



Age-Friendly Maine News

From your friends at AARP Maine

February 2018



Greetings from AARP Maine,

It may still be winter, but that hasn't stopped our communities from making progress on their age-friendly goals! It seems like every week I hear about a new program being launched or service being offered. These are indeed exciting times.

In this issue we move south to profile Biddeford, Maine. I'm excited to showcase their new logo, developed by a local student- another example of a multigenerational approach. We also share best practices on community connectedness from across the state and highlight an AARP volunteer recruitment tool. The age-friendly team is hard at work looking to build the infrastructure you need to support your efforts. The volunteer site is our latest effort- stay tuned for more on this soon!

I'm thrilled to welcome Sullivan and Eliot, Maine to the Network! We are 47 communities strong representing so many communities across Maine.

Finally, I'm excited to share that AARP Maine, in partnership with Maine Media Collective, has collaborated on the launch of a new magazine- *Ageless Maine*. The first issue will hit mailboxes and newsstands shortly so keep an eye out for it! This is an opportunity to share the stories of people over 50 in Maine making a difference every day in their communities and highlight the talents and interests of 50+ Mainers. We hope you will enjoy reading the stories as much as we did sharing them with Maine Magazine- and there will be more stories to tell!

Thank you for all you do, Lori

Age-Friendly Spotlight: Biddeford



Biddeford, in York County, is Maine's 6th largest city with a population of 21, 289. The community has some great age-friendly features including the University of New England, a historic performing arts center, and a major health facility, as well as local access to numerous parks and beaches. The City recently received an award from the National Association of Town Watch for their 10th annual Bacon Street Festival and efforts to revitalize the Bacon Street neighborhood – which included new green spaces, a playground and community garden. This was the 8th award

received by the City of Biddeford over the last 10 years for their neighborhood revitalization efforts.

Adding to their intention to improve the quality of life for Biddeford residents, the City joined the Age-Friendly Network in November, 2016. They have built a solid a core committee backed by strong city support, and have recently completed their community survey. Focus groups are being held this month to share survey results and gather further feedback from residents that the committee will use toward developing implementation goals and an action plan.

Meanwhile, working in an alliance with Saco and Old Orchard Beach, efforts are underway for the development of a Tri-City Transportation program. Biddeford and Saco have also launched a Weatherization program in collaboration with Habitat for Humanity and Efficiency Maine. The program, which engages youth volunteers enlisted from the Learning Works organization of Portland and Saco High School, is now open to applicants.



A new logo, recently designed with the help of a student from Engine, a local art organization, will help to get the word out about Age-Friendly Biddeford and the work they are doing. They look forward to hearing from their community in this next phase of their assessment, and to developing a plan based on what is most important to Biddeford residents of all ages.

Welcome Sullivan and Eliot!

We are happy to share that the Network has grown by two new communities this month, making a total of 47 Age-Friendly communities that represent 26% of Maine residents!

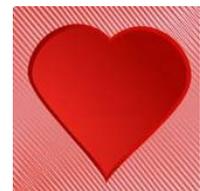
Sullivan is a coastal town of 1,236 in Hancock County. They have started off strongly with a core team and are already working on the development of a community resource guide.

Eliot, in York County, is home to 6,318. Also with an enthusiastic start, a committee with strong town support has been formed and is eager to create a more livable community for its residents.

We are looking forward to working with these communities and to seeing the benefits their efforts will bring!

Best Practices: Showing the **LOVE** through Community Connection

In the spirit of Valentine's Day, we wanted to share ways that Age-Friendly committees are enhancing the quality of life of area residents by strengthening their connection to the community. Encouraging these connections, whether by providing a ride or a community event, sharing information, or welcoming newcomers, is one of many age-friendly efforts that show love to communities.



Age-Friendly Bucksport, in collaboration with the Maine DOT, Downeast Transportation, and nearby towns, operates a taxi service called, "City Cab Connection" for area residents. The service, available on Wednesdays from 9:30am - 1:30pm, costs \$1 and provides round-trip rides

to residents needing to get into town for an appointment or errand (tokens are available to anyone unable to afford the fee).

Age-Friendly Yarmouth held a community Movie Night and Discussion focused the topics of aging and end of life. The event was based on the documentary and book, *Being Mortal* by Atul Gawande, which explores the author's views on the realities of aging and death, including the limits of medicine, and what might be most meaningful during this final life stage. The event, held in January at the town library, was led by a bereavement specialist from Hospice of Southern Maine.

