



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: 10/8/2019

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Knox County

STATE: Maine

POPULATION SIZE: (2010 Census): 39,736

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 25.3% over the age of 65 according to the 2010 U.S. Census

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Richard L. Parent, Jr.,
Chair, Knox County Commissioner

OFFICE ADDRESS OF THE SIGNER: Knox County Commissioners, Knox County Administrative Office, 62 Union Street,
Rockland, ME 04841

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:

Elisabeth (Liz) Schuh is the Executive Director of MCH, Inc. based in Rockland, Maine. MCH, Inc. is the convening organization for Knox County Livable Communities Coalition, the group that will conduct the work on the ground of disseminating information about the project, creating and conducting the survey, collating, analyzing and reporting results, gathering community conversations throughout Knox County and working with local towns and cities to build upon their strengths and assist them in identifying and developing plans for addressing community needs. By establishing a county-wide livable communities effort, we are addressing a wide swath of the needs of the region rather than focusing on any one community within the county. The approach will be collaborative, one with which MCH, Inc. and members of the Knox County Livable Communities are familiar – we all work together to daily address the needs of the population. This model will allow Knox County Livable Communities to develop more collaborative, sustainable programs and partnerships to enable older residents and those with chronic health conditions remain safely in their own homes for as long as possible and provide increasingly livable communities for people of all ages.

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.

Please see the attached Work Plan. The plan focuses on the building and sustaining of the model through expansion of collaboration among communities and organizations that serve county-wide and community or region specific residents. A separate but complimentary Age-Friendly project is also taking place in one of the Knox County towns – Vinalhaven. As a member of the AARP Network of Age-Friendly Communities, the Knox County Livable Communities Coalition will conduct a county-wide survey, community conversations, and work both with the county government as a whole and with individual communities and their unique needs. Collaborative work will be employed to develop strategies for filling additional or continuing gaps in our communities' needs in Knox County. Currently the Coalition includes a representative of the Maine CDC for the coastal region, health and social service providers such as, the YMCA, the Knox County Homeless Coalition, Pen-Bay Medical Center, and MCH, Inc. (Meals on Wheels and affordable housing for older individuals and adults with disabilities), and the Sheriff's Office – Sheriff Tim Carroll is a member.

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

As the Knox County Livable Communities Coalition currently has representation from older adults and will continue to seek out older individuals for work with the Coalition, with volunteering regarding the survey and analysis, working with the County government, and in individual communities. Many communities already do have regularly scheduled gatherings for older adults in the community, from Congregate Meals to educational and social events. We see Knox County's older residents as key members of this effort and the Coalition will rely on their experience, ideas, and expertise throughout planning and implementation of projects throughout the county.

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.

The collaborative spirit that already exists among agencies and departments in Knox County is one of the reasons we are confident that a county-wide age-friendly approach is appropriate for our region. Knox County is very fortunate to already have a number of mechanisms where collaborative planning and implementation take place, such as the Knox County Health Coalition, the Knox County Human Services Council, and the Knox County Food Council, among others. Many communities and service organizations collaborate on ways to help residents with a variety of challenges, including aging in place in older homes, homelessness, transportation challenges, food insecurity, financial insecurity, and barriers to good health. The Knox County Livable Communities Coalition will coordinate with all of these efforts to assess and plan collaboratively how best to address community needs that have already been identified, as well as others that are identified by our upcoming community assessment.

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?

Knox County is one of the oldest (average age of its residents) counties in Maine. We are comprised of a few small cities, but are primarily comprised of small towns and villages. Our economic status spans a wide spectrum from residents in abject poverty to those with great wealth. Occupations of current workers and those who are retired are also diverse – fishing, farming, healthcare, education (elementary through the University of Maine Rockland campus and technical and trade schools), city and town governments, non-profit community-based organizations, manufacturing, tourism, hospitality, arts and entertainment, sporting goods, service, wholesale, retail, and a growing number of entrepreneurs with companies widely ranging in size and mission. Knox County can share with other areas of the Network our unique perspectives of how we will leverage our opportunities and find ways to respond to the challenges of a primarily rural, four season region with a diverse economic base.

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?

The Knox County Commissioners and the Knox County Livable Communities Coalition see the opportunity for greater collaborative work to identify and work collectively with organizations and individuals throughout the county to make Knox County and its cities, towns, and villages a thriving, livable, age-friendly region for the residents of today and into the future. As demographics change, particularly, the aging of our population, we see the need more than ever before to work together, to not duplicate efforts, and to spend our resources of time, energy, experience, and expertise on those needs that make Knox County a great place to live at any age in one’s lifespan. This framework will also allow us to seek grant funding for specific projects either county-wide or in specific communities tailored to the needs identified in the county-wide survey.

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



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Knox County Livable Communities Work Plan By Month:

1. Create potential Steering Committee member list and begin contacting representatives from Knox County communities from the various sectors named in Activity #1. Establish date and agenda for first meeting. Create volunteer plan with list of needs and begin development of job descriptions.
2. Host first Steering Committee meeting and begin to establish agreement on mission, roles, and workplan including creating proposal for Knox County Commissioners for support of the concept and development of an Age-Friendly County. Begin soliciting volunteers. Begin development of survey.
3. Schedule and conduct Steering Committee meeting. Request to be put on agenda with Knox County Commissioners. Finalize survey.
4. Schedule and conduct Steering Committee meeting. Begin project assessment creation. Train survey volunteers. Begin implementation of survey.
5. Schedule and conduct Steering Committee meeting. Share results of survey with Steering Committee, County Commissioners and develop plan for sharing publicly through electronic and print media and series of presentations. Begin to tally results. Determine areas of strengths and areas of gaps in programs and services.
6. Schedule and conduct Steering Committee meeting. Begin town presentations of materials. Continue recruitment of volunteers throughout the process. Begin to work with communities on developing their community specific Age-Friendly Communities.
7. Schedule and conduct Steering Committee meeting. Continue town presentations, meetings and planning sessions for creating Age-Friendly communities based on survey results.
8. Schedule and conduct Steering Committee meeting. Continue town presentations, meetings and planning sessions for creating Age-Friendly communities based on survey results. Conduct evaluation and share results with the Steering Committee for planning purposes.