

Living Well in North Yarmouth

An Age-Friendly Community



Alvin Ahlers
Priscilla Brobst
Stephen Harris
Pasha Marlowe
Donna Palmer
Gay Peterson
Ginny Van Dyke
Steven Palmer, Chair

Action Plan: Start Here, Stay Here

Table of Contents

Letter from Select Board.	1
The Living Well in North Yarmouth Committee	2
Community Profile	4
Acknowledgments	5
Executive Summary	6
Vision and Mission Statements	7
2017 Residential Survey Analysis	9
Accomplished!	12
And the Future?	14
Goals for 2018-2019	15
On-Going Projects in 2018	16
Appendix A: Advocacy Letter	17

Other relevant documents can be found on-line at:

<http://www.northyarmouth.org/living-well-north-yarmouth-committee>

This includes:

2017 Residential Survey

2017 Town Resource Guide

2017 Camoin Report

2014 PDI Report

Living Well in North Yarmouth Action Plan



TOWN OF NORTH YARMOUTH

The Town Where Others Began.

June 19, 2018

AARP - Living Well in North Yarmouth

The North Yarmouth Select Board is pleased to express its support of the Living Well in North Yarmouth committee, and its age-friendly community plan setting goals and accomplishments for North Yarmouth's age-friendly community.


North Yarmouth has a long history of residents coming together to build our community. In the years to come, they will find ways to keep our older residents actively engaged in the community, participating in the recreational and social opportunities that they enjoy; and thriving in the home of their choice. The Select Board looks forward to continuing to work with the Living Well in North Yarmouth committee, other organizations, and with town residents to make North Yarmouth one of the age friendliest towns in Maine!

The Select Board and the Living Well committee recognize the invaluable contribution that our older residents make to the community. We believe a forward-thinking approach to enhance opportunities and address the changing needs of residents is fundamental to the success of the program. Promoting good health and well-being, offering possibilities for residents of all ages to maintain social connectivity, local recreational events, and remain active in community life.

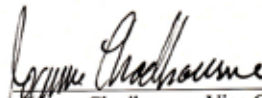
We are confident that the Living Well in North Yarmouth committee will continue to enhance and inspire the well-being of North Yarmouth's residents of all ages and provide guidance for effective planning, partnership development, and community participation.

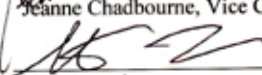
Respectfully,

The North Yarmouth Select Board


Jennifer Speirs, Chairperson

Anne Graham


Jeanne Chadbourne, Vice Chair


Steve Morrison

10 Village Square Road • North Yarmouth, Maine 04097
tel. 207.829.3705 • fax 207.829.3743 • www.northyarmouth.org

The Living Well in North Yarmouth Committee

Meet Al Ahlers

Al Ahlers is a retired Registered Professional Engineer, with a Bachelor of Science degree in Chemical Engineering from the University of Maine. He served as Environmental Manager for Fairchild Semiconductor Corporation in South Portland from 1993 to 2004 where he was responsible for managing environmental compliance for the facility and was an active member of Maine DEP's Environmental Leadership program for Fairchild. Prior to joining Fairchild, Mr. Ahlers was employed by ABB Environmental Services (formerly E.C. Jordan Co) of Portland. Since retiring, he has been employed on a part time basis as the Quality, Environmental, Health and Safety Manager for e-waste Recycling Solutions in Auburn, a recycler of electronic waste material. Also, since retiring he has been active in town government, having served on the Town of North Yarmouth Budget Committee, the town's Economic Development and Sustainability Committee, the North Yarmouth Charter Commission and is currently a member of the Living Well in North Yarmouth committee.