The Bethel Region Age-Friendly Community Initiative helps to keep their community connected through news updates that include reminders about social opportunities, like their Winter Walk the Gym program, or of their Morning Greeting program which provides older adults living alone with a check-in call that helps to encourage connection and reduce isolation. The community news is available in a monthly e-newsletter, with a printed copy that is distributed to local sites, as well as a weekly column printed in a local publication.

Living Well in North Yarmouth has a "First Greeter" program with a goal to reach out to every new resident to welcome them and help them become acquainted with the community. With permission, volunteer First Greeters pay a visit to the new resident, offering a 'welcome bag' with town information, maps, and other items to help familiarize them with the area. Residents might take the opportunity to ask questions about their new town, and some have accepted the offer of a town tour.

Foster Grandparent and Senior Companion Programs



We want to spread the word about this programming that exists across Maine, providing people 55 and older with the opportunity to take part in active and meaningful volunteer work as well as much needed support to children and older adults.

Foster Grandparents serve at sites such as schools and Head Start centers, acting as a tutor or mentor to children in need of academic assistance in one-on-one and small group settings.

Senior Companions are matched with older adults who are homebound, isolated, or disabled and in need of companionship to help maintain their independence, health, and quality of life. Visits may take place in homes or adult day programs.

Hours: Both programs offer between 15 – 40 hours per week, with opportunity to join anytime during the year.

Benefits include a tax-free stipend, assistance with mileage and meals, paid time off, and accident and liability insurance.

Training is provided before and during service time.

Program applicants must be 55 or older

Sponsoring Organizations

The Opportunity Alliance offers both a Foster Grandparent and Senior Companion program, serving residents of Cumberland, York, and Western Oxford Counties.

To learn more:

<https://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/>



Penquis Community Action Agency offers a Foster Grandparent Program serving all Maine Counties outside of Cumberland and York.

To learn more: http://www.penquis.org/index.php?id=2&sub_id=1259

UMaine Center on Aging offers a Senior Companion Program serving all Maine Counties outside of Cumberland and York.

To learn more: <https://mainecenteronaging.umaine.edu/service/senior-companion-program/>



Age-Friendly Community 2018 Regional Meetings

AARP Maine is hosting four regional meetings this spring to give communities the opportunity to share ideas and learn from each other.

Participants will leave with:

- Fire, fraud, and fall prevention programs you can implement in your community--complete with handouts and a PowerPoint and everything else you will need.
- Partnership opportunities with the Red Cross
- Ideas from other age-friendly communities.
- Hints and Tips to Recruit Volunteers and to keep them engaged with the work

A light breakfast and lunch will be included.

Time and location of the meetings:

York County Meeting:

When: Thursday, March 08, 9:00 AM – 2 PM

Where: Saco Community Center, 72 Franklin Street, Saco

Cumberland County Meeting:

When: Thursday, March 15, 9:00AM--2 PM

Where: North Yarmouth Memorial School, 120 Memorial Hwy, North Yarmouth

Western Foothills & Central Maine Meeting:

When: Thursday, March 29, 9:00 AM – 2 PM

Where: Readfield United Methodist Church, 1564 Main St, Readfield

Maine Highlands & Eastern Maine Meeting:

When: Thursday, April 05, 9:00 AM – 2 PM

Where: Machias Saving Bank, 581 Wilson Street, Brewer

Note: Please park in lower parking lot to leave upper parking lot for customers

To register, [click here \(https://www.surveymonkey.com/r/2018RegionalMeeting\)](https://www.surveymonkey.com/r/2018RegionalMeeting) or email: me@aarp.org

People are welcome to attend whichever meeting is most convenient for them. The itinerary will be the same at all four meetings.

Ask Age-Friendly

Dear Age-Friendly,

Our committee has started both a volunteer driver program and a snow shoveling program, and is in need of additional volunteers to support these efforts. Could you make a suggestion as to where we might be able to recruit more help?

Sincerely, Glenda Hand

Dear Ms. Hand,

It is great to hear about your new programming. We suggest you check out a site called *Create the Good*, an online volunteerism initiative established by AARP. Create the Good connects people who want to share their skills and experience – with volunteer opportunities in their community. Whether looking for opportunities or volunteers, the site is free, safe, and easy to use. Within the next month, there will be a dedicated site for Livable, Age-Friendly Communities! To get started finding help to support your programs, click on the link below:

<http://www.createthegood.org/>

Upcoming Events

- **2018 AARP Maine Tuesdays at the State House**
WHEN: Tuesday, February 20th, 9:30 AM – 12:30 PM
WHERE: Maine State House Welcome Center, 210 State St, Augusta
DETAILS: AARP Maine Tuesdays at the State House is an easy and accessible way for AARP members to get involved and to become more comfortable with the workings of the Maine State House. Meet in the lobby of the Cross Building between 9:30 and 10:00am. Together we will go through State House Security and observe the House or Senate. Mingle in the halls and say hello to your legislator. Each Tuesday at the State House will

conclude with complimentary lunch at the State House cafeteria, and mileage is reimbursed. Join us from 9:30 a.m. – 12:30 p.m on the following 2018 dates:

February 27, March 6, 13, 20, 27 April 3, 10, 17

No registration is required for Tuesdays at the State House. Contact us at 773-6303 or me@aarp.org with questions.

