of the initiative. Westbrook Housing is committed to donating resources of paid staff and associated administration costs for a period of no less than one and up to two years to organize the initiative. Ms. York will be dedicating a percentage of her work week to expand the initial stakeholders, coordinate stakeholder and community meetings, facilitate the development and implementation of the community survey with the stakeholders and citizens, assist in grant writing to expand opportunities, and coordinate inclusion of interns. She will be the primary contact point with and for the City until the committee of citizens and stakeholders solidify their own organizational structure. Ms. York will be the liaison to the City's Assistant Administrator, Director of Community Services, and other City officials who are stakeholders or otherwise involved.

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 City of Westbrook completed its updated Comprehensive Plan in 2012. In the Plan's Vision statement it identifies that "Through voluntary public-private partnerships additional passive and active opportunities are provided that are attractive to all ages. [Including] Existing public facilities such as, but not limited to, the Community Center..." And it identifies its underlying considerations to include "Westbrook's population is punctuated by a relatively high percentage of elderly citizens compared to other communities. Many are long-time residents who intend to stay in Westbrook the remainder of their lives. This has been an historic trend, but with the baby boomer generation retiring this age group will generate a greater need for city services...and elderly support services." It further identifies the "Westbrook Community Center [that] provides fitness programs, social hours, and rooms dedicated for use by seniors. The Community Center also hosts a senior club that meets twice a month. Westbrook Housing provides reduced cost home assistance services (personal care, meals, transportation, etc.)...and exercise opportunities, social activities and outings. Through a public-private partnership with Westbrook Housing and VNA Home Health & Hospice (Association in affiliation with Mercy Hospital) on-site healthier clinics are provided at least monthly... Local & Regional Housing Initiatives are identified such that "The City of Westbrook works with Westbrook Housing, Westbrook Development Corporation, the Rotary Club of Westbrook-Gorham, the Westbrook Regional Vocational Center, Habitat for Humanity, Shalom House, Avesta Housing and the Opportunity Alliance Program, to develop affordably priced housing in single-family homes, multi-family housing, and group homes." In the area of Public Transportation it identifies its participation in the Greater Portland Transit District which serves the downtown, the densest residential neighborhoods and large employers through its bus service. [and] Bus stops are walkable distance to an even wider area." Including of "Ride Sharing through the GO Maine network. [And] of –road connections through pedestrian and bicycle connections to neighborhoods and other activity centers , the Westbrook Riverwalk"...plus its emphasis and partnerships with the Recreation Conservation Commission, Westbrook Environmental Improvement Corporation-(formed for the purpose of retaining and protecting of natural, scenic, or open space values of real property...), Cornelia Warren Community Association, Westbrook Trail Blazes, Portland Trails (with 50 miles of trails), Mountain Division Trail, Presumpscot Regional Land Trust. This snapshot of highlights from the City's 2012 Comprehensive Plan portrays the Existing Ethos and the continued Philosophical direction of the City's policies substantiated by some existing activities that represent the World Health Organizations ideals of Age Friendly Communities and in particular its established commitment that is at the heart of the AARP Age-Friendly Communities initiative. The City has many programs either funded or promoted by the City or by other nonprofit organizations, volunteer civic entities, or from the business community that targets the AARP Eight Domains of Livability. The Community Plans to become more age friendly through the further coordination, marketing & promotion, accessibility, and development of existing and new initiatives by targeting the following eight areas identified in the AARP Age-Friendly Eight Domains of Livability : 1. Outdoor spaces and buildings Availability of safe and accessible recreational facilities, 2. Transportation Safe and affordable modes of private and public transit, 3. Housing Range of housing options for older residents, the ability to age in place and home-modification programs, 4. Social participation Access for older adults to leisure and cultural activities, and opportunities for social and civic engagement with both peers and younger people, 5. Respect and social inclusion Programs to promote ethnic and cultural diversity, as well as multigenerational interaction and dialogue, 6.Civic participation and employment Paid work and volunteer activities for older adults, and opportunities to engage in the creation of policies relevant to their lives, 7. Communication and information Access to technology that helps older people connect with their community, friends and family, 8. Community support and health services Access to homecare services, health clinics and programs that promote wellness and active aging. The following is a small list that provides a sample of existing programs and entities that are currently operational; which have already been engaged to be stakeholders or who will be engaged to become stakeholders corresponding to activities that the City already has underway that addressed each of the Eight: 1.Parks and Recreation, Economic Development Office, City Planner, Recreation Conservation Commission; 2. Greater Portland Transportation

