

MEMO

TO: City of Auburn Mayor and Council

FROM: Susan Patneau, former member of Rec Advisory Board 2013, 2014, 2015
And former president of the First Auburn Senior Citizens (3 years)

DATE: January 18, 2019

SUBJECT: Auburn as an Age-Friendly Community

During the 3 years I served on the Recreation Advisory Board we addressed the repurposing of the Ingersoll Arena, which is now a thriving turf facility. I also served on a sub-committee to address the issues of Auburn's aging population, mainly the social and wellness aspect of aging. Auburn had for decades sponsored a very successful program for seniors. Our goal was to build on those beginnings.

Maine is the oldest state based on median age (43.5 years) and the second-oldest based on the proportion of people 65 and older (17 percent), according to the U.S. Census. Florida is No. 1 with 18.2 percent. Maine also has the highest proportion of baby boomers – 29 percent of its 1.3 million residents were born in the period from 1946 to 1964.

Statistics, research, and the needs voiced by area seniors provide evidence that Maine, Androscoggin County, and specifically Auburn have an aging population that, to remain as healthy as possible, should be engaged in activities of interest and importance to them. Seniors need to be as physically active as their health allows, they need to stay mentally active by learning new things, socializing with others, playing games and solving puzzles to keep minds alert. Emotional and social health are even more important as the elderly lose mates, family members and friends at an increasing rate. To stave off loneliness and despair they need to be active in community and family events. They need to avail themselves of senior citizens-focused events and trips, lunch and learns, exercise or dance classes, and a place to find friends to play cards, have a cup of coffee or enjoy a group for silver sneakers.

In order for the City of Auburn to truly be an aging friendly community I propose that a center dedicated to social and recreational activities that enhance and support area seniors in greater and greater numbers is necessary and indeed the right thing to do. To achieve these goals the Recreation Advisory Committee recommended that the City of Auburn make a formal commitment to this population and establish an aging friendly culture of inclusion in planning and development of activities and programs with consideration for seniors in all departments of the city.

An elderly person needs to feel safe, remain close to other people and believe that his life continues to be meaningful. Please make the aging population in Auburn a priority by fully expanding and supporting the Senior Center. Make a commitment to enrich the lives of older residents. They say "It takes a village". So let's step up as a community that cares.

Respectfully,

Susan Patneau

**AUBURN AGE-FRIENDLY
SENIOR COMMUNITY CENTER
EXPANSION JUSTIFICATION
2018-2020**

AS PROPOSED BY COUNCILOR, LEROY WALKER, WARD 5

The Auburn Senior Community Center expansion will include the remainder of the 2/3 or the parks garage, presently occupied by Public Services for storage.

This portion of the building is being requested in order to expand the existing senior center, which can only hold 100 participants, at present.

The building will be used for a variety of events such as: meals, dances, programs, activities, etc. for senior citizens, aged 50 and above, giving them an opportunity to stay healthy, active and engaged.

Once the expansion has been completed, the Age-Friendly Community Committee would like to utilize the building for senior citizen activities such as: Health and Wellness Fairs, healthy eating classes, low impact exercise classes, computer classes, lunch and learn sessions, card games, Bingo games, line dancing, art classes, ballroom dancing, physical fitness, learning a language, knitting & crocheting, etc.

In addition to the senior activities and programs, the building could be used for community meals (Thanksgiving and Christmas), senior meals, i.e. Thanksgiving, Christmas and Anniversary Party, rentals for business events, family reunions, baby and wedding showers, receptions, holiday parties, etc,

The Age-Friendly Community building would like to partner with the PAL center to assist with helping alternative education students with being able to deal with their issues, and to function in a regular classroom atmosphere.

The Age-Friendly Community Committee would like to work closer with the Auburn Recreation Department as well, to promote senior activities, trips, programs, lunch & learn sessions, classes, etc.

We intend to partner with MANY community organizations for a wide variety of activities, events, programs, etc.

AUBURN SENIOR CENTER

This project will further our mission to “provide services and programs which will enable individuals, with an emphasis on those over age 50, to live their lives with independence and dignity.” This multi-purpose center would provide a central location where senior citizens can meet and pursue mutual interests, activities, enhance dignity, support independence and encourage involvement in the community.

