



*"Age is simply the number of years that
the world has been enjoying you!"*

Dear Community Partner:

Did you know that there is a group of people working to address the needs of our aging residents and help Caribou be a *Community For All Ages*?

Age Friendly Caribou is part of a network of Livable communities across the country, and currently has a committee that is made up of representatives from healthcare, city government, agency on aging, to concerned citizens and more.

We would like to invite you to be part of the committee or to participate in helping one of our programs. We need motivated go-getters who are passionate about Caribou and helping the people who live here.

We meet on a monthly basis for overall planning and some program committees may meet more frequently. Right now we have several programs which include: Tech Talk technology one-on-one support, Senior Senior Prom, Senior Santa.

Our action plan outlines more programs and ideas for the future. These programs help to address issues like access to health care, isolation, community participation, aging in place, and transportation.

Please join us for our next meeting or contact me to learn more. I am happy to chat over coffee or zoom.

We welcome your insight and dedication to help people in our community.

Sincerely,

Elizabeth Singer
esinger@carymed.org
207-498-1632

Age Friendly Caribou
163 Van Buren Road, Caribou, ME 04736
207.498.1632
@agefriendlycaribou