



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.
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: 4/27/2018

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: City of Presque Isle

STATE: Maine

POPULATION SIZE: 9102

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 19

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Martin Puckett, City Manager

OFFICE ADDRESS OF THE SIGNER: 12 Second Street, Presque Isle, ME 04769

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:

Kim Smith is the Public Information Officer, Grant Writer and Event Coordinator for the City of Presque Isle as well as a current AARP member. Smith, in conjunction with City Manager Martin Puckett, work to respond to citizens' concerns and create events that bring people downtown and encourage quality of life. Both Smith and Puckett sit on a variety of committees and boards which work to make Presque Isle a destination of choice and a great place to live.

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.

Presque Isle is very fortunate to have active and caring business members. The community is just small enough that the various organizations and civic clubs all work well together and are proactive in meeting the needs of the various population segments. Basic needs of seniors are well met in Presque Isle by organizations and programs including Aroostook Regional Transportation (ARTS), Area Agency on Aging (AAA), and Aroostook County Action Program (ACAP). Programs for older people from these organizations include but are not limited to Meals on Wheels; transportation to medical appointments, the pharmacy and grocery store as well as to social functions; home repairs; central heating improvement; homeownership support; case management services, and more. The Aroostook Medical Center (TAMC), a large regional hospital located here in Presque Isle, has four physicians on staff that specialize in geriatrics from general practice to internal medicine to hospice. In addition, the TAMC Senior Connection offers educational luncheons, free health screenings, and discounts at TAMC's Gardenside Café. Also, additional medical services for our seniors are offered by Aroostook House of Comfort offering hospice care here in Presque Isle and the Veterans' Home, which is only 11 miles away. Studies have shown that in order to maintain good health in our older years, we must do something cognitive, something physical and something social on a regular basis. Each of those needs are well met in Presque Isle. The United Way of Aroostook has an active RSVP program (Retired Senior Volunteers). Seniors Achieving Greater Education (SAGE), celebrating its 20th anniversary this year, is housed at the University of Maine at Presque Isle and was established to serve intellectually curious adults aged 50 and older who desire to learn more about the world and themselves in a relaxed, non-competitive atmosphere. The Mark & Emily Turner Memorial Library offers numerous programs from genealogy to free movie rental to art shows and demonstrations. In addition, the City's beautiful new Community Center features a designated Senior Room with full commercial kitchen. The Senior Room has programming for the older population including Game Time on Mondays, Knit & Stitch on Tuesdays, a hot lunch on Tuesdays, a Music Jam on Wednesdays, Bridge games and a Balance Class on Thursdays, and Billiards on Wednesdays and Thursdays. The City has a four-mile long paved and lit designated walking trail through the heart of town and both the University of Maine at Presque Isle and Northern Maine Community College have fitness centers with memberships available for seniors. For those needing a little more assistance with food, AAA offers a Meals on Wheels program, there is a faith-based food pantry in town, and Martha & Mary's Soup Kitchen. Presque Isle and its citizens diligently strive to ensure that our seniors do not have to choose between purchasing prescription medicines, heating fuel, and food. One example of a recent collaborative proactive effort by area organizations is the telethon that was held on our local television station WAGM in conjunction with ACAP and the United Way to raise additional funds for heating oil assistance.

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

The Community Center has a staff member assigned to create programs for the Senior Room that meet their needs and even their desires for events and programs. ACAP often utilizes focus groups to determine that needs are being met. In a community of our size, the leaders of the responding agencies are all members of the local service organizations and are quick to suggest new programs as needed. Presque Isle (18.7%) has a higher percentage of a senior population than that of the State of Maine (15.2%) as well as one of the oldest housing stocks. It is imperative for us as responsible citizens to care for this segment of the population to the best of our ability.

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.

As mentioned in #1 above, Presque Isle is very fortunate to have active and caring business members. The community is just small enough that the various organizations and civic clubs all work well together and are proactive in meeting the needs of the various population segments. We regularly see examples of the community and its organizations coming together on a collaborative basis to meet an unmet need. Although not senior related, two examples immediately come to mind. When an employee of TAMC recently observed a young child eating a cattail and finding out the child was hungry because the school hot lunch program had ended with the school term, she approached the United Way to come up with a solution. The result was a gap lunch program sponsored by TAMC, the United Way, and the City's Community Center. Another example is the recent need for a new community playground. The result was a collaborative effort by Presque Isle Rotary, Presque Isle Kiwanis, the United Way, and the City which raised \$275,000 for an accessible playground. Collaboration and acting once a need has been identified are truly hallmarks of this community.

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?

As demonstrated by the answers to the previous questions, Presque Isle has a wide variety of programs designed to meet the needs of our senior population and the majority of these programs are provided at no cost to the older individual. The City of Presque Isle intends to maintain this high level of offerings available to our older population.

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?

This is a difficult area for seniors to live. We have one of the oldest housing stocks in the nation, severe winter weather, high heating fuel costs, and a high percentage of elderly.



<http://presqueislemaine.gov/>

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 >