2019 AARP Livable Communities
Rural Livability Workshop

June 18-21
Portland, Maine

w: AARP.org/RuralLivability
e: Livable@AARP.org
t: @AARPLivable #AARPRural
f: /AARPLivableCommunities

Westin Portland Harborview
157 High Street, Portland, Maine 04101

University of Southern Maine, Abromson Community Education Center
88 Bedford Street, Portland, Maine 04104
Rural Livability STATS AND FACTS

According to the most recent AARP Home and Community Preferences Survey, adults in rural areas are more likely than those living in cities and suburbs to say they want to remain in their community or current home for as long as possible.

HOUSING

- 7 out of 10 adults in rural areas want to remain in their communities and homes as they age.
- About 75% of adults in rural communities own their own homes, and nearly 2 out of 5 report that their home would need major modifications in order to accommodate aging in place.
- The presence of accessory dwelling units is low among rural homeowners, but 8 in 10 say they would consider building an ADU for a loved one who needs care.
- About half of adults in rural communities already share or would be willing to share a home as they age, especially for help with daily activities.
- When asked if they would be interested in joining and paying an annual fee to a “Village” that could help them stay in their community, about half of adults in rural areas responded yes.*

GETTING AROUND

- 9 out of 10 adults in rural areas drive themselves to get around their communities. (Other transportation options include walking and having someone else do the driving.)
- Although nearly 90% of adults in rural communities have heard of ride-sharing companies, just over a quarter report having used a ride-share service — and nearly 7 in 10 say they are unlikely to use such a service in the future.
- The majority of adults in rural areas have heard about and report being somewhat familiar with autonomous vehicles (aka “self-driving” cars) but would be unwilling to ride in them.

COMMUNITY FEATURES (deemed to be “extremely or very important”)

- 87% Well-maintained streets
- 86% Well-maintained hospitals and health care facilities
- 83% Safe parks
- 81% Conveniently located hospitals and health care facilities
- 79% Easy to read traffic signs

AARP data is from “A National Survey of Adults Age 18-Plus: A Look at Rural Communities (2018),” available on AARP.org/RuralLivability.
* A “Village” is a community-based, nonprofit, member organization that helps people live independently in their own homes as they age.
Thank you for joining the 2019 AARP Rural Livability Workshop, a gathering of AARP staff, volunteers, community partners and livability practitioners representing a range of specialties and locations. This first-ever national AARP workshop about rural livability will highlight and share best practices and insights related to the following core themes:

- **Engaging the Community and Creating Intergenerational Communities**
  It’s important for local leaders to be connected to the community and for community members to connect with one another. It’s also important to intentionally cultivate multigenerational communities that retain and attract younger adults while also creating meaningful volunteer and civic engagement roles for older adults — especially as a means of combating isolation and loneliness.

- **Strengthening Transportation Options**
  It can be difficult if not impossible for non-drivers in rural areas to get where they need or want to go. Rural transit services and choices can be improved through better coordination, communication and expansion — including for ride-sharing and (yes!) walkability.

- **Improving Housing Affordability and Choice**
  Rural regions have an acute need for housing that is affordable as well as accessible for residents of many ages and abilities. Discussions in this category will feature innovative programs and approaches that increase the range of housing options, improve the quality of housing, and enhance the affordability of housing in rural places.

- **Enhancing Community Infrastructure**
  The discussions in this category range from the delivery of health care and wellness programs, to the availability of parks and public spaces, to the need for improved broadband communication networks and creative economic development strategies.

- **Preparing for Extreme Weather and Disasters**
  Intense and changing weather norms and weather-related disasters (storms, snow, heat, drought, wildfires, floods) can be especially dangerous in rural communities. Among the challenges: preparing older adults for sheltering in place, evacuating the area, returning to their homes and making repairs or needing to relocate.

Portions of the workshop will be livestreamed via [AARP.org/RuralLivability](http://AARP.org/RuralLivability), so please inform any colleagues and community members who could not be here that they can watch and interact with the workshop from wherever they are. Questions will be fielded during portions of the webcast via Twitter (#AARPRural) and Poll Everywhere. (Download the app and enter the code AARPRural.)

Learn more about the webcast and the workshop’s schedule and activities.
### TUESDAY, JUNE 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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| 6:00 – 8:00 pm | OPENING RECEPTION  
Hosted by Lori Parham, State Director, AARP Maine  
and Danielle Arigoni, Director, AARP Livable Communities |

### WEDNESDAY, JUNE 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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| 7:30–9:00 am | BREAKFAST and WORKSHOP CHECK-IN  
ROOM 109: Western States  
ROOM 110: Southern States  
ROOM 213: Creating Intergenerational Communities  
ROOM 214: Eastern States  
ROOM 215: Preparing for Extreme Weather and Disasters  
ROOM 216: Community Engagement |
| 9:00 – 9:15 am | MORNING WELCOME and WORKSHOP ORIENTATION |
| 9:30 – 10:45 am | REGIONAL DISCUSSIONS  
ROOM 109: Western States  
ROOM 110: Southern States  
ROOM 213: Creating Intergenerational Communities  
ROOM 214: Eastern States  
ROOM 215: Preparing for Extreme Weather and Disasters  
ROOM 216: Community Engagement |
| 11:00 – 11:20 am | WELCOME! |
| 11:20 – 11:50 am | MORNING KEYNOTE  
SPEAKER: Mark Fenton, "Age-Friendly by Design in Rural Communities and the Triple Bottom Line: Economic, Environmental and Human Health" |
| 11:50 am – 12:20 pm | PLENARY PANEL  
TOPIC: Housing in Rural Communities  
GRAB-AND-GO LUNCH and VIDEOS |
| 12:20 – 12:45 pm | AUDIENCE QUESTIONS  
INNOVATION SHOWCASE  
PLENARY PANEL  
TOPIC: Broadband in Rural Communities |
| 12:45 – 2:15 pm | BREAKOUT SESSIONS #1*  
ROOM 109: Enhancing Community Infrastructure (Broadband)  
ROOM 110: Strengthening Transportation Options  
ROOM 213: Creating Intergenerational Communities  
ROOM 214: Enhancing Community Infrastructure (Partnerships)  
ROOM 215: Preparing for Extreme Weather and Disasters  
ROOM 216: Community Engagement |
| 2:15 – 2:35 pm | AFTERNOON KEYNOTE  
SPEAKER: Andrew Howard, Team Better Block, "90 Days to Rural Livability" |
| 2:35 – 2:50 pm | AUDIENCE QUESTIONS  
CLOSING REMARKS |
| 3:15 – 4:15 pm | BREAKOUT SESSIONS #2  
ROOM 109: Preparing for Extreme Weather and Disasters  
ROOM 110: Strengthening Transportation Options  
ROOM 213: Improving Housing Affordability and Choice  
ROOM 214: Enhancing Community Infrastructure (Parks)  
ROOM 215: Creating Intergenerational Communities  
ROOM 216: Community Engagement |
| 4:30 – 5:30 pm | LOBBY RECEPTION  
FUN WITH PURPOSE ACTIVITIES  
ROOM 109: AARP Network of Age-Friendly States and Communities  
ROOM 110: Ask the Experts  
ROOM 214: Our Towns Book Club  
PARKING LOT: Visit the "Smart Home on Wheels" |

* Breakout Sessions are listed according to the core themes detailed on page 1. Session descriptions begin on page 7.
**THURSDAY, JUNE 20**  
**UNIVERSITY OF SOUTHERN MAINE, ABROMSON COMMUNITY EDUCATION CENTER**

