Age-Friendly Princeton

Action Plan

2023

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PRINCETON, MINNESOTA 55371
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www.princetonmn.org

March 10, 2021

Mr. Will Phillips
AARP Minnesota, State Director 1919 University Avenue W #500
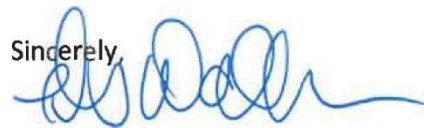St. Paul, Mn 55104

Dear Mr. Phillips,

On behalf of the City of Princeton, I am honored to submit this letter on behalf of the Age-Friendly Princeton Initiative, becoming recognized as an Age-Friendly City. We are excited to partner with AARP Minnesota to assess, evaluate and collaborate with local organizations and partners to ensure the City of Princeton encompasses the values identified in the Age-Friendly framework, to be a community that supports residents and visitors of all ages.
The City of Princeton is proud to be a regional center for a variety of organizations, programs and services geared towards meeting the needs of older residents and visitors. The City of Princeton is home to M Health Fairview Northland, a valued medical resource for the community and surrounding areas, as well as other clinics and medical services ensuring our community can age in place. Meal services, fitness opportunities, transportation and social settings have also been organized to make sure all residents feel welcome and able to participate as active members in the community.

Princeton has taken the first steps towards Age-Friendly recognition, through creating a taskforce as well as conducting a community survey. We look forward to using this data to gain perspective on how the community can offer supports directly related to the 8 domains and provide residents, visitors and workers in the community with the necessities to thrive.

Thank you for accepting our membership into the Age-Friendly Network and for your support in guiding our community in becoming a place for all ages.

Sincerely,

Mayor Thom Walker
City of Princeton

POLICE (763) 389-4879 CITY HALL (763) 389-2040   PUBLIC WORKS (763)-389-2042
FIRE DEPT   (763) 389-2040 (763) 389-0993 MUNICIPAL LIQUOR (763) 389-3613
                    - The City of Princeton is an equal opportunity provider and employer

Executive Summary

Age-Friendly Princeton is a community-driven, city sponsored initiative that began in November 2020 as Princeton became the eighth city added to Minnesota's Age-Friendly Communities. Our goal is to make the Princeton area a better place for residents of ALL ages. A place where they can live healthy, active lives and can thrive in all stages of life.

We began the work by asking community members how they feel about the Princeton community in terms of being age friendly. Based on the results of the surveys, we realized we needed more information. We held several focus groups/brainstorming sessions to glean more information on where we should focus our efforts. From those sessions, combined with the survey results, the Age-Friendly Princeton Leadership team determined three key domains to focus on:
1) Communication and Information.
2) Social Participation and Respect; and
3) Transportation.
The Leadership team created a specific action plan for each domain where we want to focus our attention.

Princeton has many strengths in terms of Communication & Information. We have an electronic information board, a weekly newspaper, several community Facebook pages among other avenues. We want to ensure all our residents have access to this information and that if the information requires technology, we want to ensure everyone knows how to use that technology. Our team will work with the Princeton Area Chamber of Commerce & Tourism to assist in making the community more aware of what Age-Friendly means as well as making them more aware of all the great things happening within the community. We will soon be offering a technology class for age 50 and older in a collaboration with Community Education and the Princeton High School. M Health Fairview will be offering classes regarding telehealth and we're continuing to find other avenues for communication.

Our community has many strengths in terms of Social Participation and Respect through the Senior Linkage Line, Community Education opportunities, the Princeton Pantry coupled with two local thrift stores, churches, senior dining and more. We would love to have a community center, but in its absence, we will focus on a "Community Center Without Walls" in collaboration with area churches, in a smaller community we realize collaboration is key.

Transportation is an area where we see our biggest opportunity. Although we currently have some transportation options, most are uniformed about who is eligible to ride. We are working on ways to inform people about transportation options already available while also working on bringing more transportation options to the Princeton community.

These three domains crossover with one another, and we feel we cannot address one without the other. As we make progress, we will move onto other added domains of focus.
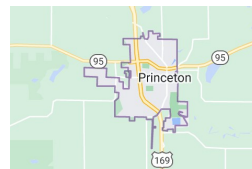
Community Profile
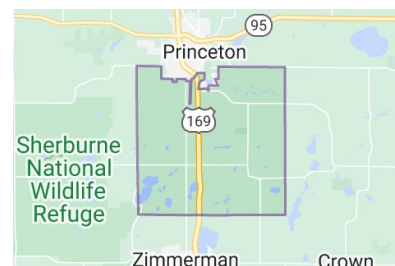
Introduction to the Community

Princeton is a growing rural community located in central Minnesota just north of the Twin Cities. It is approximately 50 miles north of Minneapolis on Highway 169 and 30 miles east of St. Cloud on Highway 95, located on the beautiful Rum River.

In April 2021, our city population tipped over the 5000 mark. We are now a population of 5100 which brings other key elements into the mix, specifically in regard to transportation. As shown in the 2020 census, the City of Princeton is the 156th largest city in Minnesota and the 6731st largest city in the United States. It is one of the fastest growing areas in Minnesota. Princeton is currently growing at a rate of 0.25% annually and its population has increased by 0.50% since the most recent census, which recorded a population of 4,819 in 2020. Spanning over 5 miles, Princeton has a population density of 1,016 people per square mile. The city of Princeton is in Mille Lacs and Sherburne counties. Most of its residents live in Mille Lacs County.

City of Princeton

Baldwin Township

The majority of people that Princeton serves live outside the city limits. Baldwin Township has a larger population than the city of Princeton, 7,248 according to the 2021 population estimate. The surrounding rural areas, spanning 228.7 square miles, 93 people per square mile.

