

AD HOC FALMOUTH SENIOR CITIZEN ADVISORY COMMITTEE

REPORT AND RECOMMENDATIONS FOR SERVICES FOR FALMOUTH'S SENIOR CITIZENS

September 2015

Committee Volunteer Members:

Dolores Vail, Chair
Peggy McGehee, Vice-Chair
Joel Glass
Jen De Rice
Ray Jett
Carol Kauffman
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Town Council Liaison

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Committee Staff Members:

Amy Lamontagne, Assistant Town Manager
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1. EXECUTIVE SUMMARY

The Town of Falmouth, Maine, is more than a municipality. It is a community. Its leaders and stakeholders actively promote the welfare of its residents. They have long advocated for green spaces, public safety, good roads, excellent schools, diversity in housing and a thriving local business area. The Town's residents volunteer at its food pantry for those in need (a third of whom are senior citizens). They support environmental responsibility through recycling initiatives, conserved land and biking lanes. The annual Habitat for Humanity walkathon on Foreside Road is one of the most attended events in Town. Each October, hundreds of residents gather for an annual free roast turkey community supper held by the Town's churches and faith communities.

In advocating for the welfare of our neighbors in need, the Falmouth community promotes the welfare of us all. As more of our residents become senior citizens, it is natural for us to consider ways in which we can appropriately provide services.

As we age, our needs change. When we can no longer drive, we need help with transportation. We may become isolated – and so need a place to socialize. We also need information about where to find help with home maintenance and personal care. With fixed incomes, we may need help controlling our expenses (including property tax relief).

Although our municipal government is not a care provider, small municipal expenditures can provide great benefits to our seniors. Such a commitment recognizes that, just as seniors have long supported our youth with good schools and playgrounds, and recreating families with conserved land, and businesses with business district renewal, so, too, do they deserve some municipal support for their needs that inevitably arise with aging.

The members of this Senior Citizen Advisory Committee therefore appreciate the Town Council having established the Committee with the charge to determine what role the Town should have in offering and facilitating the delivery of services and assistance to its senior citizens.

In this Report, the Committee describes the research it has done since it first met in March, 2015, including meeting with senior services providers and similar committees in other towns, visiting senior centers, reviewing studies and other materials, conducting a senior citizen services survey of Falmouth's residents, and hosting a stakeholders advisory meeting.

Based on this information, the Committee proposes, in Section 13 of this Report, five recommendations for immediate implementation, summarized below:

1. Create an hospitable Senior Center in the Town Activity Center (Mason-Motz building), with a kitchenette, and connecting outdoor park with walkway, tables, benches and shade trees;
2. Provide seniors programs at the Senior Center;
3. Support the development of a volunteer transportation network;
4. Hire a Senior Services Coordinator;
5. Extend the term of this Committee to September 1, 2016 so that it may complete further

Research, make further recommendations, and assist in the implementation of those senior services initiatives that may be approved by the Town Council.

The Committee members appreciate the opportunity to do this important advisory work. They are grateful to Councilor Russ Anderson for his wise guidance as the Council's liaison to the Committee, for the outstanding work and support of Town staff members Amy Lamontagne, Assistant Town Manager, and Lucky D'Ascanio, Director of Parks and Community Programs, and Nathan Poore, Town Manager, for his excellent facilitation of the stakeholders meeting.

The Committee members are available at the Council's convenience to provide any further information it may find useful.

2. Town Council's Charge to the Committee

In 2015, the Falmouth Town Council established this Ad-Hoc Senior Citizen Advisory Committee, and appointed as its volunteer members, seven Falmouth residents. The Council charged the Committee to "offer a full report and recommendation to the Town Council, consistent with the purpose and goals of the Committee no later than September 1, 2015".

The Town Council's full Charge to the Committee states:

The Senior Citizen Advisory Committee shall:

- 1. Assist the Town Council with the development of a vision and plan for how the needs of the Falmouth senior citizen community can be met.*
- 2. Determine what role the Town should have with offering and/or facilitating the delivery of services and assistance to senior citizens.*
- 3. Offer recommendations for consideration by the Town Council including but not limited to the following:*
 - Develop a list of programs, services and facilities that could be offered or enhanced that would involve the Town's direct or indirect involvement.*
 - Identify how any new or enhanced programs, services and facilities could be funded with and without the Town's financial support.*
 - Identify current needs and forecast the future needs of senior citizens and how the Town should be prepared to respond to those needs.*
 - Implementation strategies.*

3. Composition of Committee

Committee Volunteer Members:

Dolores Vail, Chair
Peggy McGehee, Vice-Chair
Joel Glass
Jen De Rice
Ray Jett
Carol Kauffman
Catherine Hannon

Town Council Liaison:

Russell Anderson

Committee Staff Members:

Amy Lamontagne, Assistant Town Manager
Lucky D'Ascanio, Director, Parks and Community Programs

Membership Profile:

Among the members are residents who have been Falmouth residents for 2 years, 25 years, and 59 years. Their career and other experience includes: professional municipal recreational programming, marketing, nursing, work with non-profit foundations, economic justice advocacy, manufacturing, law, church program coordination, education, and rehabilitation consulting. Their volunteer work in the Town includes service on the Town Council and its committees, School Board, local churches, Food Pantry, and local service and non-profit organizations.