Meet Priscilla Brobst

Priscilla Brobst was born and raised in Maine, graduating from Standish High School and the Maine Medical Center School of Nursing. She soon married Richard Brobst and embarked on the life of a Navy Wife, traveling the world. Their first home was in Yalova, Turkey. They then returned to the United States moving to the New York City area. From there they went to the San Diego area, then back to New York City, from there to Newport, Rhode Island. In 1975, they were fortunate enough to be able to move back to Maine, settling in North Yarmouth. Priscilla became a licensed EMT and joined the North Yarmouth Fire Department where she served for 12 years. She has, also, been active in town government having served on the Budget Committee and the Planning board. She has worked as a registered nurse and, after going back to school for the training, worked as a paralegal for a number of years. She is a member of the North Yarmouth Congregational Church and has served in many capacities there. She has four children, six grandchildren and one great-grandson. She is enjoying being on the LWNY Committee and hopes to see it accomplish many good things.

Meet Stephen Harris

Stephen Harris lives with his wife, Alison, and three cats in North Yarmouth. They moved from New Hampshire to Brunswick, where their son Ben was born, and from there to Yarmouth where their daughter Robin was born. They were one of the first families to invest in the Crossing Brook Road neighborhood in Cumberland, finally settling in building a house on Walnut Hill in North Yarmouth. He was a home-dad for his kids during their formative years, while at the same time publishing a national newsletter for fathers, providing home-based daycare, and cooking breakfast at the storied Donatelli's. He is now retired and spends his time working on photography projects, writing the occasional blog post, and working alongside North Yarmouth's finest on the Living Well committee.

Meet Pasha Marlowe

Pasha Marlowe and her family moved from Maryland to North Yarmouth in July 2018. She lives with her husband, John, a third grade school teacher at Mabel I, and Jamie, a student at Greeley Middle. Her two grown children, Josh and Emily, are enjoying their last couple years at college. Pasha currently owns the North Yarmouth business Roots and Springs, a personal training/pilates/yoga studio. Her past jobs included creating and operating three fitness/community centers and marketing/event planning for non profits. While her masters degree is in Marriage and Family Therapy, Pasha has devoted her life to helping others using many modalities including counseling, yoga, mindfulness, and fitness. She holds a special place in her heart for people dealing with issues of anxiety/depression/PTSD and has made it her life's mission to decrease loneliness and increase connection in any community she resides in. Pasha is thrilled to be part of the Living Well committee and has high hopes for making North Yarmouth a desirable place to live, work, and play.

Meet Donna Palmer

Donna is a retired business owner and school counselor. Since being asked by town officials to help with an Aging in Place (AiP) program, she has been active with activities that the AiP committee, now called Living Well in North Yarmouth has created. In her younger years, she was a newspaper reporter so she especially loves writing for and editing the town newsletter.

Meet Steve Palmer

Steve has had quite the varied career: AP science teacher, middle school principal and ultimately, founder and owner of Plainview Farm, a nursery and garden center in North Yarmouth. Since closing the business he has been active in the Living Well in North Yarmouth Committee, serving as the chair since its inception.

Meet Gay Peterson

Gay Peterson is a retired registered nurse who has lived in North Yarmouth for 38 years with her husband, Rob Wood, in their owner built home where they brought up 2 beautiful, above average children. She is enjoying her retirement by traveling the country with Rob in their camper van, dabbling in all the arts and crafts she used to do just to keep sane while working, and volunteering on the LWNY committee in order to help keep North Yarmouth a great place in which to live.

Meet Ginny Van Dyke

I moved to Maine from Minnesota 40 years ago and decided to settle in North Yarmouth because of its sense of community. Although I managed some volunteer work in my adopted home, it was not until my family was grown and my teaching career put to rest that I found the time to devote more time to the town that I had grown to love. In 2017, I joined the newly formed LWNY committee. Now I happily split my time between travel, Minnesota and LWNY.

Community Profile

For many townspeople, the most compelling reason that they enjoy living in North Yarmouth is the recreation—for young and old—that abounds here.

For some, we have trails available for walking, for hiking, for exploring nature, for bird watching. For others, it is the river that means lazy—or strenuous—afternoons in a kayak or canoe—with or without fishing. The town has two public access points to the Royal River.