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<thead>
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<th>Time</th>
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<tbody>
<tr>
<td>7:30 – 9:00 am</td>
<td><strong>BREAKFAST</strong> (and a chance to visit the “SMART HOME ON WHEELS”)</td>
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<tr>
<td>9:00 – 9:30 am</td>
<td><strong>MORNING WELCOME</strong> and <strong>MAINE PRESENTATION</strong></td>
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<td>9:45 – 10:45 am</td>
<td><strong>BREAKOUT SESSIONS #3</strong></td>
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<td>ROOM 109: Enhancing Community Infrastructure (Health)</td>
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<td>ROOM 110: Strengthening Transportation Options</td>
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<td>ROOM 213: Enhancing Community Infrastructure (Economic Development)</td>
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<td>ROOM 214: Enhancing Community Infrastructure (Broadband)</td>
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<td>ROOM 215: Advocacy</td>
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<td>ROOM 216: Strengthening Transportation Options</td>
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<td>11:00 – 11:15 am</td>
<td><strong>WELCOME BACK!</strong></td>
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<td>11:15 – 11:45 am</td>
<td><strong>PLENARY PANEL</strong></td>
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<td>TOPIC: Federal Partners and Resources</td>
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<td>11:45 am – 12:10 pm</td>
<td><strong>INNOVATION SHOWCASE</strong></td>
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<td>12:10 – 12:25 pm</td>
<td><strong>GRAB-AND-GO LUNCH</strong></td>
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<td>12:25 – 12:55 am</td>
<td><strong>DAY 2 KEYNOTE</strong></td>
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<td>SPEAKER: John Robert Smith, Transportation for America</td>
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<td>&quot;Rural Public Transportation: Small Places, Big Impacts&quot;</td>
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<td>12:55 – 1:25 pm</td>
<td><strong>PLENARY PANEL</strong></td>
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<td>TOPIC: Philanthropic Partners and Resources</td>
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<td>1:25 – 1:50 pm</td>
<td><strong>AUDIENCE QUESTIONS</strong></td>
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<td>1:50 – 2:00 pm</td>
<td><strong>CLOSING REMARKS</strong></td>
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<tr>
<td>2:15 – 5:00 pm</td>
<td><strong>MOBILE WORKSHOPS</strong></td>
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<tr>
<td></td>
<td>GUIDED: Senior Affordable Housing in Rural Communities</td>
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<td>GUIDED: Community Walking Assessment With App Technology</td>
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<td>SELF-GUIDED: Visit the &quot;Smart Home on Wheels&quot;</td>
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<td>SELF-GUIDED: Visit Portland’s Age-Friendly Businesses</td>
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**FRIDAY, JUNE 21**  
**WESTIN PORTLAND HARBORVIEW, MEZZANINE**

<table>
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<th>Time</th>
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<tr>
<td>7:30 – 9:00 am</td>
<td><strong>BREAKFAST</strong></td>
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<td>9:00 – Noon</td>
<td><strong>MOBILE WORKSHOPS</strong></td>
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<td>GUIDED: Explore the Trails of Portland</td>
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<td>GUIDED: Accessibility and Pedestrian Safety Tour of Coastal Maine Communities</td>
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<td>SELF-GUIDED: Visit Portland’s Age-Friendly Businesses</td>
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- Page 18: Attendees Roster
- Back Cover: AARP Livable Communities Resources

- Sign-ups for the guided mobile workshops will take place at the workshop check-in on Wednesday morning.
- Audience questions will be gathered via Twitter and Poll Everywhere.
- A grab-and-go lunch will be provided on Wednesday and Thursday.
- Thursday’s mobile workshops will depart from the Abromson Center lobby.
- Friday’s mobile workshops will depart from the Westin Portland Harborview hotel lobby.
**Opening**

rimp 9:00 - 9:15 am

Introduction and Workshop Orientation

Lori Parham  
State Director, AARP Maine  
Twitter: @lkpmaine

Lori Parham leads AARP Maine’s advocacy and education efforts on health, financial security and livable community issues statewide. She sits on the board of Avesta Housing, a Portland-based nonprofit, affordable housing developer (see page 15) and participates in multiple advisory councils representing Maine’s 50-plus population.

**Regional Discussions**

rimp 9:30 - 10:45 am

**Western States** (Room 109)  
Alan Ormsby, State Director, AARP Utah  
Twitter: @AARPUT

This meet-up is for attendees from Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming.

**Southern States** (Room 110)  
Margie Lee, Community Engagement Advisor, AARP  
Twitter: @Margie_Sol

This meet-up is for attendees from Alabama, the District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, South Carolina, Tennessee, Texas, Virginia and West Virginia.

**Eastern States** (Room 214-215)  
Jennifer Holz, Assistant State Director, AARP Maryland  
Twitter: @AARPMd

This meet-up is for attendees from Connecticut, Delaware, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Puerto Rico, Rhode Island, Vermont and the Virgin Islands.

**Central States** (Room 216)  
Erik Gaikowki, State Director, AARP South Dakota  
Twitter: @AARPSd

This meet-up is for attendees from Arkansas, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, Oklahoma, South Dakota and Wisconsin.

**Day 1 Main Events**

rimp 11:00 - 11:20 am

Welcome!

Jean Setzfand  
Senior Vice President, AARP Programs  
Twitter: @JSetz

Jean Setzfand leads a team that produces educational programming to address the health, wealth and personal enrichment concerns of older adults. Additionally, AARP Programs drives towns, counties, cities and even states to be more livable for people of all ages through the AARP Livable Communities initiative that works with local leaders, policy makers, planners and citizen activists.

**Morning Keynote**

rimp 11:20 - 11:50 am

Age-Friendly by Design in Rural Communities and the Triple Bottom Line: Economic, Environmental and Human Health

**SPEAKER:** Mark Fenton  
Adjunct Associate Professor, Tufts University Friedman School of Nutrition Science and Policy

Mark Fenton is a public health, planning and transportation consultant; advocate for active transportation; and former host of the America’s Walking series on PBS. He has worked with communities across the United States, Canada and Australia and consulted for AARP, the Centers for Disease Control and Prevention, the University of North Carolina Pedestrian and Bicycle Information Center, and the YMCA of the USA. Fenton studied engineering and biomechanics at the Massachusetts Institute of Technology and the U.S. Olympic Training Center, was the manager of the Human Performance Laboratory at Reebok, and has published articles about exercise science, physical activity promotion, community interventions and public policy.
Panel Discussion

확 11:50 am - 12:20 pm

Rural Livability and Housing

MODERATOR: Kim Adler
Regional Vice President, AARP Western States
Twitter: @AARPWes

Kim Adler leads AARP’s rural strategy, which works to ensure that AARP’s priorities are impactful and relevant to rural communities, and she serves as a champion for AARP members and all people age 50 or older in Alaska, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah and Wyoming.

PANELIST: David Lipsetz
CEO, Housing Assistance Council
Twitter: @DavidLipsetz

The Housing Assistance Council has been helping rural communities develop since 1971. Certified by the U.S. Department of Treasury as a Community Development Financial Institution (CDFI), HAC works to build up the capacity of community-based nonprofits, local governments and private organizations to create housing, community facilities and more. HAC publishes original research, provides information, and delivers training and technical assistance toward combating poverty and growing prosperity in small towns and rural places.

PANELIST: Tony Walters
Executive Director
National American Indian Housing Council

A member of the Cherokee Nation of Oklahoma, Tony Walters leads the National American Indian Housing Council’s efforts to improve housing opportunities for Native American, Alaska Native and Native Hawaiian communities. NAIHC’s training and technical assistance programs ensure that tribal housing programs can be effective in delivering housing services to their members. Walters’s advocacy work in Washington, D.C., helps tribes secure the resources they need to be successful in maintaining and developing housing.

확 12:20 am - 12:45 pm: Audience Questions

Lunch and Videos

확 12:45 am - 1:15 pm

Collect a grab-and-go lunch from the lobby and then return to your seat for a quick "visit" to several rural communities through videos from AARP Wisconsin, AARP Vermont, Age-Friendly Berkshires (Massachusetts) and Charleston, West Virginia.

Day 1 Innovation Showcase

확 1:15 am - 1:45 pm

MODERATOR: LaMonte Guillory
Chief Communications Officer, LOR Foundation
Twitter: @LaMonteG, @LORFoundation

LaMonte Guillory drives the LOR Foundation’s external presence within the philanthropic and rural communities by ensuring that LOR represents the people who make up the vibrant, growing and culturally significant rural towns of the American West. He advances important discussions about the future of rural livability and the need for community-driven solutions to leaders, policy makers, the media, funders, nonprofits and national associations.

The AARP Livable Experience: Fun, Engaging, Informative and Intergenerational

PRESENTER: Alice Bennett
Associate State Director/Community Outreach
AARP Georgia
Twitter: @abbAARPGA

Alice Bennett works with volunteers, elected officials and nonprofit leaders to execute the Age-Friendly Augusta action plan and increase AARP’s presence, relevance and impact in the Augusta and Savannah communities. Bennett holds a bachelor’s degree in political science from the University of North Carolina at Charlotte and a juris doctor degree from North Carolina Central University School of Law.

