

Living Well in North Yarmouth Committee Meeting 2/19/2018

Attending: Al Ahlers, Priscilla Brobst, Rod Duckworth, Ginny Vandyke, Donna Palmer, Steven Palmer

Absent:

Stephen Harris, Gay Peterson

Ginny said how excited she was to be a First Greeter to a family that recently moved into North Yarmouth. The family was super excited to have had the meeting with Ginny, exclaiming their happiness with the move to North Yarmouth

Vision Statement:

The committee spent about 30 minutes discussing mission and vision statements and the charge of the committee. Al asked why there was the need to complete the domains and to post a mission and vision statement. Donna explained the baseline of conditions requested by AARP when North Yarmouth agreed to sign on as an Age-Friendly Community.

Composing a vision statement concluded with:

1. Rod Duckworth volunteering to write a draft statement
2. Donna will forward Rod the charge of Living Well approved by the Board in March of 2017
3. Donna will forward Rod the proposed Vision statement of the comprehensive plan
4. Forward to Rod whatever we have on the mission of Living Well
5. The draft vision statement will be distributed to committee members

The importance of the vision statement in keeping the Living Well Committee focused was reinforced in the discussion.

Steve wrote a draft of how North Yarmouth is responding to the 8 domains. It was suggested each of the 8 domains would be included in the letter. Donna will edit the letter and each committee will offer additions or deletions for the letter. The letter will be used to help our committee respond to the base requirements of being An-Age Friendly Community.

Planning Board:

Steve did a follow up with Audrey Lones, a member of the Planning Board, to learn of their response to the advocacy letter our committee sent to the Board, EDSC and the Planning Board. Steve has been invited to attend the March 13th Planning Board meeting to discuss the contents of the letter.

Transportation:

The committee briefly discussed the lack of response of people requesting rides. It was agreed we will continue with offering the ride program in spite of the low/basically non-existent history of requests to date. The committee touched on a fee structure for those requesting rides. No decisions were made on this item.

Volunteers:

We now have 5 people who have stepped forward as volunteers: Joe Rich, John Yazwinski, Bill Jose from Yarmouth, Ed Gervais and Harold Stoddard from April to October.

Ginny reported that Joe is ready with a small army of volunteers to help with home maintenance projects. Donna mentioned Habitat for Humanity for both a source of ideas on how to approach a home maintenance project and funding sources and then mentioned David Brown who has been

involved in the outreach program in Harpswell. Both of these resources could be valuable to our considering this as an offering to our residents.

This committee will have to research how to provide a home maintenance program, discussing such matters as liability, damage waivers, extent of work offered, tool ownership and storage, charges for materials and other associated considerations.

We also will need volunteers to help supervise the fitness room once it is approved.

Childcare:

Donna provided an update on offering childcare for those who wish to attend the town meeting on April 28th. She is coordinating this through the Cumberland/NY Recreation program. Donna will submit a proposal to the Board for their input and approval.

Adult Learning Activities:

Dick Brobst made a request of the committee to consider offering learning opportunities- lectures, classes or other. This could take many forms. Health directives, financial considerations when a family member is dying, historical society presentations- the idea would be to draw on local people who have an experience or expertise they would be happy to share. This will require further discussion by Living Well.

Other Activities:

Committee members were asked to noodle on activities that could be considered for inclusion into our current offerings. So, let the wild thinking fly!

Next meeting: March 12 at 1pm in the Town Office Meeting Room

Submitted by Steven Palmer