



Age-Friendly Millinocket

Age-Friendly Millinocket Action Plan | April 2022



Vision: Be a place that supports and attracts people of all ages.

Mission: We want all people to enjoy Millinocket from birth to the end of their lives with services, supports, and infrastructure that meet the needs of all stages of life.

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ACKNOWLEDGMENTS

Thank you to all that have contributed time, energy, or ideas to move our community forward in becoming more age- friendly. In the early days (2014), members of the Partnership for a Healthy Northern Penobscot (PHNP) and the Aging with Dignity Workgroup convened to address the needs of our oldest citizens in a coordinated way. Later, Thrive Penobscot/MRH and Millinocket Memorial Library (MML) collaborated and identified innovative ways to meet the needs of our citizens, of all ages. It was through the partnership of the two organizations that Mobilize Katahdin was formed, and a resource navigator was hired. Linking people to resources to meet basic needs is one way our community is becoming more livable for all. MML also furthered their commitment of bringing resources to this work by hosting two Lifelong Maine AmeriCorps Members in 2021/2022.

Special acknowledgment goes to Millinocket Fire Chief and Public Safety Officer, Tom Malcolm. It was through his statewide affiliations with the Fire Prevention Community and as a Life Safety Officer that he was doing “age-friendly” work to keep people safe in their homes long before it became an organized effort of the Town. Tom introduced Patricia Oh, Maine’s AARP Liaison for Livable Communities, to Thrive Penobscot which set the wheels in motion for the Town to join the Network of Age-Friendly States and Communities. Patricia deserves special recognition for the ongoing support of our local initiative and dedication to the mission of AARP Livable Communities statewide.

Acknowledgement also goes to Cody McEwen for believing in the foundational work of Thrive Penobscot and forming the Age-Friendly Committee in 2019 while he was Chairman of the Town Council. His forward thinking, collaborative spirit and grant writing assistance set the stage for positive outcomes early on.



ACKNOWLEDGMENTS, CONT.

Finally, many thanks to current members of Age-Friendly Millinocket that assisted in developing the 3- year action plan. Town appointed Committee Members include: Jane Danforth (Chair), Peter Jamieson (Town Manager), Robin Stevens, Louis Pelletier, Randy Jackson, Diana Furukawa, and Tom Malcolm. Members at large include: Sarah Jandreau (AmeriCorps Member), Barbara Riddle-Dvorak (AmeriCorps Member), Andrew Caruso, Nicole Brennan, Brittany Grutter, Susan D'Alessandro, and Todd Phillips.

Respectfully submitted,

Jane Danforth

ENDORSEMENT LETTERS



TOWN OF MILLINOCKET
197 Penobscot Avenue
Millinocket, Maine 04462



Office of Town Manager/Treasurer*
(207) 723-7000

Millinocket
Maine's Biggest Small Town

April 26, 2019

Lori Parham
AARP Maine State Director
53 Baster Blvd
Portland ME 04101

Dear Ms. Parham,

On behalf of the town of Millinocket, we are pleased to submit this letter of interest and commitment in the AARP/World Health Organization Network of Age-Friendly Communities. The Town of Millinocket and our residents recognize the importance of encouraging and promoting age-friendly planning and policies to address changing demographics and to enhance independent living. We are committed to a process of continual improvement to support active and healthy aging across the life span.

As part of our involvement and commitment we will conduct a base assessment of the community's age-friendliness and develop a community action plan based on the findings. We will involve older residents in the planning process and will monitor progress toward implementing the action plan. We currently have two committees in place to involve community members in our planning process. One is a newly established Age-Friendly Standing Committee for the town and other is our local Thriving in Place collaborative, Thrive Penobscot. Thrive Penobscot is currently engaged in age-friendly work with our older population and will continue to do so with the support of the municipality. In addition, our comprehensive plan will include age-friendly goals as we map out a future in Millinocket that will meet the needs of our community members.

Thank you for this opportunity.

Sincerely,

Council Chairman, Cody McEwen

Councilor, Louis Pelletier

Councilor, Gilda Stratton

Councilor, Michael Madore

Town Manager, John Davis

Councilor, Randy Jackson

Councilor, Charles Pray

Councilor, Steve Golieb



Millinocket
Maine's Biggest Small Town

May 5, 2022

Patricia Oh, PhD, LMSW
Program Manager, Maine Center on Aging
Age-Friendly Liaison, AARP Livable/Maine

Dear Patricia,

The Age-Friendly Millinocket Committee has been working diligently to create awareness, make plans, and implement programs to support a more age-friendly community. In the short time I've served as the Town Manager, I've attended monthly committee meetings and have become more aware of our local needs and resources available for our aging population. AARP's 8 Domains of Livability is a valuable framework and has served as a helpful tool to build our age-friendly action plan.

I am appreciative of the support that AARP's Network of Livable Communities and the Maine Center on Aging has provided committee members and the Town. The technical assistance and grant dollars we have received due to being in the Network has helped us host events and establish new programs in our community. For example, the Katahdin Snowdown funded through a Challenge grant was a huge success and will continue annually.

On behalf of the Town of Millinocket, we are pleased to submit our Age-Friendly Millinocket Action Plan. We look forward to continuing our work together as we strive to create a more age-friendly community.

