Building an Age-Friendly County in Maine:

Aging Well in Waldo County

An Action Report of Aging Well in Waldo County:

2018-2019

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WELCOME TO WALDO COUNTY

Waldo County, Maine (WC), located in the mid-coast region of Maine, is home to 38,786 people, with the City of Belfast as the county seat. Other towns in WC include (1)Belmont, (2)Brooks, (3)Burnham, (4)Frankfort, (5)Freedom, (6)Islesboro, (7)Jackman, (8)Knox, (9)Liberty, (10)Lincolnville, (11)Northport, (12) Monroe, (13)Montville, (14) Morrill, (15) Palermo, (16) Prospect, (17) Searsport, (18) Searsmont, (19) Stockton Springs, (20) Swanville, (21) Thorndike, (22) Troy, (23) Unity, (24) Waldo, and (25) Winterport. See Figure which follows – a map of Waldo County, Maine.

Named after Brigadier General Samuel Waldo (1696-1759), Waldo County (WC) covers 853 square miles, of which 123 square miles is water. Bordering it are Hancock, Penobscot, Knox, Somerset, Kennebec counties, and Penobscot Bay.

Demographics

The median age of WC residents is 45 years. Across the county, 26% are age 60 and over. Almost half of all households include at least one person over 60. While 38% of older people live with a spouse or partner, 67% live alone, and most of those who live alone are women. Among the 85% of people over 60 who are homeowners, one in three still has a mortgage. Since, in general, older people own older homes that require more maintenance, the financial burden can be considerable even without a mortgage.

Households headed by a person 65+ have a lower median income than the county overall. 19% have an income of less than $15,000, while 17% have an income over $75,000. About 13% of WC residents are veterans. About 38% of all residents have at least one disability. Hearing loss is the second largest disability group (20%), with mobility challenges being the largest (21%).

The figure below of WC municipalities and populations is based on 2010 US census data (https://factfinder.census.gov).

Belfast	6668	Morrill	884
Belmont	942	Northport	1520
Brooks	1078	Palermo	1535
Burnham	1164	Prospect	709
Frankfort	1124	Searsmont	1392
Freedom	719	Searsport	2615
Islesboro	566	Swanville	1388
Jackson	548	Troy	1030
Knox	806	Thorndike	1030
Liberty	913	Unity	2099
Lincolnville	2164	Waldo	762
Monroe	890	Winterport	3757
Montville	1032		

The Figure that follows lists Maine State Parks located in Waldo County

State Park	Location
Fort Point State Park	Stockton Springs
Lake St. George State Park	Liberty
Moose Point State Park	Searsport
Swan Lake State Park	Swanville
Warren Island State Park	Islesboro

The following figure lists Fish and Wildlife locations in Waldo County, Maine

Fish and Wildlife Hatcheries and Wildlife Management Area	Location
Frye Mountain Wildlife Management Area	Montville, Knox
Mendall Marsh Wildlife Management Area	Frankfort
Ruffingham Meadow Wildlife Management Area	Seasmont

ORGANIZATION OF AGING WELL IN WALDO COUNTY

The group that became AWWC began meeting in June 2016 out of concerns in Belfast about our aging population and a desire to improve community life for them. Meetings were initiated, and invitations made to interested people and organizations by the then City of Belfast public health nurse, Samantha Paradis, who later became mayor! The early group contained only one individual from outside Belfast. Through preliminary conversations, however, the group realized that older people faced common problems across WC and decided these needed to be addressed at a county level.

This decision immediately posed organizational challenges. Many WC towns are too small to provide volunteers or other resources to an organization serving the entire county. Without a representational structure, however, how could a group be organized that wouldn't end up burdening just a few people and spreading itself too thin?

From 2016-2017, the founding group began developing a Board of Directors, working to create and adopt a charter, and drawing up an organizational plan to move forward. No relevant precedents are available because no other sites of AARP age-friendly programs in the State of Maine consist of an entire county. It has been difficult to settle on procedures for assessing the scope and depth of the work needed and assemble an infrastructure and staff to accomplish goals.

At the time of this report, the Board and its constituent entities are still taking shape. However, progress is regularly evident.

AWWC Board of Directors

This section describes the Board of Directors at the time of this report. As a new organization, AWWC is still soliciting help, especially for specialized functions.