For still others, the ball fields provide the opportunities to watch their kids play sports. Year-round, we have runners and bikers sharing the roads. So do horses.

Want to cross-country ski? No problem. Go to Skyline. You can see and even ride in the old-fashioned sleighs there!

The Knights Pond area provides a scenic venue for activities—winter and summer—including ice-skating! Hunting is permitted in most areas of town.

Ride snowmobiles? Like snowshoes? We have trails for those activities, too.

Toddy Brook, our 18-hole golf course, attracts golfers from all over southern Maine. Each summer, Skyline Farm sponsors a family triathlon that gives athletes—younger and older—a chance to prove their mettle.

Does the annual winter cribbage tournament count?

Or the ice cream social that precedes our annual town meeting?

North Yarmouth is a town that values and supports all recreational activities.

Come join the fun!

Our Stats

- Median household income is **above state average**.
- Median house value is **above state average**.
- Unemployed percentage is **below state average**.
- Minority population percentage is significantly **below state average**.
- Renting percentage is significantly **below state average**.
- Number of rooms per house is **above state average**.
- House age is **below state average**.
- Percentage of population with a bachelor's degree or higher is **above state average**.



Fun Day 2018

For more, please see 2017 Survey Report

Acknowledgments

The Living Well in North Yarmouth Committee has heard from many people in town—volunteering to help with an event, giving us another idea. The enthusiastic response to our work for all residents has been great. In this process, we have confirmed what we intuitively knew - that there is a long-established tradition of neighbors helping neighbors—that this safety net is firmly in place and held by town staff, the faith-based communities and many volunteers.

Thus, we acknowledge all the residents of our town who have helped with our efforts. The 525 people who took the time to thoughtfully answer our survey. The people who have come to the Ice Cream Social, the Kite Festival. The people who attended the daytime meetings to learn about town affairs.

The untold number of people who have volunteered to help us and help their neighbors by driving, shoveling and making home repairs,

We have singled out, for special recognition, those who gave us a little—or a lot—of extra help.

Anita Anderson – Health Officer

Clark Baston – Director – North Yarmouth Public Works

Dick Bropst – LWNy founding member

Emma and Curtis Call – Church of Jesus Christ of Latter-Day Saints

Jeanne Chadbourne – Select Board (past chair)

Rod Duckworth – LWNy founding member

Mark Gauger – White Pine Community Church

Debbie A. Grover – Assistant Town Manager

Ryan Keith – Code Enforcement Officer

Patricia Oh – AARP

Greg Payson – Chief of North Yarmouth Fire Rescue

Rosemary Roy – Town Manager

Greg Sidders – White Pine Community Church

Nancy White – North Yarmouth Congregational Church

Kite Festival 2018



Executive Summary

In 2016, the committee of town residents, that came to be known as Living Well in North Yarmouth, was organized at the request of the Select Board and the Town Manager.

The original goal of the committee was to look at so-called “aging in place” resources for town residents. After the committee met with AARP and joined their initiative to become an “Age-Friendly Community”, the LWNy group broadened the scope of their mission to embrace all people in town. Living Well in North Yarmouth recognized that accessible sidewalks benefited people of all ages, for example; that living well in a community has no age requirement and limitation.

To learn more about community needs and desires, a survey was taken and completed by over 500 townspeople of all ages. The survey demonstrated that townspeople loved their North Yarmouth and felt comfortable and safe here. No extraordinary needs were identified and in fact, the survey pointed to the safety net the community had in place to help those who might be in need.

What the community did want was more community – **Bring us together.**

And they wanted more information about town events and issues – **Keep us informed.**

Responding to the desire for more social interaction, the LWNy Committee reached out to other committees to collaborate – **We’re all in this together.**

The Events Committee already sponsored the annual Fun Day, concerts, holiday celebrations, and potluck dinners. So, the LWNy group, in collaboration with the Events Committee, sponsored an ice cream social on the evening before Town Meeting. They decided to make the Winter Community Cribbage Game, then in its second year, an annual event. In October, the First Annual North Yarmouth Community Kite Festival was held. Events and LWNy, as well as the Parks and Recreation Committee sponsored that event.

