



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 me@aarp.org or call 866-554-5380
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: December 11, 2018

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Town of Scarborough

STATE: Maine

POPULATION SIZE: 19,500

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 43% of the 7,585 households include at least one person 60+.

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Thomas Hall, Town Manager.

OFFICE ADDRESS OF THE SIGNER: Scarborough Municipal Building, 259 U.S. Route One, Scarborough, ME 04074 (Mailing: P.O. Box 360, Scarborough, ME 04070).

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]

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

Cynthia is the program coordinator for the Town of Scarborough's 55+ Program. Cynthia plans and implements programs and activities to support the mission of the town's 55+ Program. To give all seniors and opportunity to maintain dignity, enrich their quality of living, and actively promote participation in all aspects of community life. Cynthia works closely with the 55+ community this age-friendly initiative aims to address.

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 Scarborough community has several policies, programs and services that are targeted toward older people and help to strengthen the communities efforts to become age-friendly. The ultimate goal is to eventually have a community center in Scarborough.

Scarborough Community Services has a 55+ Program that encourages older people to stay active and involved in the community through trips, activities and several social programs. Scarborough also has a full time program coordinator dedicated to planning programs for the 55+ community.

The Town of Scarborough offers free beach passes to residents over the age of 60. The town also has a General Assistance program that provides aid, under strict guidelines, to individuals and families in financial crisis within the Scarborough Community. They also offer a property tax abatement program for low income seniors in the community.

The Scarborough Police Department offers year round wellness checks for seniors, and offers seniors peace of mind by participating in the yellow dot program. The police department organizes other programs like Sand for Seniors in the winter time, and the prescription drug take-back program year round. The police department also organizes a TRIAD group, linking law enforcement, seniors, and the community. The agreement between these organizations aims to improve and create services that address the needs and concerns of the senior citizens the community. The Scarborough TRIAD mission is to continually provide a forum for seniors to communicate their needs and concerns to law enforcement. CodeRED is another resource available to seniors in the community. They CodeRED Emergency Telephone Calling System is an extremely high-speed telephone communication service available for emergency notification. The system is used to quickly notify residents and businesses in a geographic area of a potential hazardous situation, missing or endangered person, evacuation notices and other important public safety notices. The Scarborough Police Department also provides Child Car Seat Safety checks, to make sure car seats are properly installed and are age appropriate for seniors traveling with grandchildren.

The Scarborough Fire Department provides free home safety visits for seniors. These home safety visits help seniors to recognize small things they can do at home to help make their homes safer in the case of a fire. The Scarborough Fire Department also helps seniors install Smoke and CO detectors, and will help change the batteries too, if needed.

Scarborough Adult Education provides a variety of non-credit personal enrichment courses that are available to seniors in the community who are interested. Courses cover a range of topics including: Arts and crafts, writing, language and culture, computers, career and education, society, home and family matters, green living and gardens, and Maine outdoors and safety. Seniors in Scarborough can also participate in classes and activities through the Osher Lifelong Learning Institute (OLLI Senior College).

The Scarborough Food Pantry provides food for those in need, Tuesday and Thursday they have daytime hours, and they have evening hours on the first and third Wednesdays of the month. The Scarborough Food Pantry is also a pick up location for monthly commodity supplemental food boxes for seniors.

The Scarborough Public Library has several programs that encourage lifelong learning. The library offers free movie matinees, a knitting group, and various discussion groups. For Scarborough residents unable to visit the library due to long-term or short-term illness, immobility, or age, the library provides free delivery of materials twice a month.

Martin's Point Healthcare in Scarborough has a community room that is offered at no cost to the Scarborough Senior Program, and other local organizations looking to provide programming for the community. This allows the

Scarborough Senior Program to hold senior lunches, senior drop-ins, and bingo programs at a central location four days a week. The majority of the other programs offered in the community room are geared toward the senior population. Programs like chair yoga, tai chi, all about balance, and mindfulness workshops are available for seniors at no cost.

Southern Maine Agency on Aging (SMAA) is housed in Scarborough, and they are the Aging and Disability Resource Center (ADRC) for York and Cumberland County. SMAA's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them. SMAA offers several programs targeted toward older people including community cafes, Meals on Wheels, Medicare counseling, benefits counseling, two adult day centers, Matter of Balance, Tai Chi for Health and Balance, and Maine Senior Games. SMAA is also the home of the Retired and Senior Volunteer Program (RSVP) for York and Cumberland counties. Seniors in Scarborough have a wealth of meaningful senior volunteer opportunities available right in their backyard. The RSVP program is one of three local Senior Corps volunteer programs sponsored by the Corporation for National and Community Service. A local non-profit, The Opportunity Alliance, coordinates opportunities for seniors to get involved in the Foster Grandparents Program and The Senior Companion Programs. SMAA partners with AARP to offer free tax assistance to seniors during tax season. SMAA also hosts AARPs safe driving courses for seniors.

Maine Legal Services for the Elderly (LSE) is housed here in Scarborough, and provides free, high quality legal services to low income elderly age 60 and over.

The Maine Long-Term Care Ombudsman Program has volunteer advocates housed at several of the nursing homes and assisted living facilities in Scarborough. These volunteers advocate for the quality of life for long-term care consumers. The program offers free and confidential help and can help assist in hospitals facing barriers in accessing long-term care services, and answer questions about services.

