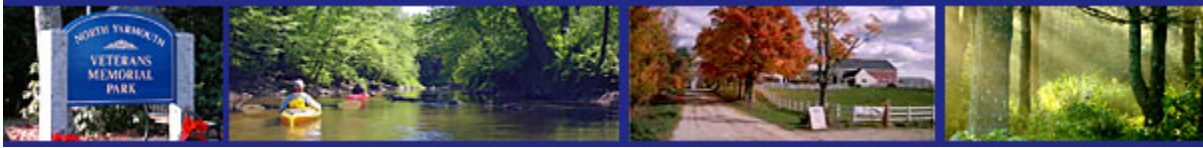




February 10, 2017



## Town News

### Living Well in North Yarmouth ~ An Age-Friendly Community



Last fall, at the request of Town Manager Rosemary E. Roy, a small committee of town residents began working on a project aimed at improving life for everyone in town – from kids to seniors. After meeting with representatives from the Southern Maine Area on Aging and the AARP, our committee prepared a survey directed to senior citizens, but affecting everyone, to assess the age-friendly aspects of life in our town. Well-lighted wide sidewalks, curb cuts, accessible recreational facilities, shops, and restaurants benefit everyone. Research tells us that people of all ages are looking for the same things to call a community home.

**Living Well in North Yarmouth ~An Age-Friendly Community:** We gave the project this title because mothers with strollers and grandmothers with walkers benefit from the same curb cuts. Families caring for older relatives benefit from community age-friendly amenities such as wellness calls - another resource to spread responsibility for family care. Playgrounds benefit families and grandparents looking for a safe place for the grandkids to play. Home care services benefit older citizens needing hospital after-care or the young family needing help due to childbirth or illness.

The survey has been mailed to all residents and an electronic version is posted on the tab: Living Well in North Yarmouth. The results of the survey will be available later this month. We will analyze the results to help identify needed services – and share those results with townspeople and town leaders. Many committees in town are working to improve our town and the quality of life in it: Economic Development, the Comprehensive Plan group, the groups working toward the Town Office renovation and Wescustogo Hall rebuild. Now, a new town planner is available.



PDF Version

We want to collaborate with all these people, as we all work toward the goal of a community that benefits all.

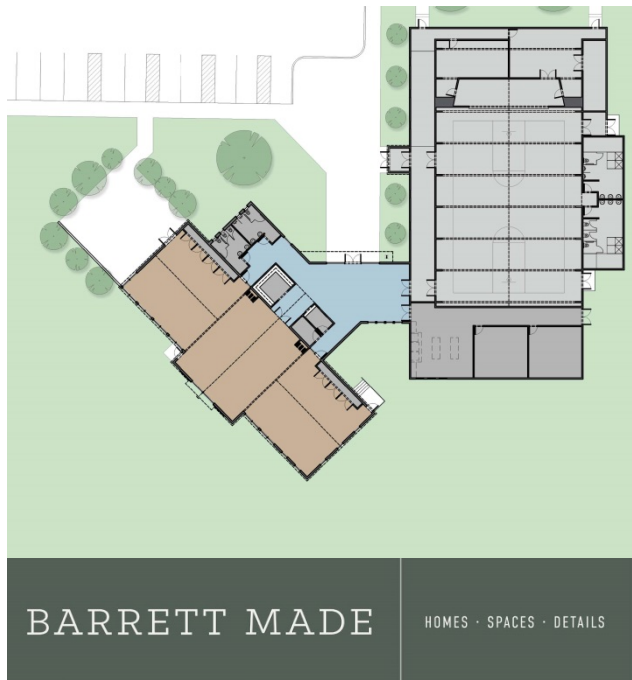
Interested in joining us? Please call Town Manager Rosemary E. Roy at 829-3705 or email [manger@northyarmouth](mailto:manger@northyarmouth)

**Deadline to complete the survey is February 13, 2017.**





**Municipal Offices Closed**  
**Monday, February 20, 2017**



**WESCUSTOGO HALL &  
NORTH YARMOUTH  
COMMUNITY CENTER**

**COMMUNITY FORUMS**

Thursday, February 16<sup>th</sup> at 7pm  
Thursday, March 9<sup>th</sup> at 7pm

Location:  
North Yarmouth Memorial School

Hosted by the Wescustogo Building  
& Design Committee

**-FMI-**

**Illustrative purposes only**



[2-13-2017 Budget Committee 6pm](#)

[2-14-2017 Planning Board 7pm](#)

[2-14-2017 Select Board Budget Workshop 6pm](#)

[2-15-2017 Select Board Budget Workshop 6pm](#)

[2-16-2017 Select Board Budget Workshop 6pm](#)

[2-16-2017 Economic Development & Sustainability 6:30pm](#)

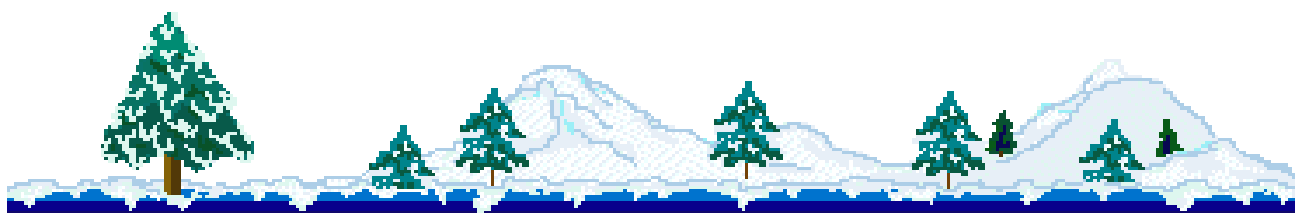
[2-16-2017 Wescustogo Building & Design Forum 7pm @ NYMS](#)