The Princeton School District population is 21,267. Princeton Public Schools proudly serve over 3200 students in four counties. The district's minority enrollment is 10% (majority Hispanic) which is less than the Minnesota public school average of 36% (majority Black and Hispanic). Also, 18.3% of students are economically disadvantaged. The district is home to six schools to provide students with opportunities to succeed in an ever-changing world.

Street scene (Hwy 169), Princeton, 1960

Downtown Princeton 2022

Princeton is a small town with big city resources. Princeton's modern industrial park has a looped water system, paved roads, fire and police protection within minutes and a well-developed airport with runways in excess of 4,000 feet. There are several large manufacturing companies located in Princeton and two Senior Living Centers. We have the only Walmart and Aldi in Mille Lacs County. Princeton's downtown business district and two shopping malls offer prime real estate exposure and a quaint shopping experience. Princeton is also home to many nonprofit organizations and civic organizations dedicated to making the greater Princeton area a great place to live, visit, shop, and work.

Elim Wellspring Health Care Center

Sterling Pointe Senior Living

Princeton Mall

Crystal Cabinets Works - National Training Center

M Health Fairview Northland Medical Center is a community hospital in Princeton, Minnesota. Since opening in 1993, the medical center works with nearby M Health Fairview Primary and Specialty Clinics, and with University of Minnesota Physician Specialists, to bring a wide range of medical services to the surrounding area including many outpatient services. In 2021, the hospital was named as an Acute Stroke Ready Hospital Designation location. The hospital was awarded a 5-star rating in the 2020 Center for Medicare and Medicaid "Hospital Compare" quality survey.

M Health Fairview Northland

Located on major traffic arteries to both St. Cloud and the Twin Cities, we have great access to larger city shopping and conveniences while maintaining our small-town neighborhood atmosphere. The city of Princeton and surrounding townships have maintained its rural identity with new growth in recent years. With this growth expected to continue, we welcome a diverse and vital population providing expanding business and job opportunities. Come for a visit or come here to live. We know you will enjoy what we have to offer.

Mille Lacs County Historical Society- Depot Museum
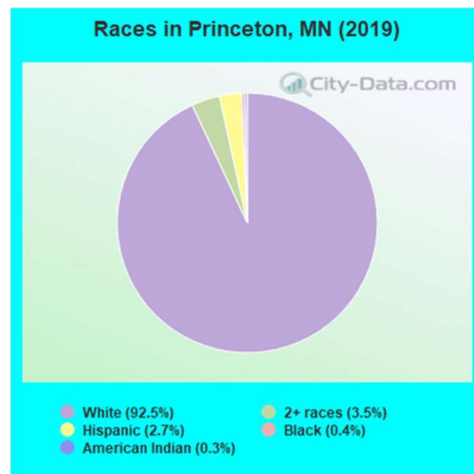
Demographic and Diversity Data

Demographics:
In 2020, Princeton, MN had a population of 4,843 people with a median age of 33.8:
39.6 (females), 33.1 (males) and a median household income of $37,445. There are
3,561 adults, (958 of whom are seniors) (26.9%) in Princeton.

Race and Ethnicity:
According to the 2020 Census Bureau, the racial composition of Princeton was:

- White: 92.70%
- Two or more races: 2.57%
- Asian: 1.98%
- Another race: 0.94%
- Native American: 0.79%
- Black or African American: 0.55%
- Native Hawaiian or Pacific Islander: 0.47%

Races in Princeton, MN (2019)

White (92.5%)   2+ races (3.5%)
Hispanic (2.7%)   Black (0.4%)
American Indian (0.3%)

Ancestries:
German (42.7%), Irish (9.9%), Swedish (6.1%), European (4.0%), Norwegian (3.6%),
Scandinavian (3.2%). 100% of the residents in Princeton, MN are U.S. citizens.

- 98.7% of residents of Princeton speak English at home.
- 0.8% of residents speak Spanish at home (100% speak English very well).
- 0.4% of residents speak other Indo-European language at home (100% speak
  English very well).

Poverty and Diversity:
The race most likely to be in poverty in Princeton is Black, with 100.00% below the
poverty level. The race least likely to be in poverty in Princeton is White,
with 18.72% below the poverty level, a number that is higher than the national average
of 12.8%. The largest demographic living in poverty are Females 65-74, followed by
Females 25- 34 and then Males >5.

- National Average Poverty Rate   12.8%
- Princeton's Overall Poverty Rate 18.43%
- Male Poverty Rate   12.66%
- Female Poverty Rate   16.32%

Housing and Living:
The median property value in Princeton, MN was $148,000 in 2020, which is 0.644 times smaller than the national average of $229,800. Between 2019 and 2020 the median property value increased from $141,500 to $148,000, a 4.59% increase.

In 2020, the homeownership rate in Princeton, MN was 57.4%, which is approximately the same as the national average of 64.4%. The median rental costs in recent years is $770 per month. The average household income in Princeton is $54,618 with a poverty rate of 18.43%.

Average Family size   2.95
Average Household size   2.26

Female: Owners 28.7%   Renters 71.3%
Male: Owners 41.3%   Renters 58.7%

Education Attained:
High school graduate degree or higher, age 25+, 2017-2021 96.3%
Bachelor's degree or higher, age 25+, 2017-2021   37.6%

Employment:
From 2019 to 2020, employment in Princeton, MN grew at a rate of 4.55%, from 2,130 employees to 2,230 employees. The largest industries in Princeton, MN are Health Care and Social Assistance (535 people), Manufacturing (447 people), and Retail Trade (304 people). The Highest paying industries are Public Administration ($58,854), Construction ($46,866), Finance & Insurance and Real Estate & Rental & Leasing ($37,102).

