



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 livable@aarp.org.
- If you need additional space for answering the questions you may add an additional sheet of paper.

APPLICATION SUBMISSION DATE: *Click here to enter a date.*

Section 1: COMMUNITY DETAILS

NAME OF THE COMMUNITY: Sanford- Springvale (City of Sanford)

STATE: Maine

POPULATION SIZE: 21,000

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 36%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Mayor Thomas P Cote

OFFICE ADDRESS OF THE SIGNER: 919 Main St. Sanford ME 04073

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 contact information]

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

Thea is the former director of the Trafton Senior Center, a program of the Sanford-Springvale YMCA. Thea held this position for 10 years prior to her retirement in February of 2019. Thea serves as a TiPYC volunteer and been a Leadership team for 4 years. Prior to this, she was active in the Sanford SALT (Seniors and Law Enforcement Together). Thea is a longtime Sanford resident residing in downtown Sanford. She has been on several downtown committees and owned a business in Sanford for many years. Thea is currently the President of the Sanford Altrusa Chapter and has been a member of this for 7 years.

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.

Currently Sanford has several programs for seniors through the Sanford YMCA, York County Community Action (YCCAC), Southern Maine Area Agency on Aging (SMAAA), and more. The Trafton Senior Center, operated under the Sanford YMCA, offers a safe and fun space for seniors to socialize. Sanford Housing Authority has several senior housing options that are located on the Public Transportation route. The buses on this route are accessible for seniors and people with disabilities. Additionally, YCCAC runs a shoppers van twice a week which provides curb-to-curb service for people not on the bus line. Southern Maine Area Agency on Aging holds educational events and Meals on Wheels in Sanford, and Thriving in Place York County (TiPYC) has a volunteer network to help with small household tasks and friendly visiting. Sanford has a Long Term Care and Rehabilitation facility which is currently undergoing a rebuild to create a state of the art LTC/Rehab facility for the community. The City of Sanford is beginning to update its comprehensive plan and age-friendly is a particular goal of the City Planner. TiPYC and the City hope to use this AARP Age-Friendly process to build on and improve what is currently available in Sanford.

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

TiPYC has been involved with aging-in-place work in the Sanford area for more than 4 years. At every step of the process, we have sought input from local seniors by incorporating them into the leadership of TiP and had a "Consumer Advisory Council" made up of local seniors. We also regularly ask the community what they would like to see. We plan to continue to ask seniors what they want through this process and will use a variety of tools towards this goal. The Trafton Center is ideally poised to aid in this effort as it is a trusted place for seniors to gather and gain information. We also plan to use the City Comprehensive plan update process as a method to communicate with seniors and others interested in age-friendly Sanford. We will also engage partners like Sanford Housing and York County Community Action to access their existing community needs assessments.

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.

Over the last four years, TiP has worked to pull together many different community partners. We hold monthly meetings of our Partnership Action Network (PAN). Members of PAN include the faith-based community, the VA, SMAAA, YCCAC, University of New England, the Alzheimer's Association, Southern Maine Health Care, Health Care at Home, Living Innovations, and more. This group brings together providers from different sectors to share resources and brainstorm around particular needs. Sanford is well served by Strategies for a Stronger Sanford which regularly shares information about resources in the Sanford area. City departments such as the Recreation department are looking towards programming that is age-friendly, as is the Louis B Goodall and Springvale Libraries. Local service organizations such as Kiwanis, Rotary, Altrusa, and the Lions have service projects that coincide with age-friendly communities. The efforts of AARP Age-Friendly Communities will only work to strengthen and improve what is currently in place.

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?

TiPYC hopes to share our successes as well as lessons learned with other communities. We believe that there is much to be learned from the successes and lessons of other communities. We are eager to participate in learning opportunities provided. Sanford will be building all of the age-friendly process into the city's comprehensive plan, which may be a model worth sharing with the others who are seeking age-friendly status or sustainability of age-friendly work.

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?

We are motivated by AARP's well established network and the proven tool box, which we know will assist us in our efforts. We believe that age-friendly communities are key to improving the quality of life for people of all ages. Additionally, TiPYC had a four-year grant through the Maine Health Access Foundation to focus on aging-in-place that has ended, and we believe that supporting Sanford in becoming age-friendly will help sustain our efforts from the past four years.

Please provide a digital (JPG, PNG or PDF) 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:

