



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: [Click here to enter a date.](#)

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Town of Stoughton

STATE: Massachusetts

POPULATION SIZE: 26,962 as of 2010 census

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 24%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Dave Sousa Chair of the Board of Selectmen

OFFICE ADDRESS OF THE SIGNER: 10 Pearl St. Stoughton MA 02072

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.

██████████ Karen MacDonald, LICSW or John Malley

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

Karen is the Council on Aging Director and Director of the Youth Commission she will be liaison between the town departments and the volunteer group working on the initiative. Additionally Karen is the co-chair for the Town's Youth Substance Abuse prevention Coalition (OASIS), sits on the Towns ' Community Rick Reduction Team and the Transportation task force. John Malley is a longtime Stoughton resident who has served on in various capacities, including Council on Aging Board Member, Town Meeting member, Finance Committee secretary, Municipal Regulations Committee Chariman, and is a board member of Stoughton Media Access Corp.

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 Town of Stoughton has many programs services and policies targeted toward older adults. Stoughton has a very active and well-funded Council on Aging, which offers a variety of services to support older people in the community. Some of these services include transportation; senior outreach; Health & Nutrition services – including both an on-site and meals on wheels lunch program; exercise and social/learning programs; cultural events; community gardens and volunteer opportunities. The town is also fortunate to have one of the only town funded VNAs in the state. This department also serves as the Health Department and provides both home health and public health services. The town is in the process of constructing a new \$14 million library which will enable it to expand its many programs for older adults. The town is also building a new high school and part of the process included ways that the building could be used by the entire community. The town has a large senior housing authority, with several senior housing complexes and plans to expand on the available senior housing. The town also has a very liberal senior tax work off program to help seniors remain in their homes. The town has adopted the Complete Streets Program and was the first in the state to receive a construction grant under this program. We will continue to use this program in conjunction with our Master Plan to create accessibility for all. The town has a number of outdoor recreation facilities, including a town owned public golf course, public beach, and numerous hiking trails. The town recently used COA funds to purchase nearly 100 acres of open space and is in the process of making this center piece of its open space. Non-town aspects that contribute to senior community include senior programs and events sponsored by the many houses of worship. An active non-profit called Friends of Seniors, which works for senior causes. The YMCA which offers a number of senior oriented fitness programs, including programs in collaboration with the Council on Aging. The town also has many active clubs including the Lions Club, Knights of Columbus, Several Portuguese Clubs, The Sons of Italy, The Red Hat Society, The Fish and Game Club, to name a few. Going forward we are in the process of revitalizing the downtown area, with a new library and new housing units. We will continue to utilize town funds, grants and CPA funds to increase accessibility throughout the town, add senior housing and recreation areas. We will look for more ways to help seniors stay in their homes. We will work to help make our recreation areas accessible to all. We will look to increase volunteer opportunities including intergenerational volunteer programs.

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

We will start with including a diverse group of seniors on the committees. This has been a strength for Stoughton in the past. We will conduct focus groups within the senior center and with other community groups such as churches, temples, civic groups and at the YMCA. We have access to many media outlets to get information out such as, Facebook, local cable access, the monthly COA newsletter, electronic signage and the town's website. We have utilized quantitative surveys in the past that have been placed in the yearly census to help drive the programming and the direction of COA. The town of Stoughton has a very active community cable station that is watched by many seniors in town, so part of the strategy would be to disseminate information through the cable access shows. Additionally Stoughton has a town wide advertising circular (the Penny saver) that is mailed to every house hold in Stoughton and has long been the way the town disseminates information and this remains true especially true for seniors.

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.

Stoughton already has many good models and strong interdepartmental collaborations to serve as a foundation for this work. The town has had a youth substance abuse prevention coalition for the last 12 years that have forged strong partnerships across sectors and between departments. A fulltime prevention coordinator was just added to the town budget the expertise of this position is in coalition development. The town also has a

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?

Stoughton has a track record of building collaborations between departments and engaging our residents from many different sectors. Additionally Stoughton has implemented some initiatives and procedures (where we have been recognized on a state and national levels for this work) that we hope to share with other communities. We look to become a part of a network of Towns and cities that value older adults and contributions to a healthy productive community.

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?

John Malley a member of the town's finance committee and former COA board member attended the MMA conference and went to a work shop where this was discussed and thought it would be a good opportunity for Stoughton. Stoughton is also in the midst of implementing their Master Plan that has many elements that WHO Age Friendly Communities in their eight Domains of health. By working with AARP we hope to make Stoughton and even better, more welcoming place for residents of all ages.

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.](#)