The primary industries for residents in Princeton, MN are:
- Health Care and Social Assistance   24%
- Manufacturing   20.1%
- Retail Trade   13.7%
- Accommodation and Food Services   12.7%
- Construction   7.72%
- Finance and Insurance   3.55%
- Public Administration   3.14%
- Administration & Waste Management   3.59%
- Professional, Scientific, & Tech Services 2.92%
- Other Services   2.74%

Transportation:
In 2020, 72.1% of workers in Princeton, MN drove alone to work, followed by those who carpooled to work (11.4%) and those who worked at home (5.71%). Using averages, employees in Princeton, MN have a longer commute time (27.2 minutes) than the normal US worker (26.9) minutes. Car ownership in Princeton, MN is approximately the same as the national average, with an average of 2 cars per household.

AARP's Livable Communities

Livable communities include essential features that allow residents of all ages and backgrounds to thrive. These include mixed-use zoning, safe and varied transportation options, and diversity of housing types. Livable communities also include public spaces that benefit everyone and access to essential businesses, such as grocery stores. And it equitably serves residents of all ages, ability levels, incomes, races, ethnicities, and other backgrounds.

"Livable communities are good for people and good for business. They are places where Americans increasingly want to live, work and play. Whether a person is young or old, starting a family or a business, livable communities provide a host of appealing advantages that enhance the quality of life of residents, the economic prospects of businesses, and the bottom lines of local governments."
The Livability Economy; People, Places and Prosperity (AARP)

> Well-designed,
> age-friendly communities
> foster economic growth
> and make for happier,
> healthier residents of all ages.

Livability Index Score

AARP's Livability Index scores every neighborhood and community in the United States for the services and amenities that affect people's lives the most. Using more than 50 national sources of data, the AARP Livability Index provides the clearest picture yet of how well a community meets the current and future needs of people of all ages.

Princeton's Total Index Score: 57
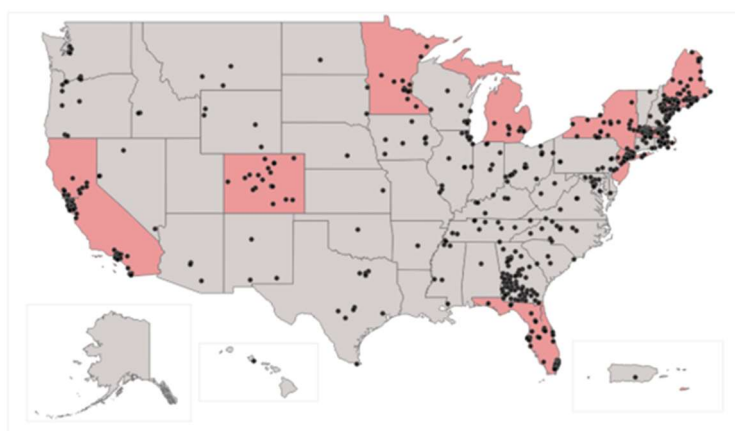
- Housing   60
- Neighborhood   49
- Transportation   43
- Environment   76
- Health   48
- Engagement   64
- Opportunity   60

The overall livability index score for **Princeton, Minnesota** is **57**.
This is in the top half of communities in the U.S.

Introduction to Age-Friendly Princeton

Creating great places for people of all ages.

Age-Friendly Princeton is a community-driven, city sponsored initiative that began meeting in January of 2020. Age-Friendly Princeton joined the AARP Network of Age-Friendly States and Communities in November of 2020 and became the 8th community added to Minnesota's Age-Friendly Communities. Our goal is to make the Princeton area a better place for residents of ALL ages where they can live healthy, active lives and can thrive at all stages of life.

AARP Network of Age-Friendly States and Communities, October 2022

According to AARP:
- The population of the United States is rapidly aging.
- By 2035, the number of adults older than 65 will be greater than the number of children under 18.
- Research shows that what is good for older people is good for all people.

The population of older adults is getting larger - and older. One-quarter of all Americans aged 65 or older live in small towns and rural communities.

Rural adults have a strong desire and likelihood to stay in their home and community as they age and are making plans to do so, including consideration of alternative housing options. People spend years making connections and commitments to homes, friendships, community organizations, and local social ties within their community. Communities become a source of support and engagement for its residents, particularly older adults who have an even stronger desire to age in place.

Because residents want to age in their communities, they need community support and resources to do so. The needs and desires of older residents are often similar to those in younger age groups, implementing the Age-Friendly Princeton plan will benefit the community as a whole, making Princeton an even more desirable place to live.

In February of 2021 Age-Friendly Princeton developed a survey to assess public opinion on preferences with regards to homes and communities. This survey was based on the AARP's survey but rewritten to include participants aged 18 and older. The survey was emailed to various local groups, organizations, churches, businesses, and to individuals in high school. We gave printed copies to residents in senior living centers, area apartment buildings and at senior dining. Several students from Princeton High School tabulated the survey results in the spring of 2021. The Age-Friendly Leadership Team reviewed the results and decided that more information was needed. It was also decided to reformat the 8 Domains to fit better with our community.

We facilitated brainstorming sessions with focus groups once a month in February, March, and April of 2022. Each session focused on 2-3 domains. After the brainstorming sessions, the Age-Friendly Princeton Leadership Team met and decided that we were going to focus on 3 priority domains - Communication & Information, Social Participation & Respect, and Transportation.

In the Summer of 2022 Age-Friendly Princeton received an AARP Community Challenge Grant for a Surrey Bike. The royal blue Surrey Bike seats up to six adults and two small children; it has seat belts, a canopy and electric pedal assist. It can be used for exercise, leisure, or ferrying people of all ages. We were able to display the Surrey Bike at Pumpkin Chunkin', a local fundraising event, and then unveil the Surrey Bike at the Mini Dazzle Parade in November of 2022. We are excited to begin rental to people in the Princeton area in the spring of 2023.