4. Summary of Committee's Completed Tasks

In preparing this Report and its Recommendations, the Committee accomplished the following:

- Convened in March 2015, and met twice or more monthly;
- Reviewed its Charge and the Town's Comprehensive Plan;
- Reviewed the Town's demographic profile and trends;
- Reviewed studies and services in neighboring municipalities;
- Contacted the Falmouth Food Pantry on the need for a senior center among its clients;
- Reviewed OceanView's 2012 Agreement with the Town as to OceanView's commitments relating to providing public space for seniors and other residents.
- Met with OceanView owner John Wasilewski, and his colleague, Matt Teare, to discuss private-public partnership terms for a senior center in the Plummer building;
- Reviewed existing services that Falmouth provides to its senior citizens;
- Met with Larry Gross of the Southern Maine Agency on Aging to review the services his organization provides to senior citizens;
- Met with members of the Cape Elizabeth Senior Citizen Advisory Commission regarding its similar work for the Cape Elizabeth Town Council and its draft November, 2014

Report, which describes the top four senior needs in that community – transportation, communication, social opportunities and affordable housing/taxation;

- Met with Tom Gruber, chair of Cumberland Town Council’s Aging in Place Committee;
- Met with Morgan Jameson, executive director of the Independent Transportation Network (ITN), a low-fee transportation service for seniors;
- Several Committee members visited area senior centers to learn about their organization, programming and services;
- Prepared and distributed a Senior Citizen Services Survey to Town residents, both on-line (Survey Monkey) and in hard-copy, as well as at polls during the June election; and,
- Held a Town stakeholders meeting for input on needed senior services in the Town and for review and comment of the Committee’s draft recommendations.

DATA GATHERED

5. Falmouth’s Demographic Profile

The Falmouth Economic Improvement Committee Draft Study, April 2015, states:

Page 7: At 47.8 years old, Falmouth residents are older, on average, compared to those in Cumberland County, Maine, and the United States. These age characteristics have implications for the workforce as residents retire or look to transition into a more flexible time in their career with a home-based business or small, one-person consulting firms.

Falmouth’s Comprehensive Plan states:

Pages 27-28: Household Changes. Household size has dropped significantly in the last few decades. While in 1980 it was 2.72 persons per household, in 2000 it was 2.56 persons per household. It may have leveled out as it was 2.54 persons per household in 2010. This decrease is a reflection of an increase in single-person households, a tendency toward small households among the baby boomers, the increased longevity and independence of seniors living alone, and increased divorce rates.

Smaller households mean that more (and different) housing units are needed to accommodate the growing population. The group facilities population (primarily residents of nursing home and eldercare facilities) increased from 84 people in 1990 to 217 people in 2000, but dropped to 178 people in 2010.

Page 28: Age Distribution: Falmouth’s population appears to be moving in two different directions. On one hand, many young families are moving into the community driving up school enrollments. On the other, Falmouth’s population has been getting older.

Falmouth has the highest percentage of residents over the age of 75 in Southern Maine. Its median age increased by more than 5 years over the last 20 years.

Age of Falmouth's Population

	1970	1980	1990	2000	2010
less than 5 years	7.2%	4.6%	6.2%	6.9%	4.6%
5 – 24 years	34.2%	29.1%	21.5%	22.4%	25.7%
25 – 44 years	24.2%	25.8%	31.5%	28.0%	19.3%
45 – 64 years	23.9%	25.6%	22.1%	25.4%	33.7%
65 plus years	10.4%	14.9%	18.7%	16.2%	16.8%

Total Population

1970: 6,291
 1980: 6,853
 1990: 7,610
 2010: 10,310
 2011: 11,185

Page 29: The number of senior citizens is growing, creating a different set of demands on the community.

Page 38: Senior Housing: For the purposes of this chapter, LPAC considered a “senior citizen” to be a person 65 years of age or older.

With regard to housing, Falmouth has a number of condominium developments which tend to appeal primarily to seniors, with only one, (Applegate) requiring residents to be 55 or older. [Note: Blackstone, an apartment complex, limits rentals to age 62 and older, as does part of Foreside Estates.] Additionally, there are several compact housing developments that, while not limited to seniors, generally have greater appeal. Additionally, there are several compact housing developments that, while not limited to seniors, generally have greater appeal to an older, retired population. Also, there are three eldercare developments: OceanView at Falmouth, Falmouth by the Sea, and Sedgewood Commons (an Alzheimer’s care facility). The existence of other housing arrangements for seniors, such as alternative home-sharing programs, is less well documented.

Consideration of senior housing should be afforded some measure of urgency by the Town. As reported to LPAC by the Executive Director of the Southern Maine Agency on Aging, the population of people aged 65 and older is expected to grow by 58% in Cumberland County between 2008 and 2020, which will mean that a significant portion of Falmouth residents will be over age 65 by the end of this decade. While OceanView at Falmouth is scheduled to expand its facility over the next few years, that alone does not ensure that the housing needs of Falmouth’s senior citizens, of varying economic status, will be met in the future.

See generally the Town’s Comprehensive Plan at: <http://www.falmouthme.org/long-range-planning-advisory-committee/pages/2013-comprehensive-plan.Vol.2> (population and demographics chapter at pdf page 27) and Housing and Transportation chapters.

See also FEIC Development Strategy and its demographic and economic base analysis at PDF page 7, <http://www.falmouthme.org/economic-improvement-committee/pages/economic-development-strategy>.

6. 2000 Comprehensive Plan Goal to Study Need for a Senior Center (updated in 2013)

Falmouth's 2000 Comprehensive Plan states that:

“It is the Comprehensive Plan’s policy and action recommendation to “study the need for a senior center to meet the social and recreational needs of the community’s growing elderly population.”

Vol. II (2000), page 77

The 2013 Comprehensive Plan update reports that a community center was under consideration [since established as the Activity Center, that opened in 2015], that could “also serve senior citizens”. Vol. II (2013), Implementation Status, p. 7.

Page 19 of the Plan states (based on the Comprehensive Plan’s Town Survey):

“Enhanced services or programs viewed by the largest percentage of respondents as a priority include community and recreational programming and facilities (45%), cultural or social programs (39%), open space acquisition (38%), elderly services (33%), and a swimming pool (33%). Among those that consider enhanced services or programs as a priority for the town, those considered the highest priority are a swimming pool, open space acquisition, and community/recreational programming and facilities. Among those indicating a specific enhanced services or programs is a priority; a majority would support a potential increase in taxes or user fees to fund a swimming pool, open space acquisition, community/recreational programming and facilities, and teen center space.”

