

Living Well in North Yarmouth Meeting  
November 25, 2019  
Community Center Room, 1PM

Attending: Ginny Vandyke, Alvin Ahlers, Peter Lindsay, Gay Peterson, Donna Palmer, Steven Palmer, Lisa Thompson, Jay Fulton(guest), Patricia Oh(guest) and Yakuc Aviv(guest)  
Meeting Commenced at 1 PM.

**Review of Living Well Goals:**

Donna distributed a handout listing the goals the Living Well committee established in the original Living Well report submitted to AARP for acceptance as an Age Friendly Community.

The goals will be reviewed in detail at the December 16th meeting. Donna gave a brief run down of the current goals.

**New Activities in the Community Room(CR):**

Lisa Thompson, Community Center Director, presented a list of ideas where involvement of Living Well may be warranted. A senior prom, reading to young children, making the room accessible to young children waiting for their sibling(s) at dance, intergenerational events, kids yard sale, bringing back the Walnut Hill Craft Show, monarch release were examples of ideas Lisa and the committee discussed. The LW committee endorsed being supportive of the director in whatever way reasonable and possible. At this time Lisa will develop these ideas further and with the suggestions of the committee, will develop a parent volunteer program to create supervised use of the room while waiting for dance lessons on Thursdays.

We chatted briefly about developing a group of volunteers who can step up for specific activities, like reading time for the young children Lisa would like to offer gym time. Traffic calming forum participants expressed gratitude to our committee for what was done to draw attention to the speed of vehicles. The young people suggested they are a well connected group who could be potential volunteers for one time events.

Lisa regarded our committee as important to helping the town make good use of the community room and other parts of the facility. Seemed like a partnership being generated as we chatted.

**First Greeter:**

Gay reported a drop off in referrals for potential First Greeter visits. Ten letters were sent by Gay to new residents as listed in the tax records. It resulted in one response. Clearly referrals from the office staff when residents register a vehicle or dog license and reveal they are new to town is the most effective means of getting a potential First Greeter visit. 84 residents have come to the First Greeter from the office staff, with about 50 actual visits being requested.

Donna suggested publicizing First Greeter in the newsletter and Reminders From Town Hall. This was seen as a way of legitimizing the program, hopefully minimizing concerns about the intent of people visiting the home of new residents.

**Baston Park:**

Al and Steve presented the committee with hopes for improvements at Baston Park. They recently met with Parks and Recreation to discuss their proposal and did receive support from that committee. The LW committee resoundingly expressed its' support for this project. Peter and Jay offered to provide

assistance to Al and Steve as they complete the the permit application. This work will advance the opportunity for collaboration with Parks and Recreation and a hopeful outcome of developing a relationship with committees working together to advance outdoor activities. Several members recited the comments from the recent Summit where people expressed interest in seeing our parks used more widely.

As one committee member said, this is bigger than Baston Park.

**Traffic Calming:** Steve will meet with Rosemary to insure that Living Well remains involved in future discussions and planning for traffic calming. Discussion of reintroducing kites and the Kite in Sight banner ended with the decision to hang the large banner, install grouping of kites that can be moved from location to location and try to install the smaller Kite in Sight banners with the rotating kite group. It was decided to wait until February to discuss this planning purposes (like where and how long and integration with the next round of traffic calming strategies).

**Cribbage:**

We can not have a prize money tournament. Given this statement of fact, discussion focused on how best to continue cribbage. Knowing few people participated this last January play it seemed appropriate to look at alternatives to an annual play event. The committee chose to explore routine cribbage play time. Audrey Lones has expressed interest in cribbage play. Steve will discuss this further with Audrey to see if we could get her to take initial responsibility for getting this started. He will report back what he learns.

**Ice Cream Social:**

The committee endorsed another ice cream social to take place the night before the annual town meeting. A second ice cream social was discussed but it was agreed that keeping it to one per year was best. Steve will contact Martha to make sure this works for Toot's.

**Update Resource Guide:**

Donna asked the committee what it would like to do with the Resource Guide. The first publication date was 2 years ago. Donna highlighted numerous items out of date. The committee agreed the local information was important to update and maintain posting on the website but that a formal paper booklet was not practical, with people citing the advantages of technology people are using and that a paper publication is pretty much has out of date information as soon as it is published. The committee agreed the card should continue to be printed.

**Alternate Meeting Times:**

The desire to attract younger people to the work of Living Well led us to a discussion on the optimal time for committee meetings. Some desired 7 pm while others favored the current daytime meetings. Suggestions offered led the committee to solicit preferred times from at least 2 people who have expressed interest in participating in Living Well meetings but work daytime jobs. Gay and Donna will contact the 2 individuals to learn their interest in a 5, 5:30 or 7 pm meeting. And, if Wednesday could work for them. Their Input will be reported at the next meeting and better inform us on this issue. January would be the target for adjusting the meeting schedule.

**Social Gatherings:**

Ginny presented ideas for tea/coffee social activities. Her idea is to include young and old in this offering. Donna had a discussion with Nancy White on the idea of offering a socialization opportunity for

older residents. Names would be derived from Deb Grover and Chief Payson. The idea of a written invitation to attend a tea was suggested. Ginny will take the lead on this but will rely on Donna getting the names for those who could be invited. Gay cautioned the committee to make certain we limit the invitations to people who are able to participate, who are fairly independent and would not place volunteers in a position where liability may be compromised. Transportation may be necessary for some invitees. Any program created will need to be scheduled through Lisa. January would be the month to initiate any social activity programs.

**Playground:**

Steve asked the committee to think about Living Well initiating an effort to build a playground. This has been a request by numerous residents and would seem to fit quite nicely into the work the committee does. More on this later.

Meeting adjourned 3:05

Minutes completed by Steven Palmer

Next Meeting December 16 at 1 PM in the Community Room