

Kennebunkport Senior Advisory Committee
Minutes –December 12, 2017 North Street meeting room –9:00 AM

Members Present: Susan Boak, , Penny Gruen, Loreta McDonnell, and Susan Gesing. Member unable to attend: Dean Auriemma

Chair Bill Leffler called the meeting to order at 9:07 AM. Minutes of the December 4 meeting were approved as corrected by Susan Boak.

The main agenda item was to discuss the final report. Susan B. and Bill summarized the committee's meeting with Laurie Smith in her office on December 11. Laurie gave an overview of the recommendation process: what works well and what doesn't. She also mentioned that the worked does not need to be finished in order to report. Brevity is important to keep the selectmen's attention. Specific examples would be useful.

Bill and Penny mentioned that it would be important think where we'd like the town to be in five years and acknowledge this as the committee does its planning and reporting. There was consensus that committee members support giving serious consideration to becoming an age-friendly community.

The committee discussed the outline for the report that Penny drafted and sent out before the meeting. One of the first sections is a vision statement. Sue G. read some samples of vision statements. Penny said she'd look at those and create a draft vision statement, circulating it before the next meeting.

Penny showed a diagram she had found that provides a model for an age friendly community. There was mixed reaction to it with committee members Sue G and Penny expressing interest in possibly using this in the report or presentation as, in their opinions, it helps explain the concept. No vote was taken. Penny repeated that there was a distinction between the committee's written report and the verbal presentation to the selectmen. She stated that the presentation would come out of the report. Susan B. wanted confirmation that the survey PowerPoint, in its entirety, would be an appendix to the report. All agreed.

Susan reviewed a long email exchange that she had had with Patricia Oh whom committee heard speak in Kennebunk. She is an AARP Maine Age-Friendly consultant and was the principal writer of the Maine Guide the committee has been using in its work. Susan originally contacted Patricia Oh on the subject of mixed age housing but an ongoing conversation ensued, covering many topics. A motion was made to attach a copy of this conversation to these minutes. It passed unanimously (and the copy is attached.)

Sue G. volunteered to go through the report outline created by Penny and fill in any information that the committee has already gathered. She will circulate before the next meeting. Committee members will email relevant information to her: Penny – a vision draft, Susan B – information for the demographics section and summaries of interviews she has conducted.

The next meeting will be Tuesday, December 19, 9 AM, at the North Street meeting room. The meeting was adjourned at 10:40 AM (actual?)

Respectfully submitted,
Susan Gesing, Secretary

Email Exchange between Susan Boak, SAC member and Patricia Oh, Maine Age Friendly Consultant November-December 2017

From: Patricia Oh <build.afc@gmail.com>
Date: December 11, 2017 at 4:42:17 PM EST
To: Susan Boak <susan@theboaks.com>
Cc: Lori Parham <LParham@aarp.org>
Subject: Re: Question regarding mixed age development

Dear Susan,

Thank you for the explanation of FISH and The Center. It makes sense and fits with what I heard at one of the Age-Friendly Kennebunk meetings.

Now, for your survey results. I am beyond impressed!!

Getting 433 returns is incredible!!! It is even more impressive that the majority of your respondents have lived in Kennebunkport for 21+ years of a lifetime. Many of the other communities have had a disproportionate number of recent immigrants so have worried that the voice of the long-term residents was missing. No worries about that with your survey! I am also impressed by the gender break-down. How did you get all those men to fill out a survey?

Given the 29% who are living alone, I was impressed with the number of social programs you targetted in the early email. People who live alone are at increased risk for not being as socially connected as their peers. In Bethel, they found out that the most helpful socialization program was a walking group. I wonder if that is the direction that your walking club will take? It was very encouraging to read that 83% of the people who answered your survey get out at least 5 times/week. Kennebunkport is a social community! However, it seems like socialization is dependent on going out, with 24% reporting that they don't get any visitors. It makes sense but increases the possibility that some of your residents are isolated.

Speaking of the walking club and walk audit. It was very interesting to read that the people who felt unsafe walking, felt that way because of the lack of sidewalks, narrow roads, and granite outcroppings. The anecdotes brought back memories of when I lived in Kennebunkport. It didn't feel safe to walk on the streets for the same reasons :-(The walking club is a great idea to increase safety and to raise awareness!--especially with the level of interest in walking and people currently reporting that they walk!