Age Friendly Bozeman

PRESENTER: Steve Reiter
Senior Operations Specialist, AARP Montana
Twitter: @SteveReiter1

Steve Reiter assists and advises Montana’s first age-friendly community, Bozeman, which hopes to create a combination community center and senior center in order to develop an intergenerational destination for bringing residents of all ages together.

Helping Businesses Become Age-Friendly in Portland, Maine

PRESENTER: Linda Weare
Director, Portland Office of Elder Affairs

Linda Weare has worked for the City of Portland for 29 years, first as a social worker, then as an elder advocate, and now as the director of elder affairs. Passionate about keeping older adults safe and living independently in the community of their choice, Weare is the chair of the Portland Age-Friendly Community Steering Committee.
MORE INNOVATION SHOWCASE PRESENTERS:

**Job Fairs and Older Workers**

**PRESENTER:** Ted Trainer, DrPH  
Chair, Town of Kennebunk Committee on Aging

Over a 50-year public health career, Ted Trainer has worked at the international, national, regional, state and local levels to advocate for health policies that allow children, older adults, and people living with disabilities to live their best lives. For the past 13 years, he has worked in Kennebunk, Maine, on issues related to aging.

**Growing Entrepreneurs Through Ecosystems**

**PRESENTER:** Darrin Wasniewski  
Associate State Director/Community Outreach  
AARP Wisconsin  
Twitter: @dwasniewski

Darrin Wasniewski promotes the benefits of livable communities throughout Wisconsin and creates engaging experiences for La Crosse-area AARP members. Wasniewski holds a bachelor’s degree in history from Ohio State University and a master of business administration degree from Kent State University.

**Panel Discussion**

**1:45 - 2:15 pm**  
Rural Livability and Broadband

**MODERATOR:** Greg Marchildon  
State Director, AARP Vermont  
Twitter: @GregMarchildon

AARP Vermont was the first state to embrace the livable communities initiative after it became part of AARP’s social impact agenda more than a decade ago. Greg Marchildon has been the state director of AARP Vermont since 2006. He previously served as the state director of AARP Hawaii and as the director of media relations for AARP.

**PANELIST:** Brian Whitacre  
Professor and Extension Economist  
Oklahoma State University

An economist who specializes in rural communities, Brian Whitacre focuses on the role that technology can play in rural economic development. He has published more than 50 peer-reviewed journal articles, including several highly cited papers on the relationship between internet access and rural economic growth. Whitacre has developed innovative outreach programs that help small towns benefit from the internet. He has received numerous awards for his research, teaching and extension programs.

**Afternoon Keynote Address**

**2:15 - 2:35 pm**  
90 Days to Rural Livability

**Andrew Howard**  
Cofounder/Director, Team Better Block  
Twitter: @TeamBetterBlock

When Andrew Howard cofounded the transportation and placemaking firm Team Better Block in 2010, and proceeded to bike lanes where he felt they were needed, he thought he might end up in jail or at least stripped of his planning certification. Instead, his firm began receiving international awards and building a client list of industry-leading organizations. As a creator of the Build a Better Block demonstration program, Howard and his Dallas, Texas, neighbors built the first two “Better Blocks” and pioneered the idea of using temporary ”pop-up” activities as an urban planning strategy. Team Better Block’s work fits into community outreach, revitalization, Complete Streets policies, and public space planning and design projects. Having been used in more than 150 communities, the Better Block approach is an alternative to the typical ”design and defend” urban planning methods of the past.

**Day 1 Closing Remarks**

**2:50 - 3:00 pm**  
There's More to Come!

**Kristin Dillon**  
Senior Vice President  
AARP States and Community Engagement  
Twitter: @KristinPDillon

Working in 50 states, the District of Columbia, Puerto Rico and the Virgin Islands, Kristin Dillon’s team of more than 500 AARP staff members and 15,000 volunteers carries out AARP’s social mission by advocating for issues that are important to AARP members, by working with local partners and equipping people 50-plus with tools and information for living their best lives.
Breakout Sessions #1

The titles in **BLUE** align with the core themes detailed on page 1.

☐ 3:15 - 4:15 pm

**Infrastructure (Broadband) ➞ ROOM 109**

Access to Broadband internet service is a significant problem in many rural places. Learn how to change that.

**Broadband: AARP’s 2019 Advocacy Agenda**
Coralette Hannon
Senior Legislative Representative
AARP State Advocacy and Strategy

**Find the Intersection to the Connection**
Ambre Marr
State Legislative Director, AARP Indiana

**Rural Library Hotspot Lending Programs**
Joy McGill
Associate State Director/Outreach, AARP Oklahoma

**Transportation ➞ ROOM 110**

Being able to walk, bike or “roll” safely to shop, dine, get to needed services and simply get out of the house keeps people connected to their communities and is good for the local economy. Learn about the important roles played by local partners and be introduced to innovative solutions for calming traffic and enhancing walkability.

**No Small Potatoes: Making the Case for Walking and Bicycling in Rural Idaho**
Donald Kostelec
Principal, Vitruvian Planning

**Kite in Sight? Please Slow Down**
Donna Palmer
Member, Living Well in North Yarmouth, Maine

**Developing Transportation Partnerships and Improving Outreach to Help Address Transportation Gaps**
Sylvia von Aulock
Executive Director
Southern New Hampshire Planning Commission

**Intergenerational Communities ➞ ROOM 213**

Bringing people of different ages together helps bridge generation gaps and encourages community livability. The panelists will highlight examples of intergenerational programs, places and community events. They’ll also explore the economic and community benefits (and challenges) of developing such activities and spaces.

**MODERATOR: Jay Haapala**
Associate State Director/Community Engagement
AARP Minnesota

**AGE to Age: Bringing Generations Together in Northeast Minnesota**
Lynn Haglin
Vice President, Northland Foundation

**The Elements of a Successful Multigenerational Space**
Andrea Bozarth
Associate State Director/Community Outreach
AARP Kansas

**Big Project Days: Generations Working Together to Make Community Stronger**
Sarah Davis
Coordinator, Cumberland Aging in Place (Maine)

**Teri Maloney-Kelly**
Coordinator, Big Project Days (Maine)

**Infrastructure (Partnerships) ➞ ROOM 214**

Great livability projects are built from great partnerships. The panelists will explore the challenges of developing innovative new programs and making them sustainable once initial funding sources are no longer available.

**Age-Friendly Forsyth: Building a Common Agenda with Diverse Partners**
Lee Covington
President/CEO
Senior Services of Forsyth, North Carolina

**Developing a Community Paramedicine Program**
Anne Schroth
Healthy Aging Program Coordinator, Healthy Peninsula Coordinator, Age-Friendly Coastal Communities (Maine)

**Roadmap to Sustainable Funding for Rural Livability**
Jeff Veltkamp
Director of Development
South Dakota Community Foundation

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**We’re Listening!**

When you’re in the lobby, look for our Listening Post display boards. Read the prompts and post a note (or several).
Extreme Weather and Disasters ● ROOM 215

Weather events can be especially devastating in rural areas, where communications infrastructure is lacking and disaster preparedness plans aren’t well developed. Learn how to work with municipal and state emergency management officials to prepare community residents of all ages for a disaster.

*Communicate, Prepare ... Then Communicate!*

Wendell Alfred  
Volunteer, AARP Delaware

Kimberly Iapulucci  
Associate State Director/Communications  
AARP Delaware

*Lessons of Disaster (Hurricane María)*

Pedro M. Cardona Roig  
Architect and Planner  
Member, AARP Executive Council, AARP Puerto Rico

*Preparing for a Hurricane in a Remote Community*

Troy Schuster  
State Director, AARP Virgin Islands

Community Engagement ● ROOM 216

Successful livability initiatives engage residents in conversations about the best ways to enhance livability. Learn about the innovative tools that can help engage your community.

*Building Community Interest and Excitement: A Grassroots Approach*

Nancy Andersen  
Outreach Director, AARP Montana

*The University as a Partner in Community Wellness*

Jermaine Mitchell, Ph.D  
Assistant Professor, Exercise and Nutrition Science  
University of Montevallo (Alabama)

*Improvisational Theater: Co-Creating a Conversation About Aging, Health and Resilience*

Bill Primmerman  
Community Health Educator  
Somerset Public Health (Skowhegan, Maine)

4:15 - 4:30 pm: Transition to Breakout Sessions

Breakout Sessions #2

The titles in BLUE align with the core themes detailed on page 1.