Sincerely,

Peter Jamieson, Town Manager

COMMUNITY PROFILE | MILLINOCKET, MAINE

Millinocket is in a period of rebuilding itself from more than a decade of economic and population decline. Once a mill town with high wages, economic prosperity, and sustainable population, Millinocket is now a town where 43.6% of our residents are 60 years or older and economic development is underway to build back our economy and attract new residents. This Action Plan will guide Millinocket in its age-friendly goals while also sharing progress made and what is in development. Expressed here are core values and a purposeful plan to create an age-friendly community. The intended improvements will influence the health and quality of life of our older population and make it easier for all residents to live, work, play and stay in Millinocket.

Snapshot Demographics

**Data from [ACS 2020 5-year](#) unless noted*

- 2020 Population: 4,280
- 2010 Population: 4,499; Population change since 2010: -4.86%
- Males: 2,097 (49%) Females: 2,183 (51%)
- Median resident age: 56.7 years; 25% older than Maine's median age of 44.8 years
- Estimated median household income in Millinocket: \$42,271; about two-thirds of the amount in the state of Maine: \$59,489; an estimated 7.8% of Millinocket residents live in poverty.
- Median cost of a home in Millinocket: \$65,400; about one-third of the amount in the state of Maine: \$198,000.



AGE-FRIENDLY MILLINOCKET | OUR STORY

How Age-Friendly Started

The people of Millinocket have historically been community-minded. For those of us lucky enough to call Millinocket our home, past or present, we've experienced what it is like to live in a close-knit community. For that reason, it is important to acknowledge that the work being done by the Age-Friendly Millinocket Committee is not a new concept. Our culture of caring and collective response in times of need has always been strong. We do, however, have a new framework which we are using to organize the efforts of individuals, organizations and the municipality so we can all benefit from living in an Age-Friendly Community. We are using the 8 Domains of Livability developed by AARP's Network of Age-Friendly States and Communities to become more livable for older adults and people of all ages.

In 2014, the foundation for the Action Plan shared in this document began with the coalition, the Partnership for a Healthy Northern Penobscot (PHNP). Staff from PHNP, a public health program supported by Millinocket Regional Hospital (MRH), convened the Aging with Dignity Workgroup. "A hand up, not a handout" was the slogan adopted by its members along with the following Vision and Mission statements:

Vision: To serve and protect the mature population of our communities

Mission: To create better communities through kindness and volunteerism



Meetings were typically held at the Eastern Area Agency on Aging (EAAA) Community Café adjacent to Stearns Assisted Living and later at the library. The Workgroup created and sent out a survey to tri-town residents to learn about regional needs. As a result, effort was focused on building EAAA's Elder Buddy Program, which included recruitment of volunteer drivers for those transportation-dependent and phone buddies for those living alone.

In 2015, as a result of the work done by Partnership for a Healthy Northern Penobscot and the Aging with Dignity Workgroup, MRH was awarded a Thriving in Place (TiP) planning grant from Maine Health Access Foundation (MeHAF). Timing was perfect as the state funding for PHNP was ending. The new funding source included a partnership with the University of Maine Center on Aging (CoA) to conduct a needs assessment which further validated the need for increased access to and coordination of services for an aging population. Top areas of need identified through this process included transportation, food security, increased social interaction, decreased social isolation, and caregiver support (see reference section to locate assessment results).

Solidifying Thrive Penobscot

In 2016, Millinocket Regional Hospital was awarded a 3-year Implementation Grant (2016-2019) from MeHAF to carry out the work that was outlined in the planning phase. With this new funding source came a new name for the thriving in place (TiP) initiative, Thrive Penobscot. Thrive Penobscot, a collaborative, was formed with the goal of linking people to resources to live well longer in a place they call home. The work of Thrive was driven by the needs identified in the assessment referenced above. Thrive Penobscot is still in existence today thanks to funding from the Sewall Foundation and continues to be a leader in the age-friendly work for the Municipality.



In 2019, in collaboration with the UMaine Center on Aging once again, Thrive conducted a transportation specific needs assessment within the tri-towns. The goal was to better understand the needs and barriers in order to develop and advocate for local transportation solutions. Mobilize Katahdin, a program of Millinocket Memorial Library is one outcome. Originally funded to create a volunteer transportation program, Mobilize Katahdin swiftly changed course and broadened its purpose during the COVID-19 Pandemic to help citizens connect to resources to meet basic needs. (See reference section to locate transportation study results)

Municipal Buy-in

In January 2019, Age-Friendly Millinocket first convened as a committee of the Municipality. Through this committee in April 2019, the Municipality applied to join the AARP Network of Age-Friendly States and Communities (AFSC) and was accepted. Belonging to the Network of AFSC provides the Municipality with both financial resources through grant opportunities and technical assistance to help the Committee in its work. Being in the Network requires the Municipality to submit an Action Plan using the 8 Domains of Livability as the framework.