Samantha Paradis – Ms. Paradis, elected Mayor of Belfast in November 2017, attends meetings whenever as her schedule permits. Ms. Paradis is the Founder of AWWC.

Jan Dodge – Ms. Dodge, from Belfast, is serving as the current Chair. She is a retired teacher and has leadership experience in other local organizations. Jan is very interested in serving our senior population, so we can all age well in Waldo County.

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Wendy C. Kasten – Dr. Kasten, a retired professor and researcher, directed the assessment process. As a writer, she helped write the AWWC Assessment report, Action Plan, and By-laws. She currently serves as vice chair.

Betty Johnson – Ms. Johnson is currently the District 1 Commissioner of Waldo County. She brings a governmental perspective and is leading the organization in the construction of a charter. Talented at graphic design, she created the AWWC logo.

Barbara Lehn – Ms. Lehn, a retired elementary school teacher and writer, serves as our Recording Secretary.

Happy Bradford –Ms. Bradford, a retired teacher, has been an active member of AWWC since its inception, helping to develop the county survey, as well as attending and participating in statewide aging conferences. She doubles as the AWWC historian.

Kathleen Kearns – Ms. Kearns, with her exceptional technology skills, created and maintains the AWWC website. She has a background in small business and digital communications. As a job development specialist, she helps people find and retain gainful employment, addressing any barriers to success.

Drexell White – Mr. White is the Midcoast Public Health District Liaison for the Maine Center for Disease Control and Prevention (Maine CDC) which includes Waldo, Knox, Lincoln, and Sagadahoc counties, which is home of a number of active age-friendly programs. Mr. White helps to manage communications.

Jayne Crosby Giles – A former banker and Maine legislator, Ms. Giles heads up the Grants and Funding committee of AWWC. She is the past CEO of MaineStream Finance, a non-profit community development bank. Ms. Giles joined AWWC as part of her strong interest in Seniors aging well in their homes and community. She is a former State legislator. She and her husband live in Belfast.

Marje Stickler – Ms. Stickler is a retired geriatric case manager. Currently, she co-chairs an Ad Hoc committee while juggling many other AWWC and local community tasks. As a member of a local church and the Belfast Garden Club, and as a former Pen-Bay Steward, she is in contact with many senior community members. Her two therapy dogs visit Waldo County General Hospital weekly.

Carol Kuhn – Dr. Kuhn is a local practicing family physician at Seaport Community Health Center in Belfast and represents the health provider community. She also is the medical director of Tall Pines Retirement and Healthcare community, a local nursing home facility and residence for senior citizens.

Evie Tinker – Ms. Tinker is a retired social worker, brings experience from TRIAD, a group that links law enforcement, aging needs, and the community, and is working on Ad Hoc committees. Because of her previous profession, she leads towards personal contact with senior populations and development of access and trust.

Ellen Hoyt – Ms. Hoyt represents the town of Frankfort and is highly involved with home health care in the region. She is active in TRIAD, serves as a Hospice volunteer for WC and participates in several other community organizations.

Jeff Trafton – Currently the Waldo County Sheriff, Sheriff Trafton is playing a number of roles on AWWC committees. Jeff works on town outreach, with a goal of identifying active volunteers in every WC town.

Connie Bellet – Ms. Bellet represents the town of Palermo, one of our early AWWC project sites. She is president of the "Living Communities" organization which oversees the Palermo Community Center and Palermo Community Gardens, hosts the Palermo Food Pantry and the Great Thunder Chicken Drum. Bellet is also a Master Gardener volunteer.

Sue Garrett – Sue brings skills in technology and architecture to AWWC. She has worked for 30 years planning, designing, and producing drawings on computers. She provided accessible buildings for elderly and handicapped individuals.

Eric Schrader – Mr. Schrader is a former CPA who also brings to the group 25 years of interest and experience designing and constructing housing for seniors. He holds special certification with CAPS, a group providing home modification for seniors and the disabled.

Joyce Fenner – Ms. Fenner has a background working with TRIAD and serves on Ad Hoc committees for AWWC.

Jesse Rishani – Ms. Rishani represents the town of Prospect, and is very involved with local chambers, home healthcare, and hospice services in WC. She offers CPR and First Aid classes.

Suzanne Pelletier – Ms. Pelletier is a retired teacher and leader of the AWWC subcommittee in the town of Liberty, one of our early projects.

