



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: Machias.

STATE: Maine

POPULATION SIZE: 2100

PERCENTAGE OF RESIDENTS ABOVE THE AGE OF 60: 18.5% are 65 or older, Source: US Census, 2010, Whitneyville, Whiting, Machiasport, check STATS- service center and high % of seniors in surrounding communities

NAME AND TITLE OF THE ELECTED OFFICIAL SIGNING THE OFFICIAL COMMITMENT: Joshua Rolfe, Chairman, Board of Selectmen

OFFICE ADDRESS OF THE SIGNER: 7 Court Street, Machias, ME 04654

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 town or community's age-friendly initiative:

The Machias Downtown Revitalization Committee Leadership Team is a mix of town departments and community leaders who volunteer their time to engage in the Age-Friendly Communities Program. These members work together to expand awareness of opportunities for residents to voice their opinions on age-friendly efforts. This Committee also oversees the creation and implementation of the Age-Friendly Machias Action Plan.

Co-Chair, Angela- has been long-term involved with Healthy Acadia, focused on improving the lives of seniors, people over 60, for years, other areas; accessibility, focus on making downtown more walkable, accessible, senior friendly, and family oriented community activities are accessible to all. She has also been involved with the Thriving in place grant, held by Community Caring Collaborative, focusing on age-friendly initiatives county wide.

Co- Chairs, Bill Burke, is a Business owner, involved with the community, bringing families together, and activity driven.

The downtown of Machias is a growing community that values its history, its beautiful natural environment and its people. One way we are building toward a bright future is by ensuring our downtown is safe and welcoming for people of all ages and levels of mobility. A place where people can be active and connected throughout their lives and access housing and supports that meet their changing needs throughout their lives.

We are grateful to the many individuals and organizations who are committed, and offer feedback to help identify barriers and share ideas about how we can overcome them.

This Age-friendly Community Plan will work well with our Transportation Plan, Economic Development Strategy and Community Comprehensive Plan to bring our vision of a welcoming community to life. We are committed to continuing to work with partners and community members on ongoing improvements that will benefit everyone in our community.

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.

In an age-friendly community, the physical, social, and political environments support people of all ages in meeting their daily needs. Accessible infrastructure, housing, transportation, programming, policies, and services enable independence in seniors and people with disabilities – determining their ability to enjoy autonomy in their lives. Moreover, age-friendly communities promote a high quality of life, comfort and security, and meaningful participation by accommodating the physical, behavioral, economic, and social changes a person experiences over time.

While this project focuses on adults over the age of 55, an age-friendly community benefits residents of all ages. For example, safe, accessible pedestrian infrastructure provides security and comfort to children, parents pushing strollers, and those with mobility challenges. Senior services relieve families of caregiving stress and provide a higher quality of life for older adults. And, intergenerational programs build mutual respect, strengthen community bonds, and provide learning opportunities for all ages.

The Machias community is already age-friendly in a number of ways: Sunrise Senior College a member of the Maine Senior College Network and partner with University of Maine Machias provides amenities and programming; Sunrise bus, are strong examples of transportation for seniors; Eddys Place, Marshall Manor, East Point, Veterans Home are strong examples of seniors-oriented housing; and, Seniors' Companion Services and Better at Home are examples of volunteer agencies that provide support to seniors in the area. The Community Caring Collaborative, a Washington County based non-profit also includes a Thriving in Place (TiP) initiatives addressing elder advocacy, transportation, food delivery and a grandparents program.

Machias previously completed a Bike Ped Assessment in 2009 and a 2018 ADA Assessment. Much of the analysis and recommendations from these plans are still relevant today and can provide a great starting point for the Machias Age Friendly Initiative. Machias is starting to do a new Comprehensive Plan and the timing of that plan and adopting an Age Friendly initiative is great, because some of the Age Friendly initiatives and priorities can be adopted in the plan which will hopefully move forward in a more strategic and direct way because a Comprehensive Plan is adopted by the community.