☐ 4:30 - 5:30 pm

**Extreme Weather and Disasters ● ROOM 109**

Dangerous weather (tornadoes, hurricanes, blizzards) can appear in any part of the country. Hear how AARP state offices and community partners have helped (and are helping) rural residents prepare for and cope with the aftermath of weather-related hardships and disasters.

Disaster Planning Before and After

Dorothy Dorton  
Associate State Director/Outreach, AARP Alabama

Connecting in Community Post-Hurricane Michael

Leslie Spencer  
Associate State Director, Advocacy/Outreach  
AARP Florida

Safe Sidewalks and Connected Communities

Sara Grant  
Chair, Augusta Age-Friendly (Maine)

All-Volunteer Telephone Reassurance Program

Betsy Armstrong  
Chair, Age-Friendly Surry (Maine)

Transportation ● ROOM 110

Have you heard how self-driving cars will be the solution for so many transportation challenges? Maybe they will, maybe they won’t. Assessing a community’s needs and planning realistic solutions is critical for implementing systems and services that will provide residents with effective, accessible ways to get around. The panelists will discuss different approaches to transportation planning and how such plans are translated into action.

How Small Towns Can Strengthen Transportation Options With or Without Technology

Daniel Piatkowski  
Assistant Professor, Urban and Regional Planning  
University of Nebraska

How Do We Know What We Need? Local Approaches for Assessing Needs and Planning Solutions

Jim Becker  
Executive Director, Partnership for Age-Friendly Communities in Larimer County (Colorado)

Driven Outside the Box: Implementing Novel Transportation Programming

Kathy Black  
Age-Friendly Communities Consultant, AARP Florida  
Professor of Aging Studies, University of South Florida  
Sarasota-Manatee
Housing ● ROOM 213

Housing choices that are affordable and appropriate for individuals and families at different life stages enable people of all ages to thrive in a community. Such housing options are also good for the local economy.

MODERATOR: LaKeeshia Fox
Legislative Representative, State and Federal Housing
AARP State Advocacy and Strategy

Principles for Creating Housing Affordability and Choice
Joan McGrath
Chief Program Officer, LOR Foundation

Developing Housing Options for All Stages of Life
Nate Rudy
City Manager, Hallowell, Maine

Elder Cohousing and Other Innovative Living Arrangements
Anne Glass
Professor and Gerontology Program Coordinator
University of North Carolina Wilmington

Infrastructure (Parks) ● ROOM 214

Public parks bring people of all ages together. Hear from communities that have developed vital, active parks and successfully host intergenerational opportunities for outdoor music, play and fitness.

Video: Blackfeet Park
Tim Summers
State Director, AARP Montana

Engaging the Visitor Through Experience-Based Programming and Events
Matt Schanandore
Interpretive Events Director
Fort Abraham Lincoln State Park, North Dakota

A Day in the Park: Music with Friends (of All Ages!)
Anne Glass
Fellow, UMaine Center on Aging

Video: Friendship Park
Gary Williams
Associate State Director/Community Outreach
AARP New Mexico

Intergenerational Communities ● ROOM 215

Three Maine communities share how they have brought older and younger people together around a community garden, by creating opportunities for sixth-grade students to interview older residents, and by developing an intergenerational drum circle.

Generations of Dirt: Developing an Accessible Community Garden
Sheila Bourque
Age-Friendly Raymond

Making Memories
Pat Brown
Co-Chair
Old Orchard Beach Community Friendly Connection

The Great ThunderChicken Drum:
Engaging Community Through Ancient Rhythms and Traditions
Phil White Hawk
Drum Keeper, Palermo Community Center

Connie (Star Walker) Bellet
President, Living Communities Foundation

Community Engagement ● ROOM 216

Learn how to foster community engagement and outreach opportunities that lead to effective connections with rural residents.

MODERATOR: Beau Ballinger
AARP Office of Community Engagement

A Recipe for Success: Creating Engaging Programs in a Rural Setting
Linda Bowden
State President, AARP Vermont

Engaging the Community Through Social Media
Denise Plante
Coordinator, Age-Friendly Jackman (Maine)

The Closer the Connections, the Greater the Benefit
Myrtle Habersham
Ambassador, AARP Age-Friendly Communities
AARP Georgia
DAY 1 Wednesday, June 19

Reception and Fun With Purpose

5:30 - 6:30 pm

Day 1 Closing Reception

Gather in the Abromson Center lobby for appetizers, beverages and visiting with fellow workshop attendees.

5:45 - 6:30 pm

Our Towns Book Club • ROOM 214

Since 2013, journalists and married couple Deborah and James Fallows have traveled to small communities throughout the United States. Their visits are chronicled in Our Towns: A 100,000-Mile Journey into the Heart of America. From the book's back cover: "Their view of the country is as complex and contradictory as America itself, but it also reflects the energy, the generosity and compassion, the dreams, and the determination of many who are in the midst of making things better." You needn't have read the book to join this informal book group-style discussion.

MODERATOR: Danielle Arigoni
Director, AARP Livable Communities
Twitter: @DanielleArigoni

AARP Network of Age-Friendly States and Communities • ROOM 109

More than 125 rural communities have joined the AARP age-friendly network. Are you wondering how membership helps move livability work forward? Join a discussion about the nuts-and-bolts of age-friendly work — from assessment and planning tools that grab people’s attention to strategic partnerships that support tangible change. All workshop attendees are welcome.

MODERATOR: Patricia Oh
Consultant, Age-Friendly Maine
Twitter: @AARPME

Ask the Experts • ROOM 110

AARP Livable Communities partners with nationally recognized experts in support of addressing the nation's most pressing livability challenges. All workshop attendees are invited to meet livability leaders from Opticos (housing), Team Better Block (tactical urbanism), Strong Towns (communications), Smart Growth America (transportation), 8 80 Cities (public spaces and community engagement) and The Trust for Public Land (parks).

MODERATOR: Geoff Alexander
Consultant, AARP Livable Communities
Twitter: @G_S_Alexander

Visit the "Smart Home on Wheels"

ABROMSON CENTER PARKING LOT

Smart technology can be used to dramatically increase the independence and quality of life of older adults and people with disabilities.

Part of Oak Hill Assistive Technology’s New England Assistive Technology Center, the Smart Home on Wheels is a mobile demonstration center where individuals and groups can learn how technology can support independent living.

The Smart Home on Wheels will be open for guests during the following times. Please pop in for a visit.

Wednesday: 5:30 - 6:30 pm — During Fun With Purpose
Thursday: 7:30 - 9:00 am — During breakfast
Thursday: 2:00 - 5:00 pm* — During the mobile workshop time slot

* The last shuttle from the university to the Westin Portland Harborview hotel will be at 3:00 pm. A walking route map is on page 16.
DAY 2 Thursday, June 20

Opening
☐ 9:00 - 9:30 am
Morning Welcome and Maine Presentation

Patricia Pinto
State President, AARP Maine
Twitter: @BoomerforLife

Patricia Pinto has held both corporate and nonprofit positions involved in visioning new organizations, markets and products. As an entrepreneur, she established businesses in Maine’s food, farming and fishing sectors. Pinto holds a bachelor’s degree in economics and a master of business administration degree from Babson College.

Jean Saunders
Coordinator, Age-Friendly Saco

A native of Winslow, Maine, Jean Saunders earned a master’s degree in nursing and a master’s of public health from Columbia University. Saunders has worked in nursing and hospital administration, most recently at Maine Medical Center. She’s now helping to make Saco, Maine, age-friendly with the goal of enabling the city’s older residents to live independently in their homes and age in place.

Amelia Meier
Community Outreach and Wellness Coordinator
City of Saco Parks & Recreation
Twitter: @sacoparksandrec

Amelia Meier builds opportunities for older residents, engages in community outreach, develops programs, and organizes special events for families and participants of all ages. Originally from Colorado, Meier is a graduate of the University of New Hampshire.

9:30 - 9:45 am: Transition to Breakout Sessions

Breakout Sessions #3
The titles in BLUE align with the core themes detailed on page 1.

☐ 9:45 - 10:45 am
Infrastructure (Health) ● ROOM 109

Access to quality, affordable, convenient health care is one of the challenges of living in a rural area. Learn how partnerships (and celebrations!) can connect people to medical care and family caregiving supports.

