

Town of North Yarmouth
Living Well in North Yarmouth Committee
December 20, 2021
Minutes

I. Call to order: 6:30 PM

II. Attending: Steve Palmer, Ginny Van Dyke, Ann Dillon, Gay Peterson, Peg Leonard, Peter Lindsay, Donna Palmer. Guests: David Reed, Diane Morrison. Excused: Alvin Ahlers

III. Nov 21 Minutes Approval: Motion moved by Peg Leonard, 2nd by Ann Dillon

Minutes approved 7-0

IV. **Old Business**

1. **Walk Program: Ginny Van Dyke**. Ginny reported that only 2 people from the community have joined the Wednesday walks and very few of the regulars have been walking. Announced walks have been put on hiatus until mid-January due to the Holiday Season. Ways to re-communicate the walks to the community were discussed. Ginny was asked to write a note for the January town newsletter. Peg suggested offering walks on weekends for those who work during the week. Other conversations led to discussion of winter walks with snowshoes or x-country skis. Those topics will be brought up with Lisa Thompson at the January 3rd "brainstorming meeting".

2. Ginny, Steve and Donna reported on their **meeting with Deb Grover and Greg Payson regarding needs and ways for senior citizen support** in the town. All were in agreement that the community prefers to look out for each other informally.

A discussion ensued about how to notify community members of potential aid offered in the town, especially to those members who are not able to access the town website. It was discussed as to whether the resource guide (which is available on-line) should be updated in print and sent to community members again. Peter mentioned that there is a state-wide "help number", 211 which has information on all kinds of resources for all communities. He will look into getting more information for the next LWN

meeting and possibly having a speaker come to educate LWNy and other community members, in order to help get the word out.

3. Transportation Update: Ginny

No transportation requests have been made since the last meeting. Volunteer driver plans have been closed.

4. Senior Housing Forum: David Reed

David Reed stated that the Select Board is in the very extremely early stages of looking into grants and land to support a low-income senior housing plan. Diane Morrison pointed out that only 19% of the population in North Yarmouth is between the ages of 60-79 years old (@340 people) and it would be very important to find out what % of those people would be interested in a low-income senior housing plan. The LWNy committee would like to urge the Select Board to do a Needs Assessment before putting too much more time or money into the idea of low-income senior housing.

5. Living Well Goals

A sub-committee of Ann Dillon, Ginny van Dyke, and Steve Palmer was created to review and suggest LWNy goals, and bring the suggestions to the next LWNy meeting for discussion.

NEW BUSINESS

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1. **Recreation Winter Brochure:** Gay brought up concerns of North Yarmouth's seemingly small proportion of input into the Cumberland/North Yarmouth Recreation Brochure. It was noted that there is only one North Yarmouth resident on the staff, the NY Community Center's director, Lisa Thompson, and none on the advisory board of 10 people. (A North Yarmouth select board member has not been assigned, as of yet). Many felt that Covid has slowed down the ability of the Community Center to create an identity for itself. David Reed agreed that this is a concern and agreed to take questions to the Select Board, but not until a new town manager has started. February or March was discussed as a good time.

2. Traffic Calming Update: Steve Palmer

Steve spoke with Clark Baston about getting new data from the traffic calming mechanisms. Greg Payson told Steve the traffic seems to have slowed down in the Village Center, just from personal observation.

3. Thank you letter to trucker: Steve Palmer

In light of the seemingly good response, Steve would like to send a follow-up thank you letter to the trucking companies that received the initial letters asking traffic calming in the village center. It was agreed by the committee that any positive feed-back would be a good thing. Peter will draft the letter and share with Steve before presenting to the whole committee at the next meeting.

4. **Remote Meeting amendment** was submitted to Town Office. Per the amendment, LWNy committee can zoom future meetings at their discretion.

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OTHER BUSINESS

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It was unanimously decided by all members of the LWNy committee present, that Steve Palmer would remain Chair of the LWNy committee at this time.

Meeting Adjourned at 8:20.

Recorded by Gay Peterson