Since 2017, the Princeton ACT on Alzheimer's group has been working to make Princeton a dementia friendly community. ACT Princeton offers a monthly memory café for those with memory loss and their care-partners. ACT Princeton also offers Dementia Friends Information Sessions to the 10th grade health classes at Princeton High School, at local churches, and through Community Education.

Princeton offers many age-friendly intergenerational community events including activities during the Rum River Festival and the summer Music Series at the Mille Lacs County Depot. Princeton Community Education offers many classes, activities, and events for all ages. With collaboration with Age-Friendly Princeton, the Chamber of Commerce, and Princeton High School, Community Education is now offering Technology Support Classes to the community.

The Age-Friendly Princeton Leadership Team are a group of people that work and/or live in Princeton and surrounding communities who are interested in making Princeton an age-friendly community. The monthly meetings began in January of 2020 with a small group of people and continues to grow.

Martha Ahlschlager	Fremont Village Senior Living Marketing Director
Pat Braun	Foster Grandparent Program Area Supervisor
Emily Carpenter	M Health Fairview Community Partnerships Manager
Elizabeth Fawkes	Tri-CAP, Community member
Jay Haapala	AARP Associate State Director- Community Engagement
Natalie Matthewson	Central MN Council on Aging Community Dev. Supervisor
Stacy Marquardt	City of Princeton Community Development Planner
Holly Martinson	Crystal Cabinets, Community member
Carole McNaughton-Commers	St. Cloud AmeriCorps Seniors RSVP Program Coordinator
Michele McPherson	City of Princeton Administrator
Paul Metzler	Elim Care and Rehab Campus Administrator
Helen Olson	Twice New Clothing and Treasures, Community member
Jamie Pendy	Sterling Pointe Senior Living Marketing Director
Julie Schoen	Age-Friendly Coordinator, ACT on Alzheimer's Coordinator
Lori Schultz	Tri-CAP Executive Director
Kim Young	Princeton Area Chamber of Commerce Executive Director

Key Community Partnerships are needed in this initiative. As part of the community survey process in addition to written surveys, the Age Friendly Leadership Team held a series of brainstorming sessions. The sessions included community members and professionals from a wide range of service specialties including the following:

- City of Princeton Community Development Manager
- M Health Fairview Community Partnerships Manager
- City of Princeton Police Chief
- Mille Lacs County SHIP
- Family Pathways
- Senior Linkage Line Community Living Specialist
- Kinship Youth Mentoring Director
- Crystal Cabinets
- Central MN Council on Aging Community Dev. Supervisor
- Community Education Director
- Christ Our Light Church Pastoral Associate
- St. Cloud AmeriCorps Seniors RSVP Program Coordinator

- Elim Care and Rehab Campus Administrator
- Lakes and Pines Senior Chore Facilitator
- Twice New Clothing and Treasures, Community member
- Age-Friendly Coordinator
- ACT on Alzheimer's Coordinator
- Tri-CAP Executive Director
- 7 County Senior Federation
- Princeton Primary School Social Worker
- Princeton Area Chamber of Commerce Executive Director
- City Council Member

Age-Friendly Princeton's 8 Domains of Livability

The following are the 8 Domains of Livability for Age-Friendly Princeton. The availability and quality of these community features impact the well-being of all residents and help make communities more livable for people of ALL ages.

1.Outdoor Spaces & Buildings. Accessible, inviting and safe outdoor spaces and buildings that encourage active participation and recreation.

2. Transportation. * Safe, accessible and affordable transportation options that increase mobility and community participation.

3. Housing. Appropriate and affordable housing options that supports modification programs and the ability to stay in the community.

4. Social Participation and Respect. * The availability of accessible and affordable fun social activities and intergenerational gatherings where all are welcomed and valued.

5. Civic Participation and Employment. Opportunities to contribute in the workplace and volunteer to make a difference in the community.

6. Communication & Information. * Increased access to information through various methods including print and digital.

7. Community Support & Health Services. Access to affordable health care and social services to promote wellness and quality of life.

8. Public Safety and Preparedness. Promoting a safe environment for all residents through emergency management- prevention, preparedness, response, and recovery.

*Age-Friendly Princeton will begin by focusing on these domains.

More information about Age-Friendly Princeton can be found on the city's website
https://www.princetonmn.org
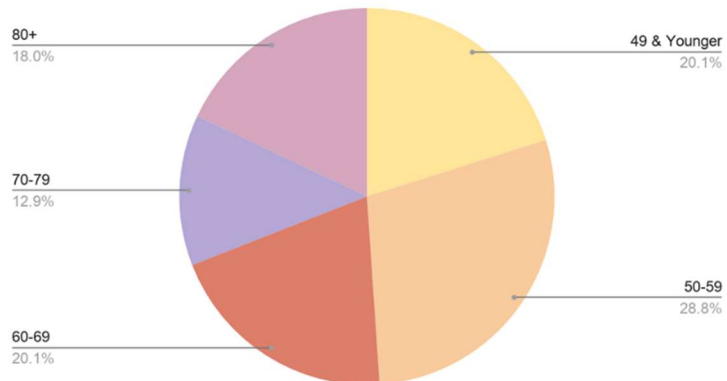
Summary of Community Assessment

Age-Friendly Princeton conducted a survey in February of 2021 to gather information on what is needed to make our community a better place to live for everyone.

There were 160 people who participated from a wide range of educational backgrounds and diverse incomes. 77% of surveyed people were women and a very strong majority of surveyors were white. The average age was 60 years old.