Connections, Coordination and Celebration
Sarah Toevs
Professor and Director, Center for the Study of Aging Boise State University (Idaho)

Age-Friendly Rural Communities: The Role of Collaboration and Partnership
Randall Hoak
Associate State Director, AARP New York

Donna Beal
Executive Director, Mercy Care for the Adirondacks

Engaging Native Americans
Mashell Sourjohn
Associate State Director/Community Outreach AARP Oklahoma

Transportation ● ROOM 110

Finding the best transportation program for a rural community takes good planning by dedicated partners. Hear how communities are identifying the best transportation services for their area.

MODERATOR: Alan Ormsby
State Director, AARP Utah

Getting Around in the Sticks
Amelia Bland Waller
Chair, Senior Advocacy Committee
Grayson County, Virginia

Stranded in the Berkshires: A Multi-Sector Approach to Filling Transportation Gaps
Margaret “Peg” McDonough
Planner and Regional Coordinator Age-Friendly Berkshires (Massachusetts)

Wendy Krom
Lead Organizer, Berkshire Interfaith Organizing

Strengthening Local Transportation Options
Ivory Craig
Associate State Director/Community Outreach AARP Mississippi

What’s Livable About Your Rural Community?
Tell us and show us by emailing a short explanation — and ideally a photo — to Livable@AARP.org.
Infrastructure (Economic Development) ● ROOM 213

To attract and retain a vibrant workforce, rural communities are creating policies and development strategies to ensure that employees have the housing and amenities they need, that economic advances are sustainable and the environment is protected. Panelists will talk about creating vibrant downtowns, developing workforce housing and engaging young people in community planning and governance.

MODERATOR: Erik Gaikowski
State Director, AARP South Dakota

Affordable Housing in a Tourism Economy
Harrison Rue
Community Building and Transit-Oriented Development Administrator, City and County of Honolulu, Hawaii

Housing Development Post 2008
Bob Jones
Economic Development Director, City of Cuba, Wisconsin

Engaging Youth in North Dakota
Emily Brown
Community Engagement Manager, Main Street Initiative North Dakota Department of Commerce

Housing ● ROOM 214

Manufactured housing, accessory dwelling units, "missing middle" housing and home maintenance and renovation programs all have a direct impact on the ability of people to age safely and comfortably in rural communities. Learn about the tools and innovative programs that support housing advocacy efforts.

MODERATOR: Nikki Hutchison
Associate State Director/Advocacy, AARP South Carolina

Housing Solutions for All Ages: Small Towns and Rural Communities
Rodney Harrell, Ph.D
Director, Livability Thought Leadership
AARP Public Policy Institute

Aging Homes, Aging Alaskans: Why Renovating Makes Sense
Jim McCall
Officer, Housing Relations
Alaska Housing Finance Corporation

Community Aging in Place: Low-Cost, High-Impact Home Modifications
Denise Lord
Senior Director of Communications and Planning
Maine State Housing

Advocacy ● ROOM 215

Advocacy requires motivating and organizing individuals and groups to work for a common goal. Effective advocacy moves the livability agenda forward at the local level by implementing changes that residents want and need to thrive. Hear about livable advocacy victories and challenges.

MODERATOR: Martin Burns
Senior Advisor, AARP Campaigns

An Appalachian Approach to Advocacy
Sandy Troth
Volunteer Livability Ambassador (Virginia)

Age Friendly Inclusion in Local Budgets
Jessica Lemann
Associate State Director/Local Advocacy, AARP Texas

Winning at the Local Ballot Box
Brad Anderson
State Director, AARP Iowa

Transportation ● ROOM 216

Pedestrian safety and bicycle-friendly roadways are key to encouraging people of all ages to be as healthy as possible. Programs that help people who don't drive get to the places they need to go are vital for health and well-being. Learn how communities in Maine are creating transportation options and making roadways safer for people who bike, walk, drive or roll.

MODERATOR: Jane Margesson
Communication Director, AARP Maine

A Taxi to the Bus?
Sue Lessard
Town Manager, Bucksport, Maine

Enhancing Bike and Pedestrian Safety
Pam Chenea
Coordinator, Wayne Aging at Home (Maine)

Volunteer Transportation: Partnering with Regional Organizations to Meet Local Needs
Candy Eaton
Chair, Age-Friendly Sullivan (Maine)

Putting Rubber on the Road in a Rural Setting
Al Cressy
Fellow, UMaine Center on Aging
Day 2 Main Events

❖ 11:00 - 11:15 am

Welcome Back!

Lori Parham
State Director, AARP Maine
Twitter: @lkpmaine

Phillip White Hawk
Keeper of the Great Thunder Chicken Drum
Palermo Community Center

Connie (Star Walker) Bellet
President, Living Communities Foundation

After brief remarks, Lori Parham will introduce a performance by musician Phillip White Hawk and artist Connie (Star Walker) Bellet.

Panel Discussion

❖ 11:15 - 11:45 am

Rural Livability and Federal Resources

MODERATOR: Lori Parham
State Director, AARP Maine
Twitter: @lkpmaine

PANELIST: Cathy R. Glover
Assistant Deputy Administrator
Single-Family Housing Programs
U.S. Department of Agriculture, Rural Development

With responsibility for government housing policies, Cathy R. Glover leads the USDA’s single-family housing loan and grant programs. Her team develops and deploys new policy guidance to 47 state offices nationwide.

PANELIST: Jeremiah Christopher
Community Planner
Federal Emergency Management Agency (FEMA), Community Planning and Capacity Building Branch
Twitter: @FEMA

Jeremiah Christopher develops disaster recovery guidance for states, local communities, tribes and territories. He also deploys to disaster-impacted areas to support FEMA’s Community Planning Technical Assistance teams and local stakeholders after high-impact disasters.

Day 2 Innovation Showcase

❖ 11:45 am - 12:10 pm

Empowering Community Leaders to Transform Communities from Within

PRESENTER: José Acaron
State Director, AARP Puerto Rico
Twitter: @JoseAcaron_AARP

José Acaron has been working toward positive social change by leading AARP Puerto Rico since 2004. His prior roles include 15 years of service at the Muscular Dystrophy Association (as the regional director for Puerto Rico and the Virgin Islands) and as a member of the Hope for the Elderly board of directors. Acaron holds a bachelor’s degree in marketing from the University of Puerto Rico.

Senior SAFE Smoke Alarm

PRESENTER: David Hough
Executive Council, AARP Wyoming

In his capacity as a member of the AARP Wyoming Executive Council, David Hough has helped several towns move forward in their efforts to make public spaces age-friendly. Hough’s work for AARP is influenced by his career as a city planner and parks manager. He has played a key role in the Casper Age-Friendly Community Planning process, concentrating on transportation and housing needs.

Persistence and the Big Ask: Benches

PRESENTER: Dyan Walsh
Executive Director, Eastern Area Agency on Aging (Bangor, Maine)

Walsh holds a master’s degree in social work from the University of Maine with a concentration in gerontological practice. She co-chairs the Bangor Livable Communities Committee and educates older adults about fall prevention strategies, advancing age-friendly communities and developing creative approaches for combating social isolation.

ONE MORE INNOVATION SHOWCASE PRESENTER

2019 AARP Rural Livability Workshop | AARP.org/RuralLivability | 13
Holly Springs 7588: Let’s Ride!

PRESENTER: Ivory Craig  
Associate State Director/Community Outreach  
AARP Mississippi  
Twitter: @IvoryCraig

Ivory Craig coordinates community service projects, establishes and maintains partnerships, assists AARP Mississippi chapters, and recruits, retains, trains and manages volunteers. Her work in communities includes active living and safety initiatives.

**12:10 - 12:25 pm: Grab a grab-and-go lunch — then return to the auditorium**

Day 2 Keynote Address

**12:25 - 12:55 pm**  
Strengthening Transportation Options in Rural Communities

**John Robert Smith**  
Chair, Transportation for America  
Twitter: @T4America

John Robert Smith served for 20 years in local government, including 16 years as the mayor of Meridian, Mississippi, whose Union Station, his signature project, is recognized as one of the best multi-modal transportation centers in the country. Integrating passenger rail, intercity buses and transit, the station has spurred $165 million worth of redevelopment in the surrounding historic buildings. Smith served on the Amtrak board of directors, including two years as chairman. His work has carried him to 115 communities across the country.