Cary Bradford – Mr. Bradford likes to describe himself as a "village elder." He was one of the founders of AWWC and helped to develop the survey. His management experience has been useful in the running meetings. He also is an avid photographer and has provided photographs of many of our events.

AWWC General Members

Nan Borton – Ms. Borton has a background in disaster relief and contributed greatly to the assessment process and analysis. She serves on the transportation work group.

Barbara Bell – An environmentalist, Barbara Bell lives in Belfast. She is a member of the City's Climate Change Committee and is active in other local environmental groups. Her interests overlap with AWWC primarily in terms of efforts to improve regional public transportation.

Paul Sheridan – Mr. Sheridan is a photographer. He worked on the Assessment phase of AWWC and is available for service on committees.

AWWC is still seeking members of different backgrounds and expertise—plus willingness to working the full range of support needed for an entire county. For example, AWWC seeks representatives from other WC towns to broaden representation.

Partners

In creating this organization, AWWC has sought to include constituent members that share similar or complementary goals. To date, the organizations represented include:

The Maine Center for Disease Control – A local representative, Drexell White serves on our Executive Board.

The Waldo County Sheriff's Office – Our current elected Sheriff, Jeff Trafton, serves on our Executive Board. Jeff is also a member of TRIAD.

TRIAD – TRIAD is a partnership of seniors, law enforcement, and local organizations dedicated to improving the safety of people 50 and older in their homes and communities through education and service. Joyce Fenner and Evie Tinker are two other members of TRIAD who serve on our Executive Board.

Waldo County Government- County Commissioner Betty Johnson serves on our Executive Board.

Waldo Community Action Partners – Waldo CAP is working with AWWC on a transportation work group to improve some aspects of *Mid-Coast Transportation*, and to address various other needs of seniors during the holidays.

Towns Represented Officially or Unofficially

Belfast – Many AWWC members live in Belfast. The Mayor is involved in AWWC as much as possible.

Lincolnville – Commissioner Betty Johnson is from Lincolnville.

Northport- Dr. Carol Kuhn and Drexell White hail from Northport.

Frankfort – Ellen Hoyt is from Frankfort.

Thorndike – Jeff Trafton lives in Thorndike.

Liberty – Suzanne Pelletier is our AWWC liaison to Liberty.

Palermo – Connie Bellet is our AWWC liaison to Palermo.

Prospect – Jessie Rishani hails from Prospect.

Assessing Waldo County's Needs for Aging Well

Assessment of WC began in February 2017. The data collection period ended April 15, 2017. A team assembled for the data analysis of the survey data and the focus group transcripts. Details of the assessment are included below.

Instrumentation

The *Assessment Sub-committee* of AWWC reviewed instruments used by other Maine communities that had conducted assessments previously and gained AARP age-friendly status. These samples offered many ideas and direction, but none were quite right for Waldo County.

As a result, the committee worked arduously through many meetings to create an assessment survey that would suit the entire county, based on the AARP Eight Domains for Age-Friendly Communities. These eight domains include: (1) *Outdoor Spaces and Buildings*; (2) *Communication and Information*; (3) *Social Participation*; (4) *Housing*; (5) *Respect and Social Inclusion*; (6) *Civic Participation and Employment*; (7) *Transportation*; (8) *Community Support and Health Services.* It was further decided that the length of the survey should be limited to one sheet of paper and should have a comfortable, inviting format.

The resulting assessment was a list of 26 questions with multiple-choice answers, and a narrative box that invited respondents to write more considered comments about the *strengths* and *needs* of where they live within WC.

Survey Distribution

The newly-minted instrument was distributed principally in two ways.

First, more traditionally (and with the help of personnel from Waldo County General Hospital), the AWWC survey was entered into a popular software program for surveys that the hospital is licensed to use. The survey link was then posted on a website created for AWWC and on AWWC's Facebook page (*agingwellinwaldocounty.org).*

Second, because of the high poverty rate in WC, one of the poorest counties in Maine, the assessment committee advertised for "research assistants." The response was appropriate and encouraging. On January 31, 2017, 16 mostly retired professionals attended a three-hour training session on distributing and administering surveys. The session was held in the community center in the town of Waldo, Maine.

