

Living Well Minutes of Nov 13, 2017

Attending: Al Ahlers, Gay Peterson, Donna Palmer, Steven Palmer, Ginny Vandyke, Priscilla Brobst, Rod Duckworth Guest Andrea Cooper from AARP

Transportation:

Ginny will contact those who have volunteered to drive. She will try to organize the next 8 weeks for transportation for those requesting rides. Donna will contact the Town Manager to understand issues of liability for those who volunteer a ride service. Currently 9 people have volunteered.

Ginny will contact The Shopping Notes to again announce transportation availability for North Yarmouth residents. The committee agreed to leave the request for service open ended and leave it to drivers to agree to the request. Further announcements of transportation services will be announced through the town website, RFTH and the quarterly newsletter.

Andre Cooper will inquire about the Rides for neighbors program in Bowdoinham and report information to Steven.

First Greeter:

Gay provided a summary of the number of residents who are new to town dating back to August, a summary of those who are First Greeters(eleven) and the number of visits completed thus far. Gay reported that the greeting sessions have been much appreciated by the new residents. Rod Duckworth gave his account of his meeting with new residents and found it to be rewarding both for him and for the people he met. Rod is anticipating reconnecting with his newbies at some time in the future.

Gay will check on an issue of a blocked email to the email address, that the letter seems to be failing in getting responses and that the optimum method for contacting new residents is through the phone number provided when office staff make meet them at the front counter.

More greeters are needed although the heavy number of new residents(38) may lighten a bit now that the off season for homes is upon us. Our group will need to discuss how to maintain the program when Gay and Rob leave town in February.

Both Al and Priscilla will reach out to Greg Sidders and Nancy White to see if Greeters can be recruited from either church.

Revisiting our purpose for being a committee:

Al has asked the committee to touch base with the charge to be certain the work and decisions of the committee are responding to the committee charge. Al focused on road safety and felt it was an important subject for the committee to advocate at the BOS level. Discussion followed and although the committee agreed it was not a problem within its purview to solve, there was agreement that the committee saw pedestrian safety as a component of the committee's work.

Advocacy was the word of choice on this subject of public safety.

Donna as a member of an AARP advisory council:

Donna explained this as an opportunity to stay in touch with the activities other Age Friendly towns are promoting and implementing. Donna cited the Knox box and our towns' tax relief program as being of interest to other towns.

Donna and the 8 domains;

As a corollary to Al's thoughts on the charge of our committee, Donna briefly introduced the 8 domains that are cited in the Age Friendly manual Patricia Oh has compiled. Our next 2 meetings will focus on starting the process of understanding the domains and how our community is responding and what we might do to provide action in domains currently not represented by our work. This work should help us better understand our work, how we continue to meet the needs of the community as it relates to the charge of Living Well in North Yarmouth and to go a step further, to gain wider support and commitment for our work within the town. Aging is not going away!

So please find time to review the domains in the booklet.

Sand buckets: deferred**Board Meeting:**

Steve made a short presentation to the BOS to update them on the work of the committee. That evening, Nov 7, Steve discussed the First Greeter program, transportation, day meetings.

Summit Meeting;

Please RSVP Ashley Roan, administrative assistant, of your plans to attend.

Cumberland AIP:

Steve asked the group if it wished to work jointly with Cumberland on the Aging in Place/LWNY programs. The committee voted not to join Cumberland. The vote was 7-0.

Other Agenda items from the committee:

- Access to the parks- not discussed
- Andrea offered AARP resources in the form of postcards and emails to AARP members residing in North Yarmouth, assistance with publishing a resource, establishing flyers and brochures. The committee was interested in the email and postcard method for calling attention to recruiting First Greeters and needs for transportation. The committee did not discuss follow up to these offers.
- Ginny introduced babysitting services at important town meetings. This was viewed as an idea needing to be pursued.
- A meet and greet potluck sponsored by the Historical Society.

To the best of my notes and memory these are the minutes. Let me know what I have missed. Accuracy is important.

Next Meetings:

Dec 4th at 1PM

Dec 12th at 1PM

The charge of our committee as adopted March 21st is noted here. Al was kind enough to get this to me and asked that I call it to everyone's attention.

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