Age of Participants:
- 49 and younger   20%
- 50-59   28%
- 60-69   20%
- 70-79   12%
- 80 and older   20%

Age of Participants

80+ 18.0%

49 & Younger 20.1%

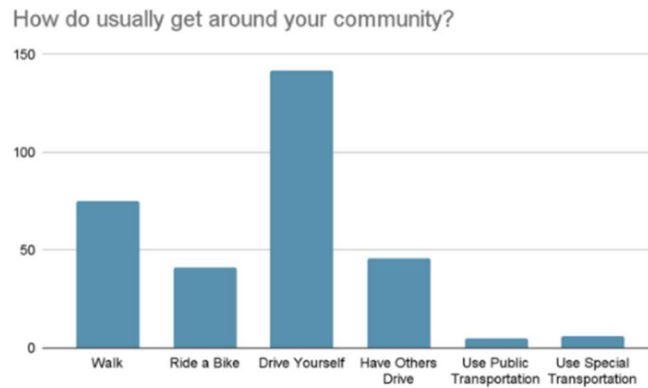70-79 12.9%

50-59 28.8%

60-69 20.1%

The demographics showed that we are not a very diverse community since a very strong majority of surveyed were white. Since the majority of surveyed people were women, there was not enough representation from the male population. But there were a wide range of educational backgrounds and diverse incomes from the population participants. The average age of the people who participated were 60 years old. 20% of participants were under 50 years old. The majority of participants were in their 50's and 60's (48%) with those 70 and older at 30%. This is a good sample from the various age groups.

As seen throughout other AARP surveys, most people want to reside in their current home or community for as long as possible. 75% of participants plan to stay in Princeton with 25% of those planning on moving from their current residence but staying within the community. 63% view Princeton as a good or very good place to live. 45 surveyors out of the 160 respondents said that if they were to move out of the community, a place with more social interaction would be a major factor in their decision. Another 47 respondents said that it would be a minor factor.

Of the things in Princeton, the majority feel that our parks are well maintained (77%), we have adequate access to benches (71%), and good public parking lots (71%). 47% said the quality of sidewalks are good or very good and 53% said the quality of sidewalks are fair or poor. 52% said the quality of streets are good or very good with 48% saying they are fair or poor. The City of Princeton is in the process of completing a transportation study that could help to address these concerns.

Most participants selected "Drive Yourself" as one way of transportation (88%). Walk, ride with another person, and ride a bike were other somewhat common answers.

How do usually get around your community?

Public transportation had only five respondents, even less than special transportation that is geared towards elderly or disabled persons. From their responses, 53% said special transportation geared towards elderly and disabled was good or very good, 50% said public transportation was timely, and 50% said there was accessible and convenient public transportation options. Since only five participants answered questions about public transportation there was not enough data results for an appropriate assessment concerning public transportation in general or for special transportation for geared towards the elderly or disabled.

The majority of participants feel that the activities in the Princeton area are inclusive of all age groups (77%). Only 43% said there are affordable activities and entertainment in the Princeton area. One thing that is lacking is conveniently located entertainment venues. 16% said entertainment is conveniently located with 33% saying location is fair and 51% saying that it is poor. So, over half of the participants said that entertainment venues were poorly situated.

From the 160 people who responded to the survey, 35.6% are employed, 6.7% are self-employed, 57% are retired, and .7% unemployed. 40% said there were good or very good opportunities for equal work but 60% said there were fair or poor equality in work opportunities. 68% said there were fair to poor variety of jobs geared towards those with disabilities. 68% also said there was fair to poor access to jobs for older people.

62% said that public computer and internet access was good or very good. Half of the participants said that they had good or very good access to the internet (50%) with the other half saying they had fair or poor internet access (50%).

After reviewing the results of our survey, we decided we needed to gather more data. We invited people from Princeton and surrounding communities to participate in brainstorming sessions to discuss strengths and needs of the Princeton area. Twenty-two people attended one or more of the monthly brainstorming sessions held in February, March, and April of 2022. Each session focused on two or three of the eight domains. We also discussed possible project ideas for Age-Friendly Princeton. The Age-Friendly Leadership Team decided on three priority domains from the results obtained from the assessments, projects that we would like to begin at this time, as well as future projects.

Key Takeaways from the Three Top Priority Domains

Based on outcomes from the surveys in 2021 and the brainstorming sessions in 2022, the Age-Friendly Princeton Leadership team determined three domains of focus. The following list are the key takeaways from the brainstorming sessions concerning our priority domains.

Communication and Information
- Get the word out and communicate more frequently about resources & services.
- Spread the news about local events & intergenerational activities.
- Offer multiple options for communication needs, not just relying on technology.
- Offer technology classes, telehealth classes and technology support for adults.
- Provide opportunities for networking with local businesses and nonprofits.

Social Participation and Respect
- Offer affordable and accessible activities.
- Offer community events that are appealing and engaging to ALL generations.
- Organize block parties and opportunities to get to know your neighbors.
- Provide collaboration opportunities for volunteer-based organizations.
- Develop a "Community Center Without Walls" for programing and a place to gather. Begin by connecting to churches to see what they are currently offering.
- Provide opportunities for discussion with the school and other collaborations on getting an Intergenerational Community Center.

Transportation
- Develop traffic calming solutions to allow safer access on and across Rum River Drive.
- Provide opportunities for access to transportation and to link people to transportation options.
- Offer transportation and resources to support getting to and from medical appointments.
- Support regional transportation services. Connect to other public transportation options such as circular bus routes to and from other communities.
- Expand the hours of Tri-CAP services and after-hours transportation options.
- Improve the Tri-CAP Volunteer Driver Program.
- Get ride-share options (Lyft, Uber).
- Offer more bike trails and extend the Great Northern Trail.

ACT Princeton Leadership Group

Kinship Reading Buddies

Project Ideas from Community Assessments

OUTDOOR SPACES & BUILDINGS
People need public places to gather - indoors and out- parks and other green spaces, safe streets, sidewalks, outdoor seating, and accessible buildings that can be used and enjoyed by people of all ages.