Also, in 2019, a logo was created, and mission and vision statements were adopted that aligned with the age-friendly goals included in the Katahdin Gazetteer:

Vision: *Be a place that supports and attracts people of all ages*

Mission: *We want all people to enjoy Millinocket from birth to the end of their lives with services, supports and infrastructure that meet the needs of all stages of life.*



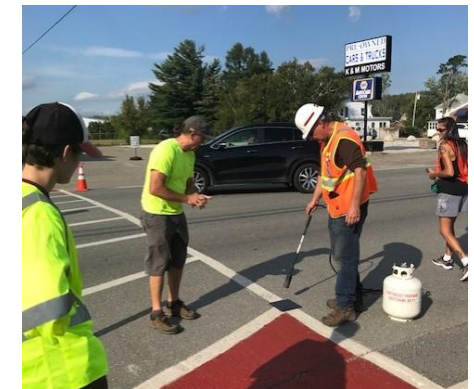
The Katahdin Gazetteer: A Roadmap to the Future was a key document used in combination with the needs assessments conducted to develop our Age-Friendly Millinocket Action Plan (find link to Katahdin Gazetteer in reference section). Due to the impact of the COVID-19 pandemic, meetings of the age-friendly committee were infrequent for nearly a year(2020-2021), delaying the completion of the action plan. However, work behind the scenes with Thrive Penobscot /MRH, Mobilize Katahdin and the Town continued to address our age-friendly goals in a less formal manner.

Millinocket Age-Friendly Now

In 2020, the Municipality submitted an AARP Challenge grant application resulting in an award of \$5,000 for a quick action project. The [Katahdin Snowdown was imagined](#), planned and held at the Recreation Complex in February of 2021. This event is now held annually, bringing together residents of all ages to enjoy the outdoors.

“Transportation for all” was the successful grant application submitted to the Maine Community Foundation (MCF) in 2020. This project provided funding to the Municipality (\$2500) to cover the cost of rides through Penquis Lynx Mobility Services for citizens in Millinocket, East Millinocket and Medway. This project reduces the financial barrier while increasing use of this regional resource. Past limited use due to COVID-19, has allowed the project to continue in 2022. Evaluation when all funds are exhausted will inform next steps of this partnership with Penquis.

To create a welcoming and pedestrian friendly community, in the fall of 2021, a DOT Bike/Ped Safety Study was conducted along the Central Street corridor. Also, the Bicycle Coalition of Maine’s Imagine People Here



demonstration project was implemented to raise awareness of pedestrian and bike safety. Community feedback was robust and will inform the municipal process to make our streets more walkable and bikeable for all.



In the winter of 2020 into 2021, the Committee, in collaboration with the Fire Department and Public Works Department, established the Sand Bucket for Safety Program. This is a successful example of a service provided to support residents needing assistance to keep their walkway safe.

Beginning in 2021 through summer 2022, the Millinocket Memorial Library hosted two Lifelong Maine AmeriCorps Members to work alongside the Age-Friendly Millinocket Committee in developing the 3-year action plan and to adopt projects that would advance the goals of the Age-Friendly committee.



The Municipal Data Across Sectors for Health (M-DASH) project, a partnership between Age-Friendly Millinocket and the Maine Council on Aging (MCOA) began in spring 2022 . Through this work, local data will be collected to better understand community needs in order to plan future projects that support healthy aging.

In April 2022, the Millinocket Community Garden project was launched after a year of collaboration and planning across Committees. This project brought in additional grant funds through the support of Maine Community Foundation to Age-Friendly Millinocket which covered expenses for the all-ages project. The garden is located at Crandall Park alongside the Michaud Trail, an in-town trail system that is ADA and pedestrian friendly.



THE DOMAINS OF LIVABILITY/OUR ACTION PLAN (2022-2024)

The Town of Millinocket's ambition to be Age-Friendly is clearly reflected in the goals for each domain of livability:



Domain 1: COMMUNITY & HEALTH SERVICES

As Millinocket residents age, it is our goal to help them connect with local resources to live well in their own homes. We want residents to know that they have access to services they need, healthy food, and continued support as they age in place. This domain falls in step with goals of the Katahdin Gazetteer, supporting people of all ages as their needs change.

COMMUNITY VOICES

"Are you in need of a ride to go shopping, visit a friend or attend a social activity or appointment in the Katandin region? Call our Transportation Navigator for more details on how we can get you where you need to go."

- Mobilizekatahdin.org

"I would very much like to see a food co-op... My dream would be for the co-op to offer locally grown and organic if possible and then I would love to see it be affordable enough that the local food pantry patrons could afford it, not the other way around.... I would also like to see community gardens."

- Millinocket Economic Development Community Survey, 2019

"I have often thought that if there were better services for the elderly in Millinocket, [my mother?] could have stayed in her own home. We checked on her every few weeks and I called all the time, but she needed more than that."

- Millinocket Economic Development Community Survey, 2019



Do you need help with...



Call Mobilize Katahdin at 207-370-1581 or visit MobilizeKatahdin.org. We will do everything we can to help you. No forms or proof of income are required.



Domain 1: COMMUNITY & HEALTH SERVICES

GOAL 1: INCREASE COMMUNITY SERVICES AND SUPPORTS THAT PROMOTE AGING IN PLACE.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Assist Millinocket Memorial Library (MML) in securing funding for Mobilize Katahdin to maintain staffing for Resource Navigator.	<p>Resources: Grant writing support from Town's Community Initiatives Director and Thrive Penobscot Grant Staff; Financial support from the Town (ARPA funds)</p> <p>Potential barriers: Unsuccessful grant applications MML/Mobilize Katahdin, shift in focus</p>	Funding secured	Town, Thrive Penobscot/ Millinocket Regional Hospital (MRH), age-friendly Committee, Mobilize Katahdin/MML, Eastern Area Agency on Aging (EAAA), Our Katahdin, churches, Elks Club	Ongoing - April 2022-2025
2) Re-establish the multi-sector Food Council formerly convened (pre-pandemic) to increase collaboration among sectors to more effectively address food insecurity.	<p>Resources: Remote meeting capabilities; Physical meeting spaces such as Katahdin Region Higher Education Center (KRHEC) and MML</p> <p>Potential barriers: Lack of consistent participation</p>	<p># Meetings held</p> <p># Groups/ sectors represented</p> <p>Self -reported system improvements or collaborative efforts implemented</p>	Thrive Penobscot, Mobilize Katahdin/MML, Hannaford, local food pantries, EAAA, Katahdin Federal Credit Union, Bangor Savings Bank, MRH, Pir2Peer, Good Shepherd Food Bank	Meetings will resume by Sept 2022 and meet at least quarterly through 2025