Prior to the meeting, two members of the Assessment Sub-Committee amassed information county-wide about places seniors gather, sorted by town. Each research assistant chose assignments in two or three towns in WC, or in fellowship organizations (e.g. veterans' groups, churches, granges), venues, or some combination of these. Assistants left this meeting trained to accomplish three goals:

- Distribute, via "snowballing" (see below), WC residents 50 and over among their own computer contacts, asking those contacts to fill out the survey online, and to pass the message along to *their* contacts with the same request (see Appendix 2).

- Distribute a half-page flier provided by AWWC to people when about town to provide them the information needed to understand AWWC and to take the survey online at home (see Appendix 3).
- Distribute blank surveys around WC (100 of these were supplied to each assistant) at the venues and in the contexts where assistants chose populations to target. The intent of this innovative distribution was to ensure participation from a wide demographic, including lower SES (Socio-economic) homes, places where seniors have more limited technology, with a goal of respondents from every WC community and a threshold of 500 or higher (N= 500+).
- NO survey mailing was included. First of all, mail returns in surveys are generally poor. Second, the majority of potential respondents do not live within walking distance of a post office; in some cases, personal mailboxes are far from residences.

Data collection began February 1, 2017 and ended May 5, 2017. Hand-administered surveys were delivered to personnel from the hospital. These surveys were inputted into the survey software by hand, in order to create a single database.

Overall, 1047 surveys (N=1047) went into the database, completed either by hand or online.

Discussion about Survey Data Collection

The research team feels certain that our efforts to reach people without technology gave us more, better data than relying on electronic surveys alone. While training a team of assistants to go out into the county was time-consuming, the time apparently was worthwhile.

We recruited research assistants via advertisements in various venues such as newsletters of professional organizations that invited brief applications in which applicants could share something about their areas of expertise. Overall, we had retired teachers, social workers, hospice workers, publishers, and an accountant. Everyone was experienced working with the public and would observe a level of professionalism in the process, including confidentiality where needed. The volunteers who applied were all highly interested in the topic, and motivated to help obtain good data; all but two were retired or of retirement age.

During the two-hour training session already mentioned, we explained the background of the project and our procedures. As described, we provided our volunteers with information about where in our county seniors gather. For example, one of our male research assistants set out to visit all the county veteran organizations, thus ensuring male respondents. Some research assistants visited cafés in a target area to find respondents. Church, library, and YMCA functions were other good venues for collecting surveys. Some research assistants asked permission to

attend town meetings. One pair of assistants rode the ferry to our only island to find respondents there.

All surveys not taken online were administered in person, or by a trusted ally, such as a librarian or town clerk, in which case the research assistant would revisit a location to retrieve the completed surveys. In the figure that follows, we include the agenda of our training session:

January 31, 2017 (1-3 pm)

Town of Waldo, Community Center

Research Assistant Training

1. Welcome, Thanks, Introductions	*10min.*
2. Background - Waldo County	*5 min.*
3. Poverty in Waldo county- don't be shocked	*5 min.*
4. Background of AWWC and assessment process	*10 min.*
5. Conducting the surveys	*10 min.*
6. Conducting focus groups	*5 min.*
7. Distribution of surveys- electronic – "Snowballing."	*5 min.*
8. distribution of surveys - hand copies (Jan Dodge and Paul Sheridan)	*5 min.*
***quick break and reconvene for**...*	
9. Sorting out assignments within Waldo county	*10 min.*
10. Handing in completed surveys	*10 min.*
11. Timeline for our work	*10 min.*
Questions?	*As needed*

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One of the distribution strategies we employed, and which was covered during training, is called *Snowball sampling*, or just *snowballing.* It spreads a given notice as quickly and widely as a news item "going viral" on the Internet. We provided each assistant with a template for an email message to write to their older WC contacts (friends, relatives, business associates, etc.) in their personal email address books. Each assistant asked these contacts to take the survey, providing the online link, and further requesting that each contact share the email with WC contacts in *their* address book to reach more respondents. This strategy gave us several hundred surveys within the first few days after the survey went online. We were off to a good start.