Community Strengths:
- Good parks, easy access to parks/playgrounds
- River is a nice access point
- Biking and walking trails/paths
- Plenty of benches
- Mille Lacs County Fairgrounds
- Community Garden

Fishing bridge at Riverside Park

What we want to see:
- *Community center
- *Painted bike lanes
- *Improved nighttime/dawn/dusk lighting outdoors
- Increased accessible public spaces for people to sit
- Improve communication to larger community on Princeton Park Challenge and other activities
- Safe places to walk indoors especially during the winter
- Intergenerational Park exercise equipment
- Accessible Park activities (canoe, kayaks) with handicap accessibility
- Public restrooms in downtown Princeton

Volunteers for Princeton Community Garden

Volunteers at Sherburne Wildlife Refuge

TRANSPORTATION

Community mobility to get people of all ages where they need to go is essential. This includes safe, reliable, and easy-to-use travel options- accessible and affordable public transit, rideshare, walking and biking.

Community Strengths:

The Great Northern Trail

- Tri-CAP transportation
- Senior Housing bus and van services
- Busses with wheelchair accessibility
- Electric car charging stations
- MnDOT program: Safe routes to school
- Bike trails, Great Northern Trail on the south end

What we want to see:

- *Traffic calming to allow safer access across Rum River Drive
- *Improved access to public transportation and linking people to transportation options
- *Medical transportation or resources to support seniors getting to and from appointments
- *Expand the hours that Tri-CAP services, offer after hours transportation options
- Improve the Tri-CAP Volunteer driver program
- Get ride-share options (Lyft, Uber)
- Make connections to other public transportation options from other communities
- A circular or bus route that connects a variety of health and wellbeing resources (health care, community centers, grocery stores, pharmacies, parks…)
- A Transportation navigator to help seniors interpret transit systems and schedule rides.
- *More transportation training for utilizing apps and "How to use" the bus videos.
- Hub locations for all transportation modalities to connect. Include bikes, scooters, private and public transportation.
- Community bike program, including Trishaws

Dunn Bridge on Rum River Drive

Roundabout on Rum River Drive

HOUSING

The vast majority of older adults want to reside in their current home or community for as long as possible. Doing so is possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages, and life stages.

Community Strengths:
- Developing land by Middle School for new housing
- Developer looking at land north of Sherburne Mobile Home Park to create single level homes
- Central MN Housing Partnership who owns West Birch apartments
- Lakes and Pines- good connections to affordable housing and financial assistance

Crystal Court Apartments and Senior Dining

What we want to see:
- *More knowledge of ADU's
- More patio homes/townhome options
- Affordable housing for ages 65+
- "Home Fit" information on home renovations
- Dollars to renovate older homes within the community
- Tiny homes and being creative in alternative housing options.
- Allow churches to be able to build tiny homes on property to provide community living opportunities
- Opportunities for those without stable housing
- Supportive housing/safety net for those learning how to have a home
- Housing navigators to help identify housing resources along the continuum of aging - connections to memory care, hospice, active aging communities…
- *Food delivery resources and other feeding programs that allow seniors to age at home/age in place. (Sometimes not getting adequate nutrition triggers a move to a senior facility.)
- More senior housing options that allow animals. More animal therapy/supports for senior facilitates. Perhaps a partnership with a local animal shelter.

SOCIAL PARTICIPATION & RESPECT

Social Participation and physical activity are essential for both quality of life and longevity. Age-friendly communities support learning, fitness, social, spiritual, and intergenerational activities that are accessible, affordable, safe and fun.

Community Strengths:

- Community Education opportunities
- "Community Table"- free monthly meal
- Princeton Pantry and Thrift Stores
- Access to services
- Volunteer opportunities
- Senior Dining Center
- All of the awesome parks and trails
- Expansion of the Great Northern Trail
- All of the churches
- Mille Lacs County Fair
- Local non-profits: Civic Betterment, Lions, VFW, Kinship Youth Mentoring

Twice New Clothing & Treasures Volunteers

- Strong community partnerships. Very passionate group of community leaders serving on various coalitions and committees serving a broader Princeton community.

What we want to see:

- *We want a community center!!
- *Indoor walking
- *Community Education technology support classes
- Loaning out of technology (iPads) for virtual programs
- *Community events that are appealing and engaging to ALL generations.
- Block parties for more opportunities to get to know your neighbor and getting rid of some of that fear.
- Making systems easier to find information of events/create events together.

Volunteers at Light Up Princeton 2022

*Distinguished Volunteer Service
Award Recipients
2021*

CIVIC PARTICIPATION & EMPLOYMENT
Whether working for pay or volunteering time and talent, people of all ages find value in contributing to their communities. An age-friendly community encourages people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.

Community Strengths:
- Variety of employment opportunities
- Many volunteer opportunities and lots of volunteer groups in the area
- Great community partnerships like the Learning and Living Group
- Chamber is wonderful
- Businesses promote their employees to volunteer

What we want to see:
- *More career fairs/expos to encourage hiring locally
- Variety of ways to apply for jobs, on computer or paper
- Reimagine job boards
- Housing options to support working individuals
- Embrace opportunities for lifelong education
- Intergenerational communication and learning opportunities, youth teach 40+ and 40+ teach youth
- Skills training in schools. Encourage volunteer opportunities among youth
- Additional ways for youth/students to do a job shadow day at local businesses
- A Tech college, barriers as Princeton is on the edge of two different counties
- Intergenerational pieces with the workforce center
- *Volunteer opportunities board (physical or online) for more awareness, communicate what opportunities exist for jobs and volunteer work

Princeton Chamber Event 2021

Princeton Chamber Local Business Grand Opening 2021

COMMUNICATION & INFORMATION

Adults receive information in a variety of ways, and no one way reaches every person. Age-friendly communities recognize that information needs to be shared through a variety of methods Including accessible print and digital communications, and community partnerships that increase access to information for people of all ages.