3) Establish a work group to develop and implement community garden project(s) to link citizens to fresh food sources and to provide opportunities to connect socially with others.	<p>Resources: Maine Community Foundation (MCF) mini grant funds (\$2000) for project support; Library funding; Thrive Penobscot funding; Lumber for fencing secured; University of Maine Cooperative Extension; Local gardeners and volunteers</p> <p>Potential barriers: Lack of volunteers, garden materials, or community participation</p>	Work group established # gardens/planter boxes started and sustained;	AmeriCorps members, Town, Thrive Penobscot, Age-Friendly Committee, Students, MML, Katahdin Collaborative	Project will start April 2022 and will be ongoing
4) Partner with U.S. Department of Agriculture to reduce barriers and facilitate the opportunity for residents to participate in the Senior Farm Share program.	<p>Resources: Senior Farm Share is a free resource for qualifying members (60+), Downtown Open Spaces/ Collaborative Partners; Volunteers</p> <p>Potential barriers: Delivery of produce to Millinocket -as well as ability of participants to pick up their share in designated location</p>	# Total participants	AmeriCorps Members, Mobilize Katahdin, Age-Friendly Committee, Thrive Penobscot, EAAA, local food pantries, churches	Project will start April 2022 and will continue based on success
5) Establish a work group to explore different models of support programs for those dealing with chronic disease (dementia/ cancer)	<p>Resources: EAAA, Alzheimer's Association, UMaine Center on Aging; Churches</p> <p>Potential barriers: Lack of local resources, volunteers</p>	Support group(s) established	AmeriCorps Member, Mobilize Katahdin, Age-Friendly Committee, EAAA, churches, Thrive Penobscot, MRH	April 2022-ongoing

Domain 2: TRANSPORTATION

Community survey findings support the need for an increase in transportation options, motorized and non-motorized, as well as awareness of what is offered. It is important as residents age to maintain independence and connection to the community through mobility. A 2019 transportation survey found that residents feel a lack of freedom, loneliness, and isolation as a result of a lack of transportation. Eighty (80%) of survey participants felt their lives would be improved by having better access to transportation. Our vision is to fill these gaps in services and provide safer ways to travel throughout town.

COMMUNITY VOICES

"Building awareness of available services among providers and community members was identified as an area of need."

- Katahdin-area Thriving in Place (TiP) Summary Report, 2016

"Need to remember that in rural Maine there are many elderly who aren't tech savvy and don't read well so it needs to be clear, concise, and easy to use."

- Katahdin-area Thriving in Place (TiP) Survey Response, 2016



THE LYNX
**FREE TRANSPORTATION
FOR TRI-TOWN RESIDENTS**

NO COST transportation for all residents in Millinocket, East Millinocket and Medway while grant funds are available. We can help you get to:

- ✓ LINCOLN OR BANGOR
- ✓ UPCOMING APPOINTMENTS
- ✓ THE GROCERY STORE
- ✓ TO VISIT LOVED ONES
- ✓ THE BANK

**PLEASE CALL
3 DAYS AHEAD
TO SCHEDULE
A RIDE.**

Operated by: Penquis CAP, Inc. • **THE LYNX** • **PENQUIS** Open To The Public

THRIVE PENOBSCOT **PENQUIS** Age Friendly Millinocket

To request a ride, call 1-866-853-5969 or (207) 973-3695
Mon-Fri from 8AM - 4:30PM

Domain 2: TRANSPORTATION

GOAL 1: Increase access and availability of local transportation services.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
<p>1) Promote and educate citizens about Penquis Transportation Services to increase ridership at no cost to riders for 1 full year.</p> <p>Note: Grant funds are secured for 1 year with potential for up to 3 years based on outcome(s).</p>	<p>Resources: Local newspaper, Library/ Mobilize Katahdin, radio, online platforms, Town, Thrive Penobscot, MCF and Penquis funding to subsidize rides</p> <p>Potential barriers: Lack of drivers, hesitancy to utilize due to unfamiliarity with driver(s), COVID-19 precautions, 3-day advance reservation requirements, cost of ongoing subsidy</p>	<p># Rides</p> <p># Riders</p> <p>Amount of grant funds expensed</p> <p>Increase in ridership</p>	Age-Friendly Committee, Thrive Penobscot, MML, Mobilize Katahdin Penquis, EAAA	Current/ planning in progress with kick off May 2022
<p>2) Partner with Mobilize Katahdin to plan and implement volunteer driver recruitment strategies.</p>	<p>Resources: MML, local service organizations, Thrive Penobscot</p> <p>Potential barriers: Lack of interest in volunteering, COVID-19 concerns, rise in gas prices</p>	<p>Increase in number of volunteers</p>	MML, Thrive Penobscot, Age-Friendly Committee	Current and ongoing

Domain 2: TRANSPORTATION

GOAL 2: Increase pedestrian safety and accessibility to local services (Healthcare, retail, food, hospitality, etc.)

