



## **Membership Application**

To join the **AARP Network of Age-Friendly States and Communities**  
and the **World Health Organization Global Network of Age-Friendly Cities and Communities**

**APPLICATION SUBMISSION DATE: April 25, 2019**

### **Section 1: COMMUNITY DETAILS**

**NAME OF THE COMMUNITY: Millinocket**

**STATE: Maine**

**POPULATION SIZE: 4,346**

**PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 35.6%,**

**NAME AND TITLE OF THE ELECTED OFFICAL SIGNING THE OFFICIAL COMMITMENT:**

**Cody McEwen, Town Council Chair**

**OFFICE ADDRESS OF THE SIGNER:**

**197 Penobscot Avenue  
Millinocket, Maine 04462**

Section 2: Community Contact for the AARP Network of Age-Friendly Communities

[REDACTED]

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

Jane Danforth works for Millinocket Regional Hospital (MRH) as the Director of Grants and Community Wellness. She is currently funded through Maine Health Access Foundation as a Thriving in Place (TIP) grantee and has established a collaborative called Thrive Penobscot. The goal of Thrive Penobscot is to address the needs facing older people and those living with chronic disease by connecting them with community resources to be able to live well and longer in a place they call home. The age-friendly communities initiative is a perfect fit in solidifying the ground work that has been started with the collaborative. Jane will lead Millinocket's age-friendly initiative in partnership with the town councilors, town manager, the age-friendly community committee established by the town and Thrive Penobscot partners.

Emails for the Age-Friendly Community Standing Committee:

- Jane Danforth (Thrive Penobscot/ MRH) - jdanforth@mrhme.org
- Cody McEwen (Town Council Chair) - cody.mcewen@maine.edu
- Louis Pelletier (Town Councilor) - cluelou70@yahoo.com
- Gilda Stratton (Town Councilor) - gilda.stratton@beeline-online.net
- John Davis (Town Manager) - manager@millinocket.org
- Tom Malcolm (Fire Chief) - chiefmalcolm@millinocket.org
- Robin Stevens (Thrive Penobscot) - rstevens@mrhme.org

**1. 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.**

**Outdoor Spaces and Buildings**

Millinocket has the following outdoor spaces and buildings that enhance quality of life:

- 1) Michaud Walking Trail is handicap accessible and available year-round (plowed in the winter).
- 2) Jerry Pond Recreation Area is handicap accessible with designated parking (seasonal access) and benches.
- 3) Katahdin Pride Park Recreation Area is handicap accessible with designated parking and benches.
- 4) Kermit Crandall Park is handicap accessible with designated parking and benches.
- 5) Many buildings catering to the needs and interests of older adults are handicap accessible in the community. Some examples include, Eastern Area Agency on Aging (EAAA) Community Café, Municipal Building/Town office, Post Office, Millinocket School Department facilities including the gymnasium and Walker Auditorium where performing arts events are held.
- 6) Millinocket Memorial Library has a ramp and elevator.
- 7) Local Healthcare facilities (Millinocket Regional Hospital, White Birch Medical Center, Katahdin Valley Health Center) are all handicap accessible.
- 8) Hillcrest Golf Course Club house is handicap accessible for golfers and visitors.

### **Plans to become more age-friendly:**

Downtown and main routes in town are being assessed to determine how to improve accessibility for all. Some buildings may only require signage to alert visitors of an alternate building entrance that has a ramp. For others, additional funding to make structural improvements or purchase portable ramps to create accessibility for all. Designated parking areas for individuals needing easy access to buildings will be assessed for potential improvement as well.

### **Transportation**

In Millinocket, the following options exist for transportation:

- 1) Penquis (Lynx) Transportation Brokerage provides non-emergency transportation for both MaineCare appointments as well as general public transportation for everyday needs. No income requirements. Reservations are needed. Limited scheduled routes.
- 2) Pamola Shuttle is a local taxi service providing on demand service.
- 3) The Katahdin Area Support Group (KASG) has drivers that provide rides to cancer treatments.
- 4) The Knights of Columbus has an informal network of drivers that provide rides for medical appointments.