At the start of the distribution phase of the project, we provided each assistant with an official looking name tag, a hundred blank surveys, and talking points of what to say by way of introduction at a venue. As the assistants spread out around the county, some of them were warmly greeted and made to feel welcome, consistent with Maine hospitality, but at some venues they got cold shoulders and were treated with suspicion, also consistent with some Maine municipalities. For instance, one research assistant asked a town clerk for permission to attend a town meeting. Permission was granted but the town clerk neglected to inform the selectperson in charge of the meeting. Once informed, the selectperson politely introduced the assistant, and explained that she'd be set up at a table with chairs for respondents to sit in and take the survey, but the group was not responsive. Indeed, when the selectperson stated that the survey was funded by Maine AARP, the comment drew negative reactions. One woman ranted, "I don't like AARP, they fund the LEFT, and I'm not telling 'em where my guns are." This was not a successful venue.

In spite of our efforts, and a robust number of surveys completed, we believe we never got our poorest and most vulnerable populations represented. A research assistant who went to a low-income housing unit to urge tenants to take the survey was met with suspicion and everyone she asked refused to participate. We believe it will always be difficult to reach this marginalized sector of any population. We did get the cooperation of some social workers to collect at least some data from seniors who are home-bound and/or disabled.

We have the following recommendations for other communities doing assessments:

- Do not rely solely on respondents who have computers and access to the Internet.
- Put together a robust team of helpers to distribute surveys rather than relying on people to request copies of the survey: publicity is limited.
- Decide on locally logical strategies and venues. Train and keep in touch with the distribution team.
- Expect mixed results in participation of various demographic groups.
- Be explicit about procedures for distribution, collection, and submitting paper surveys.
- Leave the online survey open for many weeks to ensure good use of the link.

Focus Groups

After the surveys had been collected and partially analyzed, Focus Groups were planned. Three Focus Groups were formed, all comprised of WC senior citizens from a wide socio-economic and demographic profile.

In April 2017, a training session was held to prepare some people to organize and/or administer focus groups. Each Focus Group had an organizer, an administrator to lead the group, and one or two note-takers who made audio recordings with participant permission and took copious notes as backup. Note-takers reviewed and tidied document files and submitted audio and document files to the principal investigator to arrange for analysis.

The first focus group included the towns of Palermo, Liberty, Unity, Montville, and Freedom in March 2017.

The second focus group was organized in Stockton Springs and included the towns of Stockton Springs, Searsport, Prospect, and Frankfort. It was held on May 22, 2017 in Stockton Springs. Efforts to identify and include representation from Monroe and Winterport were not successful.

The third focus group included Belfast and surrounding communities. It was held in early June, 2017. Overall, 29 seniors participated in one of the three focus groups.

The four open-ended questions for the Focus Groups emerged from the analysis of the open-ended questions at the end of the survey. They were carefully selected to solicit in-depth information and challenges that might be actionable in further endeavors of AWWC.

The focus group questions were:

> 1. What in your community or area is an asset to people 50 and over?
> 2. What in your community or area needs to be different or changed to suit people 50 and over?
> 3. If there is one thing you could change in your community or area, what would that be?
> 4. Do you have anything else you would like to say?

Appendix 4 shares the Demographic Registration filled out by participants to provide basic demographic information about the focus group participants. Appendix 5 includes the form granting permissions from participants to be audio-recorded.

More details about the Focus Groups are offered in the section on findings.

Analysis

The software used for the surveys provided the tallies, charts and graphs that represent the major findings of the instrument. Overall, 1047 surveys were completed from 26 communities (N=1047).

Data are presented by question number and AARP Domain topics. The last item, #27, was the narrative item. In two parts, respondents were invited to list what works in their community, and what does not. Not all respondents chose to address this item. The total number of responses for the narrative items was close to 400.

A team of six people met multiple times to analyze the open-ended items, 27 and 27a. Item 27 invited respondents to comment on assets of their township. Item 27a invited respondents to comment on challenges in their community that could use improvement for people ages 50 and over.

Constant Comparative Analysis (a technique highly accepted in qualitative research first developed by Corbin and Strauss) was the technique used to analyze these items. The data were separated between 27 and 27a, and then disaggregated by *all Waldo County* and *Belfast only*. Comments were read and reread to determine logical categories. Responses were then coded using the categories. All responses were first coded by a team of two researchers, and then traded with another team of two researchers. Therefore, all responses were evaluated by at least four people who agreed on the categories assigned.

