

Living Well in North Yarmouth Meeting Dec 11, 2019  
Community Center Room at 5:30

Attending: Peter Lindsay, Ginny Vandyke, Gay Peterson, Peggy Leonard, Donna Palmer, Jay Fulton, Steven Palmer

#### **Review of 2019 Goals:**

The goals under the 8 domains will be revisited in February after all members have time to review the current goals. Past work by Living Well that continues forward should be included in the goals. Although there is no 'timeline' to refresh our goals, the committee agreed goal setting was important and essential to making decisions about what work Living Well may consider to undertake. Members were asked to pass to Steve or Donna any contributions they would like to make towards goals for 2020. The Living Well document submitted to AARP is on the town website under the Living Well tab.

As part of the discussion on domains Steve asked the committee if being an advisory group to the building committee was a role it should play. Living Well has interest in how town facilities could be used and thus could provide a wholistic viewpoint to insure future ideas are not compromised in the decision making process for the new school, should it come to North Yarmouth. The committee felt it was important to offer input, where appropriate, and discussed how best to accomplish this. Several options were proposed. Steve will explore this further with Diane Morrison, EDSC chair and run the idea through Rosemary.

#### **Tea Party:**

Ginny gave a brief background for the idea of a tea party. The social tea event for invited residents is scheduled for January 22. Ginny will develop the invitation. Personal Invitations with an RSVP will be sent to residents from the list Donna has gathered from Nancy White of the NYCC and Deb Grover. Invitees will be encouraged to invite a friend. The success of this social inclusion event will help the committee decide if it should be offered more than once per month. Ginny will develop the details of food, tea sets and choice of tea plus other accoutrements. Invitations will be sent out around January 7th. Volunteers will be needed. Jay expressed his interest in helping (and perhaps his lovely wife!). Steve will contact Lisa Thompson to make sure the date is available.

#### **Resource Guide:**

As agreed by the LW committee at the November meeting, an electronic guide was decided over a paper edition. Donna has already reviewed the guide for changes and will be meeting with Deb Grover in early January to finalize the updated electronic edition.

#### **Book Share:**

Donna showed the book share room with several committee members. The book room will be open when the community room is in use for town sponsored activities only. The current Tuesday yoga class, for example, would not have access to the book room at this time. A schedule of when the room will be open has yet to be developed. This is a work in progress. Donna and Jeanne Chadbourne have been working together on this project.

#### **Boomer Tech:**

Donna introduced this item. She learned that AARP had offered a tech class to people wishing to make better use of their electronic devices. Committee members quickly agreed this would be of interest. As

Gay said, she probably makes 5% use of the potential of her phone. The committee encouraged further exploration of the idea. Donna will contact Boomer Tech and, based on Gay's thought of having this go through Cumberland/North Yarmouth Recreation, Donna will also call Pete Bingham. This conversation also brought up the idea of the Cumberland/North Yarmouth recreation publication include a page for Living Well as it does for Aging in Place. A discussion for another meeting, for sure.

#### **Yoga Fund Raiser Event:**

Jessica Petrie, a resident with extensive yoga expertise, provided Peggy Leonard an outline of a yoga proposal for the town- a Saturday morning yoga program provided free of charge. The proposal would be offered as a single event fund raiser with proceeds designated for a special project decided by Living Well. The committee enthusiastically favorable and selected Feb 29th as the morning to hold the event. Jessica recommends a \$10 fee for participation. The program would be designed as a general class for all levels of experience open to adults. There is potential for other similar events. Peggy will forward the program outline by Jessica to LW committee members. Steve will connect with Lisa to see if the date is available and to request one of the carpeted Wescustogo Hall rooms. Might need space for 100.

#### **Art in the Village Center:**

Steve presented the idea of some form of art for the center of the village district. Several ideas included art at the Wescustogo Hall, moving exhibits, kites and sculptures, connecting with MECA and SAD 51 art program. The committee acknowledged sculpture art would be expensive and as such, there was general concern that fund raising for art at this time or any time in the near future might conflict with fund raising by the NYHS for moving the Old Town House. The committee agreed to keep this on the back burner. Steve asked members to chat it up with appropriate artists and to pay attention to what art could be in our town. At some point including the historical society in the discussion seemed appropriate. Again, down the road.

#### **Playground:**

The town is being seriously considered for the district's proposed school. Given this fact any work on a playground would be premature. Concern for a school playground not accessible during the school day was mentioned. The proposal for a town playground might be more than what a school playground typically offers. An ice rink, tennis courts, outdoor basketball and pickleball courts were cited as types of recreational activities that could be included in an outdoor recreational facility. Members were asked to be thinking of what they would envision in a recreational play area.

#### **Activities:**

With the help of Dianne North, Lisa Thompson and Audrey Lones Living Well has been able to cribbage play starting January 16th and an additional day of pickleball on Wednesday from 12:30 to 2:30. Based on Peggy's question of equipment for novice players, the committee decided to purchase 2 beginner paddles to have available for players who may wish to play but are unsure of making an investment. Gay brought us a little closer to understanding Mahjong and this is now being considered as another potential activity for the Community Center Room. Steve will work with Lisa to see how we might get a sense of how many people would participate. 1 to 3:30 is the time Gay recommends for weekly play.

Steve forgot to mention ping pong is up and running. Play will be Thursday evening from 6-8 starting Dec 19th. Thanks to Rob Wood, Steve Morrison, Peter Lindsay and Stretch Tuemmler for retrieving the tables.

Conversation about Living Well and how it interacts with the Director allowed us to understand better that Living Well can develop, introduce and organize activities such as these but because the town has a Community Center Director, can know that supervision primarily is being managed by the Director, Lisa. Living Well would be in the position to oversee the success of a program and work with Lisa to problem solve, if necessary, to make programs viable, to make them thrive as an important and integral part of social connections/inclusion.

Meeting adjourned 7:35

**Next Meeting: January 15th at 5:30**

**Donna**