Panel Discussion

**12:55 - 1:25 pm**  
Philanthropic Partners

**MODERATOR: Will Phillips**  
State Director, AARP Minnesota  
Acting Regional Vice President (Central), AARP  
Twitter: @willphillips74

Will Phillips leads AARP Minnesota’s staff and volunteers in advocacy, community engagement and education to help fight for and equip Minnesotans age 50 or older to live their best lives. His work building teams and strategies to empower citizens to shape their communities and influence policy has spanned more than two decades and roles with multiple social impact organizations.

**1:25 - 1:50 pm: Audience Questions**

Day 2 Closing Remarks

**1:50 - 2:00 pm**  
There’s Still More to Come!

Jean Setzfand returns to the stage to close out the day’s main sessions and invite attendees to share some of the livability lessons learned.
Guided Tours

Space is limited for the four guided excursions described below. Participants can register during the Wednesday morning workshop check-in at the University of Southern Maine.

- **Thursday, June 20, 2:15 - 5:15 pm**
  Meet at the signs in the lobby of the University of Southern Maine’s Abromson Center. (These trips will return attendees to the university, if needed for individuals who parked there, and then proceed to the Westin Portland Harborview hotel.)

  **Senior Affordable Housing in Rural Communities**
  Many rural communities find it difficult to provide housing that’s affordable and safe for older residents. Learn how Avesta Housing, a nonprofit housing provider in Maine and New Hampshire, works with municipalities to create smaller-scale affordable housing projects for older adults. Workshop participants will travel by charter bus to Avesta Housing properties outside of Portland and learn about other rural properties as well as financing and development strategies.

- **Friday, June 21, 9:00 am - Noon**
  Meet at the signs in the Westin Portland Harborview lobby.

  **Explore the Trails of Portland**
  Multi-use trails are an important community feature. Portland Trails has facilitated the creation and maintenance of a more than 70-mile trail network in Greater Portland. These recreation and transportation trails span four municipalities and reach within a half-mile of every residence in Portland. The trails are used daily by all sorts of people for commuting to work or school, for midday mental health breaks, afternoon walks with friends, and vigorous mountain bike rides. Portland Trails staff will explain their collaborative approach for working with government, businesses and residents to transform Greater Portland into a healthier community.

  **Accessibility and Pedestrian-Safety Tour of Coastal Maine Communities**
  Visit two of southern Maine’s most active age-friendly communities and learn how local needs were addressed through partnerships and grant funding. Participants will travel by charter bus to see a walkway that enables wheelchair users and others with mobility challenges to have full access to the beach and ocean — some for the first time in their lives. The partners who worked with Age-Friendly Saco to move the “beach mat” from a dream to reality will be present to answer questions. After a trolley ride to Old Orchard Beach, the tour will visit a traffic roundabout that turned a dangerous rotary into a welcoming and safe space for drivers, pedestrians and cyclists. Local leaders, transportation officials and representatives from the Bike Coalition of Maine will explain the work and answer questions.

**Self-Guided Tour**
Maps and other information will be available in the lobby of the University of Southern Maine Abromson Center and (on Friday) in the lobby of the Westin Portland Harborview.

**Visit Portland’s Age-Friendly Businesses**
An age-friendly community is good for local residents and local businesses. Pick up an information packet about Portland’s Age-Friendly Business program — and then explore the city’s historic downtown to enjoy the sites, tastes and sounds of the Old Port and see which businesses have signed on as being age-friendly.
Transportation Options: To/From the Workshop and Hotel

The Day 1 and Day 2 workshop events will take place at the University of Southern Maine, which is located about one mile from the Westin Portland Harborview hotel. Workshop participants can walk, ride a free shuttle or drive their own car directly to the event. (Parking is available.)

GET WALKING!
The blue dot route is the recommended way to get to/from the hotel and University of Southern Maine Abromson Center.

SHUTTLE SCHEDULE

**Day 1: Wednesday, June 19**

- Westin to the University of Southern Maine every 20 minutes
  - First shuttle leaves 7:20 am
  - Last shuttle leaves 9:00 am

- University of Southern Maine to the Westin every 20 minutes
  - First shuttle leaves 5:40 pm
  - Last shuttle leaves 7:00 pm

**Day 2: Thursday, June 20**

- Westin to the University of Southern Maine every 20 minutes
  - First shuttle leaves 7:20 am
  - Last shuttle leaves 9:00 am

- University of Southern Maine to the Westin every 20 minutes
  - First shuttle leaves 2:00 pm
  - Last shuttle leaves 3:00 pm
**The Workshop Venue: Abromson Center, University of Southern Maine**

**HANNAFORD LECTURE HALL**
Opening and closing sessions will take place in the lecture hall. The speakers, presentations and panels occurring in this room will be broadcast via AARP.org/RuralLivability on Wednesday from 11:00 am to 3:00 pm and on Thursday from 11:00 am to 2:00 pm.

**ANTHEM BLUE CROSS AND BLUE SHIELD LOBBY**
A continental buffet breakfast, beverages and grab-and-go lunches will be available at scheduled times on Wednesday and Thursday. The Wednesday evening reception will be hosted in the lobby as well.

**CLASSROOMS AND MEETING ROOMS**
Breakout Sessions occur in these rooms on the first and second floors.

**PARKING LOT**
The “Smart Home on Wheels” will be on display across from the Abromson Center. (See the home’s schedule on page 10.)
The following individuals were registered as of June 14, 2019. The list is alphabetized by last name.