Responses could warrant multiple categories, as is common in narrative analysis. For example, a comment that a food pantry at the church is a town asset would be assigned a category for the *church* as an asset, and the *food pantry* as another asset. A comment where a respondent mentioned attending a movie and a pot luck dinner at the local library would be coded for both *library*, and *social.* A comment about liking *Senior College* would get a code of *Learning* and *Social*.

The researchers then took the codes that emerged from the data and attempted to fit them to the eight AARP domains. The majority of codes fit into one of those. The ones that did not fit dealt with *how respondents felt about where they lived*, and *concerns about cost of living and finances*. These comments were especially related to rising costs of living while on fixed incomes, affording the rising costs of health care, and specific issues related to living with a disability.

RESULTS and RESOLVES

At the time of this writing, AWWC is pursuing two parallel sets of goals. One is to *continue to build the organization* to further the work, while the other is to *begin the work addressing WC's needs per the outcomes of the 2017 assessment.*

Organization Capacity Building

When AWWC started, it had no models to follow. Other age-friendly sites in Maine are either single towns, or a small cluster of towns. The decision for AWWC to serve an entire county brought with it both opportunities and challenges. First and foremost, in our action plan, AWWC resolves to:

- Build capacity to do our work by *identifying and adding enthusiastic Board members and supporters until all officers and needs are filled, i*ncluding but not limited to the need for a treasurer, a corresponding secretary, a publicity and communications manager, and others. Board members are seeking such members from community contatcts.
- Build capacity *to seek and obtain grant monies to support the work as a 501(c)(3).* Work to make this happen will be ongoing.
- *Visit and Introduce ourselves to community groups and each WC municipality* until all willing municipalities are represented at AWWC, and these municipalities are addressing an area of concern. The towns of Liberty and Palermo are now doing this, to find ways to fill local needs.

Doing the Work Identified by Our Assessment

Three large patterns emerged from the data in terms of needs for WC. These areas necessarily guide the initial and future SMART (**S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**imely) goals guided by Maine AARP. Our three critical needs areas are:

1. Transportation – WC is large, and Mid-Coast transportation offers rides on a limited basis, by appointment, only on weekdays. Nonetheless, the data analysis team believes that the average respondent is not aware of Mid-coast transportation and assumes there are no alternatives to private automobiles.
    a. AWWC will explore, with Waldo Community Action Partners (the governing agency for Midcoast Transportation) ways to make their services more visible, and
    b. Help them explore ways to increase ridership.
2. Social Isolation – The geography of WC makes social isolation an issue. Many towns lack a center within walking distance. The issues with transportation exacerbate the social isolation. AWWC will:
    a. Assist and support individual towns to identify events already in place (such as monthly turkey dinners), that can be improved by increasing attendance;

    b. Help towns find ways to identify people who need to get out and attend functions, offering such people transportation if necessary;
    c. Build and sustain some social structures especially beneficial to older citizens;
    d. Build and sustain calling networks, especially to reach older people during extreme weather events.
3. Affordable Housing – Although most seniors are homeowners, some express frustration with their living situations and would prefer to downsize. Homes and apartments in this area that are handicapped-accessible, or even adaptable for older people's normal needs, are scarce.
    a. AWWC will form a housing committee.
    b. This committee will attempt to interface with other local organizations that can be helpful, including but not limited to: Waldo County Habitat for Humanity; Window Dressers; The Woodshed.

The SMART GOALS that follow address transportation and social isolation in addition to related domains, such as Communication and Information, Community Participation, and Social Respect and Inclusion. We will add addressing Affordable Housing issues now that we have added two people to the Board who have interest and expertise in housing issues.

SMART GOAL #1 – Liberty and Montville

Domain Plan: Social Isolation

Goal: To increase opportunities for activities for seniors in towns outside Belfast, to increase attendance to activities, to identify people who need support getting to events.

Relevance: Liberty and Montville, who share a school, are very small communities. They are situated geographically in the midst of WC. Thus, residents must drive long distances for services and entertainment. This sort of rural setting supports social isolation, and transportation needs are often serious. By starting a monthly group for seniors and arranging carpooling, Liberty is addressing two interrelated needs in their SMART goal.