### **Plans to become more age-friendly:**

Thrive Penobscot, a grant funded collaborative focused on meeting the needs of older people in the Katahdin Region, is collaborating with the University of Maine Center on Aging to conduct a transportation needs assessment. Results will be available in the summer of 2019. Strategies can then be developed to better meet the needs of transportation dependent community members. Thrive Penobscot is also working with Millinocket Memorial Library to establish a volunteer-based driver program to provide rides for those without their own means of transportation.

According to the Millinocket section of the Katahdin Region comprehensive plan, the local goal for Millinocket is “To provide transportation infrastructure and services in a cost-effective and efficient manner, making the best use of available resources. To assure that improvements to existing infrastructure support economic development strategies, and business retention and growth. To support planning for maximum use of recreational trails and paths.”

### **There are also two policies that dictate transportation governed by the plan:**

- 1) **Policy:** The town will maintain an appropriate system that will support the economy and social activities, and provide access to jobs, schools, and critical services that are vital to residents living in rural areas.  
**Strategies:** Maintain capital budgets that aggressively and responsibly provide roadway improvements. The town should make good faith efforts to address existing deficiencies and future needs and ensure that private developments address transportation impacts.  
**Time Frame:** On-going  
**Responsible Agent(s):** Town Manager, Public Works Department, Wastewater Treatment, Planning Board, and the Town Council.
- 2) **Policy:** The town will support a transportation plan that will play a fundamental role in the community’s vision. It will include comprehensive consideration of possible strategies; and evaluation process that encompasses diverse viewpoints; the collaborative participation of relevant transportation-related agencies and organizations; and open, timely, and meaningful

public involvement. Included in the planning will be strategies to promote the region through signage (directional and interpretive) and kiosks particularly focusing on the scenic byway route of the Grindstone Road and the Katahdin Woods & Waters National Monument byway. Planning will also address the various recreational pathways for ATV, snowshoe/skiing, biking, and hiking.

**Strategies:** Develop and update a long-range transportation plan for the town and involve the general public and all of the other affected constituencies in all essential functions.

**Time Frame:** On-going

**Responsible Agent(s):** Town Manager, Public Works, Town Council, and the public.

**\*These policies align with the applicant’s goal of creating a transportation network that evolves with the transportation needs of the community and supports all ages of community members.**

## **Housing**

Millinocket has the following housing opportunities available for our community members as they age:

- 1) Stearns Assisted Living – Housing for individuals 62 or older. Accepts section 8 housing vouchers and is part of the low-income housing tax credit program. Penquis C.A.P provides staff assistance.
- 2) Stearns Congregate Housing – Subsidized housing for people with disabilities or older than 62.
- 3) Terra Haute – Subsidized low-income housing for seniors (62 and older) and individuals with disabilities. Tenant pays 30% of their adjusted income.
- 4) Crestview – Subsidized low-income housing for seniors and individuals with disabilities.
- 5) Maine Avenue Manor – Income eligible housing for individuals 62 and older or any age with a disability. Tenant pays 30% of their adjusted income.
- 6) Mountain View Apartments – HUD Section 8 rental assistance housing.

### **Plans to become more age-friendly:**

Thrive Penobscot is working with Millinocket Memorial Library as a volunteer hub, and other community partners (ex. Knights of Columbus), to establish a “Handy Brigade” program to provide simple home repairs and maintenance for people as they age in their own homes.

The Northern Forest Center (NFC) has worked with town officials over the past year with their Millinocket Housing Initiative. The NFC had launched an initiative to increase the quality of housing in Millinocket. “Our goal is to support the community as it adapts to its new role as a gateway to the Katahdin Woods & Waters National Monument, and as it seeks to redevelop the former Great Northern Paper mill site to create jobs in the forest economy.” (NFC) The initiative has recently accomplished its goal of investing over one million dollars into 6 properties in the town. These properties have been rehabilitated to code and are located within major service centers in the community such as the downtown, hospital, library, and schools.