Another project, suggested by AARP, was to compile and published a town resource guide. This is being distributed by volunteers in the First Greeter program, an LWNy initiative where volunteers reach out to new residents, welcoming them to town. In its first four months, nearly 40 new residents were visited. This project was the result of collaboration with the Communications Advisory Committee.

In town, the Planning Board and the Economic Development and Sustainability Committee were jointly working to review ordinances and establish the climate to allow housing options that could be age-friendly. We reached out to them and helped them learn more about different ways to make North Yarmouth more age-friendly.

And another ice cream social is planned, of course.



North Yarmouth Troubadours

2018 Town Vision Statement

The Town of North Yarmouth recognizes and seeks to maintain its unique character as a still largely rural town that is still in close proximity to urban centers and related services. The town seeks to guide residential growth while attracting appropriate commercial growth and maintaining the appeal of its country character by preserving natural, historical, agricultural, and cultural resources. The town desires to encourage the development of a village center, to protect natural resources, preserve the quality of the town's public water supply, and encourage recreational use of the town's extraordinary network of public parks, forests and trails.

2017 Charge from the Select Board

The Living Well in North Yarmouth committee will assess community needs, services and inventory the town for its assets regarding issues of aging. The committee will work to develop and implement strategies to respond to the needs/desires expressed by the townspeople.

Vision Statement

Living Well in North Yarmouth Committee 2018

The committee will assist in the creation and maintenance of a vibrant, active community environment that is inclusive and supportive of all residents of North Yarmouth.

Mission Statement

Living Well in North Yarmouth Committee 2018

The charge of the committee states: The Living Well in North Yarmouth committee will assess community needs, catalogue available services and inventory the town for its assets regarding issues of aging. The committee will develop and implement strategies to respond to the needs and desires expressed by the town's people.

The committee will respond to this charge by:

1. Creating

- Exploring more deeply the needs and desires for positive, informative, educational programs and other services as expressed by all residents of the town
- Creating and supporting activities that promote good health, active lives, and engaged residents
- Creating and maintaining a resource directory for all citizens of the town

2. Collaborating

- Seeking out the needed support, resources, and guidance, outside of the immediate committee, including, but not limited to; town administration and select board, other town committees, town religious organizations, AARP, and town businesses, in order to provide all residents, regardless of circumstances, the ability to enjoy living well in North Yarmouth
- Creating project groups to work together in developing programs that are deemed worthy

3. Supporting

- Working with town administration, town policies, and town committees to help support the resources which maintain a vibrant community environment
- Regularly assessing the goals and objectives of the LWNYP program

North Yarmouth Town Meeting – the purest form of democracy



2017 Residential Survey Analysis

North Yarmouth – Who We Are Today and Into the Future

When the Living Well in North Yarmouth committee was organized in late 2016, members immediately set to work designing a survey which would allow them insight into how residents of all ages viewed their lives in their town. This is the report of the responses.

When the results began to arrive, we were a bit surprised by the homogeneity found in the responses. This transcended age and gender. People are content with their lives here. 91% said that they feel respected and included. This, too, transcended age or gender.

“We love North Yarmouth” was a comment added to many of the surveys.

North Yarmouth has a stable population (65.6% have lived in town longer than 12 years) who value both the town itself and the rural lifestyle it affords them. Of the 502 responses received, economic security was a major theme: 96% own their home and 88.4% say it's ideal for them now.

Only 3% indicated any problem with heating their homes and these were due, in large part, to home maintenance issues. 98.5% have a car and require no help with transportation (this is nearly identical to the number who intend to drive until they are unable to do so).

Food security appears to be non-issue, as only 4 respondents said that they used the food pantry. None reported that they did not have enough food. This may also correlate to the 89% who report that they need no services at this time.

