

Living Well in North Yarmouth Committee Meeting Minutes

December 13, 2022

Attendees:

Members - Steve, Donna, Ann, Ginny, Gay, Peter, Peg, and Diane
Guests – Jay Fulton

Steve called the Meeting to Order at 6:30 P.M.

Minutes: Ginny moved, Gay seconded approval of the Minutes of the November 8, 2022 meeting. Minutes approved unanimously.

Old Business: None.

New Business:

Sand Bucket Program: Steve noted that Jay had read about this new program in Cumberland, and Steve invited Jay to come talk about it. Jay reported that Cumberland Aging in Place team has prepared 15 buckets of sand to be delivered next Saturday to residents. To date, eight have been requested, one of which is a North Yarmouth resident. One member believes the North Yarmouth resident learned about the program from a Facebook post and contacted the Cumberland program. This service is planned at this time as a one-time delivery.

Gay remembered that Living Well considered a similar program several years ago, and learned that the Fire Dept was sanding walkways for elderly residents in town.

Action Step: Jay will contact Fire Chief Greg Payson to find out if this is still happening, and if so, how do residents learn about it and how is a resident added to the list to receive this service.

Members also discussed other services of Cumberland and North Yarmouth Recreation and what programs are offered to only one community versus both. Transportation services are open to both communities, as noted in the latest Recreation printed program.

Members also discussed uses of the Community Center, and how the uses may or may not influence Living Well's plans for the future.

Action Step: Steve will talk with Amy Haile, our Select Board liaison. Amy already plans to attend the January meeting, and members would like to discuss Living Well's

relationship both with Cumberland and North Yarmouth Recreation and with the Community Center's activities.

It seems an important time to clarify roles as the town and committees are coming out of the pandemic hibernation and with lots of new staff. It was also noted that many are working in town to create opportunities to build community, and a future workshop including town staff, Living Well, North Yarmouth Historical Society, Parks Committee, and others may be a good idea where all can share visions and goals for the future.

Volunteer Liability: Donna had shared information about AARP pilot program to cover volunteers. The program would cover volunteers except for programs such as a Ride Program or in-house home repair programs. Volunteers can sign up at no cost. Steve and Donna have tested the sign-up process, and noted that registrants do not need to answer all the questions – simply stating that you are volunteer on Living Well Committee is enough along with the contact information. A member asked how this liability coverage differs or compliments the town coverage for volunteers.

Action Step: Donna will share the AARP program information with Town Manager so she is aware of the pilot program and can comment on town's current coverage if appropriate.

Schedule of Minute Takers: Ginny offered to do the minutes for the next two Living Well meetings, and then will set a schedule for the rest of the year.

Helping Seniors in Town: Ginny, Steve and Donna met earlier to discuss needs of certain residents. Ginny noted two seniors, both in their 90s, who sometimes need a ride but also just love to chat. One of these already has a fan club who meet with him for coffee, and a similar coffee chat is being discussed for the second individual. Members can let Ginny know if interested in participating or helping out.

NEXT MEETING: Second Tuesday of the month.

Tuesday, January 10, 6:30 – 8:00 PM, Community Center

Adjournment: Meeting adjourned at 8:00 PM

Minutes recorded by Peter Lindsay