The building will be located adjacent to the Hasty Community Center which is currently used for sports and recreation programs for youth and is located in Pettengill Park in Auburn.

This will be a community facility where older adults can come together for services, programs and activities that reflect their interests and diverse needs.

The Expanded Auburn Senior Center will:

- provide a better geographic location – The center would be located close to a number of services that are crucial to seniors including the city’s Ingersoll Turf Facility, softball fields, park area, fishing pond, and walkways.
- increase awareness of Meals on Wheels, congregate lunches, and Auburn Senior Center programs.
- provide more parking at the new facility which will allow greater access to the senior center.
- draw people throughout the community to enjoy activities by providing additional space in the new center. The new area would include a large dining hall, which will be available for rental for private parties, receptions, birthday parties, a large community room, which will allow new offerings of a variety of health and fitness programs, nutrition classes, conferences and seminars, reading and computer classes, meetings, movies, Bingo, meals, special dinners, holiday events, etc., and space for social activities such as arts & crafts, card games, scrabble, wii and more. The new building’s location provides immediate access to ample parking for programs. This space could also be used for rentals for larger events such as family reunions, company holiday parties or events, silent or live auctions, etc.
- serve as an example of the modern-day senior center. The new facility will not only allow aging and family services to improve the quality of existing services and programming, but will enable us to expand our ability to reach and engage all of Auburn’s seniors and more.
- provide a location for various events throughout the year, such as Senior Olympics. This population will benefit as a result of expanded services. As baby boomers transition to “senior” status, aging and family services will involve this new generation of senior adults, redefining the role and nature of seniors in our community.
- offer familiarity and continuity of service to the aging. Once a part of the Aging and Family Services family, should one’s situation require greater levels of service, the senior will already be comfortable and familiar with the organization best suited to meet his or her needs.
- offer senior transportation to doctors, pharmacies and grocery stores, by partnering with local transportation agencies.
- partner with all agencies that offer programs and services for our aging residents.

AUBURN SENIOR CENTER EXPANSION

By Larry Pelletier

The state of Florida has the highest percentage of seniors, followed closely by Maine. Age-Friendly communities, also known as elder-friendly communities, are springing up all over the U.S. The AARP Network of Age-Friendly Communities is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization.

Our group, Auburn's Age-Friendly Community Committee, was inspired by Councilors Leroy Walker and Belinda Gerry, and they serve as co-chairs. The group has partnered with the Pal Center, the Auburn School Department, the Auburn Public Library, Seniors Plus and many others who are willing and very able to help us in this huge and very important endeavor.

Our Seniors are the cornerstone of this and all communities. Seniors have lived, played, worshiped, worked, and, most importantly, have supported this community for most of their lives. It is now time that this city, and its leaders support its seniors. Remember that if you are not a senior at this time in your life, we are all headed down that path. Please support the transfer of the CDBG funds to the new Senior Center, so that we can make the center a place they will be proud to visit and be a part of.

Our programs will encourage more community involvement by our high school students, but getting them involved with projects such as shoveling walkways for seniors, raking leaves, installing and removing air conditioners, hanging pictures, etc. as needed. Our high school mandates that each graduating student perform 20 hours of community service, and this would be a great way to get that accomplished and help people at the same time.

The group has also reinitiated the "Take a Vet to School" program that gets students involved with veterans. The vets get to tell their stories to those who have no idea what their military experience was like and what they were called to do. It is a learning experience and one that is valuable to both the vets and the students, for history's sake.

It is with a great deal of urgency that I request your support for this expansion project. Baby Boomers are here to stay for a while and we all need things to do, places to go, help with small jobs and assistance to be able to stay independent. Please support this project.

Thank you.

SENIOR CENTER EXPANSION

By Cynthia Larrabee

My name is Cynthia Larrabee and I am the president of the First Auburn Senior Citizens who meet at the Auburn Senior Center. As president, I would like to share with you some thoughts about the senior center.

