



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: 11/16/2017

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Somerset County Regional Approach: Skowhegan, Maine

STATE: Maine

POPULATION SIZE: 51,577 for Somerset County, Skowhegan 8,478

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 18.2 % (9,389) in Somerset County in Skowhegan 25.2% are over the age of 65

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Paul York, Skowhegan Selectman Board Chair

OFFICE ADDRESS OF THE SIGNER: Town of Skowhegan, 225 Water Street, Skowhegan, Maine 04976

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]

[REDACTED]

[REDACTED]

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

Somerset Public Health (SPH) is taking a county wide approach to establishing Age Friendly Communities. Mr. Primmerman's role will be to lead, guide and facilitate the development of these age friendly communities in towns across the county. He will assist each town with their assessment, planning, work plan development and implementation. This work will be done in partnership with our current model for developing "Mug Up" gathering sites for older adults in towns across our county. These sites address social isolation and have older adults already engaged in the town who will help lead and advocate for their towns being age friendly. We currently have an outside evaluator assisting us with these Mug Up sites and he will be added to this initiative as well. Finally SPH has a senior Strong committee for the county made up of older adults from the Mug Up sites, along with most of our agencies and organizations providing services to older adults. This Committee will serve as an advisory to this AARP Age Friendly Communities initiative.

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.

Somerset Public Health (SPH) has worked with each community including Skowhegan to: develop tobacco and substance use policies, completed Rural Active Living Assessments and planning, written Food policy and procedure manuals for their Food Cupboards and assisted with resources for these sites, provided assistance in establishing Senior Gathering sites to reduce social isolation, assisted with establishing local transportation both for public transportation and health care rides, conducted focus groups and community wide assessments to identify senior needs for aging in place, offered evidence based trainings (NDPP, Living Well, Cooking Matters, 10 Tips, Supermarket Tours, Move More, etc). Redington Fairview General Hospital (RFGH) offers, health care services, prevention and rehabilitation program services, Emergency Medical Services and support groups for patients. The Senior Gathering places will act as the community task force, we have a county senior strong committee of agencies who serve seniors with community task force members on it to guide the county wide efforts in addressing age friendly communities and senior health needs which may be falling through the cracks of our system.

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

Older people in Skowhegan are already engaged in "Mug Up" Senior gatherings, they serve on the county Senior Strong Committee, food cupboards, municipal government, our local hospital has both a volunteer organization of older adults and a nurses auxiliary. Many of our agency programs such as meals on wheels and RSVP have older adults volunteering and already out across our community. Our work to date involved training older adults as facilitators for focus groups and conducting interviews to conduct their own local assessments and we will continue to use this process with the addition of other community members including youth as a major source for gathering, reviewing and presenting their community data to move community action plans forward. SPH will communicate with older adults through our capacity to use website and face book, list serves and the SPH news letter, media articles, and our prevention programming. By communities owning and running their Mug Up gathering sites they will introduce, prevention programming, the senior college network, increased AARP presence in their area communities with programs/education on scam and fraud protection, teaching them how to advocate for resources and issues that matter most to them, offering the safe driving course, providing free tax help, care giver resources, and retirement planning to help meet the identified needs from assessment placed in to their work plan for implementation.

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.

Collaborative planning will occur at both the local and county level for this work. First at the local level the planning committee will involve members of the local Mug Up gathering place, town government and any other town member wishing to be on the committee. SPH will work with this leadership group at the local level to plan the assessment process, and release of formative data finding as well as taking the data to generate their long term 5 year plan and one year work plan. Results will be shared along the way with the towns people through presentations at town meetings the gathering plase and other strategic locations in the community like churches, local library, and organizations like service clubs. SPH, the local town manager or selectman and a gathering place representative will connect the local planning with key county level organizations by having representation on the Somerset Economic Development Committee, the Agency Senior Strong Committee, the SPH board and SPH will work with local sites to present to the Somerset County Commissioners meetings.

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?

Through our distance learning capabilities we just finished presenting our Mug Up senior gathering model to the Tri-State Consortium on Aging these on line presentations are one way we can contribute to the AARP Network of Age friendly Communities. We will become part of the States Network and share our learnings through the Network State wide meetings and provide locations for AARP events in our county whenever and where ever possible. We are having our first AARP gathering and panel on health care coming this October. Another way we can contribute is to submit photos and or articles on what Somerset County is doing to our state office for inclusion in their marketing and education efforts. Finally hosting or visiting other AARP sites across our state can help to increase our social network of sites where we can learn from each other.

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?

Three things have motivated us to mobilize our communities across this county to join the AARP network. First the great resources AARP has to offer older adults, and the communities they live in to have a health aging community. We are working with our health systems to address health aging and the Age Friendly Communities approach by AARP fits perfectly with our county work. Secondly our state of Maine AARP staff is a tremendous asset to both people and towns across the state. We do not get many agencies who get their services beyond the I-95 corridor to serve rural Maine and we are very excited to know the AARP staff are willing to make this happen in our rural county. Finally and most importantly it is the right thing to do for the aging population we have in Somerset County. We have one of the oldest aging populations in the state getting older by the day. These people need a vehicle for their voice to be heard at the state and national level, they need help organizing their communities to make them age friendly and AARP offers them both of these through the Age Friendly Community initiative.

6) 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 >



Click here to add a link to where we can find your logo. Or, send us your logo by email attachment to livable@aarp.org.