The survey also illustrated the social inclusion residents of North Yarmouth experience. 36.5% are involved (or would be) in town life. In comments, other people said that they would like to be involved were it not for career and family obligations.

This being said, 81% are as social as they want to be and some who answered that they were not as social as they wanted, took responsibility saying that they had not reached out, or tried to be more social. The 56.5% who volunteer is another indicator of social inclusion and feelings of connectivity.

Over 33% said that they volunteered through a faith-based community. This may point to the informal social network that provides care to those who need it through the faith-based communities. When 52.5% said that they helped “informally,” we thought this might indicate old-fashioned neighborliness or family support (the number of family helping family was quite high – over 77% said that they would spend time with “family and friends” as they look forward. We inferred that this could also mean helping relatives when needed.

The town government communicates with its citizens quite well, as over 89% said that it was easy or fairly easy to learn of town events. Over 50% utilized the town website (contradicting the myth that seniors are not tech-savvy). As a counter-balance, nearly 55% read newspapers and use that media to learn of town news. In the early on-line survey response, 36% of those over age 61 used this option.

We asked about utilization of town parks and recreation areas – 73% said that they used these amenities. On the other side of this, 45% complained of poor (or non-existent) sidewalks. This was a prevailing theme of the proffered comments. Thus, it is not surprising when nearly 73% said that they took

Living Well in North Yarmouth Action Plan

walks in town and over 42% said that they exercised and/or took part in sport activities. Bike paths were also mentioned.

The ancient theme: taxes are too high and forcing people out of their homes was found, in one form or another, in 42 comments. Excessive school spending was usually cited as the cause. It was revealing that only one respondent complained of excessive municipal spending, indicating that residents are content with town budgets.

As we expected, the open-ended comment section of the survey provided residents the opportunity to tell us what they thought we should know and so they did.

Here are some that we heard:

Options to downsize are limited, as is affordable or subsidized housing.

A community center at the old school site is needed and wanted—including a skate park—a community place to gather

Some respondents were critical of the current town offices.

Some spoke of the inability of the town to move forward on the Wescustogo project.

Property tax assistance for seniors was mentioned by many people. (Coincidentally, this was put in place in 2017.)

More social activities for all—co-mingling the age groups—is desired.

Could we have?

12-month installment property tax payment plan? (This is already in place.)

*Self-improvement classes at the closed school? Movies there, too?
And a playground?*

Sidewalks on Route 9?

More business in the village center?

Respite care?

Town bulletin board at the site of old Wescustogo Hall?

Free trash bags for seniors?

A town-sponsored program to match volunteers to the people who need them?

Curbside pickup for large items and brush?

Small food market?



Summary

We want to thank all who took the time to help us learn about our town. It has provided us with fascinating insights and renewed affection for our neighbors. The survey yielded unexpected information and insights into the heart of our town.

Of the 1,400 paper surveys mailed to residents, 425 were returned (28%). The remainder, 85, were completed on-line. A total of 510 residents responded.

This, by any standard, is an extraordinary rate of return. Many respondents took the time to thank us “for asking,” for “being concerned for my welfare.” It may well be that the survey itself was perceived as another reason to feel safe and happy here.

North Yarmouth people of all ages are quite independent, as demonstrated by the exceptionally high rates of home and vehicle ownership, the apparent economic security these represent, and the expressed contentment with their lives—conclusions drawn from several questions relating to these issues. To move to this community—with no public transportation, no supermarket, no bank—essentially, nothing to allow residents an unencumbered lifestyle, speaks to this independence. They can afford to live here and pay for the means to get them to an appointment in Brunswick or Portland.

Does this mean that there are no persons needing help in this community? Of course not. However, it appears that neighbors and near-by family are helping these people informally. The North Yarmouth Fire Rescue service, as well as the Code Enforcement Officer, are also watching over our residents. So are the faith-based communities and the schools. These informal care-giving/care-providing arrangements are time-honored in civilized societies.