It is interesting that 43% of the people who no longer do their own home maintenance are no longer able to do the work themselves. It suggests the possibility of a volunteer home chore/home repair program. The 38% of people who said there is a problem with warmth in their home because insulation is inadequate may also benefit from a volunteer program.

You certainly have a group of civically engaged residents who volunteer. About 1:4 reported helping a neighbor informally. Sometimes, people hesitate to volunteer because they haven't found the right slot. Maybe a neighborhood-based seasonal chore program would get some traction?

I also saw some evidence of the need for seasonal help--the 6% of people who have difficulty shoveling their walkway/driveway/etc. and the anecdotes slide. You did a great job choosing the anecdotes! They make your point and show the diversity of need.

It is encouraging that only 15% of people indicated that they need home modifications to age safely. Of course, there is also the possibility that they need the help but aren't aware of it. However, the answers were pretty consistent. It looks like the community nurse is doing a great job getting the word out about the need for modifications!!

Did I understand your slides correctly? Are 70% of the people who no longer drive, people who are living alone? That is alarming. It is strong support for the need you already mentioned for a volunteer driver program. It is a shame that FISH can't meet the need because they already have the infrastructure--background checks, etc. Great questions about night driving, BTW! Those results also suggest the need for a driving program. Yikes!!! 27% drive at night even though they are not supposed to do it! That is frightening.

I liked the questions about communication. Friends and the old-fashioned print newspapers are at the top. We find that again and again. Older people are the single fastest growing segment of the population that uses the Internet and it is encouraging to see that more than half of your respondents said they get information from the internet and 64% said they use the Internet daily (also a little scary--suggests the need for an internet safety class that is focused on older people).

Do you have any sense of why people were less likely to visit the library regularly than to visit the post office or town office?

I have not seen the Nauset Group metrics. However, there are a few villages in the area. If it would be helpful to e-connect to them, However, none of the Maine Villages are entirely voluntary...

Thanks for sharing these results! I thoroughly enjoyed reading them.

When do you present to the Select Board? My guess is that they will be as impressed as I am!

Let me know if there is anything I can do to help you move the work forward!

Warmly,
Patricia

Patricia Oh, LMSW, MS

Livable Communities Consultant, AARP

Age-Friendly Community Team Lead, AARP Maine

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Age Friendly Maine Facebook: <https://www.facebook.com/AgeFriendlyMaine/>

On Sun, Dec 10, 2017 at 12:39 PM, Susan Boak <susan@theboaks.com> wrote:

This is a brief interruption about FISH.

Your comments are certainly logical.

The FISH program is run out of the Center, and other than administrative actions such as background checks and liability insurance, is entirely volunteer. It provides about 300 rides per year and services the towns of Kennebunk, Kennebunkport and Arundel, providing medical rides for people who do not have access to transportation.

While some folks would like to pursue this further, the director has indicated an unwillingness to grow this program. Figuring out transportation is a job for the permanent committee, assuming the BOS appoints one. A big Wrinkle is that Kennebunk is four times the size of Kennebunkport.

I've spoken to Dick Elkin of the Village to Village network. The Nauset Neighbors group is entirely volunteer and has evolved over the past several years. It seems better to start small and grow deliberately when the number of volunteers supports expanding services. The Nauset group keeps METRICS. Have you seen them?

It's hard to catch up after being away for a week.

Regards,

Susan Boak

Sent from my iPad

On Dec 8, 2017, at 3:30 PM, Patricia Oh <build.afc@gmail.com> wrote:

Dear Susan,

I am in DC this week at all day meetings (traveling home now).

I will look at it this weekend but, based on your email, do have a few thoughts...

Is there any way that FISH could expand to include non-medical rides? If you recruited volunteers?

Communication is almost always a top-level issue. People want to know about local services and want to know where to turn when they have a need. Different communities tackle the need in different ways. Readfield designed a resource magnet (just a list of local numbers to call-simple). It was great for raising awareness.