- **Augusta Coffee**
WHEN: Wednesday, February 21st, 8 – 10 AM
WHERE: Lisa's Restaurant, 15 Bangor St, Augusta
DETAILS: Join us for our monthly Augusta Coffee. Bottomless coffee or tea is on us as you hear from excellent local speakers.
- **Bath/Brunswick Area Coffee and Conversation**
WHEN: Wednesday, February 21, 11 AM – 1 PM
WHERE: Coastal Landing Retirement Community, 142 Neptune Drive, Brunswick Landing
DETAILS: Enjoy coffee, cookies and conversation at AARP Maine's monthly Bath/Brunswick community event. This month, AARP Maine Volunteer State President Rich Livingston will present about ongoing advocacy work including Tuesdays at the State House, supporting family caregivers, and protecting Maine consumers from increased utilities rates and prescription drug prices.
- **Lewiston-Auburn On Tap**
WHEN: Thursday, February 22nd, 4:30 PM – 6:30 PM
WHERE: Baxter Brewing Co, 130 Mill St, Lewiston
DETAILS: Each month we gather at Baxter Brewing to hear about what's happening (and NOT happening) in the Lewiston-Auburn region when it comes to community development, support, and growth.
Some of the best ideas are often hatched over a pint of beer. Maybe the next big idea will start right here in Lewiston at our monthly On Tap. Your first pint is on us.
- **York County Community Coffee**
WHEN: Monday, February 26th, 8 AM – 10 AM
WHERE: Mike's American Diner, 1132 Portland Rd, Arundel
DETAILS: Join us for our monthly community coffee in Arundel. Your first cup of coffee is on us. We'll be at Mike's American Diner off Route 1 in Arundel.
Bottomless coffee, tea and shared breakfast pastries are on us. We hope you'll come by!
- **Dover-Foxcroft Coffee Talk**
WHEN: Tuesday, February 27th, 10 AM – 11:30 AM
WHERE: The Mill Café, 5 East Main St, Dover-Foxcroft
DETAILS: How about a cup of coffee on us? Join us for one of our community coffee talks right here in Dover-Foxcroft! Nothing goes better with a little snow than a hot cup of coffee and good conversation. We'll be talking about how to better support our local

communities and hope you might have some ideas! Coffee and some lite bites are on us, all you need is yourself (and maybe a good friend?).

- **Portland Free Coffee Friday**

WHEN: Friday, March 2nd, 8:30 – 10 AM

WHERE: AARP Maine State Office, 53 Baxter Blvd, Portland

DETAILS: Don't miss AARP Maine's monthly Free Coffee Friday. Our guest speaker this month is Tom Tracy, founder of Campaign for Young Families.

<https://campaignforyoungfamilies.org/the-idea/>

- **Milo Coffee Talk**

WHEN: Thursday, March 8th, 10 AM – 11:00 AM

WHERE: Elaine's Bakery, 38 Main St, Milo

DETAILS: How about a cup of coffee on us? Join us for one of our community coffee talks right here in Milo! We'll be talking about what challenges face the northern Maine with Cynthia Whitney from the Senior Companion Program here in Piscataquis. Coffee and tea is on us – just bring an open mind!

- **York County Community On-Tap**

WHEN: Thursday, March 8th, 4PM – 6 PM

WHERE: Duffy's Tavern & Grill, 4 Main St, Kennebunk

DETAILS: Find AARP Maine at Duffy's in Kennebunk on the second Thursday of the month to meet AARP staff, members and volunteers. Your first beer or wine is on us.

Please note - there are two Duffy locations, one in Old Orchard and one in Kennebunk. We will be in Kennebunk.

- **Brewer on Tap**

WHEN: Thursday, March 8th, 4PM – 6 PM

WHERE: Geaghan Brothers Brewing Co, 34 Abbott St, Brewer

DETAILS: Have you come to our community On Tap in Brewer yet? If not, we hope you'll consider it. We'll be gathering at Brewer's own Geaghan's Brothers tap room offering up a flight of beer in exchange for your ideas on how to make Bangor more livable for all. How would you make Greater Bangor more livable for all? Building community is an everyday event at AARP Maine. We're working with volunteers and local leaders to make Greater Bangor more livable for all. Come give us your thoughts...and enjoy a local beverage while you do! As always these gatherings are free and open to all.

