



Town of Pownal

Independent Unto Itself

May 24, 2019

Lori Parham
AARP Maine State Director
53 Baster Road
Portland, ME 04101

Dear Ms. Parham,

On behalf of the Town of Pownal, we are pleased to submit this letter of interest and commitment in the AARP/World Health Organization Network of Age-Friendly Communities. Pownal recognizes the importance of encouraging and promoting age-friendly planning and policies and is committed to working with the Town of Freeport to identify, develop and implement programs and initiatives to support active and healthy aging.

Under the umbrella of Freeport Community Services and the Freeport Housing Trust, a needs assessment survey was conducted by Planning Decisions in 2015/2016. In the Executive Summary, six themes emerged with "Keeping Seniors Home" as the number one concern. From there a variety of community meetings were held to discuss and identify some of the immediate needs in Freeport and Pownal (see attached timeline). A VISTA Volunteer was hired In January 2019 to over-see the project. A steering committee was formed and will identify programs/services already in place; hold focus group meetings to hear from our residents; and prioritize the needs. An action plan will be created and put in to place.

Freeport Community Services serves residents in both Freeport and Pownal. It is clear, however, that the needs of the two communities are very different. From the newly-formed steering committee, a Pownal sub-committee was formed to focus on the very different and specific needs of Pownal residents. Pownal is committed to this initiative and to involving older residents with the planning.

Thank you for your consideration.

Jonathan Morris / Pownal Selectman
Cc Melissa Henes / Pownal Administrative Assistant

George Anderson, Jr. / Pownal Selectman

AARP – MEMBERSHIP APPLICATION

Application submission date: May 24, 2019

Section 1. Community Details

Name of community: Pownal

State: Maine

Population: 1,500

Percentage of residents above the age of 60: ?

Name and title of the elected official signing the official commitment:

Jonathan Morris, Pownal Selectman

George Anderson, Jr., Pownal Selectman

Melissa Henes, Administrative Assistant, Town of Pownal

Office address of signer: 429 Hallowell Road, Pownal, ME 04069

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

Jonathan Morris / Pownal Selectman selectmen@pownalmaine.org 688-4611

George Anderson, Jr. / Pownal Selectman selectmen@pownalmaine.org 688-4611

Melissa Henes / Administrative Assistant, Pownal Melissahenes@pownalmaine.org 688-4611

Paula Paladino / E.D. Freeport Community Services ppaladino@fcsmaine.org 865-3985

Tegan Barber / VISTA Volunteer for AIP initiative tbarber@fcsmaine.org 865-3985

Kathy Hogue / AIP Steering Committee / Volunteer khogue@maine.rr.com 688-4153

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

1. The Pownal Board of Selectmen will participate in the oversight of the aging-friendly initiative. (FYI - In June, a third Selectman will be elected to fill one vacant seat on the board.)
2. Pownal Administrative Assistant, Melissa Henes, will participate in the oversight of the aging-friendly initiative.
3. Paula Paladino is the Executive Director of Freeport Community Services (FCS). It is through FCS and the Freeport Housing Trust that a Needs Assessment for Freeport and Pownal was implemented and completed in May of 2016 by Planning Decisions, Inc. Although FCS has been the agency to spear-head the Aging in Place initiative, the goal is to create an independent Steering Committee made up of Pownal and Freeport residents to carry out this work.
4. Tegan Barber was hired by FCS in January 2019 as a VISTA Volunteer to oversee the Aging in Place initiative; to identify and create a Steering Committee, to create an action plan; and to assist in the process of building an Aging in Place Program for Freeport and Pownal.
5. Kathy Hogue is a Pownal resident, member of the AIP Steering Committee and the Pownal subcommittee.

Section 4. Network Membership

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?

Many communities around us already have strong Aging in Place programs. Sharing and combining resources with neighboring towns will be looked at. Collaboration with existing programs can only be a win-win for everyone.

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.

Patricia Oh, PhD, LMSW, Age Friendly consultant AARP Maine/Livable, spoke at a recent AIP Steering Committee meeting and encouraged Freeport and Pownal to apply.

Please provide a digital file or link of a logo or other image that represents your community.