District (METRO), Regional Transportation Program (RTP), Independent Transportation Network (ITN); 3. City of Westbrook Comprehensive Plan identifying priority for senior housing, Construction and management of senior affordable and market rate housing by Westbrook Housing, Westbrook Development Corporation, Avesta Housing, Citizen's Housing of Maine, Shalom, Community Aging in Place home repair program, City of Westbrook Code Enforcement outreach; 4. Westbrook Community Center which has multiple facilities including classrooms, meeting rooms, outreach offices, swimming pool, recreation facilities, gymnasiums, café, with a wide array of programming and partnerships, the Presumpscot Place Senior Center, The Walker Public Library programs, the Teen Center with programs that include senior mentoring; 5. The Walker Public Library Programs, The Cornelia Warren Community Association, The Westbrook Police Department Community Policing Program, the Southern Maine Area Agency on Aging, the Community Center's multiple programs, The Women's Auxiliary Club, Westbrook Adult Education, the City's Performing Arts Center; 6. City of Westbrook Volunteer Election Worker Program, Foster Grandparents, many City Commissions and Committees plus non-profit committees, the Downtown Coalition, the Westbrook Together Days, United Way initiatives; 7. The Westbrook-Gorham TRIAD, Westbrook Community Television, The Walker Public Library IT initiatives, Westbrook and Avesta Housing free access to Wi-Fi in its elderly affordable housing complexes, Initiative to make accessible home based tele-med through collaborative with VNA and Westbrook Housing; 8. Collaborative with University of New England medical clinics to the seniors, The Community Center's various education and outreach programs, the City's Public Safety Department Medical Support Program, Senior Meals Program, Initiative to make accessible home based tele-med through collaborative with VNA and Westbrook Housing, VNA-Westbrook Housing collaborative providing health clinics at elderly housing communities, and a variety of Southern Maine Agency on Aging programs.

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

Through the initial direction of the Facilitator, Michelle York, Westbrook Housing's Supportive Services Director and as supported by Maria Dorn, City of Westbrook Director of Community Services, the initial group of stakeholders will be expanded. The expansion of stakeholders will commence through a series of news media, web based media including the City's expansive interactive website and the websites of stakeholders, outreach to civic groups and church communities, community meetings with senior citizens age 60 and older and near elderly age 55 to 60, outreach to other organizations who currently provide or could expand their programs into Westbrook. A primary aspect of this will be to expand the Committee of Stakeholders with the Elderly Members of the Community so that they develop and direct the philosophy, coordination, and expansion of the Age-Friendly Community initiative. A community Survey will be completed which unto itself will provide a form of engagement and outreach, but will assist in identifying a priority of methodology to expand outreach and involvement of older people. The City's Community Center is a highly active center of the City's social, educational, recreation, and social support activities that makes it a significant mechanism to engage the older population which will be incorporated into the outreach and marketing of the initiative. Much of this initial outreach will be done as identified by the use of technology and media, but most importantly it will be done with personal contact similar to the grass roots methods that we used in the 1970's. The City of Westbrook has an existing network of organizations that is as sophisticated as a community of 50-60 thousand people, and yet as intimate as a community of 3-5 thousand people. The citizens of Westbrook have a strong history of social engagement and volunteerism combined with a strong community pride; which will be fully engaged and incorporated in this initiative.

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.

Westbrook Housing is actively involved in the community through its participation in many boards and committees. This includes a vast array of agencies that already exist that benefit the senior population of Westbrook. We will through our stakeholders make every attempt to make this inclusive to include those not currently being heard. We will reach the citizens through a vast array of mediums to include print, presentations, and local cable station.

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?

We hope to contribute to the AARP Network of Age-Friendly Communities and the World Health Organization Global Network of Age-Friendly Communities by participating in area, regional, statewide, national, and international activities to promote and expand the network. We plan to do this through attendance of organized activities, sharing of best practices and lessons learned, hosting other communities who wish to view our initiative and provide them technical support. Incorporate best practices and lessons learned from other communities and build bonds through these relationships to further promote our local initiative while enhancing the promotion of the worldwide initiative.

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?

Through its leadership of the Administration, the City Council, and the many Citizens who have volunteered on the many Boards and Committees, the City of Westbrook has for the last 9 years accelerated its endeavors to promote the City as a welcoming and livable community. This is exemplified by its many initiatives that have been undertaken in this timeframe such as the conversion of a middle school into a Community Center, creating a walkable community, expanding public transportation, expanding recreational opportunities such as the center city Riverwalk, identification of and support to expand and the promotion of affordable elderly housing. The elderly population age 60 and above and the near elderly, age 55 and above, constitute over 28% of the community, and by 2020 will constitute over 31% of the community. This population has been identified in the City's 2012 Comprehensive Plan as a significant demographic. This initiative provides a formalized identity that provides the platform for the citizens of the City to further coordinate and enhance its existing activities, programs, and providers to further enrich the ongoing initiatives while expanding new initiatives that will allow for fully socially engaged and healthy active lives of senior citizens; which, will enrich the entire milieu of the community and all its age demographics. The City of Westbrook has undertaken a similar type of initiative to enrich the lives of its children, Westbrook Community That Cares, that has proven to be of significant impact to the wellbeing of its children and families, that Age Friendly Communities initiative will further enhance the people of Westbrook in a synergistic manner.

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 >



Click here to paste the JPEG image or the link to one.