



Bethel Region Age-Friendly Community Initiative (AFCI) 2020 Annual Report

2020 - and then there was COVID! The pandemic, which paralyzed the nation, had a profound effect on the activities of AFCI as well. We were progressing vigorously with stabilizing our ongoing programs and solidifying community collaborations when our regular programs came pretty much to a stand-still. But we quickly kicked into action on supporting community members and organizations in coping with the pandemic, assuming the responsibilities of the Bethel Area Neighborhood Response to COVID-19, formed in March 2020.

Our 2020-2023 Action Plan is available upon request.

We learned Zoom! In fact, our annual planning retreat was entirely on Zoom, enabling us to include a variety of participants, from outside our Board, with special expertise. It was a continuing learning experience for Board members and teams, with the overall theme of Social Isolation and Loneliness among Older Adults. The four discussion areas have informed AFCI teams' work going forward: Food Security in our Community, Outreach through Non-tech Activities (phoning and writing), Outreach through Low-tech (Zoom, online classes and such), and Supporting the Work of Seniors Plus.

- A. **OUR MISSION** is “to explore ways to make the community more supportive of healthy aging and to make it possible for people to stay in their own homes and communities as they age.”

We are a member of the AARP and WHO networks of Age-Friendly Communities. We enjoy a very close relationship with AARP Maine and serve as mentors for burgeoning communities across the state.

- B. **MEMBER TOWNS**, all of which contribute funding to the AFCI: Bethel, Gilead, Greenwood, Hanover, Newry, Woodstock.

- C. **BOARD OF DIRECTORS AND OFFICERS** of our 501 (c)(3) non-profit corporation (as of October, 2020):

Anita Clark, Newry rep; Corresponding Secretary
Bob Oickle, Greenwood rep; Treasurer
Catherine Ingraham, Bethel rep; Recording Secretary
Charlie Raymond
Charlie Reiss, Woodstock rep
Karen Reilly
Katina Colombotos
Mariann Goff, Bethel rep; Vice President
Nancy Davis, President
Shirley Powell, Hanover rep (currently on leave)

- D. **PROGRAMS**

Based on current research into the factors that impact the lives of older adults, we have established working teams to initiate programs and projects around six Livability Factors. **On the flip side of this document is a one-page diagram of the goals for all our teams.** A 5x7 flyer that describes our programs is available at a large number of sites in our six towns (or digitally, by request).

In conformance with COVID restrictions, we have suspended our N2N Rides Program until it is safe to resume. Our volunteer drivers assumed delivery services for community members who choose not to shop in person. The flyer describes the re-articulation of all our programs during the pandemic period.