

Living Well in North Yarmouth  
Minutes of Jan 15, 2020  
Meeting at 5:30 PM in the Community Room

Attending: Donna Palmer, Gay Peterson, Ginny Vandyke, Peter Lindsay, Peggy Leonard, Steven Palmer, guest Jessica Petrie

**Resource Guide:**

Donna reported the edited, updated electronic version of the Resource Guide has been completed. No updated print edition will be published.

**Tea Party:**

Ginny reported 6 people to date responding to the RSVP for the tea. The original purpose of the tea was to reach out to those who were less apt to get out-to provide a social gathering opportunity. Although it seems from those who are attending that this goal may not be met, it nonetheless will provide an opportunity to discuss with those who do attend how best to reach those our committee was targeting. Wednesday, Jan 22 from 10-12 in the Community Room! Ginny and Steve are working on the goodies, Ginny on the tea. Tea pots available from Gay.

**Yoga:**

Jessica Petrie, a resident of North Yarmouth, provided a brief resume of her experience in yoga. Her interest in providing a yoga experience for the community eventually brought her to discuss the idea with Living Well. Her proposal is to have a yoga activity, described as an all levels class, on Saturday, Feb 29th. Time being proposed is for a 1-hour activity in Wescustogo Hall. It would be a morning program, offered free of charge and open to any who wish to participate. There was conversation about younger children participating. It was agreed younger children, say over age 10 could participate. It would be up to the parents to determine if their child(children) would be properly engaged. Jessica and Peggy will compose a write-up of the program, Jessica will take pictures of the hall for use on social media, posters will be composed and distributed. (We did not decide how the posters would happen).

Donna offered younger children the opportunity to come to the Community Room for story time or putting puzzles together. Donna will also make sure there is mention of the yoga activity in the newsletter.

Yoga at the kite festival was mentioned as another idea. For later.

**Ice Cream Social:**

Steve has yet to confirm with Martha Lambert of Toot's for April 10th. We discussed whether we should charge, and the general consensus was yes. So, at another meeting we need to discuss what that charge should be.

**School Building:**

Committee members were encouraged to pay attention to the work of the school building committee. Should our committee be asked to provide input it would be helpful to stay informed, as much as is possible.

**Boomer Tech:**

Steve conveyed information he learned from a local company that provides tutorial sessions for people wishing to learn more about the use and capabilities of phones and tablets. The company can provide programs specific to an operating system or do a general presentation of what phones are capable of doing- like photography, social media, creativity. The cost is \$100 per hour for each instructor with two as a recommendation.

Discussion ultimately focused on the desire to have a focused offering that was product specific. Apple was the operating system of choice. The committee discussed the abilities of committee members Jay Fulton and Peggy Leonard and if their knowledge could somehow be used in conjunction with outside BoomerTech Adventures. The committee decided to reach out and survey people's interest in taking advantage of a tutorial- to elicit consumer input. What to charge was also discussed with no decision on an amount. Free was not an option. Peggy asked if there was a possibility of recording a coaching session to then be placed on a TV channel.

This discussion is to be continued to the next meeting. Check out BoomerTech Adventures. We suggested the provider speak with Cumberland Adult Education and Recreation about offering a class on Balance/Preventing Falls at the Community Center in North Yarmouth.

It was noted that free tech sessions are offered at the Merrill Library in Yarmouth.

**Traffic Calming:**

Peter gave a brief summary of the results of the joint meeting that took place Jan 7. This meeting included town staff, Ransom Engineering, The Bicycle Pedestrian Coalition and members of Living Well and Economic Development and Sustainability. Clearly, the town is making every effort to continue to implement permanent changes to affect traffic movement through the village center. The town will budget, 2020-2021, for traffic control measures: radar seed signs, another temporary installation, permanent crosswalk at the corner of The Lane, sidewalk configuration adjacent to Meadowbrook, and creating several 2 way/1way streets (The Lane, Parsonage).

Living Well will continue its role as an advocacy group and do what it can to assist in whatever way it can to support this important work.

**Kites:**

The committee members are supportive of installing the kites and "kite in sight" banners once again. It was decided to find places in town where "bunches" of kites can be installed. These would remain up for perhaps 2 weeks then moved to another location. Setting up the banners needs further thought. A request to hanging the large banner at the fire/rescue station will be made. This exercise in setting up kites should happen around May.

**Balance Screening:**

Lisa Thompson made us aware of a company in Yarmouth offering to sponsor a balance screening at the Wescustogo facility. This would be a free clinic. The committee discussed the benefits of such a one-time offer but felt more questions were raised than answered. Screening for other health and personal safety issues is not what committee members envisioned as what Living Well should be devoting time towards. Steve will convey this to Lisa.

**Liability:**

Peter and Ginny addressed issues of liability when assisting people using the transportation service provided by Living Well. The examples of concern clearly demonstrated the importance of understanding how we as volunteers need to place restrictions on what we do so as not to jeopardize our personal safety or concern for being held liable for an injury to those we are helping. Steve will follow up with a conversation with the son of a person we are currently providing rides for. Steve will attempt to find out more about liability issues and guidelines from AARP or Patricia Oh.

The idea of a Wellness program at Fun Day. This item generated a good amount of enthusiasm. This will need to be explored further at a future meeting.

**Budget:**

The committee agreed to request the amount of \$750 for fiscal year 20-21. Steve gave a brief summary of the work Al and he have done on a budget proposal for work at Baston Park. This extra \$10,000 will be submitted as a separate capital improvement plan with the Living Well budget request form.

Meeting Adjourned at 7:13 PM

Minutes recorded by Steven Palmer

Next Meeting: February 19th at 5:30

We have set the upcoming meetings on the third Wednesday of the month.