Does this mean that the community has any work to do to ensure that no one is misplaced in the busy-ness of life? If the basic services are in place, what could/should the town do to enhance quality of life for all? Should our taxes provide added curbside pickup (large items, brush), added sidewalks, and free trash bags for seniors?

These are questions for us to address now—and to routinely discuss in the years forward.

For now, the survey certainly indicated that people would like to see more social activities locally, as well as appropriate small-scale housing to enable those who love North Yarmouth to stay here if or when it is time to downsize.

42 respondents reported the desire/need for senior property tax assistance. The creation of a community center was noted by respondents of all ages, while many asked for a conclusion to the drawn-out issue of rebuilding Wescustogo Hall. Younger residents, saying that the “elders” resisted change and new ideas, expressed this sentiment. These younger residents are in the town but not of the town and thus, are uninvolved.

Can this be changed?

Accomplished!

In response to the survey 2017 results, we focused on the following:

Domain: Outdoor Spaces and Buildings

- Organized Kite Fest in 2017 and 2018

Domain: Transportation

- Organize volunteer drivers

Domain: Housing

- Organized meeting for relevant town committees and AARP
- Wrote advocacy letter for housing and zoning initiatives (see appendix)

Domain: Social Participation

- Organized cribbage tournament which will continue.
- Organized Ice Cream Social which will continue.
- Organized Kite Festival which will continue.
- Organized childcare at Town Meeting

Domain: Respect and Social Inclusion

- First Greeter program
- Organized cribbage tournament which will continue.
- Organized Ice Cream Social which will continue.
- Organized Kite Festival which will continue.
- Organize daytime meetings regarding municipal issues (transportation and refreshments provided)

Domain: Civic Participation and Employment

- Organize daytime meetings regarding municipal issues (transportation and refreshments provided)

Domain: Communication and Information

- Created First Greeter program which has served nearly 40 new residents in the first four months of existence. This is on-going.
- Increased press releases through local reporter and suggested stories. Articles about the Knox box grant, the First Greeter program, the Ice Cream Social and the Kite Festival were published in newspaper.
- Increased use of social media by collaborating with Town Clerk Debbie Grover and AARP to post relevant content.
- Published Resource Guide in collaboration with the Communication Advisory Committee, which was, in turn, used to welcome new residents

Domain: Communication and Information (continued)

- Created dedicated section on town website—Living Well in North Yarmouth—where residents will find links to other resources and programs. See: <https://www.northyarmouth.org/living-well-north-yarmouth-committee>
- Created and distributed posters to advertise social events
- Publish bi-monthly newsletter

Domain: Community Support and Health Services

- Won AARP grant to buy Knox-boxes
- Established weekly ping-pong
- Established weekly pickle-ball
- Distributed winter care bags



Priscilla and Dick Brobst



And the Future?

Domain: Outdoor Spaces and Buildings

- Assessment of all town recreational areas
- Advocate for designated senior space at the community center
- Organize Celebrate our Parks 2018!

Domain: Transportation

- Work with Vanessa Farr on traffic calming project

Domain: Housing

- Consider organizing a volunteer home repairs program
- Consider organizing snow cleaners in winter of 2018-2019

Domain: Social Participation

- Advocate for designated senior space at the community center
- Organize Celebrate our Parks 2019!
- Create the Brobst Lecture Series

Domain: Civic Participation and Employment

No new initiatives in 2019

Domain: Respect and Social Inclusion

No new initiatives in 2019

Domain: Communication and Information

- Consider white board in Town Office - Ideas!
- Recruit youngers as town volunteers

Domain: Community Support and Health Services

No new initiatives in 2019

Goals for 2018-2019

Domain: Outdoor Spaces and Buildings

- Conduct assessment of accessibility in all town-owned recreational areas

Domain: Transportation

- Work with Vanessa Farr to create strategies to calm traffic

Domain: Housing

- Work to develop a variety of housing options
- Organize snow cleaners in winter of 2018-2019

Domain: Social Participation

- Organize Celebrate our Parks
- Recruit youngers as town volunteers
- Organize Walk through Historic North Yarmouth

Domain: Civic Participation and Employment

No goals in this domain

Domain: Respect and Social Inclusion

- Create the Brobst lecture series
- Recruit youngers as town volunteers
- Organize Celebrate our Parks

Domain: Communication and Information

Install white board in town office - Ideas!