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
<p>1) Advocate to the Town for improved walkability* and bikeability using AARP's Complete Streets Model.</p> <p>* ADA access a priority</p>	<p>Resources: Department of Transportation (DOT) Bike/Ped Safety Study Grant received by the Town; DOT Engineering Study Grant received by Town; Public meetings held to discuss traffic calming measures, Citizens' Institute on Rural Design (CIRD) look-book, municipal buy-in.</p> <p>Potential barriers: Costs for capital improvements, lack of resident buy-in for infrastructure changes</p>	<p>Community meetings held, input received, reports posted on town website</p> <p>Additional grant funding secured</p> <p>Walking and biking safety improvements implemented</p>	<p>Town, Age-Friendly Committee, Maine Dept. of Transportation, Economic Development Committee, recreation partners (Outdoor Sport Institute, Katahdin Area Trails, Northern Forest Center)</p>	<p>Safety study currently in progress, to be finalized April 2022.</p> <p>Engineering study to begin in summer of 2022.</p> <p>Infrastructure improvements approved by Town to be completed by 2024.</p>

Domain 3: COMMUNICATION & INFORMATION

Findings suggest that there is a lack of awareness surrounding resources that are available to residents in Millinocket, showing a need and opportunity for collaboration. It is our goal to increase visibility of programs and services that are available by working in tandem within the Age-Friendly network for promotion. Our focus will also be on promoting an emergency preparedness plan to residents of all ages to increase readiness. These goals focus on the established need of developing and promoting resources and amenities, as defined in the Katahdin Gazetteer.

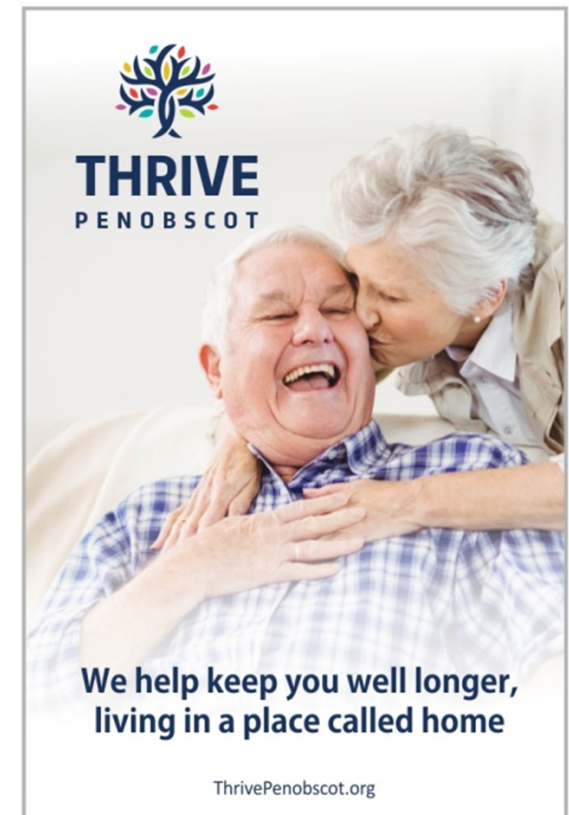
DATA & COMMUNITY VOICES

"Thrive Penobscot is a network of over 30 Partners collaborating to increase knowledge, availability and use of resources for transportation, food security, social interaction and caregiver support. "

- <https://thrivepenobscot.org/about-us/>

"We all need to know what is going on here... how to connect to resources and how to actively participate in our community to make it the best place for all to live. We need to find more creative and innovative ways to reach all sectors of the community - from those that are older and rely on Beeline TV (KAT) to those that are heavy users of technology, to those that have few resources and may not have a computer, or smartphone. Everybody belongs here and I'd like to see more done to make everyone feel welcome, valued and connected."

- Economic Development Survey response, 2018



Domain 3: COMMUNICATION & INFORMATION

GOAL 1: Increase public awareness of age-friendly activities and resources.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Develop a plan to promote the services of Mobilize Katahdin, Thrive Penobscot, EAAA, MML and the Age-Friendly Committee	<p>Resources: Media channels (print, web, social media) including in-person meetings.</p> <p>Potential barriers: Lack of consistency and cohesion, inability to reach target audience</p>	<p>Plan created and implemented</p> <p>Ongoing process evaluation at committee level</p>	Mobilize Katahdin/MML, Thrive Penobscot, EAAA, Age-Friendly Committee	In progress-Ongoing
2) Assign responsibility for oversight of the Age-Friendly page on the Town website to ensure access and accuracy of information.	<p>Resources: Designlab, Town Manager, Town Clerk, Town web page and YouTube channel</p> <p>Potential barriers: Last minute changes to agendas, organization or individual not consistently monitoring</p>	Information is up to date	Age-Friendly Committee, Town	In progress
3) Collaborate with MML to promote the National Digital Equity Center (NDEC) free classes	<p>Resources: Internet & computer access at MML</p> <p>Potential barriers: Lack of interested individuals due to lack of consistent internet access for attendees</p>	<p># Classes offered</p> <p># Attendees</p> <p>Class promoted in media venues</p>	Thrive Penobscot, Age-Friendly Committee, MML	In progress - Ongoing