Elaine Abbott, MCF Lifelong Fellow Program, Eastport, Maine
José Acaron, AARP Puerto Rico, San Juan, Puerto Rico
Kim Adler, AARP West Region, Washington, D.C.
Geoff Alexander, Consultant for AARP Livable Communities, Washington, D.C.
Wendell Alfred, AARP Delaware, Lewes, Delaware
Nancy Andersen, AARP Montana, Helena, Montana
Bradley Anderson, AARP Iowa, Des Moines, Iowa
Danielle Arigoni, AARP Livable Communities, Washington, D.C.
Betsy Armstrong, Age-Friendly Surry, Surry, Maine
Phyllis Bailey, City of Bath, Bath, Maine
Anne Ball, Maine Development Foundation, Hallowell, Maine
Beau Ballinger, AARP Office of Community Engagement, Golden, Colorado
Tegan Barber, Freeport Community Services, Freeport, Maine
Joy Barresi Saucier, Aroostook Agency on Aging, Presque Isle, Maine
Donna Beal, Mercy Care for the Adirondacks, Lake Placid, New York
Jim Becker, Partnership for Age-Friendly Communities in Larimer County, Fort Collins, Colorado
Connie (Star Walker) Bellet, Living Communities Foundation, Palermo, Maine
Alice Bennettt, AARP Georgia, Grovetown, Georgia
Kathy Black, University of South Florida, Sarasota, Florida
Amelia Bland Waller, Grayson County S.A.C., Elk Creek, Virginia
Travis Blossor, West Virginia Municipal League, Charleston, West Virginia
Sheila Bourque, Age-Friendly Raymond, Raymond, Maine
Linda Bowden, AARP Vermont, Burlington, Vermont
Andrea Bozarth, AARP Kansas, Topeka, Kansas
Ardis Brown, City of Danforth, Danforth, Maine
Emily Brown, North Dakota Department of Commerce, Bismarck, North Dakota
Patricia Brown, Old Orchard Beach Community Friendly Connection, Old Orchard Beach, Maine
Yolanda Bryan, Government of the U.S. Virgin Islands, St. Croix, Virgin Islands
Linda Bunn, AARP West Virginia, Charleston, West Virginia
Krista Burdick, LOR Foundation, Bozeman, Montana
Martin Burns, AARP Campaigns, Washington, D.C.
Mary Jane Bush, Bucksport Bay Healthy Communities Coalition, Bucksport, Maine
Andrew Butcher, Fourth Economy Consulting, Portland, Maine
Karen Campbell, University of Maine Center on Aging, Bangor, Maine
Pedro Cardona Roig, AARP Puerto Rico, San Juan, Puerto Rico
Ellen Ceppetelli, Eliot Aging in Place Committee, Eliot, Maine
Pam Chenea, Wayne Aging at Home, Wayne, Maine
Cathy Chiasson, Community Friendly Committee, Old Orchard Beach, Maine
Brian Christenberry, Indiana Electric Cooperatives, Indianapolis, Indiana
Jeremiah Christopher, Federal Emergency Management Agency (FEMA), Washington, D.C.
Mary Lou Ciolfi, University of New England, Bath, Maine
Anita Clark, Bethel Area Age-Friendly Community Initiative, Bethel, Maine
Kelly Clark, AARP East Region, Concord, New Hampshire
Kimberly Clarke, Town of Fryeburg, Fryeburg, Maine
Francoise Cleveland, AARP Idaho, Boise, Idaho
Rene Colson Hudson, Healthy Island Project, Deer Isle-Stonington, Maine
Jo Cooper, Friends in Action, Ellsworth, Maine
Pamela Corcoran, Trinity Green LLC, Belfast, Maine
Lee Covington, Senior Services of Forsyth, Winston-Salem, North Carolina
Ivy Craig, AARP Mississippi, Ridgeland, Mississippi
Allen Cressy, Bethel Region Age-Friendly Community Initiative, Bethel, Maine
Jennifer Crittenden, University of Maine Center on Aging, Bangor, Maine
Tim Curtis, Town of Madison, Madison, Maine
Jane Danforth, Millinocket Regional Hospital/Thrive Penobscot, Millinocket, Maine
Nancy Davis, Bethel Region Age-Friendly Community Initiative, Albany Township, Maine
Sara Davis, Cumberland Aging in Place, Cumberland, Maine
Sue Davis, Bucksport Bay Healthy Communities Coalition, Bucksport, Maine
Rebecca Delphia, AARP Livable Communities, Pittsburgh, Pennsylvania
Cynthia DiBlase, Town of Scarborough Community Services, Scarborough, Maine
Kristin Dillon, AARP States and Community Engagement, Washington, D.C.
Dorothy Dorton, AARP Alabama, Montgomery, Alabama
Douglas Dowell, AARP New Hampshire, Merrimack, New Hampshire
Nora Duncan, AARP Connecticut, Hartford, Connecticut
Candy Eaton, Age-Friendly Sullivan, Sullivan, Maine
Susan Economou, West Virginia Municipal League, Charleston, West Virginia
Japhet Els, AARP Maine, Portland, Maine
Mark Fenton, Tufts University, Scituate, Massachusetts
Fred Fontana, AARP North Carolina, North Topsail Beach, North Carolina
Jeffrey Fowler, AARP Maine Advisory Board Member, Buxton, Maine
LaKeesha Fox, AARP State Advocacy and Strategy, Washington, D.C.
Katherine Freund, ITNAmerica, Portland, Maine
Enik Gaikowski, AARP South Dakota, Sioux Falls, South Dakota
Kathie C. Garbe, International Council on Active Aging, Rome, Maine
Janice Gibeau, Northern Hilltowns Consortium of Councils on Aging, Chesterfield, Massachusetts
Anne Glass, University of North Carolina at Wilmington, Wilmington, North Carolina
Cathy R. Glover, U.S. Department of Agriculture (USDA), Washington, D.C.
Amy Goehner, Freelance Writer for AARP Livable Communities, New York, New York
Nicolas Gouffray, AARP Studios, Washington, D.C.
Rick Grant, Government of the U.S. Virgin Islands, Christiansted, Virgin Islands
Sara Grant, Augusat Age-Friendly, Augusta, Maine
Steve Griffin, AARP Campaigns, Washington, D.C.
LaMonte Guillory, LOR Foundation, Jackson, Wyoming
Jay Haapala, AARP Minnesota, Saint Paul, Minnesota
Myrtle Habershaw, AARP Georgia, Lizella, Georgia
Nathalie Haggan, Citizens Health Action Team, Jackman, Maine
Lynn Haglin, Northland Foundation, Duluth, Minnesota
Coralette Hannon, AARP State Advocacy and Strategy, East Windsor, New Jersey
Rodney Harrell, AARP Public Policy Institute, Washington, D.C.
Robin Hewitt Bibber, Trafton Senior Center/Sanford-Springvale YMCA, Sanford, Maine
Aubrey Hogan, AARP Maine, Portland, Maine
Austin Hodge, AARP Maine, Portland, Maine
Karen Hogan, Aging 2.0, Scarborough, Maine
Deb Hollingworth, Northern Hilltowns Consortium, Williamsburg, Massachusetts
Jennifer Holz, AARP Maryland, Fairfield, Maryland
Megan Hookey, AARP Office of Volunteerism and Service, Washington, D.C.
Jennifer Hopson, AARP Multicultural Leadership, Washington, D.C.
EJ Horstman, AARP Studios, Washington, D.C.
David Hough, AARP Wyoming, Casper, Wyoming
Tom Houston, AARP Studios, Washington, D.C.
Andrew Howard, Team Better Block, Dallas, Texas
Sandy Hunter, AARP Utah, Huntsville, Utah
Nikki Hutchison, AARP South Carolina, Columbia, South Carolina
Kim Iapalucci, AARP Delaware, Wilmington, Delaware
Marianne Jackson, Gibson Center for Senior Services, Madison, Maine
Ole Jaeger, Age Friendly Georgetown, Georgetown, Maine
Sandra Jaeger, Age Friendly Georgetown, Georgetown, Maine
Betty Johnson, Aging Well in Waldo County, Lincolnville, Maine
Bob Jones, City of Cuba City, Cuba City, Wisconsin
Stefan Joyce, Freelance Writer for AARP Livable Communities, Falmouth, Maine
Len Kaye, Maine Center on Aging, Bangor, Maine
Gail Keezer, Office of U.S. Senator Angus King, Perry, Maine
Leigh Kirchner, Yarmouth Aging in Place, Yarmouth, Maine
Sara Knapp, AARP North Carolina Mountain Region, Pisgah Forest, North Carolina
Donald Kostelec, Vitruvian Planning, Boise, Idaho
Lindsey Krebs, AARP East Region, Albany, New York
Wendy Krom, Berkshire Interfaith Organizing, Pittsfield, Massachusetts
Charley LaFlamee, Town of Ogunquit, Bicycle/Pedestrian Committee, Ogunquit, Maine
Laura Lee, Maine Community Foundation, Brunswick, Maine
Margie Lee, AARP Office of Community Engagement, Miramar, Florida
Jessica Lemann, AARP Texas, Austin, Texas
Sue Lessard, Town of Bucksport, Bucksport, Maine
Janet Lewis, Healthy Peninsula, Blue Hill, Maine
David Lipsetz, Housing Assistance Council, Washington, D.C.
Bob Lloyd, AARP Studios, Washington, D.C.
Jamie Longley, Auburn Recreation Department, Auburn, Maine
Denise Lord, MaineHousing, Augusta, Maine
Jessica Ludwig, Consultant for AARP Livable Communities, Washington, D.C.
Charles Macomber, Gibson Center for Senior Service, Conway, Maine
Ten Maloney-Kelly, Big Project Days, Cumberland, Maine
Greg Marchildon, AARP Vermont, Burlington, Vermont
Jane Margesson, AARP Maine, Portland, Maine
Ambre Marr, AARP Indiana, Indianapolis, Indiana
Karen Mason, Maine Office of Elder and Disability Services, Augusta, Maine
Jess Maurer, Maine Council on Aging, Harpswell, Maine
Deborah McAfee, Windham Human Services Advisory Committee, Windham, Maine
Jim McCall, Alaska Housing Finance Corporation, Anchorage, Alaska
Marc McDonald, AARP Foundation, Washington, D.C.
Margaret “Peg” McDonough, Berkshire Regional Planning Commission, Pittsfield, Massachusetts
Joy McGill, AARP Oklahoma, Jenks, Oklahoma
Joan McGrath, LOR Foundation, Washington, D.C.
Emma McGraw Myers, AARP South Carolina, Columbia, South Carolina
Robert McIntire, Hallowell All Age-Friendly Committee, Hallowell, Maine
Amelia Meier, City of Saco, Saco, Maine
Gaylene Miller, AARP West Virginia, Charleston, West Virginia
Jermaine Mitchell, University of Montevallo, Montevallo, Alabama
Jack Montrose, AARP Programs, Washington, D.C.
Susan Moore, Age Friendly Raymond, Raymond, Maine
James Moorhead, Maine Office of Elder and Disability Services, Augusta, Maine
Michael Muise, City of Auburn Recreation and Sport Facilities, Auburn, Maine
Bob Murphy, AARP Colorado, Denver Colorado
Steve Murphy, Age Friendly Biddeford, Biddeford, Maine
Tia Murphy, AARP Connecticut, Hartford, Connecticut
Art Nash, University of Alaska Fairbanks School of Natural Resources, Fairbanks, Alaska
Hope Newton, AARP Turnkey Program Operations, Washington, D.C.
Patricia Oh, Consultant for AARP Maine, Bowdoinham, Maine
Alan Ormsby, AARP Utah, Cottonwood Heights, Utah
Donna Palmer, Living Well in North Yarmouth, North Yarmouth, Maine
Lori Parham, AARP Maine, Portland, Maine
Emme Peterson, Living Well in North Yarmouth Committee, North Yarmouth, Maine
Will Phillips, AARP Minnesota, Saint Paul, Minnesota
Daniel Piatkowski, University of Nebraska Lincoln, Lincoln, Nebraska
Patricia Pinto, AARP Maine, Portland, Maine
Denise Plante, Age-Friendly Jackman, Jackman, Maine
William Post, Town of Bowdoinham, Bowdoinham, Maine
Liz Poston, AARP Community, State and National Affairs, Washington, D.C.
Bonita Pottier, Office of U.S. Senator Angus King, Biddeford, Maine
Bill Primmerman, Somerset County Public Health, Skowhegan, Maine
Debra Primmerman, Volunteer, Cornville, Maine
AARP Rural Livability Workshop ATTENDEES