The Senior Center in Auburn has become a vital part of life for seniors in the area. I feel there are many things that need to be done in order for the center to grow and become even more important to seniors. Right now, there isn't enough room for us to grow our program because the space is too small.

When the idea of a senior center was first broached to the 3 senior citizens groups, it was explained that the area we are now using would be expanded into the other areas of the building. This would be done in different phases and would take a little time.

We were also told that the area we are in at this time would have a working kitchen so that we could prepare meals for seniors. At this time, meals have to be ordered off-site and brought into the center. We would like to be able to provide meals for special occasions such as Thanksgiving and Christmas for those without family, who otherwise won't have a holiday meal. It might also be possible for the center to be used during an emergency for housing or food. There is still much that needs to be completed, and hopefully, the city council will support the expansion.

People are living longer now and seniors make up a large portion of the population. The chance to meet with others of the same generation makes a tremendous difference to those who do not have a lot of family in the area, and these chances to become acquainted with others and share a meal or play games are really important.

Leroy Walker and Belinda Gerry have been great supporters of plans to improve the Senior Center. Jan Biron has also given much time and effort to improve the center.

As president of the First Auburn Senior Citizens I would hope that the center can expand and meet the needs of today's and tomorrow's senior citizens.

Respectfully submitted,

Cynthia Larrabee

AUBURN SENIOR COMMUNITY CENTER



PROJECT OVERVIEW

HOW WE GOT HERE – Peter Crichton

CDBG FUNDING OPPORTUNITY – Zach Lenhert

CONSTRUCTION PLAN – Hal Barter

SENIOR PROGRAMMING – Marc Gosselin/Sabrina Best

Community Development Funding

HUD ELIGIBILITY REQUIREMENTS:

Must benefit Low- and Moderate-Income persons

Presumed Benefit Population:

*Abused children, battered spouses, **elderly persons**, severely disabled adults as defined by the Bureau of Census, homeless persons, illiterate adults, persons living with AIDS, and migrant farm workers*

Community Development Funding

Rehab Loan Pool	\$482,462 YTD	\$200,000	High program income
Chestnut Street Closure	\$135,000	\$50,000	Delayed – changed scope
Library Avenue	\$135,000	\$50,000	Delayed – still in design phase
STAR Loan Program	\$125,000	---	Limited area/exposure

