



# AGE & DEMENTIA FRIENDLY CAPE ANN

Gloucester • Rockport • Essex • Manchester By-The-Sea

March 27, 2019

Michael E. Festa  
AARP Massachusetts  
One Beacon Street, Suite 2301  
Boston, MA 02108

Dear Mr. Festa,

On behalf of the communities of Cape Ann, we are pleased to offer this letter stating our ongoing commitment to working together to assure that Cape Ann is an age friendly region. The region of Cape Ann, MA includes the communities of Rockport, Manchester-by-the-Sea, Gloucester, and Essex. In order to help us achieve this goal, we seek to have Cape Ann, MA designated as a World Health Organization and AARP Massachusetts Age-Friendly region.

Recognizing the changing demographics of the Cape Ann region and the benefits of the age friendly movement to people of all ages, SeniorCare Inc. launched Age & Dementia Friendly Cape Ann (ADFCA) in 2017. The communities of Rockport, Manchester, Gloucester, and Essex are committed to the initiative, participating in every step of the process thus far.

ADFCA is well into the process of creating a community age and dementia friendly action plan, which will be released in May 2019. To date, ADFCA actions have included:

- Working with the Gerontology Institute at University of Massachusetts Boston on a regional needs assessment. This included conducting four focus groups, four community listening sessions, and many key stakeholder interviews culminating in a regional needs assessment report.
- ADFCA, with the assistance of the four communities of Cape Ann, conducted an online and paper survey of residents, in order to include as many voices as possible in the community assessment process.
- ADFCA has established a Steering Committee to guide our work. The membership of this committee includes older adults, caregivers, and individuals with expertise in the eight domains of livability.
- The Steering Committee, along with input from the Council on Aging Directors of the four communities, is in the process of identifying key priorities and developing the ADFCA Action Plan.

The four communities of Cape Ann and ADFCA look forward to working with AARP Massachusetts on our Age and Dementia Friendly initiative.

Sincerely,

Sefatia Romeo Theken  
Mayor  
City of Gloucester, MA

Susan Beckmann  
Chair, Board of Selectman  
Town of Manchester-by-the-Sea, MA

Lisa O'Donnell  
Chair, Board of Selectman  
Town of Essex, MA

Sarah J. Wilkinson  
Chair, Board of Selectman  
Town of Rockport, MA