Domain: Community Support and Health Services

No goals in this domain

Continuing Projects in 2018

Domain: Outdoor Spaces and Buildings

- Continue monitoring the progress of assessing of town building assets

Domain: Transportation

- Organize volunteer drivers, when needed

Domain: Housing

- Continue advocacy for age-friendly housing options

Domain: Social Participation

- Winter cribbage tournament
- Ice cream social
- Kite festival

Domain: Civic Participation and Employment

- Sponsor daytime meetings to learn about important town issues

Domain: Respect and Social Inclusion

- First Greeter program
- Winter cribbage tournament
- Ice cream social
- Kite festival
- Sponsor daytime meetings to learn about important town issues

Domain: Communication and Information

- First Greeter program
- Employ the communications strategies developed in 2017
- Publish the Resource Guide, assuring that it is accurate and current.
- Maintain dedicated section on town website
- Advertise social events
- Publish newsletter

Domain: Community Support and Health Services

No new initiatives in 2019

Appendix A: Advocacy Letter

To: Economic Development and Sustainability Committee
Comprehensive Plan Committee
Planning Board
Select Board

Copy: Town Manager

During the last Summit meeting, we were pleased to learn about the forward steps being taken by your committees to examine zoning and land use ordinances. We are writing to express our strong support for the work that you are doing.

- As the Living Well in North Yarmouth committee, we are working to learn about the housing needs and wishes of our senior population. We think we need to test the myths and define the terms. What does affordable mean? Low-income?
- Does North Yarmouth need smaller housing units? We think yes, but no one has done any market analysis to confirm this. We need to learn what our community specifically needs (not Cumberland or Falmouth). Repeatedly, from myriad sources, we have heard that another North Yarmouth Woods would be desirable. How can we prove this is true?

It has become obvious that zoning changes are needed to encourage senior-appropriate housing options in the Village Center. We should consider innovative housing ideas, such as:

- Accessory Dwelling Units (commonly called ADUs), could become a viable option. An ADU is a small, independent housing unit located on the same lot as a single-family home, which may or may not be attached. This option could be permitted in all parts of town.

Residents were adamant about their desire to stay in North Yarmouth, according to the survey results last February. People like this community very much! As a committee, we are currently studying ways that we can help and support these desires as in:

- Collaborating with Cumberland to offer our senior residents programs that can help with house repairs and routine maintenance, allowing them to age in place.

For many years, we, as a community, have said that we wanted development in the Village Center. Our understanding is that the new Comprehensive Plan will restate that goal. Without the changes that you are working on, this goal will never be achieved.

- We think that all members of the community will benefit from updated land use planning. Most importantly, all this can be accomplished without jeopardizing the rural character of our town which is prized by so many.
- Creating a TIF district is valuable for everyone in town – not just the center. Please continue your efforts to educate.

Living Well in North Yarmouth Action Plan

Finally, we understand that the Select Board will be looking at improved road safety in the new year. It is important that improved pedestrian safety strategies – paved shoulders and sidewalks – be included in the master plan for the Village Center. Giving citizens a walkable village contributes to an improved environment and a healthy community. With increased density in the center, this becomes even more vital.

Thank you for taking this on your agenda.

Sincerely,

The Living Well in North Yarmouth Committee

Al Ahlers
Priscilla Brobst
Rod Duckworth
Steve Harris
Donna Palmer
Steve Palmer
Gay Peterson
Ginny Van Dyke

December 29, 2017