Proposed Funding Timeline

JANUARY 23: COUNCIL – SPECIAL MEETING

JANUARY 25: 30-DAY PUBLIC NOTICE OF PROPOSED AMENDMENT

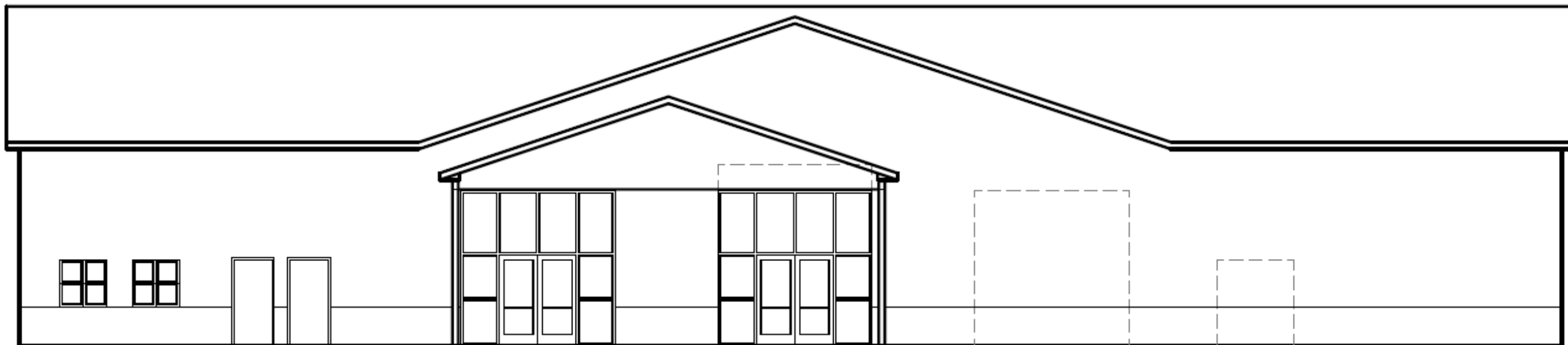
JANUARY 30: CAC MEETING AND APPROVAL

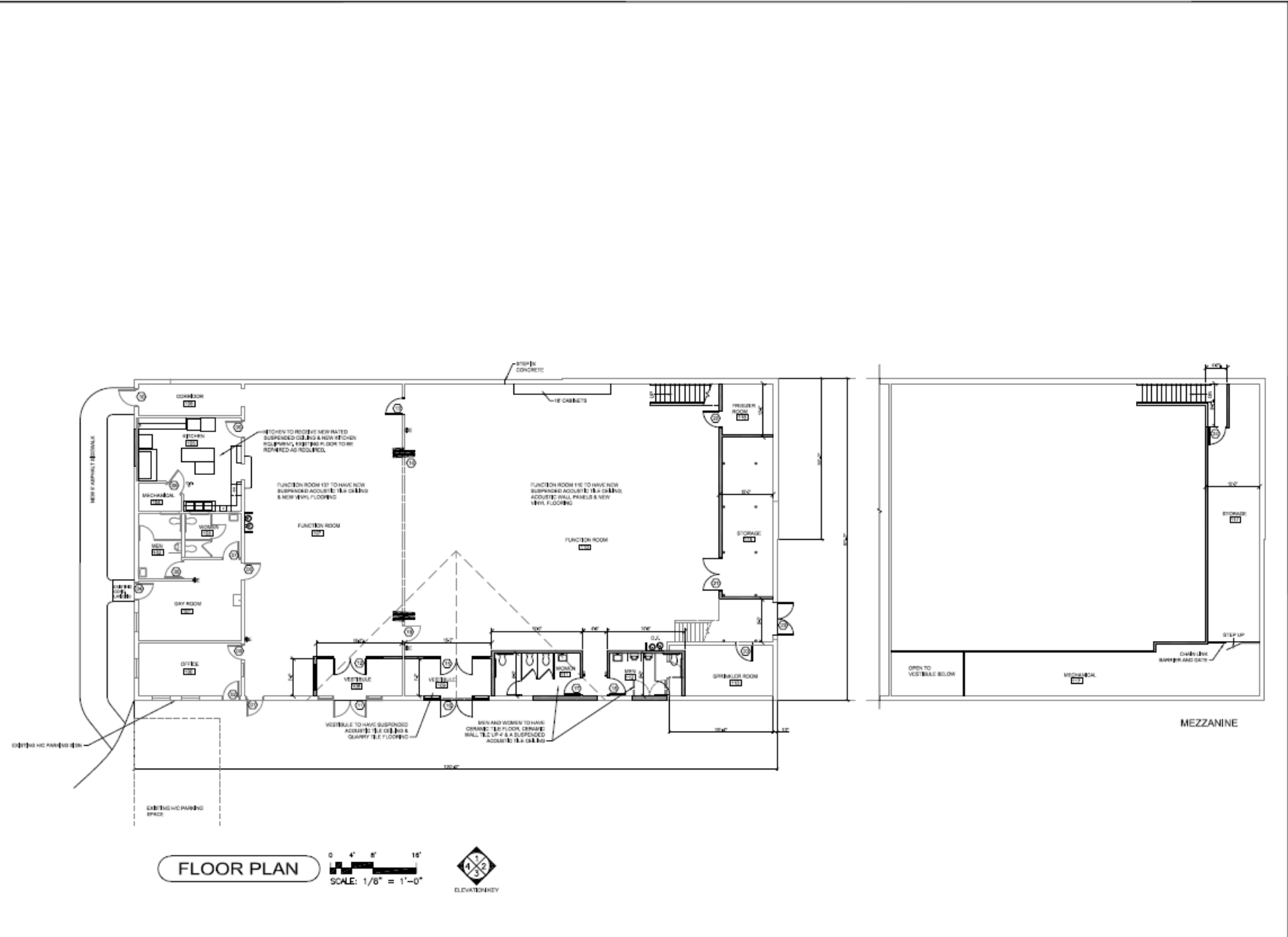
FEBRUARY 4: PUBLIC HEARING AT MEETING

FEBRUARY 25: CITY COUNCIL VOTES ON PLAN AMENDMENT

APRIL 30: HUD MEASURES PROGRAM FOR “TIMELINESS”