United Way of Greater Portland has programs that are widely used amongst the Scarborough Senior Population. 211 is an easy to remember telephone number that can link seniors to information about resources in the area. When a senior calls 211, they are connected with a trained specialist that can help them find services they are looking for. Calls are free and confidential, and help is available 24 hours a day, 7 days a week.

The Scarborough Lions club allows seniors to borrow durable medical equipment when needed. Durable medical equipment includes walkers, crutches, etc. The lions club also provides eyeglasses and/or hearing aids to those who otherwise could not afford them.

The MaineHealth Learning Resource Center is located right here in Scarborough. The Learning Resource Center is staffed with health educators who are ready to help community members access credible health information to promote healthy living and prevent disease. Seniors can ask health educators specific questions about their conditions, and check out health related books from their lending library.

The IRIS Network helps people who are visually impaired or blind attain independence and integration in their community. They provide support, education, and resources to help people with vision impairment stay safely at home, at work, and in the community.

Project G.R.A.C.E. provides material assistance and referrals to Scarborough residents in need. Many of the clients served by this organization are seniors.

The Alzheimer's Association of Maine is housed in Scarborough, and they offer resources, support, and 24 hour Helpline for those affected by Alzheimer's Disease

Swim Time in Scarborough offers offers senior swim time and water exercise programs for seniors in the community.

Various banks in Scarborough hold confidential shredding events for seniors, and train their staff to recognize signs of elder abuse and financial exploitation.

Independent Transportation Network (ITN) provides transportation services to seniors in Scarborough and the greater Portland area.

There are several senior housing neighborhoods in Scarborough including Hillcrest Retirement Community, Griffin Road Apartments, and Bessey Commons. These communities have their own events and resources available on site for both residents and other community members.

Scarborough plans to become more age friendly by forming connections among all of these community resource providers who serve seniors, and raising awareness about the resources to the seniors in Scarborough. Scarborough can do that by collaborating with the Scarborough Public Library to expand their existing community resource guide into one that is specific to the aging population in Scarborough. This could include community information, resources for aging in the community, and a directory of local businesses offering senior discounts. This guide could be distributed at the library, local senior housing communities, retirement communities, in town offices, etc.

Scarborough plans to create synergy between the Age Friendly initiative and the town departments. Scarborough will continue to evaluate services in the community by engaging town departments to raise awareness of their services specific to seniors.

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

The Scarborough community plans to engage and involve older people in the process of becoming more age-friendly by developing a volunteer program town-wide. We plan to utilize volunteers to survey the community at special events, using the user experience survey model. We have also developed a survey to mail out to the community to assess the status of our community in each of AARP's designated 8 domains of livability. We also plan to hold focus group with seniors to discuss the challenges and areas for improvement in Scarborough. We plan to use the results of these surveys to develop volunteer subcommittees to dedicate their time to work on specific projects.

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.

Our initiative plans to engage town departments, and organizations in the community by introducing the Age-Friendly network and goals through a letter or over the phone. We would continue to engage these organizations throughout the process, and call upon their representatives when needs surface in their focus areas. We would strengthen these collaborations by inviting representatives of each department to join our age friendly community committee. These committees would be involved in addressing needs from the community survey, and could eventually develop a forum on aging, similar to what the town of Cumberland does. We could plan to engage our community in this event, and invite our community partners and other organizations that provide services to seniors. This would be beneficial to both the community resource providers and the aging population in Scarborough.

Our committee plans to collaborate with the Scarborough Comprehensive Planning Committee, and the Library Vision group to ensure that committee goals and objectives are being addressed.

The initiative would work with the library's vision committee to add "aging" as a topic in their work. We could also work with the schools in our community, and help connect seniors in need to resources like shoveling snow with the Key Club.

Our initiative plans to reach out to our surrounding towns and inquire about their age friendly initiatives, ask about how they surveyed their community, and learn from their experiences.

The Town of Scarborough website, public library newsletter (Footnotes), and our local newspaper (The Scarborough Leader) will also serve as great communication tools for collaborative planning between different agencies, departments, and the 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 noted above, we plan connect with our surrounding towns about how they accomplished certification, what they are doing, strategies for engagement, etc. We will take advantage of the great resources we have in our community to reach out to the aging population. We will use the town newsletter, library newsletter, local newspapers, and AARP network to communicate with our community about aging related challenges and plans.

Our Age Friendly Community would be housed in same town as the regions Aging and Disability Resource Center, Southern Maine Agency on Aging (SMAA). We would work collaboratively with SMAA to proactively address the needs of our community.

We have set the goal of being an exemplary age friendly community, and plan to utilize our rich resources in Scarborough to be a role model for future communities.

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?

Scarborough is motivated to join the AARP Network of Age Friendly Communities and the World Health Organization's Global Network of Age Friendly Communities because it simply makes sense. We have a wealth of resources and programs in our community, and see our surrounding towns getting involved with this work and see the great outcomes it can have.

Our existing senior program advisory board, town departments, and community leaders often hear needs and challenges from community members. Challenges include lack of intergenerational programs, geographic challenges, transportation barriers, need for more bike lanes, involvement with Scarborough Downs development, enforcement of codes, better web navigation for town sites, need for wider sidewalks, need for better signage/lane markings, and the need for more ADA accessibility and enforcement. These challenges our community faces, and our desire to make a change motivated us to become involved with the Age Friendly Network.

We plan to leverage our aging population to assist with the planning, proposals, and with the work of the initiative. Our community has the desire to be close knit, and this initiative would help to bridge the gaps in town, and empower the aging population. Our initiative would help motivate and enable people to remain in Scarborough their entire lives

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



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 >

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