4) Integrate the resources of Age-Friendly partners in one online location	<p>Resources: Possible Katahdin Collaborative funding</p> <p>Potential barriers: Challenging to keep resources up to date, reaching people who are not online</p>	<p># of webpage visits</p> <p>Increased referrals between resource navigators</p>	Mobilize Katahdin/MML, Thrive Penobscot, Town, Designlab	Begin Summer 2022
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GOAL 2: Increase public awareness of resources available in the event of a local disaster.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Collaborate with public safety officials and MRH to develop age-friendly multimedia communication plans in preparation of a local disaster or emergency (ex. power outage)	<p>Resources: Local Emergency Medical Services/Fire Dept., Public Health Officer, MRH, FEMA, other AARP Livable Communities, volunteer organizations, churches, Millinocket Schools</p> <p>Potential barriers: Lack of volunteer workforce, target audience without access to technology, lack of funding for media campaign</p>	Media plan promoted and distributed (Digitally and in print)	Age-Friendly Committee, Town officials & staff, Millinocket Schools, Mobilize Katahdin, EAAA, MRH	Begin Winter 2022- Finalized Winter 2023

Domain 4: CIVIC PARTICIPATION & EMPLOYMENT

The Town of Millinocket is focused on increasing transparency and access to an intergenerational audience of residents. To accomplish this, civic engagement has been identified as an essential piece in moving the community forward. Through community events and reaching out to residents for participation in government activities this can be accomplished. Work will build on increased access to amenities in the community, as outlined in Katahdin Gazetteer, and advocating for changes such as businesses committing to ADA friendliness.

COMMUNITY IDENTIFIED NEEDS

"...businesses need to be more handicap accessible."

– Millinocket Economic Development Community Survey, 2021

"More transparency from Town Council."

– Millinocket Economic Development Community Survey, 2021



Domain 4: CIVIC PARTICIPATION & EMPLOYMENT

GOAL 1: Increase participation in public meetings to advocate for actions to make our town more age-friendly.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Promote public meetings in multiple media venues to encourage participation of town residents	<p>Resources: Town Staff, Elected officials, Town's YouTube channel and website where recordings can be accessed. Social media and print media, Designlab</p> <p>Potential barriers: lack of community awareness and participation</p>	<p>Meetings consistently posted</p> <p># Views on social media</p>	Town, Age-Friendly Committee, Designlab, Thrive Penobscot	Ongoing
2) Collaborate with Mobilize Katahdin to promote transportation services to civic activities.	<p>Resources: Mobilize Katahdin ride program</p> <p>Potential barriers: Stigma, time associated with attending public meetings</p>	# Callers for a ride	Mobilize Katahdin, Thrive Penobscot, Town, Age-Friendly Committee	Fall 2022- Ongoing

GOAL 2: Increase the number of age-friendly businesses.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Research and Implement an Age-Friendly Business program (to foster greater access/Americans with Disabilities Act (ADA) awareness)	<p>Resources: Age-Friendly Committee, Local Businesses, University of Maine Center of Aging, AARP Network of Age-Friendly Communities and States</p> <p>Potential barriers: General walkability and ADA accessibility in downtown. Business could be accessible but sidewalks/roadways not. Depends on Town infrastructure improvements, cost of achieving ADA compliance.</p>	# Businesses participating in program	Age-Friendly Committee, Katahdin Collaborative, Thrive Penobscot, Katahdin Chamber of Commerce	Fully implemented by April 2024

Domain 5: OUTDOOR SPACES & BUILDINGS

Outdoor spaces, such as parks and buildings affect the quality of life of residents of all ages. As suggested in the Katahdin Gazetteer we are striving to, “Build spaces that meet the physical, emotional, intellectual, and social needs of people of all ages.” Millinocket is perfectly located to allow residents to enjoy the outdoors in all four seasons. We are focused on providing space for intergenerational enjoyment and events that are safe and accessible for all ages.

COMMUNITY VOICES

“There are many elderly people who would love to walk on safe, easy trails.”

- Millinocket Economic Development Community Survey, 2019

“...community events that are well-advertised and geared towards all ages.”

- Millinocket Economic Development Community Survey, 2021



Domain 5: OUTDOOR SPACES & BUILDINGS

GOAL 1: Increase intergenerational interactions and use of the built environment.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Install benches, game table and ADA ramp outside the entrance of Boreal Theater.	<p>Resources: Heritage Plaza Workgroup, outdoor space at Boreal Theater, AARP Challenge Grant opportunity</p> <p>Potential barriers: Anticipated grant request not awarded.</p>	<p>Grant funding secured</p> <p>ADA access to Boreal Theater</p> <p>Social space created</p>	Boreal Theater, Heritage Plaza Work Group, Katahdin Tourism Partnership (KTP), Age-Friendly AmeriCorps members	Fall 2022 or as funding is secured
2) Collaborate with the Winterfest Committee to host the Katahdin Snowdown.	<p>Resources: Work group has been established and space for event is secured. Trail system behind Stearns High School, Ice Rink, fire pits, EZ ups, Community involvement</p> <p>Potential barriers: Ice rink needs repairs, inclement weather, lack of donations/funding for some activities</p>	<p>Continuation of grant funding</p> <p>Community participation</p>	Recreation and Town Departments (Public Works, Fire Dept., Recreation Dept.) Age-Friendly Committee, Thrive Penobscot, Ktaadn Arts Center, Katahdin Collaborative	Annual Event founded February 2021 - ongoing
3) Collaborate with the Recreation Department to improve ADA accessibility and use of Jerry Pond for Age-Friendly events.	<p>Resources: Jerry Pond Recreation Area, Local organizations currently hosting events at Jerry Pond</p> <p>Potential barriers: Cost of improving accessibility and upkeep</p>	<p>Allocation of funding</p>	Tri-Town Recreation Department, Age-Friendly committee, Recreation groups/organizations	Spring 2023-ongoing

GOAL 2: Improve access to and use of in-town paths and trails.