Page 40 of Volume II of the Plan states: Suggested Action: 1. The Town should seek public input from seniors and explore the development of housing that is attractive to an age 65 and older population, including alternative senior housing programs, such as home sharing programs, accessory apartments, adult family care homes and congregate housing, and sliding scale development.

Pages 50-51 of Volume II of the Plan states: Parks and Community Programs: Charged with providing supplementary educational, active and passive recreational, social, and cultural opportunities for members of the Falmouth community, this Town department provides programming and opportunities as fits community needs. A volunteer board works closely with the department’s staff to address youth and adult demands. This department is also responsible for the scheduling of all public facilities supported by local tax dollars, including school buildings and municipal park facilities. The department maintains an online scheduling calendar; a cooperative venture between many Town and school departments. This department also assists numerous nonprofit organizations by providing meeting and/or event space.

7. Results of Committee's Senior Services Survey of Falmouth Residents

In June, the SCAC conducted a Senior Citizens Services Survey, posted on the Town's web site, and distributed in hard-copy. The Survey is included with this Report as **Appendix 1**. Among the Survey's 14 questions were those asking what senior citizen issues were important to the responding resident; what new programs or services the resident wanted the Town to support or provide; and whether the resident wanted the Town to support expanded transportation services; provide for a senior citizen services coordinator; and to establish a senior community center. The SCAC received 189 responses, 82 per cent of which were from residents aged 60 or more. A tabulation of the responses is included as **Appendix 2**.

Many respondents made specific requests in the comments section, such as the following:

Comments by Respondents to the Committee's Senior Services Survey:

Senior Center

- *A senior center would provide a cost-effective way to keep seniors active and social which is key to their wellness*
- *Please provide a senior center*
- *A place where seniors can get together and be with others their own age—activities and food would be a bonus*
- *Programs for seniors and caregivers would be great at a senior center*
- *A place for seniors to meet, converse, have activities, trips and lunch*

Activities/Programs

- *Programs to make music, learn a skill, such as stained glass, woodwork, play Bingo and take trips*
- *More guided walks and exercise programs*
- *Wellness activities*
- *Seniors exercise programs*
- *Exercise programs specifically for older folks*
- *Basic computer classes*
- *Technical help with computers*
- *Discussions and lectures*
- *Access to a pool*
- *Mah Jong*
- *Social get-togethers with themes—authors, lectures and movies*
- *Book groups*
- *Crafts*
- *Speakers, crafts*
- *Shopping services for food*
- *Serve hot food at senior center*

Transportation Assistance

- *Provide transportation to medical needs*
- *Transportation to shopping, library, medical*
- *Volunteer transportation coordination*
- *Help getting to medical visits*
- *Transportation to grocery stores*
- *Seniors transportation*
- *Transport for seniors who do not drive*

Information/Referrals

- *Provide some system to refer seniors who need help with food or mental/physical care*
- *Manage a volunteer network to provide senior citizen services*
- *Provide lists of available help with yard work, etc.*
- *Provide information about service programs, medicine, etc.*
- *Educate public about available resources*
- *Help with shoveling roofs and driveways in winter (coordinate volunteer force?)*
- *Help finding carpenter to help with home repair work*

A few Survey respondents commented that the Town should not be providing any special services for seniors, principally because of concerns about the impact on their taxes. Several stated that a way to support senior residents would be to reduce their property taxes. Additional Survey responses are described in other sections of this Report.

8. Town Stakeholders' Identification of Current and Future Needs and Services

On August 19, 2015, the Committee hosted a two hour breakfast meeting of Town leaders and stakeholders, for the purposes stated in its letter of invitation:

"The purpose of the meeting is two-fold. First, the Committee seeks your input generally as to the Town Council's charge to the Committee to determine what role the Town should have in offering and facilitating the delivery of services and assistance to its senior citizens.

Secondly, the Committee seeks your specific input on the Committee's draft Recommendations, which are based, to date, primarily on the 189 resident responses to the Committee's Senior Citizens Services Survey held in June, and on advice from area senior service organizations, and committees in neighboring municipalities."

About 30 people attended, including representatives from the Town's Public Safety, Fire/EMS, Parks & Community Programs, and Planning Departments, and from the Library, Town Council, School Board, churches, Falmouth Land Trust, Falmouth Food Pantry, a local bank, and service groups, including American Legion Post #164. The meeting was facilitated by the Town Manager Nathan Poore.

Following is a Summary of Stakeholders' Comments at the Meeting:

Services and programs currently available to Falmouth's seniors:

- Service clubs: Lions, Rotary, Falmouth/Cumberland Chamber
- Library: computers, large print materials, programs
- Falmouth Food Pantry: home delivery, home heating, medical assistance
- Public safety: Reassurance program call-in
- Community programs: trips, seniors programs
- Churches: Call to care, visitation, community supper, outreach
- SMAA – Programs, including a balance program and care giving program
- AARP – Senior driving course
- Gardening Angels- Cooperative Extension
- Lions Club – Medical equipment lending
- Meals on Wheels
- RTP (Regional Transportation Program)
- ITN (Independent Transportation Network)
- Accessible Trails – Outdoor Recreation.
- Maine Learning Resources – Bucknam Road
- Legion Post – Veterans Services

Proposed Additional Services:

- Cooling/Warming Center – potentially in a Senior Center
- Expanded seniors programming – Fall prevention, Senior wellness, Isolation/Interaction socialization
- Property tax assistance
- Coordinator and disseminator of services information
- Basic needs – weatherizing, heating.
- Aging in place – services to help seniors remain in their homes
- Information center – Clearinghouse
- Outreach with schools
- Volunteer coordinator
- Transportation
- Socialization/mentor relationships (as with Cape Elizabeth senior-to-senior program with high school seniors)

Role of Town and volunteers: senior support services the Town should offer

- Use Fire/EMS as conduit to those in need
- Town website – list of services
- Library – developing community brochure
- Police oversee as an community service sentencing option, as appropriate, yardwork, etc. for seniors who sign-up for such service

- Hire a Senior Services Coordinator who would also recruit and coordinate volunteers
- Co-op for services
- Technology – Channel 2
- Communication – marketing – outreach: tax bills, healthcare providers, media (*Notes, Forecaster, etc.*)
- Develop joint programs/partnerships
- Provide coordination of services and information
- Website – Add volunteer section for information
- Coordinate outreach to community
- Website – Market – Communicate
- Don't do it alone – work with community
- Contract services– SMAA employee at Yarmouth/Cumberland.