Samhee Quong, AARP Maine, Manchester, Maine
Louise Reid, Old Orchard Beach Community Friendly Connection, Old Orchard Beach, Maine
Steve Reiter, AARP Montana, Helena, Montana
Mandy Reynolds, Build Maine, Portland, Maine
JESS RHODES, State Of Montana, Helena, Montana
Doreen Riedman, AARP North Dakota, Bismarck, North Dakota
Nate Rudy, City of Hallowell, Hallowell, Maine
Harrison Rue, City and County of Honolulu, Hawaii
Paul Sauzier, Office of Aging and Disability Services, Maine Department of Health and Human Services, Brunswick, Maine
Jean Saunders, Age-Friendly Saco, Saco, Maine
Matt Schanandore, Fort Abraham Lincoln State Park, Mandan, North Dakota
Annie Schroth, Age-Friendly Coastal Communities, Blue Hill, Maine
Troy Schuster, AARP Virgin Islands, Christiansted, Virgin Islands
Duane Scott, Augusta Age-Friendly Committee, Augusta, Maine
Wallace Seavey, Somerset Public Health, Canaan, Maine
Jean Setzfand, AARP Programs, Washington, D.C.
Tara Shaver, AARP Office of Volunteer Engagement, Nashville, Tennessee
David Simor, 880 Cities, Toronto, Ontario
Elizabeth Singer, Cary Medical Center, Caribou, Maine
John Robert Smith, Transportation for America, Washington, D.C.
Terry Snyder, AARP Alaska, Palmer, Alaska
Mashell Sourjohn, AARP Oklahoma, Edmond, Oklahoma
Leslie Spencer, AARP Florida, Tallahassee, Florida
Melissa Stanton, AARP Livable Communities, Washington, D.C.
Lynn Steed, Age-Friendly Saco, Saco, Maine
Bob Stephen, AARP Caregiving and Health, Washington, D.C.
Tim Summers, AARP Montana, Helena, Montana
Katie Tarbox, MCH Inc., Rockland, Maine
Kris Thompson, Oak Hill Assistive Technology, Hartford, Connecticut
Sarah Toevs, Boise State University, Boise, Idaho
Bill Toomey, Trust for Public Land, Portland, Maine
David Torrensen, AARP Maine, Portland, Maine
Ted Trainer, Town of Kennebunk Committee on Aging, Kennebunk, Maine
Mary Trisch, AARP Kansas, Topeka, Kansas
Sandy Troth, AARP Virginia, Roanoke, Virginia
Romaine Turyn, Age Friendly Readfield, Readfield, Maine
Jeff Veltkamp, South Dakota Community Foundation, Sioux Falls, South Dakota
Sylvia von Aulock, Southern New Hampshire Planning Commission, Manchester, New Hampshire
Alexandra Vondeling, Opticos Design, Berkeley, California
Sean Voskuhl, AARP Oklahoma, Edmund, Oklahoma
Jay Walljasper, Freelance Writer for AARP Livable Communities, Minneapolis, Minnesota
Dyan Walsh, Eastern Area Agency on Aging, Bangor, Maine
Tony Walters, National American Indian Housing Council, Washington, D.C.
Darrin Wasniewski, AARP Wisconsin, Madison, Wisconsin
Mike Watson, AARP Programs, Washington, D.C.
Linda Weare, Portland Office of Elder Affairs, Portland, Maine
Brian Whitacre, Oklahoma State University, Stillwater, Oklahoma
Phil White Hawk, Palermo Community Center, Palermo, Maine
Janell Whitlock, Carlsbad Chamber of Commerce, Carlsbad, New Mexico
Helene Whittaker, Community Friendly Connection, Ocean Park, Maine
Mark Wicks, Charles City Area Chamber Of Commerce, Charles City, Iowa
David Wihry, University of Maine Center on Aging, Bangor, Maine
Doreen Willett, Island Connections, Bar Harbor, Maine
Gary Williams, AARP New Mexico, Santa Fe, New Mexico
Korenna Wilson, LOR Foundation, Washington, D.C.
Bo Wright, Strong Towns, Brainerd, Minnesota
Tawanna Wright, AARP Alabama, Montgomery, Alabama
Michelle C. York, Westbrook Housing, Westbrook, Maine

AARP Rural Livability Workshop PLANNING COMMITTEE

AARP Livable Communities: Danielle Arigoni (Director), Rebecca Delphia, Geoff Alexander (Consultant), Jack Montrose, Melissa Stanton (Editor)
AARP Maine: Lori Parham (Director), Patricia Oh (Consultant), David Torrensen
AARP Multicultural Leadership: Jennifer Hopson
AARP State Directors: Erik Gaikowski (South Dakota), Greg Marchildon (Vermont), Gaylene Miller (West Virginia), Bob Murphy (Colorado), Alan Ormsby (Utah), Tim Summers (Montana), Sean Voskuhl (Oklahoma)
AARP States and Community Engagement: Kim Adler, Kelly Clark
The AARP Livable Communities initiative has an extensive collection of free, award-winning resources for community influencers — elected officials, planners, municipal staff, local leaders, placemaking pros, policy makers, citizen activists and residents.

**WEBSITE URLS**
- AARP Livable Communities: AARP.org/Livable
- AARP Network of Age-Friendly States and Communities: AARP.org/AgeFriendly

**AARP Livable Communities e-Newsletter**
Created for community influencers, the multi-award-winning AARP Livable Communities weekly e-newsletter contains a mix of best practices, research, resources, slideshows, interviews, how-to’s, news and information about age-friendly efforts from places near and far: AARP.org/LivableSubscribe

**AARP Community Challenge Grants**
Since its debut in 2017, this "quick action" grant program has awarded $2.1 million in funding to 218 projects nationwide. AARP Community Challenge grants help towns, cities, counties and neighborhoods make immediate improvements and jumpstart long-term change. The winning grantees for the third AARP Community Challenge will be announced on July 17, 2019: AARP.org/CommunityChallenge

**AARP Livable Library**
Free publications from AARP Livable Communities help community leaders and residents make where they live more livable for people of all ages. Check out our library of resources about housing, placemaking, community engagement, parks and more: AARP.org/LivableLibrary

**AARP Roadmap to Livability**
This six-booklet series for community leaders explains how to take the first steps toward making a community great for people of all ages. Accompanying the main guide is a tool kit for conducting a community-listening session and four workbooks about leading efforts to benefit an area’s transportation, housing, economic development and health and community services: AARP.org/LivabilityRoadmap

**AARP Livability Index** and **AARP Public Policy Institute**
A free, interactive, data-driven tool developed by the AARP Public Policy Institute, the AARP Livability Index tracks dozens of policies and indicators to calculate the livability of a state, county, town, city or street. Find a score by entering an address, zip code, municipality or location name: AARP.org/LivabilityIndex. Find policy reports, articles and more: AARP.org/LivablePolicy

**AARP A-Z Archive**
The AARP Livable Communities website contains articles, slideshows, interviews, publications, reports, action plans and resources about housing, transportation, placemaking, walkability and community engagement — to name just a few livability topics. Find content lists and links by using our subject-based archives: AARP.org/Livable-Archives

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