Location: Liberty and Montville, Maine

Objective(s)	Action Steps	Resources /barriers	Measurement	Committee/partnership responsible	Status
Identify an AWWC subcommittee	Assemble a meeting of interested Liberty/Montville residents who wish to be involved.	Some difficulty finding committed people	Does committee remain active?	Suzanne Pelletier	Completed winter 2017-18
Plan and advertise a monthly local event for seniors	Have each person from subcommittee plan an activity for a month, taking turns.	Some activities have minor expenses. AWWC Committee sought some donations from local businesses.	Take attendance and photos of events. Monthly activities have grown from 14 to 27 attendees	Suzanne Pelletier and sub-committee	Activities began during winter. At this time there have been luncheons, ice cream socials, and more.
Create a telephone tree to check on and encourage seniors who may be isolated	Identify isolated persons by asking town clerks, clergy, active community members. Identify persons willing to make calls.	Difficulty locating isolated persons. Sought funding to cover costs from a local well-known business.	Having a list and a plan of callers for future emergencies	Suzanne Pelletier and sub-committee	Working on this goal currently.

Seniors in Liberty and Montville at a monthly get-together, in this case at a local cafe

SMART GOAL # 2 – Palermo

Domain: Outdoor Spaces, Social Participation; Respect and Social Inclusion, Civic Participation and Involvement; Community Support.

Goal: To provide accessibility to the Palermo Community Center, provide food security and information about nutrition to citizens of all ages, provide access to the Community Garden and Grape Arbor with intergenerational events.

Relevance: Food insecurity and insufficient attention to nutrition surfaced when the Food Pantry opened seven years ago. Good health truly supports the ability to age in place. Socialization became an obvious need next, as people were warmly welcomed to the Community Center and encouraged to engage with and care about one another, creating their own safety net. All local organizations are welcome to use the Palermo Community Center free of charge. The grape arbor [? "Grape Arbor"? Which is it?] is also popular as a place for celebrations, barbeques, and weddings, meeting the need for an accessible building and outdoor space.

Location: Palermo, Waldo County, Maine

	Action Steps	Resources	Measurement	Committee/ Person responsible	Status
	We will complete the new access ramp in partnership with Habitat for Humanity. As members of Harvest for Hunger (U. of Main Extension Service), we introduce citizens to fresh, organic foods to expand their diets and increase nutrition. Master Gardener Volunteer Connie Bellet takes visitors on Tasting Tours of the Palermo Community Garden, especially during Open Garden Day. The Living Communities Foundation hosts the Palermo Food Pantry, which welcomes all every Tuesday. There is also a cultural outreach, the Great Thunder Chicken Drum, which is a Native cultural teaching Drum. The Evolving Community Film Series is expanding to include more "live speakers."	**A**chievable: The Living Communities Foundation is not endowed, so all funds must be generated through fundraisers and membership dues. We are in the middle of our spring Vidalia Onion sale. A GoFundMe site brought in over $2,500 for the new well and materials for the ramp, and there were several thousand more in donor funds. We also held a Wine Tasting with a raffle and 50/50 drawing, which netted about $500.00. Another raffle is in the works, and we are looking at a "shopping spree" raffle.	When the ramp is completed, we will honor all our volunteers and engage the media. Food donated to the Pantry by local farmers and the Palermo Community Garden is weighed and recorded, as are numbers of participants and their ethnicity. The Drum group does community outreaches to a number of towns and groups. Events are photo documented.	Connie Bellet and Palermo Community Center Committee	The completion of the access ramp comes just in time for the May Open House and the July Open Garden Day. All will be complete by July 30.

Clem Blakney, *the barefoot vintner*, of You-nity Winery, conducting a benefit wine tasting at the Palermo Community Center.

Phil White Hawk waters Palermo Community Gardens constructed and maintained by community activities addressing social isolation as well as helping to provide fresh food.

In Palermo, the Thunder Chicken Drum events are followed by pot luck suppers. Events are intergenerational.

Tuesdays, community-grown produce becomes available at the local food pantry in Palermo.

SMART Goal # 3

Domain: Transportation (2); Social Participation (4); Communication and Information (7); Community and Health Services (8).

Goals: To make existing services better known to Seniors in WC.

Relevance: As AWWC began our process, more experienced leaders who met with the emerging AWWC advised us to address the "low hanging fruit." In the case of WC, one of the fruits is that:

- Only 13 % of survey respondents have lived in WC all their lives. Almost 15% have arrived within the last 5 years.
- Existing services – especially Mid-Coast Transportation – are unknown to many seniors.

