

Living Well in North Yarmouth – Minutes 12/12/2017

Attending: Gay Peterson, Donna Palmer, Ginny Vandyke, Steven Palmer, guest Karen Campbell

Steve reiterated the work to be done on the AARP domains while reminding the committee of the advocacy role the committee believed was very important to responding to the domains.

Housing was the domain under consideration for this meeting. Home modification and home maintenance were important factors in keeping people in their homes. Senior housing has been a recurrent theme which developed into a lengthy discussion about how senior housing is described, as to whether there is a need, how the need is measured, how much housing should there be and the quality of local services within walking distance to any senior housing. Steve explained the concept of the Accessory Dwelling Units or ADU's and how that might be a small part of wider, more encompassing strategy to construct a road map as to how to respond to senior housing.

Other comments were on a senior community concept, child day care and senior day care activities in the same location as a means to share and to impact social isolation of seniors and the advantage of having seniors as a positive influence in the lives of young children.

It was agreed that Donna would draft an advocacy statement to the planning board, to EDSC and to the BOS on considering all aspects of zoning and land use ordinances that could positively impact options for the town's vision in responding to senior housing.

Karen was asked to explain how Cumberland assessed the needs for senior housing. Generally, survey results, escalating property taxes causing downsizing, the low ratio of students attending the public schools to the number of residents and Hawthorn having a waiting list of 100+ seniors were factors that lead the town to explore more senior housing opportunities.

Karen was then invited to speak to the idea of collaboration between the AIP and the Living Well committees. Transportation, snow shoveling, friendly visitor, handy man were presented as programs that could be shared. Currently there are NY residents serving as volunteers for specific programs being offered through AIP.

Cumberland is considering placing the AIP program (currently funded through the municipal budget) under the recreation and adult education program. How this might affect future financial matters for the town of NY as it pertains to shared programming are yet to be understood but for now, as stated by Ginny and agreed by the other 3 members, the collaboration on a strategic level is promising and is deserving of further exploration. Places, events and other activities within our communities on behalf of all is deemed important.

As stated, North Yarmouth is working to take care of its residents and not to default to Cumberland. The work of Living Well is driven in part by the pride and proposition of NY residents taking care of NY residents while still caring for those beyond our town boundaries.

The last matter of discussion was the rubber duck and celebration of our parks activities. The ideas expressed in this meeting were numerous and now need to be discussed with Parks and Recreation. Tokens for attending, special events once per month, trying to get LL Bean to sponsor events, orienteering(NO GPS!), scavenger hunts, were a few ideas tossed around. Steve agreed to meet with Parks and Recreation and run the ideas past them. Another great example of collaboration.

Please review these minutes and get back with corrections.

Written by Steven