ENTRANCE ELEVATION





Project: **PARKS GARAGE SENIOR CENTER RENOVATIONS**
 48 Pettiball Park Road, Auburn, Maine
 Bid No. 2017-XX

Client: **City of Auburn, Maine**
 60 Court Street
 Auburn, Maine 04210

- Legend:
- EXISTING EMERGENCY LIGHT TO REMAIN
 - EXISTING EXIT SIGN TO REMAIN
 - EXISTING FIRE EXTINGUISHER TO REMAIN
 - NEW EMERGENCY LIGHT
 - NEW ILLUMINATED EXIT SIGN
 - EXISTING WALL TO REMAIN
 - NEW WALL
 - EXISTING TO BE REMOVED

Architect:

JOHN HANSEN, ARCHITECT
 88 BRUCE ROAD ROAD
 SOUTH BARRINGTON, MAINE 04088
 PHONE 207-838-0210 FAX 207-838-0210

Engineer:

CORDJIA CAPITAL PROJECTS GROUP
 CORDJIA, INC. | Portland, ME | 1001 10th Ave
 04103-2040 | www.cordjia.com

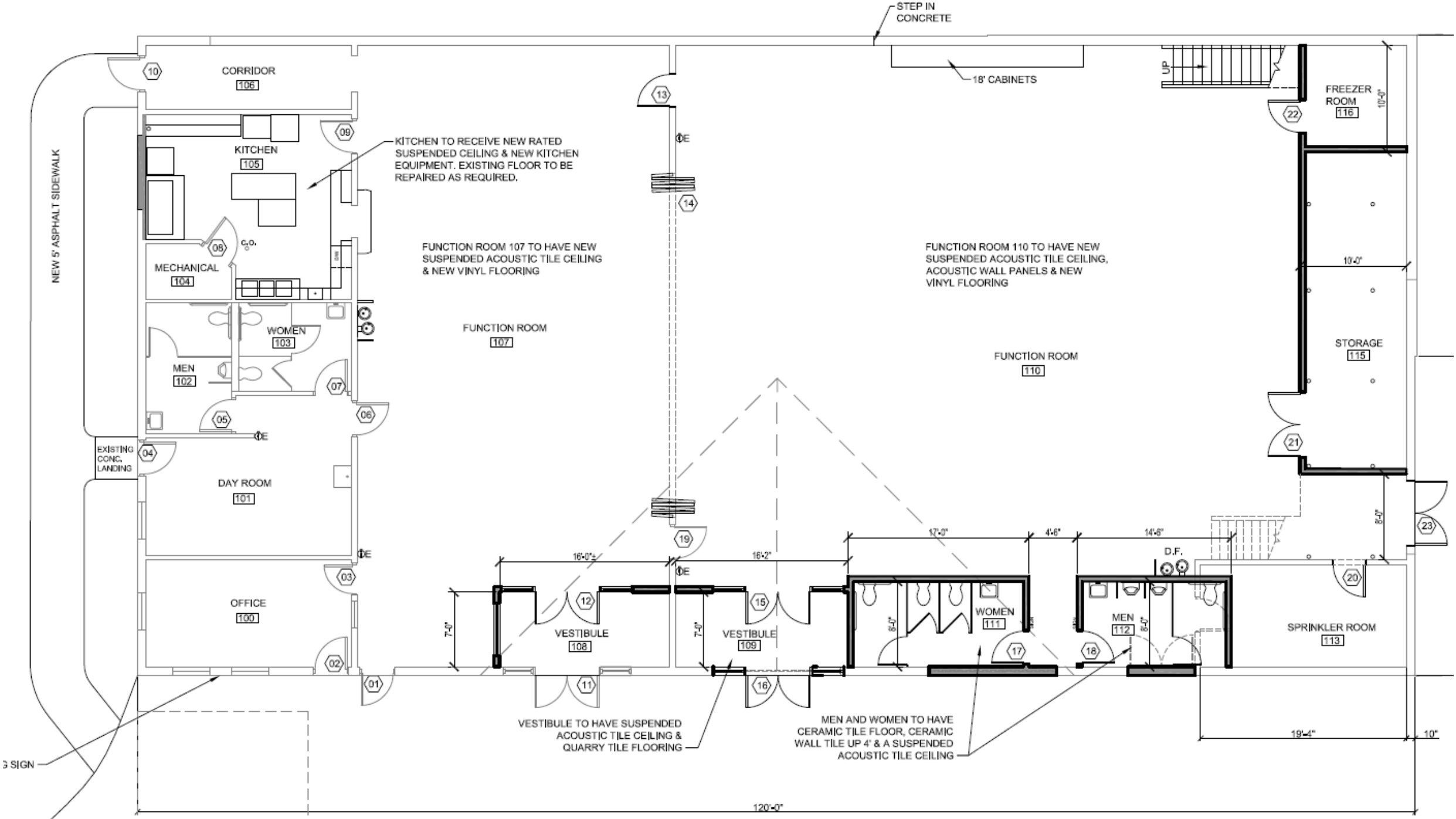
- Design Status:
- CONCEPT DESIGN
 - 30% DESIGN DEVELOPMENT
 - 60% DESIGN DEVELOPMENT
 - 90% DESIGN DEVELOPMENT
 - 100% BD DOCUMENT
 - 100% CONSTRUCTION DOCUMENT
 - RECORD DOCUMENT