Most Important Categories of Services to Provide:*

1. Coordination and dissemination of information
2. Senior Center
3. Transportation

*Many of the items/comments listed above, could be placed in one of these three categories.

Stakeholders Consideration of the Committee's draft Recommendations: *The Stakeholders unanimously endorsed each of the Committee's five draft Recommendations as described in Section 1, the Executive Summary (which are further described in Section 13), with the following additional comments:*

- Mason/Motz is the location: insure accessibility
- Transportation – Insure that people get to Mason/Motz for senior programs, including from West Falmouth
- Town should both provide and coordinate volunteer transport to Mason/Motz.
- Expand senior programming with the Library and Community Programs continuing to work together
- Have newsletter for Center describing the available activities

9. Town's Current Community Programs for Seniors

This year, the Town re-purposed the Mason-Motz section of the former Plummer-Motz School as an Activity Center for Falmouth Community Programs office space as well as programming space. Previously, Falmouth Parks & Community Programs had no dedicated daytime programming space for community programs, including those for seniors. Thus, most of its senior programming involved trips to other locations, such as museums, theatres, shops and restaurants. Establishment of the Mason-Motz Activity Center provides an opportunity to now include additional senior programming on-site, which the Parks and Community Programs Department is currently developing for Fall 2015. A dedicated senior center space within the

new Activity Center could facilitate social interaction through non-structured and structured programming.

Examples of senior programming currently provided by Falmouth Parks & Community Programs include:

- Travelogues/Let's Eat Out
- Cultural Adventures – Art Galleries, Museum Trips, Theater Trips & Movies
- Day Trips – Isles of Shoals, Stonewall Kitchen, Flower Shows, Sleigh Rides, Berry Picking
- Overnight Trips & Tours - Aroostook County, Prince Edward Island, Newport, RI
- Adult Enrichment - Gardening, Basket Making, Writing Your Autobiography, Ukulele,
- Painting, Crafts & Hobbies
- Community Health & Awareness - CPR & First Aid, Self-Defense
- Adult Tennis & Pickleball
- Adult Fitness & Wellness - Walking Programs, Gentle Yoga, Laughter Yoga and Tai Chi
- Village Park Summer Concert Series

10. Examples of Local Public/Private Senior Services

There are a number of public/private services available to the Town's senior residents. They include Legal Services for the Elderly; AARP; Southern Maine Agency on Aging (SMAA); Meal on Wheels, and the Independent Transportation Network (ITN).

The Committee met with Larry Gross of SMAA, who provided valuable information and advice about services available to local seniors, including the following:

- A good resource is Peter Morelli, consultant for the AARP Maine Age Friendly Community Project.
- About ten years ago, Critical Insights conducted a senior needs survey in Scarborough.
- Most community centers are intergenerational. It's important to make communities livable for all ages with sidewalks, infrastructure, etc.
- Often, the best result is for towns to work together and coordinate resources. A few years ago, a CDBG grant was awarded to Westbrook, Gorham and Standish to fund a two-year position. When the grant ended, volunteers were trained to help with services (Medicare workshops, etc).
- Some groups contract with them to provide services. A contract employee is about \$35.00 an hour.
- The Village to Village concept is becoming popular and currently exists in Blue Hill. It involves a local peer-to-peer network of providers and services to manage aging in community organizations, including health and wellness programs, home repairs, and social and educational activities, and charges a membership fee to use the resources. SMAA could serve as the initial coordinator to create this network in the Portland area.

- When asked for the top three things/needs a town can provide for its senior residents, Mr. Morelli cited: 1. Transportation; 2. Food shopping (groceries, errands); and, 3. Home Repairs (maintenance). These are all items that allow a resident to “age in place.”

The Committee also met with Morgan Jameson, Executive Director of the local Independent Transportation Network (ITN). She explained the program concept and the role of volunteer drivers. More details about the program are escribed in Section 13.

Local churches are also considering new ways to serve seniors. Georgette Dionne, Administrator at Holy Martyrs Church advised that the church is developing a new program called "Aging with Grace", funded by a Catholic Charities grant. A principal need the church has identified is transportation.

The Falmouth Library provides various services for seniors, including wellness and information programs.

11. Senior Services Studies in Cape Elizabeth and Cumberland

The Committee met with senior services committees in Cape Elizabeth and Cumberland. Below is a summary of their findings and recommendations:

A. Cape Elizabeth:

The Committee met with members of the Cape Elizabeth Town Council’s Senior Citizens Advisory Commission, which submitted a preliminary report to the Cape Elizabeth Town Council in November 2014. It identified four core issues facing its senior population:

- Transportation
- Communication
- Social Opportunities
- Affordable Housing/Taxation

That led the Commission to recommend that the Cape Elizabeth Town Council:

- Establish the Senior Citizens Advisory Commission (SCAC) as a standing committee
- Consider hiring a volunteer Senior Programming/Senior Issues employee
- Distribute a sponsored quarterly household Senior Guide detailing essential services, activities and important phone numbers
- Enhance the Town Website with a Senior Tab that contains related specific content, the Senior Guide and SCAC minutes
- Establish a pre-recorded Senior Hotline that mimics information on the enhanced Senior Tab Town Website for those who lack access to computers
- Establish a designated Senior Space within the Town proper, using existing infrastructure to support Senior Programming/Senior Issues
- Purchase a dedicated 14 passenger van to restore transportation to seniors for functional, daily living and specific event purposes

B. Cumberland:

The Committee met with Tom Gruber, chair of the Cumberland Town Council's Aging in Place Committee, who reported that:

- The Aging in Place Committee consists of 27 members and five subcommittees -- Affordability, Health and Socialization, Transportation, Technology and Communications, and Advocacy.
- Cumberland is working on many different initiatives including senior housing, and promoting social interaction to reduce isolation.
- The Town is brainstorming real estate tax initiatives. These include freezing taxes at age 65+, renovating current housing stock to make it easier to age in place (for which the Town could provide financing and waive permit fees), and providing volunteer 'points' to be used for tax relief.
- A bill was introduced at the 127th Legislature titled, "An Act to Help Older Adults Age in Place through Comprehensive Planning", (LD 909). The measure is still in process but its introduction demonstrates the importance of the aging in place concept.
- Cumberland would like to have an aging forum in the fall. This might be an opportunity for neighboring towns to discuss similar work and explore opportunities for collaboration and regionalization.
- There are new programming opportunities in Cumberland including Tai Chi and excursions. It is difficult, however, to provide programming without a bus and the Town has recently obtained a mini-bus.
- The Aging in Place Committee asked the Cumberland Town Council for \$45,000, which it approved. The funds are to be used for a survey (\$5K), programming (\$25K), and a contract position with SMAAA (\$15K). A portion of the funds came from surplus funds in the Circuit Breaker Program.
- The Town of Cumberland has started a durable medical equipment lending program, run by the Fire/EMS Department. Residents call to request equipment, which is delivered to them.

12. 2012 Falmouth/OceanView Agreement re Senior Center and Outdoor Park.

In January 2012, the Town and OceanView entered into an agreement providing that the Town would sell to OceanView the Lunt School and Plummer School properties, and the Town would retain the Mason-Motz property and the vacant "Town Green Lot" (shown on the Agreement's map as "Exhibit A"). The Agreement is included in this Report as **Appendix 3**.

In Section 10 of the Agreement, OceanView ("OV") and the Town agree to:

"explore... possible public private partnerships for redevelopment of the Plummer Lot ... which may include both private uses and public uses such as...communities facilities and programs... [and if] no public private partnerships are entered for redevelopment of the Plummer Lot and/or Mason Motz Lot, then the Plummer Lot shall be used for private uses and/or public uses, as determined appropriate by OV...such as [a] senior center."

Although the above language indicates that OceanView would be amenable to the Town negotiating terms for establishment of a senior center in OceanView's acquired Plummer building, Survey respondents, by a significant margin, preferred having a senior center in the Activity Center (Mason-Motz building).

However, Section 10 of the Agreement also provides that OceanView agreed to,

“...work cooperatively with the Town regarding the design of the Town Green Lot and the proposed uses thereof, such design to include at a minimum a playground, gazebo, and a green suitable for meetings, concerts, a farmer's market and winter holiday tree and lighting ceremony, and OV shall construct and maintain the Town Green at OV's expense”.

(emphasis supplied)

The above provision is significant, as the Committee is recommending in Section 13 that back part of the Town Green be improved with a walkway, benches, tables and shade trees as an outdoor extension of its proposed senior center in the Mason-Motz building (the current Town Activity Center). Creating such an outdoor park is an opportunity that could enhance the overall experience of a senior center in this location. Working with OceanView, the Town could ensure that the final design and construction in this part of the Town Green is an extension of a senior center in the Mason/Motz building. This is a unique opportunity to design and construct a valuable amenity not only for seniors, but for everyone, without adding costs to the senior center project.

RECOMMENDATIONS

13. Committee Recommendations to the Council

Following are the Committee's Recommendations to the Town Council in accordance with the Council's Charge. In making these Recommendations, the Committee members drew on their own experience, research and perspectives; the information and recommendations made by others, including experts in the field, by community leaders and stakeholders, and by Town residents—particularly those who responded to the Committee's Senior Services Survey.

Recommended Programs, Services and Facilities

1. Create a Senior Center in the Town's Activity Center (Mason-Motz building).

The Committee recommends that the Town create a senior center in the Town's Activity Center (Mason-Motz building).

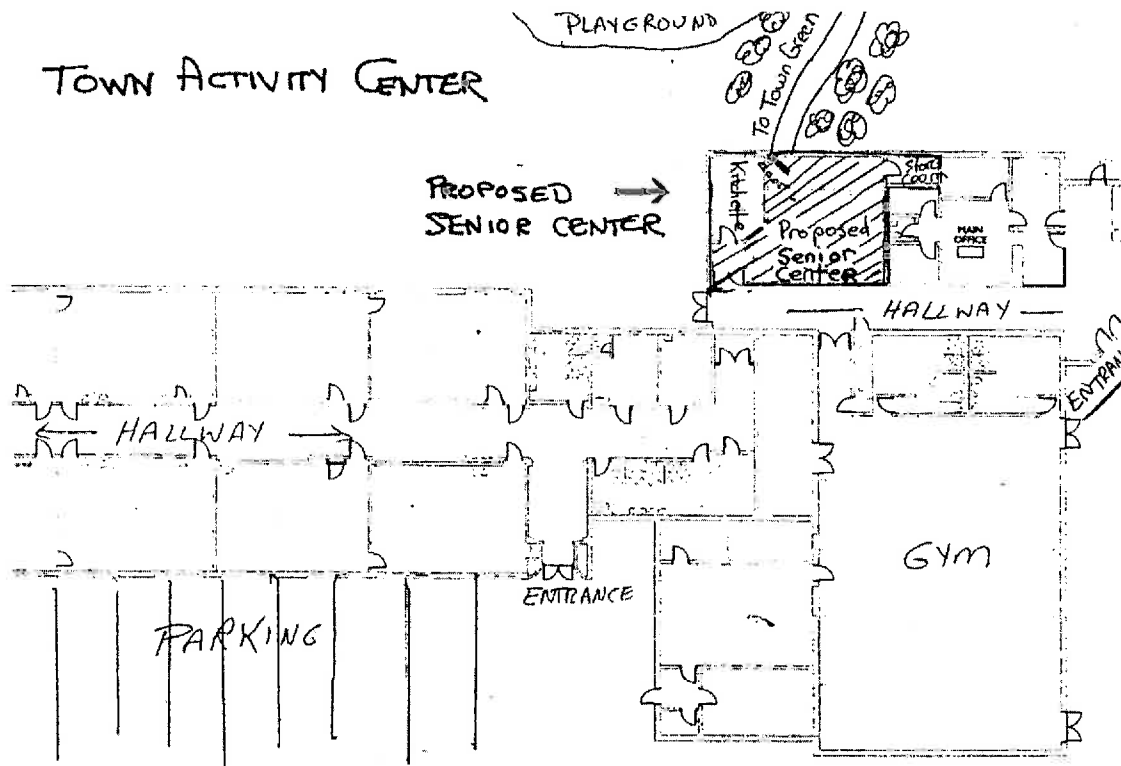
About 30 per cent of the Committee's Survey respondents said they would use a Town senior center if one were available. Another third said they might use a senior center. Twenty-six per cent of respondents indicated they would not use a senior center. (Eighteen per cent of the respondents are not seniors.)