Location: County-Wide Waldo

Action Steps	Resources	Measurement	Responsible Committee Members	Status
Using a model of a resource guide provided by WALDO CAP aimed at overall community needs, and a guide provided by TRIAD, construct a one-page, two-sided resource guide for WC seniors.	TRIAD model, Waldo CAP model		Marje Stickler, Evie Tinker, Barbara Bell (General member)	In progress
Finalize and print sufficient copies				
Devise a plan for distribution		Will distribute 1000 copies to town offices, libraries, churches, and social service agencies.		
Complete distribution			All AWWC members, other volunteers	Estimated completion by 12/18

Domain: Social Participation (4); Transportation (2); Respect and Social Inclusion (5); Civic Participation (6); Communication and Information (7)

Goal: To familiarize more WC municipalities with AWWC with the intent of identifying interested, enthusiastic representatives to address AWWC goals (Social Isolation, Transportation, Affordable Housing) in their community following the Liberty and Palermo models.

Relevance: While most municipalities have social functions going on, especially through local libraries and churches, participation in these events can be improved, and events for seniors may need to be made available.

Location: Various municipalities

SMART Goal #4

Action Steps	Resources	Measurement	Responsible Committee Members	Status
Schedule visits to municipalities	Sheriff's Office is well known in municipalities	Number of successful municipal visits; 5 successful visits by the end of 2018	Jan Dodge Jeff Trafton	In progress
Identify potential Board members in municipalities who will enjoy liaising with AWWC		Identify 3 Potential Board member/representatives	"	By 12/18
		Identify 5 additional potential representatives	"	By 12/19
New SMART goal: One of these municipalities will gear up and propose one SMART goal for 2019 for their community and implement following the leads of Liberty and Palermo.	Local churches and libraries as meeting and event sites, local clergy to assist where possible with goals, tap into other organizations such as women's clubs, veterans, etc.	New community will have someone begin attending AWWC meeting; will put together local capacity via a committee of at least 3 members; will propose something beneficial to their community, either new or an improvement to existing service.		Propose 12/18 Completion 12/19

Domain: Social Participation (4); Transportation (2); Communication and Information (7)

Goal: A sub-committee of AWWC will meet regularly with Waldo CAP for the remainder of 2018 to explore ways to use the coming holiday food baskets as vehicles for dispersing information about services to senior citizens.

Relevance: Waldo County has a mid-coast transportation system. While it is limited to weekday business hours, and requires two-day notice for individual transport, many seniors in Waldo County are unaware of this resource. This was evident in the many comments on the assessment survey that our area has "No transportation." Many seniors are also unaware of the services provided by TRIAD, and the Waldo County Sheriff's office.

Location: Waldo CAP Offices – Belfast

SMART GOAL # 5

Action Steps	Resources	Management	Responsible	Status
Plan several meetings with Waldo CAP, Tabitha Lowe and Steffanie Pyle	WCGH for low cost printing; TRIAD for information cards already printed, Sheriff's office for other information packets.	Management will involve working together with WALDO CAP for the remainder of 2018.	Wendy Kasten, Marje Stickler, Kathleen Kearns, Sue Garrett, Jayne Giles, Connie Bellet, Jeff Trafton (Waldo Co. Sheriff).	First meetings on calendar
Devise a plan to use holiday baskets as vehicles for dispensing information to seniors				
Complete the needed gathering and copying prior to the holiday period				
Turn over materials and instructions to those who pack and deliver baskets.		Hopefully, increased ridership on Mid-Coast transportation will be evident.		

Goals for 2019

While most of our SMART GOALS will be ongoing, these are our projected goals for 2019.

1. Now with a grants committee formed, and one member having taken a grant writing class, we are poised to apply for funding opportunities that arise.
2. With the outreach being done in SMART GOAL #4, we expect to attract at least seven more representatives from municipalities to attend monthly meetings. Each township and their representative should result in a new SMART GOAL or shared SMART GOAL (as when two towns decide to work together).
3. We hope to have three-five new Board members who represent expertise in our needs areas such as publicity, legal advice, etc.
4. Given two new Board members with interests and expertise in housing, we expect to begin a SMART goal around the topic of affordable housing.
5. With five SMART goals in varying stages of development, we expect to have a total of 10 SMART goals in place by the end of 2019.

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