- **Bangor Community Coffee Klatsch**

WHEN: Friday, March 9th, 8 AM – 10 AM

WHERE: Bagel Central, 33 Central St., Bangor

DETAILS: Free and open to all, our monthly coffee klatches at Bagel Central offer an opportunity for folks to network, visit with neighbors, hear from local leaders and

speakers, and enjoy bottomless coffee and bagels on us! You'll find more details in the events section of our AARP Maine Facebook page as we get closer to the date.

- **Community On-Tap at Threshers**

WHEN: Wednesday, March 14th, 4PM – 6 PM

WHERE: Threshers Brewing Co, 22 Main St, Searsmont

DETAILS: How about a free beer on us? We're hosting monthly gatherings at Thresher's Brewery in Searsmont to hear from you about how to make our communities more livable.

- **Augusta on Tap**

WHEN: Thursday, March 15th, 4 PM – 6 PM

WHERE: The Black & Tan, 18 Bridge St, Augusta

DETAILS: Join us for our monthly Augusta On-Tap at the Black & Tan. Your first beer, wine or nonalcoholic beverage is on us, as well as pizza to share. We hope you'll come by and have a pint and meet some of our local volunteers and staff. See you on Wednesday evening!

- **Augusta On-Tap**

WHEN: Thursday, March 15th, 4:00 PM – 6:30 PM

WHERE: The Black and Tan, 18 Bridge St, Augusta

DETAILS: Join us for our monthly Augusta On-Tap at the Black & Tan. Your first beer, wine or nonalcoholic beverage is on us, as well as pizza to share.

- **Portland On-Tap**

WHEN: Thursday, March 15th, 4:00 PM – 6:00 PM

WHERE: RiRa Irish Pub, 72 Commercial St, Portland

DETAILS: Meet us at RiRa's on the third Thursday of the month to meet AARP staff, members and volunteers. Your first beer, wine or nonalcoholic beverage is on us.

- **AARP Maine Volunteer Speakers Bureau: Communications 101**

WHEN: Saturday, March 17th, 10 AM – 12 PM

WHERE: Curtis Memorial Library – Morrell Meeting Room, 23 Pleasant St, Brunswick

DETAILS: This training is part of our Volunteer Speakers Bureau Training curriculum. Communications and Marketing Professor Mary Lynn Engel presents "Communications 101." This session will provide an overview of communications and messaging, providing examples of best practices and time for practice and discussion.

PLEASE NOTE: The Curtis Memorial Library opens at 9:30. Please do not arrive earlier. The program will begin at 10:00 am and conclude at 12:00 pm with brunch provided. Free parking is available at the library.

- **Free Shredding and Medication Disposal Events**

WHEN: Friday, April 27nd, 7 AM – 2 PM
WHERE: Bangor Airport Mall on Union St, **Bangor**

WHEN: Saturday, April 28th, 10 AM – 2 PM
WHERE: Kennebec County Sherriff's Office, 125 State St, **Augusta**

WHEN: Saturday, April 28th, 10 AM – 2 PM
WHERE: Cumberland County Sherriff's Office, 36 County Way, **Portland**

DETAILS: Don't let the next victim be you. Rifling through trash cans for personal information is a common tactic of identity thieves. Shredding sensitive and personal documents can minimize your risk.

AARP Fraud Watch Network is hosting a free shredding event from 7 a.m. to 2 p.m. at the Bangor Airport Mall. Please join us! No registration is required. (This event is being held in collaboration with the Penobscot County Sheriff's Office on the same day as their Drug Take-Back Day which will take place from 7 a.m. to 5 p.m.)

Shredding is limited to boxes or bags of personal or household documents. Bring all sensitive paperwork that includes account numbers, birth dates, passwords, PINs, signatures and Social Security and/or driver's license numbers. (Please note: No need to remove staples or paperclips, but the following will not be accepted at this event: electronics, plastic of any kind, binder clips or plastic binders.) Your documents will be shredded on-site, and you'll have peace of mind knowing you've taken an important step in the fight against identity theft and fraud.

Questions: call Jane at 1-866-554-5380 or email me@aarp.org

Visit us on our website at aarp.org/me or follow us on Facebook at AARP Maine for more details about these events.

Contact us at:

Patricia Oh
poh@aarp.org
(207) 837-5883

Lori Parham
lparham@aarp.org
(207) 776-6304

Andrea Cooper
acooper@aarp.org
(207) 776-6306

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