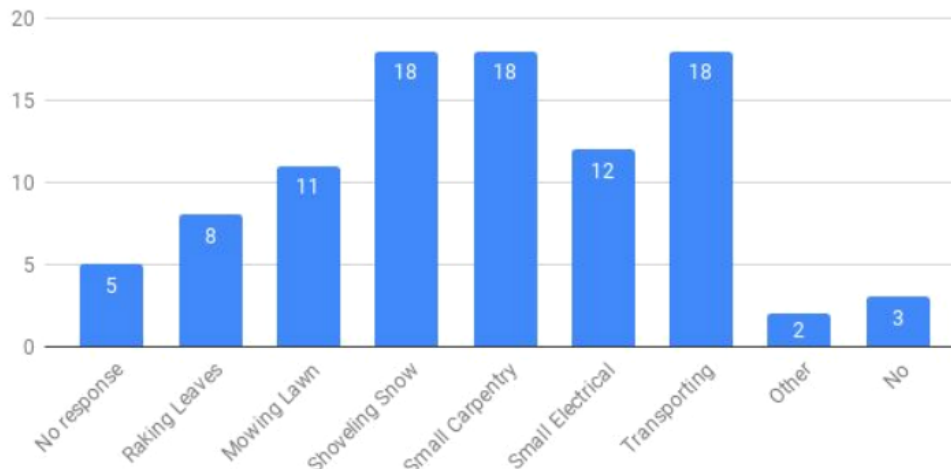
Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Assess need and secure funding for changes along the Michaud Trail to make the walking path more Age-Friendly. (Examples, additional benches, lighting, or other amenities prioritizing “Bobbie’s Garden” efforts)	<p>Resources: Current users of the trail, public works, AARP walkability checklist, Town</p> <p>Potential barriers: lack of funding for improvements, lack of volunteers for upkeep of improvements</p>	<p>#improvements needed and # of solutions created/found</p> <p>Funding secured</p>	Age-Friendly Committee, Town, Thrive Penobscot, new gardening group convened, Katahdin Area Trails (KAT)	Summer of 2022 – Ongoing
2) Collaborate with Outdoor Sports Institute (OSI) and Katahdin Area Trails (KAT) to promote and support use of intown trails.	<p>Resources: Michaud Trail and KAT trail system by Stearns High School</p> <p>Potential barriers: Funding for promotional media (maps, signage)</p>	<p>Maps created and available</p> <p>Signage</p> <p>Community interaction on social media</p>	KAT, OSI, Thrive Penobscot, Age-Friendly Committee, Town, Katahdin Collaborative	In-progress

Domain 6: HOUSING

Millinocket's housing inventory is aging and limited. Looking at our recently completed Housing Market Assessment, we know that our fastest growing population is 65+ with recent findings supporting that of those 65 and older, 40.3% are living alone. Of those living alone, 73.5 % are women (M-DASH 2022). Our goals to help residents stay safely at home include services that will assist aging residents, such as neighbor helping neighbor programs and/or phone buddy programs, as suggested in the Katahdin Gazetteer as well as the already successful Sand Bucket Program.

DATA & COMMUNITY VOICES

Would you have a need for assistance at home for projects that you could not do on your own?



Economic Development Survey responses, 2019



"I like the idea of people receiving a call from someone with interest that I am well or just the contact. It would ease the loneliness and break up a day. I am alone and talking to someone might lessen this feeling."

- Katahdin-area Thriving in Place Needs Assessment (KTiP), 2016

Domain 6: HOUSING

GOAL 1: Help residents remain safely in their homes.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Continue to promote the wintertime Sand Bucket for Safety Program	<p>Resources: Donated sand and buckets</p> <p>Potential barriers: Stigma for asking for help, lack of awareness about program</p>	# Buckets distributed	Fire Department, Public Works, Age-Friendly Committee, Thrive Penobscot	Current and ongoing
2) Explore the formation of a Handy Neighbors Program including a seasonal Spruce-Up and/or Clean- up Program	<p>Resources: Local volunteers/service organizations, EAAA</p> <p>Potential barriers: lack of volunteers, community hesitation</p>	<p># Participants</p> <p># Volunteers</p>	Mobilize Katahdin/MML, Millinocket School Department, Service Organizations, EAAA, age-friendly Committee	Begin Fall of 2022
3) Implement a Falls Prevention Program	<p>Resources: Municipal Data Across Sectors for Health (M-DASH) data collection and analyzing of information, Millinocket Fire Department and Home Falls Prevention program, EAAA (Matter of Balance)</p> <p>Potential barriers: Inability to capture every obstacle, lack of community involvement/stigma associated</p>	<p>Volunteer program leaders trained.</p> <p>Program Implemented</p>	Fire Department, Age-Friendly Committee, Thrive Penobscot, Public Safety Officer, EAAA	Begin Spring 2023-ongoing with success