Such a strong response suggests that a senior center would be an important municipal amenity for our senior residents. Fifty-six per cent of the Survey respondents indicated that their interest in the Center would be to participate in programs, and 37 per cent said they would use the Center to “drop in”.

The Committee recommends, therefore, that the Town create a Senior Center and locate it in the Town’s Activity Center. This recommended location is consistent with the Survey results, as 56 per cent of the respondents preferred that it be in the Town Activity Center, versus 15.5 per cent who said they preferred a senior center in the former Plummer school building, now owned by OceanView.

Having the Senior Center in the Activity Center also has the advantage of being in a multi-generational setting, a boon for seniors and youth alike. The specific room in the Activity Center that the Committee recommends for the Senior Center space is the former music room (and current meeting room), which is about 970 sq. ft. in size, as shown on the drawing below:

**PROPOSED LOCATION OF SENIOR CENTER
IN THE TOWN ACTIVITY CENTER (MASON-MOTZ BUILDING)**



- a. Renovate the proposed Senior Center space so it is hospitable and home-like.

The Committee recommends that the Senior Center be made into a hospitable and home-like space, with comfortable furniture, café tables, artwork and plants, and that food, whether lunch or other refreshments, be available.

The vision is to create a safe and inviting place for senior residents, many of whom may otherwise be isolated, to meet, learn, create, and form friendships, and to develop, should they so desire, their own service opportunities and purpose.

To illustrate the Committee's vision for a senior center, here is how one senior center in Portland describes its facility:

OUR CENTER

Socializing: It's for kids, ages 2 to 102. We understand the importance of encouraging young children to socialize, but it's easy to overlook the importance of socialization for ourselves. As we age, life's circumstances may push us toward loneliness and isolation unless we take proactive steps to cultivate new relationships.

The advantages of active socialization can enhance our quality of life considerably. At our Center you will be able to make new friends, strengthen existing relationships and join a group of people with many of the same interests as you have. Regular interaction and engagement with peers helps to keep the mind sharp.

We encourage you to give our Center a try. So we welcome you to our exciting place of fellowship. We encourage you and your friends to feel a part of our excitement by joining us at our Center for Healthy Aging on Tuesdays, Wednesdays and Thursdays from 9:00 a.m. to 4:00 p.m. Many opportunities are provided for education, growth and volunteering. Discover what most suits your needs and participate or perhaps you would be quite happy just sitting and chatting with friends.

This center celebrates birthdays with pizza and cake (to which members contribute, as they can, \$3 each), holds computer classes, provides musical entertainment, senior fitness classes, rummy tournaments, resource specialist meetings, lunches, healthy living classes, coffee socials, a walking club, bingo, speaker lectures, and visiting nurse foot and blood pressure clinics. Once a month there is a potluck luncheon to which members bring their own dishes to share. Kitchenette

food is available at any time as an “emergency backup”. Coffee and tea are always available. Most of the seniors who use the center are in their seventies and eighties.

b. Install a kitchenette in the Senior Center.

Refreshments are an important part of community, and consultants and stakeholders emphasize the value of providing opportunities for senior center participants to eat together. The Committee therefore recommends that a kitchenette be installed in the Senior Center space, where there is already an interior wall and window. The kitchenette need not be elaborate, but would need to be to code (including ventilation and fire suppression systems).

c. Develop that part of the Town Green nearest the Activity Center as an Accessible Park extension of the Senior Center

Next to the Activity Center building is the as-yet undeveloped Town Green. The Committee proposes that the nearest the building toward the back of the Green be developed with some shade trees, benches, tables and a walkway for seniors to socialize in warm weather. An accessible park extension of the Senior Center would enable seniors to enjoy outdoor socializing and programs.

In 2012, the Town Council had the foresight, when it negotiated a sale to OceanView of the former Lunt and Plummer schools, to retain the playing field between the schools, to be developed into a Town Green for outdoor gatherings. The 2012 contract between the Town and OceanView provides for OceanView to construct and maintain the Town Green for the public’s use. As the Agreement’s Paragraph 10 states:

OceanView (“OV”) agrees to: “work cooperatively with the Town regarding the design of the Town Green Lot and the proposed uses thereof, such design to include at a minimum a playground, gazebo, and a green suitable for meetings, concerts, a farmer’s market and winter holiday tree and lighting ceremony, and OV shall construct and maintain the Town Green at OV’s expense.”

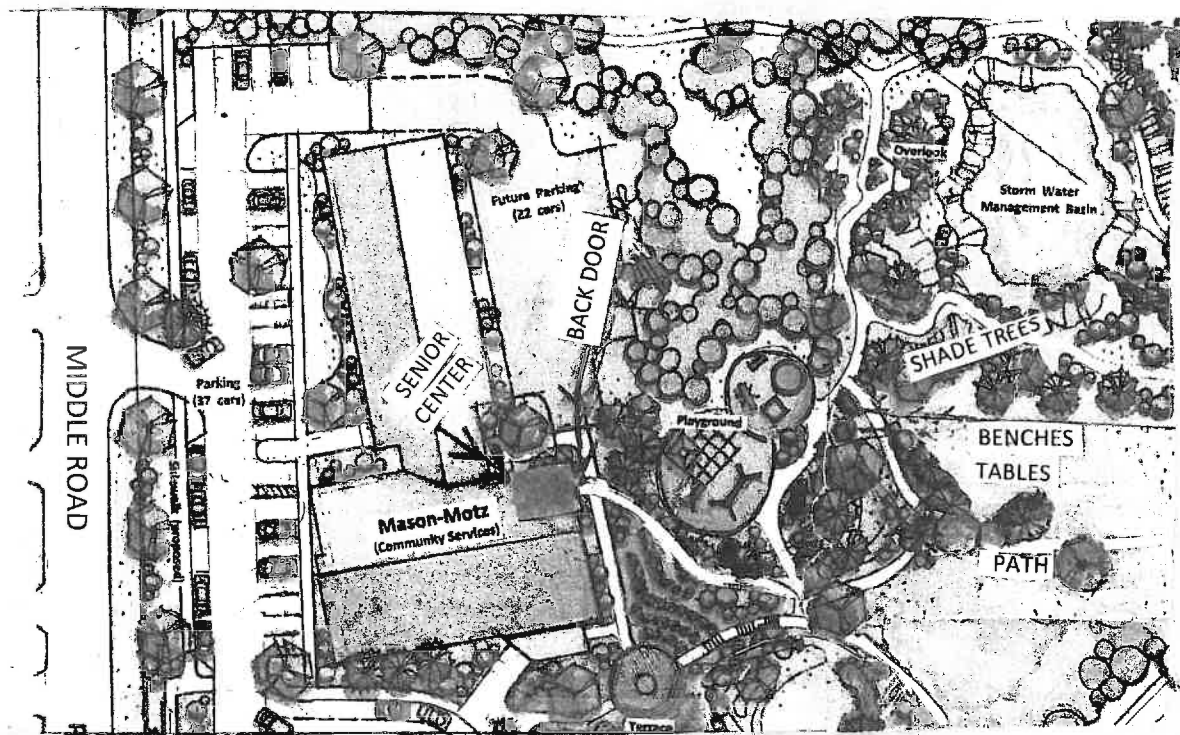
The Green is next to the Town’s Activity Center and the proposed Senior Center space. Seniors coming to the Center could enjoy the outdoors on the Town Green if there were shade trees, benches, tables, and a walkway. The Senior Center could open to a path to the park through a back entrance created by enlarging one of the room’s large windows.

As the proposed shades trees, benches, tables and walkway are consistent with the kinds of amenities that OceanView offered and agreed to construct and maintain at its expense in its 2012 Agreement with the Town, these park amenities should be able to be implemented at no or minimal cost to the Town;

Below is a sketch illustrating the kind of landscaping improvements that could be made to the Park extension of the Senior Center, including shade trees, a sidewalk, benches and tables. This sketch is a by-hand modification of a landscape plan that OceanView had prepared for the Town Green earlier this year. The modification moves the proposed landscaping toward the back of the Town Green nearest the playground and the proposed back entrance to the Senior Center.

**SAMPLE PLAN OF
PROPOSED LANDSCAPING/WALKWAY/BENCHES
ON TOWN GREEN AREA NEXT TO
PROPOSED SENIOR CENTER**

ACCESSIBLE PARK EXTENSION OF THE SENIOR CENTER



2. Provide Seniors Programs at the Senior Center

Most Survey respondents indicated they would like a senior center that provides programs. Seventy-six per cent of the respondents were interested in educational lunch and learn programs; 45 per cent in socializing; 48 per cent in entertainment and music; and 37 percent in card and board games.

Consistent with the Survey answers, the Committee recommends that seniors programs be provided at the Senior Center, with first priority being educational lunch and learn programs,

while also providing opportunities for card and board games, musical entertainment, and coffee socials.

The Committee recommends that the Senior Center space be available for other community groups and uses when there are no seniors programs, and that the room and the accessible outdoor park extension not exclude other demographic groups. One of the benefits of having the Senior Center in the Town Activity Center, and the accessible park next to it and the playground is that it would provide an opportunity for inter-generational interaction.

3. Support the Development of a Volunteer Transportation Network for Seniors

The Committee recommends that the Town assist in the development of a volunteer transportation network for residents who need transport to medical appointments, food shopping, and other basic needs. The development of such a network could be done by soliciting volunteer drivers for ITN (Independent Transportation Network).¹

ITN is a non-profit organization that already serves Falmouth and neighboring towns. ITN's executive director, Morgan Jameson, advised the Committee that ITN provides door to door transportation to people aged 60 and over with volunteer drivers using their own vehicles. Liability insurance is covered exclusively by the volunteer driver's own vehicle insurance policy, to which the senior citizen agrees when signing up for membership. Members pay a small fee for a ride, paid from their pre-paid accounts. The cost is generally less expensive than for taxis or Uber. There also are "road scholarships" for up to \$250 a year that are available to those who need them.

As of August, ITN has provided Falmouth seniors this year, 415 rides. Since 1995, it has provided Falmouth seniors 10,636 rides. There are currently three volunteer drivers in Falmouth. The key to ITN's success and growth is having enough volunteer drivers. The Town can support this service by recruiting volunteers, from local churches and faith communities, service organizations, and the general population.

4. Hire a Senior Services Coordinator

The Committee recommends that the Town hire a senior services coordinator to perform such functions as:

¹ Volunteer and non-profit transportation services are being developed in municipalities throughout the State. Earlier this year in northern Kennebec County, the towns of Belgrade, Fayette, Mount Vernon, Rome and Vienna banded together to hire a part-time coordinator to develop a network of volunteer drivers for seniors under the umbrella leadership of the nonprofit Community Partnership Corporation, called the Neighbors Driving Neighbors program. The program already has 175 drivers and provides about 30 rides a day. The service is rewarding for both the seniors and the volunteer drivers. As one volunteer driver for Neighbors to Neighbors stated:

"It's one of the most enjoyable volunteer interactions there can be. You get to know somebody. It's a needed task, people are very grateful, and you get to know the community."

