



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: 2/28/2018

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Caribou

STATE: Maine

POPULATION SIZE: 8500

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 30%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: David Martin

OFFICE ADDRESS OF THE SIGNER: 25 High Street, Caribou, Maine 04736

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.

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

Bill Flagg is Director of Community Relations and Development for Cary Medical Center a municipally designated hospital in Caribou, Maine. Bill has been in this position for 37 years and has been involved in a variety of city programs including the Caribou Chamber of Commerce, two times past president of Caribou Kiwanis, the Aroostook County Chapter of the American Red Cross based in Caribou, Deputy Director United Veterans of Maine based in Caribou. Bill will sit on planning committee and work with key City officials, volunteers, seniors to advance the 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.

The Caribou Recreation and Wellness Center provides space for seniors to gather for activities including Aerobics, Cribbage, Bingo, Bone Builders, the Take It Outside series, Pickle Ball and many other programs. The Caribou Recreation & Wellness Center features an indoor track and walking mezzanine that seniors often utilize for recreation. The Caribou Recreation Department also provides a variety of programs for seniors including bus trips during the summer months. This year, several trips have already been planned that include the Sabian Cymbal factory, New Brunswick Botanical Gardens, King's Landing, Allagash trains, kayaking on the Aroostook River, various birding hikes, Portland Sea Dogs baseball game and more! Programs also take place inside our classrooms. Programs include lessons in hothouse gardening, bee keeping, raised bed and container gardening, small engine repair, raising goats, building bird houses, chainsaw and tool safety, composting and more. Caribou also boasts seven parks, two boat landings, playgrounds and first rate trails. The Aroostook Valley trail is the first rail trail established by the Maine Department of Conservation and provides hikers and cyclists a great opportunity to explore nature. The Bangor Aroostook trail is open to walkers, bikers, horseback or atv riders. All of our trails are maintained and easily accessible to seniors. The City of Caribou has some excellent Senior Housing projects.

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

Bill Flagg, one of the members of the planning committee is 65 and will play a major role in the project. We will also engage other seniors as part of the overall planning committee and will conduct public meetings to learn from the senior community what key areas they would like us to pursue. We will gather the input and conduct additional surveys through the media and gain a diverse set of potential projects. We will also work closely with AARP to gain from their experience and the experience of other Age Friendly Communities.

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.

We will form a 12 – 15 member planning committee that will meet monthly to begin the planning process. The Caribou City Manager will be an ex-officio member of this committee by virtue of his/her position. The size of the planning committee will facilitate the development of subcommittees that will work on various aspects of the planning process including engaging seniors in the community to gather their input. The City Parks and Recreation Department, Cary Medical Center, Pines Health Services, Area Agency on Aging, American Red Cross, Police, Fire and Ambulance Department, Faith Based Community, Adult Education Program, Caribou Housing Authority, University of Maine at Presque Isle, Local Civic Clubs and other organizations will be invited to participate in the planning and implementation process. Once a strategic plan has been developed it will be shared with these and other organizations for review and comment.

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 will develop best practices that will be shared with AARP and other communities. We will hope to develop dialogue with other AFCs across Maine and the nation. We will develop list shares, Facebook and other social media communications. We will provide an annual summary of progress to be shared with AARP and other communities. We will encourage other communities in Northern Maine to become part of the network and to improve the quality of life for seniors throughout the region.

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?

Caribou is a beautiful residential community. It has very strong cultural and faith based traditions that have been passed on for generations. Our community is aging and we want to celebrate the safe and friendly r and be a part of creating a more responsive approach to the reality that we will n 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. is joyful about statements to the changing demographics and create an environment that life to enhance the knowledge, experience, and wisdom that they can share in later e here.



6) Please provide a digital (JPG, PNG or PDF) file of your community.

Membership Application: AARP Network of Age-Friendly Communities – Page 3

The image resolution should be at least 72 dpi. As an example of an image, here's ours >