According to the Millinocket section of the Katahdin Region comprehensive plan, the local goal for Millinocket is “To identify strategies to increase housing reuse of current properties. To demolish subpar housing so that the remaining homes will rise in value and housing will be proportional to population. To evaluate opportunities for new housing – single tenant, multi-tenant, and mixed-use housing – as well as promoting owned and rental units.”.

### **\*There are also three policies that dictate housing governed by the plan:**

- 1) **Policy:** The town continues to recognize the importance, and will develop strategies to increase the availability, of safe, decent, and affordable housing for residents.

**Strategies:** The town will appoint a Housing Committee whose mission will be to evaluate housing alternatives and create a housing urbanization plan. In addition, the town will continue working with the Northern Forest Center who is investing \$1 million to purchase and renovate existing homes and apartment buildings with the intent to create high-level rental units. These structures will be in close proximity to the downtown area, re-commercialized mill site, and hospital.

**Time Frame:** Immediate

**Responsible Agent(s):** Housing Committee, Planning Board, Town Manager, and/or Town Council.

- 2) **Policy:** The town will continue to enforce and implement applicable laws, codes, guidelines, and ordinances.

**Strategies:** The Code Enforcement Officer and the Plumbing Inspector will enforce and implement the Maine State Subdivision Law, the Maine State Plumbing Code, the National Electrical Code, Shoreland Zoning Ordinance, and duly approved municipal ordinances.

**Time Frame:** Immediate

**Responsible Agent(s):** Town Manager, Code Enforcement Officer, Plumbing Inspector, and Planning Board.

- 3) **Policy:** The town will develop strategies to address waiting lists for safe and affordable residences.

**Strategies:** Charge the newly created Housing Committee with the task of identifying solutions to reduce current waiting lists for residences for ownership or rental.

**Time Frame:** Immediate

**Responsible Agent(s):** Housing Committee, Planning Board, Local Housing Agencies, Town Manager, and/or Town Council.

**\*These policies align with the applicant's goal of insuring housing stocks evolves with the needs of the community and supports all ages of community members.**

### **Social Participation**

Millinocket has opportunities for social participation in the community. The following are some examples of activities in the community and opportunities for lifelong learning:

- 1) Eastern Area Agency on Aging (EAAA) has a Community Café that is open daily. Lunch is offered on a reservation basis. Seniors come early to play games and socialize. Other programs are offered by EAAA at the same location such as chair yoga.
- 2) Exercise for Seniors is offered at the Elks Club M-W-F by volunteer leaders.
- 3) Katahdin Region Higher Education Center (KRHEC) is offering noncredit classes at little or no cost that would appeal to seniors and provide opportunities for social interaction. ("Senior Academy").
- 4) LIFEstyle Fitness (a division of Millinocket Regional Hospital) has a variety of exercise equipment as well as a therapeutic pool available for use by all ages in the community.
- 5) Katahdin Area AARP meets monthly at the Baptist Church.
- 6) Millinocket Memorial Library offers ongoing programing for social engagement as well as lifelong learning.
- 7) Area churches and organizations such as the Timber Cruisers and American Legion offer public suppers that bring people together for socialization.
- 8) Millinocket School Department serves as a community hub for social interaction. The Performing Arts Department performances, as well as school sports teams and music department provide a

range of opportunities for people to gather to enjoy youth activities and socialize with other community members.

- 9) McDonald's and the Hotel Terrace Restaurant are two known gathering spots for groups of older adults to gather regularly for social interaction.
- 10) Millinocket Elks Lodge and American Legion have weekly Bingo games that bring a large crowd together on regular basis.

### **Plans to become more age-friendly:**

The Millinocket Memorial Library is working to rebrand itself to become a community center and hub for activities that are of interest to all ages across the lifespan. Their programming continues to increase and once the renovation project is completed, they will be transformed into a state-of-the-art facility.