4) Formalize and promote a caller check-in program for those living alone and vulnerable	<p>Resources: Public safety officer, work of Fire Chief's unofficial program of checking in and Mobilize Katahdin's Phone Buddies program, volunteer callers</p> <p>Potential barriers: Independence – fear of unknown callers, pride, stigma</p>	<p>Program created and promoted</p> <p># Participants</p>	Fire Department, public safety officer, East Millinocket Police, Thrive Penobscot, EAAA, Mobilize Katahdin	Begin Spring 2023-ongoing with success
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Domain 7: SOCIAL PARTICIPATION

There are proven health benefits of social interaction and being connected to others. Positive social interaction increases your sense of happiness and well-being and may even help you live longer. Reducing isolation was identified as a need to be addressed in the 2016 Katahdin Thriving in Place (TiP) Community needs assessment. To this end, the municipality along with community organizations are actively increasing events, spaces, educational and transportation opportunities to engage all ages. We are looking to refine the approach to intergenerational inclusion and increase collaboration surrounding these opportunities in Millinocket.



DATA & COMMUNITY VOICES

"Kid-friendly events. A safe and frequent place for them to gather and socialize."

- Millinocket Economic Development Community Survey, 2019

"I live alone. It was and is a challenge to start over after the death of your spouse. Living is quite different when your spouse passes and needs to be overcome."

- Katahdin area Thriving in Place Needs Assessment, 2016



Domain 7: SOCIAL PARTICIPATION

GOAL 1: Increase opportunities for intergenerational social interaction.

Activities	Resources/ Barriers	Metrics	Partners/Groups Responsible	Status
1) Explore opportunities to establish a community/ Farmers' market that includes resource sharing (i.e. information table, volunteer recruitment) and seasonal events during holidays featuring canned/baked /homemade goods and crafts.	<p>Resources: Local vendors, downtown location such as Heritage Park owned by KTP, Veterans Park, Kermit Crandall Park, etc.</p> <p>EZ-Ups, tables, sound system purchased with Challenge Grant funding</p> <p>Potential barriers: lack of participation of vendors, lack of community response, unfavorable weather conditions, unknown of who will coordinate long-term</p>	<p># Participating vendors</p> <p># Open market days</p> <p>Self-reporting by vendors</p>	AmeriCorps Member, Age-Friendly Committee, Thrive Penobscot, Boreal Theater, Ktaadn Arts, Town Events Committee, Town Community Initiatives Director, Chamber of Commerce, Katahdin Collaborative	<p>Expected to be operational June- Sept 2022, then annually through 2025</p> <p>Will include some seasonal events</p>
2) Establish a monthly "Lunch and Learn" program in partnership with the Library.	<p>Resources: Think Tank space at MML, social media and print marketing</p> <p>Potential barriers: COVID-19 precautions, lack of community participation</p>	<p># Events</p> <p># Participants</p>	Thrive Penobscot/MRH, MML, recreation partners, invited organizations	Fall 2022-ongoing with success

<p>3) Collaborate with other stakeholders to establish community center (build on the Youth Center Initiative in progress)</p>	<p>Resources: University of Maine Center on Aging, Bangor YMCA, Stearns Jr. High Youth Civic Leadership Group; Town; Community Center Survey results, Penquis</p> <p>Potential barriers: lack of funding and/or physical space/building, change in leadership</p>	<p>Plan for center created; funding and building/space secured</p>	<p>Thrive Penobscot, Town, Millinocket School Department, MML, Age-Friendly Committee</p>	<p>Spring 2022-ongoing until completion</p>
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Domain 8: RESPECT & INCLUSION

To reach across generational boundaries, we are committed to projects that bring residents of all ages together. Creating such opportunities will highlight the importance of sharing history and experiences that showcase the uniqueness of Millinocket. We will continue to support Millinocket Memorial Library in endeavors that support interactions and activities for all residents.

DATA & COMMUNITY VOICES

"We don't have a community center here, but the library is an all-ages gathering place where people can learn, grow, and empower themselves."

- Millinocket Economic Development Community Survey, 2019



Domain 8: RESPECT & INCLUSION

GOAL 1: Support and implement intergenerational projects.

Activities	Resources/ Barriers	Metrics	Partnerships/Groups Responsible	Status
1) Implement the Millinocket Memories Project - 4 th graders to interview older relatives or neighbors	<p>Resources: Elementary School Children, MML</p> <p>Potential barriers: Low participation, family privacy concerns, cooperation of teachers</p>	# Participants	MML, Age-Friendly AmeriCorps member	Spring 2022
2) Implement "Time Capsule" project and hold event	<p>Resources: MML, AmeriCorps Members</p> <p>Potential barriers: Promoting event and getting community participation</p>	<p># Participants</p> <p># Contributions</p>	MML, Millinocket Historical Society, Boreal Theater, Ktaadn Arts, Age-Friendly AmeriCorps members	Summer 2022

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- Katahdin-area Thriving in Place Needs Assessment (KTiP) 2016 (Town website/ Age-Friendly Committee page)
- M-DASH Millinocket Data 2022, *currently in progress.*