Community Strengths:
- Community electric board at south end of town
- Union Times Paper
- County newsletters, mailed to all
- Bulletin boards throughout local businesses
- Community Education newsletter
- Facebook page- City of Princeton, Princeton Chamber, neighborhood page
- Strong community partnerships already established
- Northland Hospital offers patients options of using iPads or paper forms
- Public Health utilizes various outreach methods to communicate upcoming events and provide education and resources (County website, postcards, flyers, newspaper ads…)

Community Electric Board

What we want to see:
- *Affordability and accessibility to community information
- *Need to not just rely on technology for information, need more options
- *Experience sharing with technology use. Something easy and quick, simple technology use so those that are not comfortable with tech can utilize
- *Intergenerational efforts, like technology classes for seniors partnered with students from local high schools or colleges
- Continue to identify barriers
- A clear process for local seniors to share concerns, suggestions, ideas for improved accessibility/access to city services and places
- *More networking for businesses, to know what each is doing
- Multiple options with technology, such as offering link and QR codes, not just QR code on flier
- Sharing information so it doesn't get lost
- *Need to be sure people have cellular network opportunities before December 2022

COMMUNITY SUPPORT & HEALTH SERVICES
All people should have access to affordable health care and community services that help them live comfortably and with dignity. Age-friendly communities support coordination and promotion of services to help meet the needs of all.

Community Strengths:
- Great hospital right in town, Hospital system, ER, Clinic, Birthplace, Specialty services, Pharmacy, Outpatient therapies, Skilled homecare…
- Amazing team of Physicians and Nurses at M Health Fairview Northland who are dedicated to serving patients from birth to death.
- Language services, Interpreters available at M Health Fairview Northland
- Strength of partnerships within the Princeton community between healthcare, public health, non-profits, for profit businesses, schools, the city…
- ACT on Alzheimer's group- dementia friendly community
- 2 meal delivery services
- Classes/training offered to the community by M Health Fairview including Mental Health First Aid
- Community vaccination clinic model able to be deployed by Fairview (flu, covid)
- Training offered specifically for seniors- Falls Prevention, Tai Ji Quan etc.
- Many homes have health information magnets for Police Dept/First Responders

What we want to see:
- *More Homecare services
- *In-home services that offer CNA level of care, more home healthcare services that also support the caregiver, volunteer respite services
- More Chore service options
- *Increased transportation services to healthcare appointments
- Additional partnerships between Northland and Princeton Public Schools to provide medical care to youth and families when they need it
- Increased Mental Health support services available or enhanced referral streams
- Communicate that mental health trainings are available, educational opportunities for mental health first aid
- *Technology education for community members, in-home technology services
- *Create a magnet to answer necessary questions that are needed- need more access to "file of life"- need Princeton Age-Friendly magnet

M Health Fairview Northland employes at the Princeton Parade

PUBLIC SAFETY & PREPAREDNESS

Age-friendly communities promote a safe environment for all residents through emergency management including prevention, preparedness, response, and recovery.
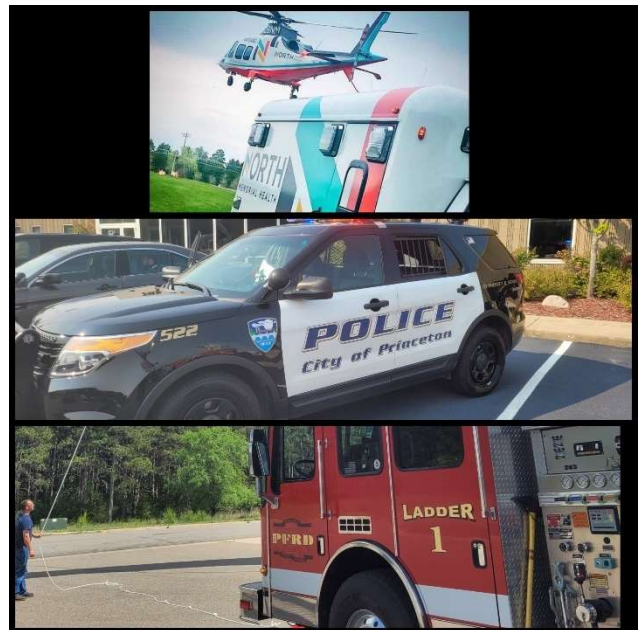
Community Strengths:
- Code Red/Notify Me emergency services such as weather or active intruder
- Active Intruder trainings in the community
- Project Lifesaver provided to families so Police Department can find a missing person quickly (dementia friendly), Eleven tracking devices in county
- Emergency Management coordination with Public Works and Police Chief
- Transportation collaboration to get mass amount of people to another location, to be sure community is safe in emergency
- Public Safety Day community event
- Collaboration with school district to contact community members
- Mock crash with high schoolers to teach safety
- Lifelines Suicide Prevention Program included in school district curriculum
- Police Department cares a lot about the community.

What we want to see:
- Need to communicate services that are available, such as Code Red
- Create more community support- neighbors, churches, etc., to ensure people are checked up on in an emergency
- Easily accessible services/phone numbers to find things quick in emergency
- What do we do in case of technological breakdown - no phone, internet…
- Prepare middle and high school age students in emergency preparedness. More education for life skills.
- Police Department to do house calls/conversations for families that have people being scammed, PD/FD both do presentations on scams, fall prevention…

Police Chief, Police Officer, and Mayor City Council meeting 2022

Domain Specific Action Plans

Communication and Information Domain
Vision: A city that enables residents to gain the information they want and need in a variety of formats that provides accessibility to all.