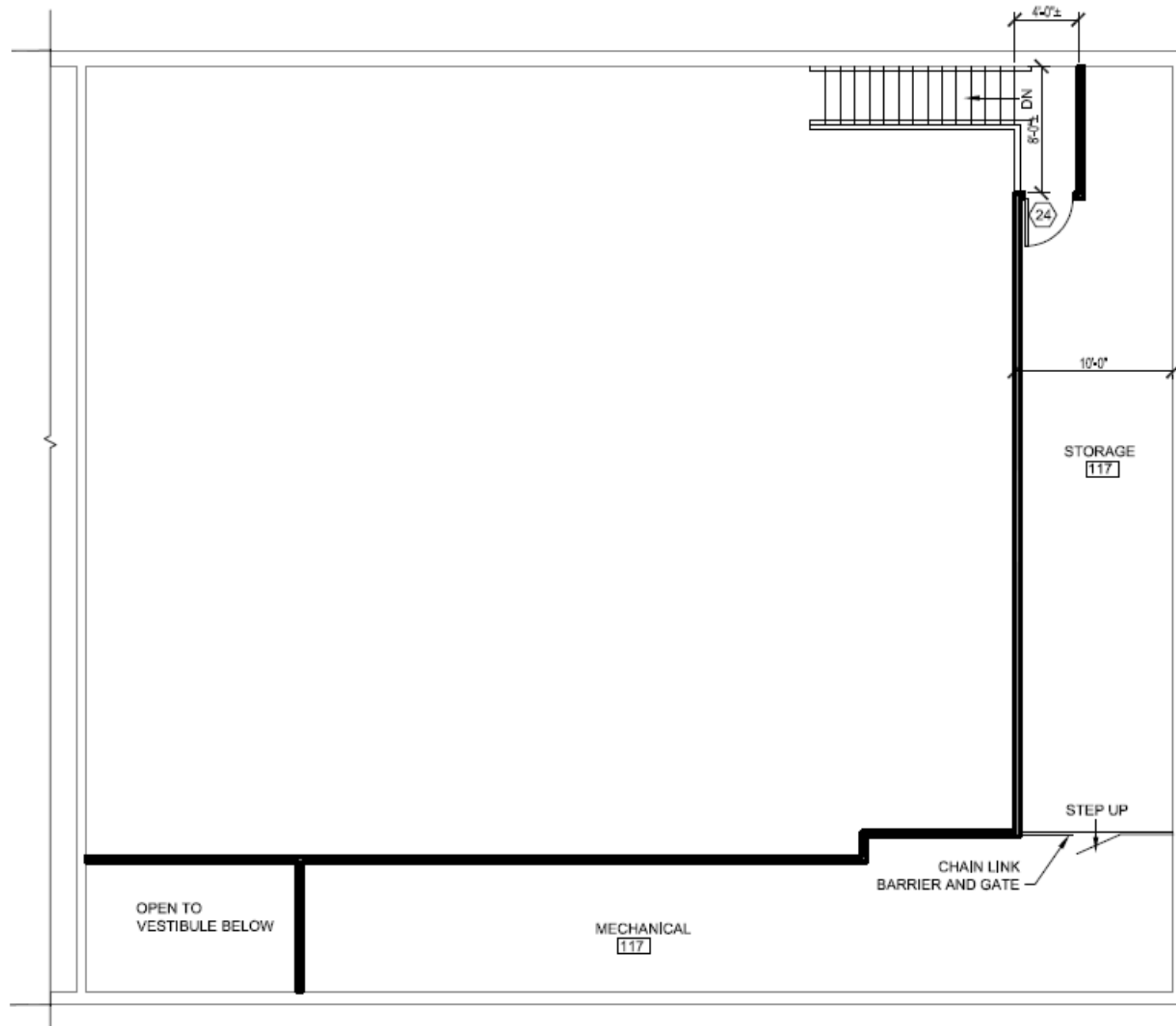
Project Title: **PROPOSED FLOOR PLAN**

No.	Revisions/Date	By

Design By: **JH** Checked By: **MAD**
 Drawn By: **CMC** Approved By: **SMS**
 Project No: **1001** Date: **JANUARY 13, 2019**

Sheet Number: **A1.1**





OPEN TO
VESTIBULE BELOW

MECHANICAL
117

STORAGE
117

CHAIN LINK
BARRIER AND GATE
STEP UP

MEZZANINE

CIP ALLOCATION

Design consultation	\$2,000.00
Remove exhaust fan in rear wall, frame, sheath and side exterior	\$1,100.00
Construct portable buffet tables	\$5,784.00
Replace kitchen ceiling	\$2,500.00*
Eliminate (X2) overhead garage doors	\$6,250.00
Demo mezzanine to framing	\$1,040.00
Purchase LED light fixtures	\$7,500.00
Replace kitchen counter	\$2,800.00*
Install (X2) windows above mezzanine	\$2,700.00
Total	\$31,674.00

**Already budgeted for with current CIP funds*

COLLABORATION **Current Partnerships**

1st Auburn Seniors

Healing Waters

TOPS Weight Loss

St. Mary's Weight Loss Meetings

Age Friendly

Healthy Androscoggin Conference

Forestry Board Tree Workshop

Maine Parks and Recreation

Public Works Staff Trainings

Museum LA Small Film Series

COLLABORATION Potential Partnerships

AARP Tax Prep

AARP Regional Meetings and Workshops

AARP Age Friendly

Police Department Public Info Meetings

Police Department Women's Self Defense Classes (RAD)

Fire Department First Aid and CPR Trainings

Red Cross Blood Drives

Voting Location

Senior Plus collaborative programs

AAA Travel Guide Series

COLLABORATION Potential Partnerships

PAL, YMCA, Boys and Girls Club for Age Friendly Collaborative Programs

School Department

Suspension Diversion Program

John F Murphy Homes

Home Schooled Network, Music/Art/Gym class

Meals on Wheels

Great Falls TV and HS version of Great Falls TV

Greater Humane Society

Local Veteran Groups

COLLABORATION Potential Partnerships

Maine Senior Games; Southern Maine Aging Agency

Auburn Public Library

Androscoggin Land Trust

Special Olympics

St. Mary's Nutrition

Educational, health, wellness classes

Local Realtors Group to provide consolidating, down-sizing advice

Home Hospice Specialist

**Local Senior Living Communities, Assistant Living, and Nursing Homes
(Schooner Estates, Barker Mills)**