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

In becoming an age-friendly community, the Town of Machias, the Machias Downtown Revitalization Committee, local stakeholders, and residents need to develop a culture of age-friendliness. In other words, these partners need to collectively foster a community where residents can age in place, feel respected, be independent, and achieve a high quality of life.

Internally, the Town can catalyze this evolution by making a commitment to an age-friendly future and reinforcing a corporate culture that will take Machias there.

To successfully move this initiative forward, the Town and the Downtown Revitalization Committee will need to:

- Take an age-friendly perspective to all community issues;
- Ensure an integrated, inter-departmental, cross-agency approach to key issues;
- Build civic advocacy and advisory capacity;
- Strengthen internal and external connections; and;
- Engage on-going support from provincial and federal agencies.

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 process for this age-friendly community planning will consist of three primary phases: Context Research, Public Engagement, and Plan Development.

- **Context Research – Policy Assessment & Best Practices:** Initially, using the 8 Pillars as a framework, the Planning team will conduct assessments of the local policy context, reviewing relevant policy documents, including conducting the Official Community Comp Plan, Downtown Plan, Land Use Bylaw, Subdivision and Development Bylaw. The Planning Team will also consult previously done plans referenced above as a starting point and identify any gaps in research or data.
- **Public Engagement – Community Assessment & Next Steps:** Public engagement phase will be implemented, consisting of public surveys, stakeholder, and consultation sessions. The public surveys will be developed to engage community members of all ages to produce a snapshot of the community, through the eyes of older adults, as well as identify key issues in the community. We will plan to reach people through a combination of paper and on-line surveys in key locations where seniors gather such as:
 - food pantries, meal sites, libraries, and;
 - online promotion through social media pages used by community partners' web sites and electronic newsletters, senior college, and community focus groups
- **Plan Development –** The focus of the project will then be shifted from identifying issues to generating potential next steps. Two stakeholder consultation sessions will be held to tap into the expertise of residents, service providers, and Town staff.

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?

The overall mission of the Age-Friendly Machias initiative is to transition into a town where all generations are welcome. As a town, we are committed to engaging our citizens by providing opportunities for residents to assess what that town does well, and suggest ways to improve. Through Machias' open citizen forums, community members can come together to plan a future that includes age-friendly initiatives and retain citizens for life.

The AARP Age-Friendly Community Network Program recognizes communities that thrive in inclusion of all generations. The goal of this program is to provide local governments with the tools they need to be accessible to all ages. AARP assists local governments all over the country as they identify issues and improve the livability of their town. They also provide communities with information related to best practices and new initiatives.

Members of the Machias Age Friendly initiatives are committed to giving their older residents the opportunity to live rewarding, productive and safe lives. By partnering with AARP our participants have the ability to connect with communities around the world that are also engaged in the same mission. Machias will use these partnerships to build upon the community's strengths and address any gaps.

The Age-Friendly Action Plan will identify indicators for success. These indicators will be used to measure our success for the next three years. After the three-year cycle is complete residents, town employees, and community leadership will come together to evaluate progress. This group will identify accomplishments, and what new goals the town should take on to become better for all ages. This process will become an ongoing cycle that we will use as a tool to become a more livable community for residents of all ages.

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 Age-Friendly Program will affect citizens of all ages in that live, work, or play in and around Machias. Although the main focus is on the town’s aging population, the age-friendly community concept is welcoming to individuals of all ages.

Some action items identified in the Action plan include expanding walkability, implementation of an age-friendly business program, public transit, public washrooms, social inclusion, and broadband access. These action items will not only improve the lives of our seniors, it will improve the overall quality of life for all residents that use our sidewalks or shop in our community.

These action items will also affect local organizations in the community. For example, by expanding walkability, more people are able to use the public infrastructure. In addition, more patrons will then be able to visit a variety of businesses and nonprofits. This helps major employers in the community, restaurants, shops, tourist attractions, and many more. Implementing these action items will not be simple. Creating a successful program will take key community leadership and partnership to collaborate and create the best possible, and cost effective solution. With the help of current and new partnerships, we will be able to achieve the goals identified by our residents.

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:

