



# Town of Penobscot

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March 1, 2017

Lori Parham  
AARP Maine State Director  
53 Baster Blvd  
Portland, ME 04101

Dear Ms. Parham:

On behalf of the Town of Penobscot, I am pleased to submit this letter of interest and commitment in the AARP/World Health Organization Network of Age-Friendly Communities. Penobscot recognizes the importance of encouraging and promoting age-friendly planning and programming to address changing demographics and to enhance independent living in our communities. We are happy to join the robust community collaboration coordinated by Healthy Peninsula that has brought many resources, programs and initiatives in support of active and healthy aging to our community. We look forward to continuing the community conversations and activities to further these efforts in the future.

Penobscot, a town of approximately 1153 year-round residents, already has a high level of civic engagement and a strong sense of community. The median age is 54, with about 36% of our residents aged 60 or older. Almost half of all households (48%) include at least one person who is 60 or older. While we have a self-reliant and engaged community, we recognize that there is more to be done to make our community truly a livable community where seniors can age safely in their own homes and live full, active lives.

As part of our involvement and commitment, we will work with Healthy Peninsula's Age-Friendly Region (including the towns of the Blue Hill Peninsula, Deer Isle and Stonington) to assess our community's age-friendliness and develop a community plan based on the findings of the assessment. We will involve older residents in the planning process and monitor progress toward implementing the action plan.

Sincerely,

Paul Bowen, Chair  
Penobscot Board of Selectmen