- Serving as an information resource for senior residents regarding local, regional and state senior citizen support services
- Preparing and distributing information to senior residents
- Personally contacting senior residents to advise them of the Town's available services and programs
- Direct or assist in the administration of a Town Senior Center and programming
- Coordinating Town senior citizen services, including development of volunteer transportation and other volunteer assistance networks
- Advertising Senior Center program availability
- Researching grant opportunities and help prepare grant applications
- Soliciting contributions from the community

5. Extend the Term of the Committee

The Committee recommends the Council extend the term of this Committee for another year, to September 1, 2016, and potentially expand it, so the Committee can complete such tasks as the following:

- Advise on the implementation of Committee Recommendations that may be approved and funded by the Town Council;
- Help develop a senior citizen volunteer network, including outreach to the Town's churches and social service organizations;
- Conduct further research on other Falmouth senior resident concerns;
- Make further recommendations to the Council on such other and longer term issues and initiatives as:
 - Regionalized services with neighboring municipalities, including transportation alternatives with those that have existing networks;
 - Fostering public-private partnerships for senior services;
 - Tax relief measures for seniors;
 - Fuel assistance for seniors;
 - Meals for seniors in need; and,
 - Affordable senior housing;
- Develop aging-in-place strategies for Falmouth's seniors;
- Consider amendments to Falmouth's Zoning Ordinance to allow more flexible senior apartment and aging-in-place living opportunities;
- Work with neighboring municipalities to organize a regional forum, to consider how to collaborate in sharing services for seniors.

B. Proposed Funding

To finance the Committee's Recommendations, the Committee proposes that the Town Council allocate at least \$150,000 to pay for the following estimated start-up costs, with an anticipated reduced per annum allocation thereafter.

- To paint, decorate and furnish the Senior Center space with café tables, artwork and comfortable furniture (potentially with some donated labor and furnishings);
- To install a kitchenette (potentially with donated appliances);
- To expand one of the windows to the Town Green to become a doorway to a path to an accessible park extension of the Center on the Town Green, which park would be improved with a walkway, benches, tables and shade trees;
- To fund a Senior Services Coordinator position

As OceanView agreed in 2012 to pay for the construction and maintenance of the Town's Green and its amenities, per its contract with the Town to buy the Plummer and Lunt buildings, SCAC anticipates that there would be no cost to the Town for a walkway, shade trees, benches and tables on the outdoor park extension on the Town Green.

SCAC is advised that further future funding sources could include come from a senior housing and/or an affordable housing tax increment financing district (TIF). This type of TIF, unlike traditional TIFs, would allow spending that is associated with community and senior center operation and capital needs.

C. Proposed Implementation Strategies

The Committee proposes the following Strategies and Timetable to implement its Recommendations:

October 2015:

The Council accepts the SCAC Report and Recommendations and posts them on the Town Website as pending recommendations for the Council's consideration for adoption at a November meeting.

The Recommendations are for the Town to:

1. Create a hospitable Senior Center space in the Town Activity Center, with a kitchenette and connecting outdoor accessible park on the Town Green;
2. Provide seniors programs at the Senior Center;
3. Support the development of a volunteer transportation network or enhancement of an existing program like ITN;
4. Hire a Senior Services Coordinator; and,

5. Extend the term of the Committee to September 1, 2016, and potentially expand it, so it may continue to develop recommendations for municipal services for senior residents.

November 2015:

The Council:

- Holds a public hearing on the SCAC Recommendations;
- Approves the SCAC Recommendations;
- Commits to allocating funding sufficient to finance development of a plan to implement the Recommendations in 2016, including design, cost estimates and schedule to create the Senior Center and Outdoor Park;
- Requests the Town Manager oversee the design, project task and budget estimation process, in coordination with SCAC, and, as to the Outdoor Park improvements, also in coordination with OceanView;
- Requests the Town Manager to develop a budget and job description for the Senior Services Coordinator, and for the Town to staff the position by March 2016 (either by direct employment or contract with a provider);
- Supports the Town staff's and volunteers' simultaneous efforts to enhance and develop senior programming and to provide meeting room furnishings and refreshments.

December 2015-January 2016:

Town Manager presents to the Council a proposed design, project task and budget estimate to implement, in the next fiscal year (FY16/17), the Council's adopted Recommendations ("Project").

February – April 2016:

The Council holds a public forum/hearing and approves or amends the Project.

May - June 2016:

The Town hires a Senior Services Coordinator and retains contractors to complete the Project, and OceanView funds the work to construct the connecting outdoor park on the Town Green.

September 2016:

Town hosts an open house for the Senior Center and connecting accessible Park.

CONCLUSION

Many of our seniors have lived here for all or most of their lives. They have served our Town as volunteers, attended and worked in our churches, library, as firefighters, in our schools, and in many other ways. They have been the foundation of our community. Their devotion to our community is what has helped make our Town become the town we are happy to live in. Many still give of their time and talent even as they grow older. They are treasures to be acknowledged and celebrated.

When they reach their senior years, they often need assistance to make their last years happier and more enjoyable. Loss is a large part of their older years: of friends, family, spouse, health, independence, and on and on.

Falmouth has a wonderful school system and we are proud of it. However, Falmouth does not spend a great deal on the other end of the life cycle. With the growth in the number of seniors in our community, that time has come.

We need to honor and lend assistance to those for whom life is often lonely and difficult. We need to continue to explore ways to help those who need the help.

What a wonderful future we can see for our older population that continues to grow as we as a town commit resources that acknowledge the contribution they have made to our community, and help make the end of their lives happier and more fulfilling.