The education about resources for warm housing could be part of communication. Do you have a town newspaper where you could publish an article?

It sounds like your town nurse is a very valuable resource! What avenues does she use to get wordout about the services she offers?

One thing that some communities do is invite municipal departments to their team meetings (one at a time). North Yarmouth did that and recently hosted a meeting for all their town departments to share ideas.

Have you approached the Select Board about being appointed a standing committee? It seems like a goid next-step.

Kennebunkport would make awonderful addition to the NAFC!!

I will write more this weekend-when i have the opportunity to read your data summary.

Best,
Patricia

On Thu, Dec 7, 2017 at 10:17 AM Susan Boak <susan@theboaks.com> wrote:

Dear Patricia,

Thank you for promising to read this file. It is based on the data and does not contain recommendations at this point.

We did meet to flesh out concerns.

My major concern was transportation since unless there are family/friends or spouse to drive (after losing license) the only transportation available is FISH for medical appointments. We are missing social and shopping transport. For the well to do this may be overcome by UBER and a shopping service but not the case for all.

Another committee member strongly feels that communication and coordination among town employees is the biggest concern.

Other concerns are

- Education for warm and safe homes (existing programs exist)
- Helping our town nurse publicize existing programs
- Formation of a Kennebunkport Walking Society and then conducting a walkability audit
- Signing on to become an age-friendly community
- Low cost senior housing, considering a mixed age development
- Appointing a standing committee, Senior Advisory Committee vice ad hoc Senior Advisory Committee

Hope this is not too much.

Thank you for your interest in Kennebunkport.

Kind regards,

Susan Boak

From: Patricia Oh [mailto:build.afc@gmail.com]

Sent: Thursday, December 07, 2017 7:55 AM

To: Susan Boak

Subject: Re: Question regarding mixed age development

Dear Susan,

Now I understand your ability to deal with the data :-)) I would love to look at your summary and promise to keep any information between us. One of the things that is key for an age-friendly initiative to take off is for the team to build trust with their Select Board and residents. You are absolutely right.

One of the things that communities tell me is that the thing they gain the most from is talking with other communities about the work.

If you would like e-connections to other communities as you move forward, please email me and I will e-introduce you to communities working on similar initiatives.

I am glad to hear that you were able to attend the TSLCA summit in Portland. There were some great people there!

Let me know if there is anything else I can do to help the team as you move forward.

Warmly,
Patricia

Patricia Oh, LMSW, MS
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On Wed, Dec 6, 2017 at 11:28 AM, Susan Boak <susan@theboaks.com> wrote:
Dear Patricia,

Thank you for getting back to me.

To answer your questions:

The majority of the returns were from the tax bills. These pieces of paper were 8.5 by 14 inches. There was a separate tax bill for each parcel so a few thousand were sent. The forms could be downloaded from the town website and we received 16 of these. Town offices printed on 8.5 by 11 paper in two sheets (one was double sided) and we received 24 of these. The cost to the town of printing, folding and enclosing in the tax bills was between \$800 and \$900.

Several part time residents indicated they were planning to retire full time in Kennebunkport. Others wanted to chime in regarding their neighborhood and of course, taxes.

Thank you for your Cumberland multi-generational housing link. It was very interesting. The other links and promises were appreciated.

Our one-page survey is attached. If used again a few changes would be made, most notably adding a note to the footer to complete both sides!

My background is in Mathematics and I worked at Raytheon for almost 40 years as a system engineer.

If you would like to read the report on data, basically reduced to pie charts, I would be willing to share it privately with you and would appreciate your comments. It can't be public or shared, however, until we submit it to our Board of Selectmen within the next month or two.

Our committee attend the Tri-state Learning Collaborative on Aging on November 28 in Portland. I was delighted to meet some folks from Harpswell: Bob Bauman, Surrey and Hugh Hardcast and Hollie Vandersee. We did speak about experiences in winterizing homes. It was most interesting to learn their approach and what was probably "best practices" developed by H4H. I am sorry about the German shepherds.

Oh, before I forget, the link you provided in "The Age Friendly Community in Maine" regarding the 2010 census data was most helpful to me.

