



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**

- 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

Section 1: COMMUNITY DETAILS

APPLICATION SUBMISSION DATE: 9/24/2019

NAME OF THE COMMUNITY: South Portland

STATE: Maine

POPULATION SIZE: 25,002

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 17%

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Scott Morelli, City
Manager

OFFICE ADDRESS OF THE SIGNER: 25 Cottage Road, South Portland, ME 04106

Section 2: COMMUNITY CONTACT for the AARP Network of Age-Friendly States and 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:

Ms. Henderson, as a member of the South Portland City Council, has been a consistent proponent in leading the community to move toward making South Portland an "Age-Friendly" community. As a result of her, Maxine Beecher's (and others) advocacy the City Council voted unanimously in August 2017 to create an AdHoc Senior Citizens Advisory Committee to ensure the city's elders "have access to services and infrastructure enabling them to live safely and with dignity as they age". The confidence the City Council members had in the success of this group is evident by the fact that they also provided the committee with \$6,000 to conduct a needs assessment. Ms. Henderson was instrumental in bringing together community members to serve on the committee, act as advisors and achieve the committees goals.

The person named above agrees to be subscribed to the **AARP Livable Communities Weekly e-Newsletter**, which is one of the primary ways we share useful news and resources. To add additional subscribers, type their names and email addresses into below. Once this application is processed, a subscription confirmation message will be sent so the individual can confirm that they want to subscribe. To subscribe today, follow the link above or visit **AARP.org/Livable-Subscribe**.

Click here to enter text.

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.

The City of South Portland has long been an advocate and supporter of the concept of developing South Portland as an Age-Friendly community. Various city groups and departments have actively worked to improve walkability, safety, housing and green spaces for it's older residents. The City's Social Services Department supports elders with tax abatements, free bus passes, access to food pantries, and general welfare checks. The Planning and Development Department has and continues to research and plan for improved sidewalks, lighting , safe crosswalks and accessible green spaces.. The library has many programs seniors attend and there is a book delivery service. City Police Department has a special unit with it's neighboring city called TRIAD. This is a joint effort to bring Seniors, South Portland Police, local businesses and community members together to enhance the quality of life and improve safety for seniors residing in South Portland. Ongoing TRIAD Programs includes Senior Driving Safety Courses, free Emergency Cell Phones for Seniors, welfare check-ins and they are currently conducting a quality of life survey for seniors. The city's Community Recreation Division includes dedicated staff for seniors and senior programing. The Community Center has a dedicated senior room, providing senior specific programs and meals. The City of South Portland Bus Service (SPBS) is dedicated to ensuring persons with transportation disabilities have what they need to use the service. This includes wheelchair lifts on all of the buses and alternative format access to schedules, routes, cancellation and detour information. For people who are unable to use the South Portland fixed-route bus service because of disability, paratransit services are provided by the Regional Transportation Program (RTP). All of these efforts are continually evaluated and are modified as determined necessary from input of staff and community members. The Ad Hoc Senior Advisory Committee conducted a Needs Assessment of our older residents and is currently undertaking the fulfillment of these recommendations. (Report of Findings and Recommndations is attached).

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

The previously mentioned needs assessment is an example of the breathe of the engagement of older persons in this effort. In that process total of 4,185 surveys were sent to households of older person. 1,099 survey's were returned (26%) and 837 of those were deemed usable for analysis. A series of focus groups were held which included interested elders, church groups and professionals serving the elder population. The Ad Hoc Senior Advisory Committee was comprised of community members of all ages ranging from persons in their mid 20's to those in their mid 80's. This inclusivity will continue in the next phase of improvements and implementation in the creation of South Portland as an Age-Friendly community. The South Portland City staff, council members and community groups prides itself on reaching out and involving community members in all activities.

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.

On January 22, 2019, the Mayor of the City Council proclaimed SFY 2020 as the Year of Senior Residents. As part of this recognition of that designation and upon receipt of the Report of Recommendations and Findings, the City Council established the Ad Hoc Senior Steering Implementation Committee and provided an appropriation of \$15,000. Some of the specific tasks for the Committee are: 1. Establish measurable, time-oriented goals for implementing the report recommendations, 2. By January 2020, begin implementing recommendations related to communication of resources, housing maintenance and transportation, 3. Establish on-going advocacy efforts for items requiring another entity to complete and 4. Explore volunteer and grant opportunities, corporate partnership, and request additional funding to implement and sustain recommended programs. Currently, the Implementation Committee has established three subcommittees (Communication, Housing and Transportation) who are charged with achieving the goals set out in report finding. Each subcommittee chair have recruited members from the community with an interest, concern or knowledge based on the topic being addressed. All of this activity has been driven by community volunteers. This process has been successful and will continue to be volunteer and community driven. Professionals in the aging field are invaluable partners. Involved to date has been city departments as described in question 1 above, non profits such as the Area Agency on Aging, local service providers, church leaders, South Portland Housing Authority, and 211 among others.

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 States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

The State of Maine is the "oldest" state in the country. This is a testament to the existing lifestyle of Mainers who prefer to remain in their home state as they age and an increasing number of retirees moving into the state. South Portland is an attractive city to these individual and we believe that some of that is due our existing livability status. We hope by becoming a designated Age-Friendly state in the AARP Network that we can continue to move in this positive direction, share our experiences with other communities and continue and improve our efforts through the networking opportunities that this designation offers.

5) What motivated your community to join the AARP Network of Age-Friendly States and Communities and the World Health Organization Global Network of Age-Friendly Communities?

The 8 Domains of Livability was used as a framework to assess the needs of our older population. From this process and through discussions with our neighboring cities who have been designated as Age-Friendly, we determined that we were on our way and it would be beneficial for us and for others that we join this important effort. South Portland respects the contribution our elders have provided to our city and recognize that we owe them the best environment for them to live in and remain at home safely and happily.

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 72 dpi. As an example of an image, here's ours:

Click here to add a link to where we can find your logo. Or, send a JPEG, PDF or PNG of your logo by email attachment to livable@aarp.org.



[Handwritten Signature]
10/2/19
Scott Myrelli, City Manager