



FOR IMMEDIATE RELEASE:
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Age Friendly Communities are coming to Somerset County

Skowhegan, Maine – Congratulations to the Towns of Skowhegan, Madison and Jackman, Maine for becoming Somerset Counties first three communities to enroll in the AARP Network of Age-Friendly Communities. AARP's age-friendly network encourages states, counties, cities, towns and rural areas to prepare for the rapid aging of the U.S. population. The network encourages communities to take action and pay increased attention to the environmental, economic and social features that encourage greater age integration and diversity and create a community that supports residents from the cradle through retirement. Launched in April 2012, the AARP Network of Age Friendly Communities is an independent affiliate of the World Health Organization's Age Friendly Cities and Communities Program. With the age-friendly program, AARP helps participating communities become great places for people of *all* ages by adopting such features as walkable streets, better housing and transportation options, access to key services, and opportunities for residents to participate in community activities.

Here is how you can help: Skowhegan, Madison or Jackman are seeking your help to improve services and supports for older adults in their communities. We are asking that you complete a survey online or in paper form on or before August 15, 2018. This survey is backed by research from the World Health Organization and the survey results will be used to identify ways to improve our town with a special focus on the needs of older residents. Please encourage your friends and neighbors 55 and older to complete the survey. We need all the help we can get. EVERY VOICE COUNTS!!! All information will remain confidential and will not be used for purposes other than that of the current survey. Answer all questions as accurately as possible. The last page of the survey is optional. If you wish to be entered into a series of drawings (beginning July 18th) for a \$50.00 Gift Certificate please fill it out. **You can Access the survey on line by using these links:**

For Jackman: <https://www.surveymonkey.com/r/JackmanAreaAge-FriendlyCommunitySurvey>

For Madison: <https://www.surveymonkey.com/r/MadisonAge-FriendlyCommunitySurvey>

For Skowhegan: <https://www.surveymonkey.com/r/SkowheganAge-FriendlyCommunitySurvey>

Survey Pick-Up and Drop-Off Locations (If using the paper version)

- ✓ Your local Municipal Town Office (Jackman, Madison or Skowhegan)
- ✓ Your local Town Library (Jackman, Madison or Skowhegan)
- ✓ Jackman Community Health Center, Madison Community Health Center, Redington-Fairview General Hospital Lobby Area
- ✓ Skowhegan Community Center and Sky Lodge in Jackman

For additional information and support as we move together through the age-friendly communities' process, contact Bill Primmerman, Somerset Public Health Community Educator, at bprimmerman@rfgh.net or call 207-858-8450.

The towns of Skowhegan, Madison and Jackman look forward to your input and working with you to become Age Friendly Communities.