### **Respect and Social Inclusion**

A great example of an organization in our community that has a strong sense of respect and social inclusion is the Millinocket Memorial Library. Their volunteer base is made up of all ages and their programming suits all different age groups.

### **Plans to become more age-friendly:**

The Age-Friendly Standing Committee will work to identify and create opportunities in the community that foster respect and social inclusion across the lifespan.

### **Civic Participation and Employment**

There are several opportunities to volunteer throughout the community. Some examples include the Millinocket Memorial Library, Millinocket Recreation Department, Northern Timber Cruisers ATV and Snowmobile Club, local sports and performing arts booster clubs, and local churches.

### **Plans to become more age-friendly:**

According to the Millinocket section of the Katahdin Region comprehensive plan, the local goal for Millinocket is to "create wealth, generate jobs, increase income, and ultimately reduce poverty and improve the quality of life for everybody in the locality." This economic development strategy supports all ages of community members.

The Age-Friendly Standing Committee will also work to identify opportunities for civic participation and employment in the community that is inclusive of all community members regardless of age or ability.

### **Communication and Information**

The Town of Millinocket uses multiple venues for ongoing communication and information sharing with the towns people:

- 1) Millinocket has a website that is kept current and has useful information pertinent to the municipal functions. The manager's report is posted on the website bi-weekly.
- 2) A Facebook page is maintained providing timely communication of events and activities of interest to community members.
- 3) A local reporter attends council meetings and submits articles to the local paper for publication to inform community members of council activities.
- 4) Thrive Penobscot has developed a website that lists area resources for the following: medical services, food, transportation, home supports, legal and financial services, veterans' resources as

well as a calendar of events for social opportunities. A printed resource guide is also available in community settings. Thrive also maintains a Facebook page to post relevant to 'thriving in place' information including sharing what other age-friendly communities in Maine are doing.

- 5) The Town Council meetings are both live streamed and taped for viewing on the local cable access channel (KAT/CH 13) for community members to stay informed.
- 6) The School Board meetings are taped for later viewing on the local cable access channel (KAT/CH13).
- 7) The Chamber of Commerce website is a source of business and organizational information including events they host.

### **Plans to become more age-friendly:**

Thrive Penobscot will work with the Town of Millinocket to link their two websites. Because the Thrive website is essentially an information portal and has a calendar of community events, it's a valuable tool to connect older people with opportunities to stay active and find needed resources.

The Age-Friendly Standing Committee will work to identify new opportunities in communication and information services to keep community members informed knowing that literacy levels differ amongst our community members.

### **Community Supports and Health Services**

Millinocket has a number of community supports and health services available to support aging in place. Organizations and businesses include: Millinocket Regional Hospital, Health Access Network (FQHC), Katahdin Valley Health Center (KVHC), Katahdin Health Care, Community Health and Counseling (CHCS), hospice programs, Katahdin Friends Inc., Living Innovations, Creative Options, In Home Care, Partners for Peace, Eastern Area Agency on Aging, Katahdin Area Support Group, food pantries, churches and thrift stores.

### **Plans to become more age-friendly:**

The town has recently established a Mental Health and Wellness Standing Committee. The purpose of the committee is to address both ongoing and emerging health/wellness concerns that are an impediment to the growth of the town and welfare of community members. The committee meets when issues arise and works to bring in needed resources to address needs.

The Age-Friendly Standing Committee will collaborate with the Mental Health and Wellness Standing Committee as opportunities arise to increase access to services, or to address emerging or identified threats to the wellbeing of older residents.

## **2. How will the community engage and involve older people in the process of becoming more age-friendly?**

Thrive Penobscot has been convening a community engagement group since February 2018 to share community resources for aging in place, to talk about the needs of community members so they can age in place and develop plans to address the unmet needs identified by the group. Most of the members of the group are well over the age of 50 (one member is 90) and are committed to making Millinocket more "age-friendly". The two most recent projects include exploring how to start up a handy brigade and volunteer transportation program. This group is already formed and will continue to inform the municipality of community needs and opportunities to become more age-friendly.