<http://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>

Kind regards,

Susan Boak

From: Patricia Oh [mailto:build.afc@gmail.com]

Sent: Sunday, November 26, 2017 11:30 AM

To: Susan Boak

Cc: Lori Parham

Subject: Fwd: Question regarding mixed age development

Dear Susan,

Please forgive my slow response to your note. I was away from the office last week.

I hope you had a joyous and peaceful Thanksgiving!

Your note is impressive! The Grateful Undead will be very pleased to hear that you used their survey!

A 33% return rate is phenomenal! Year-round residents were clearly motivated to fill in the survey. It was a great idea to send it along with the tax bills. Do you have a sense of whether you got more returns that way or leaving them in different places?

It is interesting that 100 seasonal residents completed the survey. Do you know if the people who filled out the survey are thinking about moving to Kennebunkport full time in retirement or are they looking for age-friendly features while they are visiting each year?

Do you have a background in data analysis? Putting the data into excel without any help is a daunting task. I do data and I know how much time it takes. Your town manager, Select Board, and the age-friendly committee are fortunate to have such a dedicated volunteer!

I would love to see your survey and the summary results!

Now, to answer your question about multi-generational housing... Cumberland is working on a multi-generational housing development. One of their challenges has been finding a developer to work with them.

This is a good article describing the need and the project: <http://www.pressherald.com/2017/09/05/cumberland-seeks-developer-for-multi-generational-neighborhood-project/>

The issues are similar to what you describe in Kennebunkport. The town manager, Bill Shane, would be happy to share his experiences with your town manager if you pursue a project like this one. I can also e-introduce you to Tom Gruber, who serves on the Cumberland Select Board. He has been instrumental in pushing for this development.

Habitat for Humanity Seven Rivers (Brunswick area) has done a few things with housing for older people (helping with critical home repairs). Age-Friendly Saco had a conversation with the Habitat group working in your area but I am not sure where the conversation ended. I am happy to e-connect you with the chair of Saco Age-Friendly if it would be helpful.

If you are interested in learning more about developing a volunteer home repair/chore program, I will e-introduce you to a few communities that are doing the work.

Thank you for the update about how your work is going in Kennebunkport. I am looking forward to learning more!

Best,
Patricia

----- Forwarded message -----

From: **Susan Boak** <susan@theboaks.com>
Date: Sat, Nov 18, 2017 at 3:06 PM
Subject: Question regarding mixed age development
To: patricia.a.oh@gmail.com
Hello Patricia,

My name is Susan Boak and we met briefly at a Kennebunk Committee on Aging meeting last spring. I live in Kennebunkport and am currently Vice Chair of the Ad Hoc Senior Advisory Committee, whose members were appointed by the selectmen.

After several months of what can be described as flailing, an impromptu conversation with the town manager indicated that some funds might be available for a survey of those over 65. We used your one-page Sacopee survey as a starting point and then customized it to the best of our ability to represent the needs of Kennebunkport. It was double-sided, 8.5 x 14 inches and 12 pitch font.

The survey was mailed with the tax bills and also extra copies were printed for town offices and libraries. We received 332 completed surveys from full time residents compared to about total 1000 residents from the 2010 census updated by death to 2015.

Another 100 or so seasonal residents also replied.

This survey was entered into Excel (by me) and then reduced also by me. We will be meeting as a committee to make recommendations.

It is remembered that you mentioned a mixed age housing development. I cannot find a reference to this and wondered if you might enlighten us? While most in Kennebunkport are well to do, there is a core of probably 4-6% who are not. The town does not have any low income senior housing and is currently considering only work force housing due to declining enrollment in its elementary school.

Was Habitat for Humanity involved? Folks here are very opposed to high density housing for young families. I can envision a homestead type development with a house and barn (for young families) anchoring a wing with several senior units.

I've taken up too much of your valuable time and am looking forward to a response. If you'd like to view our survey, let me know. We are preparing a final report for the selectmen and I'd need to check on what may be shared at this point.

Thank you,

Susan Boak

p.s. my friend from Palo Alto, California visited recently and indicated there was one over 65 community where the use of self-driving cars was piloted. They are working sort of OK but need to be repeatedly familiarized for success on common routes. Hope this makes sense.