Objectives	Potential Community Partners	Targeted Implementation	Outcome Matrix
Promote community resources, services, and local events through the "This is Princeton" website as our online communication hub.	AFP Coordinator Chamber Director "This is Princeton" Committee	Initiated 2022 and ongoing	Community will become aware of Age-Friendly Princeton and what it is.
Create a place for centralized information at community gathering spots.	AFP Leadership Group City of Princeton	Begin 2023	Create a web page through This Is Princeton and City of Princeton.
Offer technology classes and support through a collaborative with the Princeton Chamber of Commerce and Princeton High School students (National Honor Society, Leo Club).	Princeton Chamber Director Princeton High School Teachers	Begin January 2023	10 people will register for the class. Class will increase ability to use smart phones.
Offer telehealth classes through M Health Fairview.	M Health Fairview	Begin in 2023	Offer 2 classes in 2023, partner with community organizations to promote. 10+ attendees at each class.
Use other avenues for communication: fliers, local newspaper, church bulletins, electric town sign…	AFP Leadership Group City of Princeton	Initiated 2022 and ongoing	Reach citizens of all ages about Age-Friendly Princeton activities.

Social Participation and Respect Domain

Vision: A city that offers opportunities for residents to be included in activities in a meaningful way, by offering accessible, affordable, and intergenerational activities.

Objectives	Potential Community Partners	Targeted Implementation	Outcome Matrix
Begin to develop a "Community Center Without Walls." 1. Develop a Google doc survey and send it to local churches to see what they are currently offering- arts and crafts, card playing clubs, fitness, indoor walking tracks, health services, etc.… 2. Share the information gathered from the churches on the "This is Princeton" website and other communication avenues.	AFP Leadership Group City of Princeton "This is Princeton" committee	Begin January of 2023. Return surveys by March 2023. Will be on website by April 2023.	40% of churches will respond to survey.
Continue discussions with the School District, local groups, and community members about building a Community Center.	City of Princeton AFP Leadership Group	Initiated 2022 and ongoing	Build within the next 10 years.
Encourage businesses and nonprofits to offer community events that are intergenerational, affordable, and accessible.	City of Princeton AFP Leadership Group Chamber Director	Begin January of 2023.	Community will become educated about Age-Friendly Princeton through talking points created by the leadership team.
Set up a brainstorming meeting for local volunteer-based organizations to encourage volunteer re-engagement.	AFP This is Princeton Sherburne County Area United Way	Begin 2023	Volunteerism will increase by 10%.

Transportation Domain

Vision: A city where everyone has access to safe and sustainable transportation services that are affordable and provide a full range of mobility options to connect residents to critical services and each other.

Objectives	Potential Community Partners	Targeted Implementation	Outcome Matrix
Improve Public Bus Transportation Service design to include accessibility of hours and geographic area to assure that residents have access for medical, social and economic needs. Increase geographic areas public transit operate. Increase hours of service to include longer days and Saturdays.	M Health Fairview Tri-CAP City of Princeton	Begin 2023	Passenger ridership will increase by 15%. Passenger per hour statistics will increase by 25%. Ridership on Saturdays will have at least 10-20 rides each day.
Partner with the East Central Transportation Coordinating Committee to develop a multi-regional mobility management coordination plan.	M Health Fairview Tri-CAP City of Princeton AFP Leadership Group East Central Regional Coordinating Committee	Begin 2023	Increased knowledge of accessing transportation options. Increased usage of transportation options. Increased marketing and public knowledge of the transportation options available and how to use them.
Support regional transportation services including circular bus routes to and from other communities.	M Health FV Tri-CAP City of Princeton AFP Leadership Group	Initiated 2022 and ongoing	Increased ridership of passengers.

Offer additional transportation options: 1. Lyft/Uber services.	City of Princeton AFP Leadership Group	Begin 2024	Creation of a new transportation option that fills the gaps. Increase in unmet transportation access needs.
Promote the new Surrey Bike. 1. Develop Policies and procedures for Surrey Bike: storage, training, use, rental, insurance. 2. Promote Surrey Bike in the Princeton parade for the Rum River Festival in June of 2023. 3. Provide opportunities for training and riding the Surrey Bike during local events.	City of Princeton AFP Leadership Group	Initiated 2022 and ongoing	Creation of new transportation options that fills the gaps. Increased health and wellness.
Offer more bike trails and extend the Great Northern Trail.	City of Princeton	Initiated 2022 and ongoing	Increased health and wellness.
Encourage the City of Princeton to look at the 2023 Transportation Study through an age-friendly lens.	City of Princeton	Begin 2023	Improved service design planning.
Develop, implement and evaluate a comprehensive marketing and public education plan to promote public transportation which includes collaborating with community members with the focus of ridership is for all.	Tri-CAP	Begin 2023	Increased awareness of public transit services. Increase in ridership by 15%. Increased satisfaction through pre and post surveys of riders.
Improve and increase Volunteer driver Program Services	Tri-CAP	Begin 2023	Increase number of volunteer drivers and number of rides provided through the Volunteer Driver Program. Increase funding through grants, private pay to expand services.

Appendix

World Population Review
https://worldpopulationreview.com/us-cities/princeton-mn-population

Data USA
https://datausa.io/profile/geo/princeton-mn

City Data
http://www.city-data.com/city/Princeton-Minnesota.html

US Census Bureau
https://www.census.gov/quickfacts/MN

AARP Livable Communities – AARP Network of Age-Friendly States & Communities.
www.aarp.org/livable-communities/network-age-friendly-communities

The Patterson Foundation
https://www.thepattersonfoundation.org/blog/community-for-all-ages-blog/reflections-livable-communities-events.html

The Livable Economy
https://www.aarp.org/livable-communities/tool-kits-resources/info-2015/livability-economy.html

Introduction to the 8 Domains of Livability
https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html

AARP Livability Index
https://livabilityindex.aarp.org/search/Princeton,%20Minnesota,%20United%20States?print=true

AARP Rural Livability Workshop Report. (February 2020)
https://www.aarp.org/livable-communities/tool-kits-resources/info-2020/rural-livability-workshop-report.html