In addition to the efforts of Thrive Penobscot, the Town of Millinocket has recently established an Age-Friendly Standing Committee as part of the municipal advisory structure. This occurred in concert with a comprehensive planning process that is set to be completed this year. The committee is made up of appointed and invited members of the community. Meetings are open to the public. Paper records of the meeting are available upon request at the town office, can be downloaded from the town website, and updates are presented at the end of town council meetings. All council meetings are recorded and can be reviewed online at [www.townhallstreams.com](http://www.townhallstreams.com). Community members have opportunities to ask questions and make comments at town meetings providing another venue to involve older people in the process of becoming more age-friendly.

**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.**

Just as Thrive Penobscot has convened a community engagement group, they have also formed a Thrive Partner group that includes agencies, organizations and key community leaders including representation from the town. Between the two already formed Thrive groups, and the newly formed Age-Friendly Standing Committee formed by the town, collaborative planning can easily occur. Some of the key leaders are members of each of these committees so information sharing between the groups is possible and expected. In addition, town councilors and Thrive Penobscot Partners are involved in other ongoing economic and community development committees (ex Katahdin Collaborative) and can bring the age-friendly lens to the table in any collaborative planning process.

**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?**

Jane Danforth, project director for Thrive Penobscot, as the lead on Millinocket's Age-friendly Communities will share information about webinar's and peer learning opportunities offered by the Maine AARP Network of Age-Friendly Communities with the other committee members. She will plan to participate on the video conference calls and encourage other committee members and partners involved in the implementation of age- friendly programs to as well (such as the Library). Success stories will be shared via the calls and when appropriate in written form for the Maine Age-friendly Newsletter. Social media posts from the Town or Thrive Penobscot promoting our local age-friendly work will be available for sharing on the Maine Age-Friendly Facebook page. Age-Friendly committee members will attend peer learning conferences when able.

**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?**

Tom Malcolm, Fire Chief for the town of Millinocket, was instrumental in advocating for the town to join the AARP Network of Age-Friendly communities. As the National Fire Protection Association (NFPA) representative for the Fire Marshall's office, he provided training on the "Remembering When" curriculum (Fire Safety and Fall Prevention) to towns in Maine that are part of the Age-Friendly Communities Network. It was through this collaboration with AARP Maine and his work with the Fire Marshall's office that he learned of the Network of Age-Friendly Communities and wanted his home town to pursue the designation. Tom mentioned his involvement in doing trainings for other communities at a Thrive Penobscot Partner meeting which caught the attention of the Thrive Penobscot Project Director.



In addition to learning about the Network of Age Friendly Communities through Tom, Jane Danforth, the Thrive Project Director, became aware of the opportunity to join the Network in meetings with others across the State who are involved in Thriving in Place (TiP) initiatives. Through the combined efforts of these two individuals and the Thrive Partners, the town officials agreed it would be beneficial to the town to apply to join the Network.

In closing, Millinocket is in a period of rebuilding itself from more than a decade of economic and population decline. Once a mill town with high wages, economic prosperity, and sustainable population, we are now a town where 35.6 % of our citizens are 60 and older. We need to plan for the future in order to reposition ourselves for growth and prosperity. In doing so, we've had to look at our core values and purposefully plan for success. The Age-Friendly Communities model fits our overall goal to make improvements that influence the health and quality of life of our older population and make it easier for all residents to live, work, play and stay in Millinocket.

**6. Provide a digital file or link of a logo or other image that represents your community and for which you have reprint rights. The image resolution should be at least 72dpi (send a JPEG, PDF or PNG or your logo by email attachment to [liveable@aarp.org](mailto:liveable@aarp.org))**

The official logo for the Town of Millinocket will be provided as requested.