[2-21-2016 Select Board 6pm workshop 7pm meeting](#)

[2-23-2017 Budget Committee 6pm](#)

[2-23-2017 Joint Standing Committee 7:30am](#)

[2-23-2017 Wescustogo Building & Design Committee 7pm @ NYMS](#)





Are you looking for a way to help out in your community? The Town Manager is looking for Volunteers for the following Municipal committees...

- ❖ *Board of Assessment Review*
- ❖ *Economic Development & Sustainability Comm.*
- ❖ *Living Well in North Yarmouth*
- ❖ *North Yarmouth School Fund Committee*
- ❖ *Parks & Recreation Committee*
- ❖ *Planning Board*
- ❖ *Zoning Board of Appeals*

If interested please contact the Town Manager, Rosemary Roy at 207-829-3705 or email [manager@northyarmouth.org](mailto:manager@northyarmouth.org)



### **ADOPT A HYDRANT**

North Yarmouth Fire Rescue is asking for your partnership in our Adopt-A-Hydrant program by adopting a fire hydrant close to your home or business and keeping it free of snow during the winter and free of weeds and shrubbery in the summer.

In the event of a fire it is important that the Fire Department gain access to a water supply via a fire hydrant as quickly as possible. That way, the fire can be extinguished and prevent loss of property and/or life.

We ask that you shovel the area around your adopted fire hydrant after each snowfall. Clear a path approximately three feet around the hydrant as well as a clear path from the street or roadway up to the fire hydrant so that the hydrant is visible and accessible. During the summer months it is also important to make sure that the same three foot path around your adopted hydrant is free of weeds, shrubbery, flowerbeds, etc.

Please consider clearing snow from a fire hydrant for your neighbors who may have medical conditions, disabilities, or those who are elderly that may be unable to do so themselves. This act of kindness will benefit the entire neighborhood.

Your participation in this program and maintenance of the area around your adopted hydrant saves time in the Fire Department's incident response, and time is very valuable. If you notice that a fire hydrant has been damaged, missing caps, leaking water, or if it is blocked please notify North Yarmouth Fire Rescue by calling 207-829-3025.







## Community News

# Cribbage Tournament

Saturday| February 11  
9:00am – Noon  
North Yarmouth Memorial School  
SPONSORED BY NORTH YARMOUTH EVENTS COMMITTEE

For More  
Information: <https://goo.gl/yxgtUf>

**Entry Fees**  
Tournament Division: \$10\*  
Novice Division: \$5  
\*\$15 after February 6th

Win Prizes!

The second annual winter cribbage tournament is scheduled for February 11. The event will run from 9AM-12PM and be held at the North Yarmouth Memorial School site, as it was last year. The proceeds for this year's tournament will go to the Living Well in North Yarmouth, An Age-Friendly Community fund. The event is sponsored by the Events Committee.

There will be two divisions of play: tournament and novice. Prize money will be awarded to the top four tournament division scores: \$80, \$60, \$40, \$20. A trophy will be awarded the winner of the novice division. The novice division will run from 9-11AM and their games will be shortened to 61 points.

People wishing to participate can preregister on-line, complete a registration form at the Town Office or email [shpalmer@maine.rr.com](mailto:shpalmer@maine.rr.com). The deadline for pre-registration is February 6<sup>th</sup>. Registration is \$10 for the tournament division and \$5 for the novice division. People may register at the door or on-line after February 6<sup>th</sup> for \$15. We were at capacity last year so we do recommend pre-registration.

The tournament was great fun. People enjoyed meeting other people, there was plenty of congenial conversation and laughter amidst the competition- an all - around warm hearted atmosphere. The food concession offered up wonderful choices as well so come out and make it a family event. **Will we see you on the 11<sup>th</sup>?**



### **Red Cross Blood Drive**

Monday, February 13th - 1pm-6pm

Church of Jesus Christ of Latter-day Saints (247 Walnut Hill Road, North Yarmouth)

**You can walk in or make an appointment by calling 1-800-RED-CROSS.**

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## Mornings With Friends

### **February 15, 10:00-11:30**

*Tuttle Road United Methodist Church*



Come join us for a morning with friends! Waite Maclin, Maine Sunday Telegram Source Elder Award Winner will speak on his love of fruit trees and his work as an educator, entrepreneur and "citizen gardener" with Cultivating Community in greater Portland.

For more information: [Deborah.gray48@gmail.com](mailto:Deborah.gray48@gmail.com) or [AIPCumberland.org](http://AIPCumberland.org)

AIP: 207-829-2205 - For Rides: Call 829-3367

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**SENIORS: Need Help with Shoveling, Pet Walking, or Minor Home Repair?**

**Cumberland Aging in Place & GHS students can help.**

Call AIP Friendly Visitor Line at 245-8033 or sign up at the Aging in Place kiosk at Town Hall



Cumberland & North Yarmouth Seniors 60+ & people with disabilities

Thanks to the generosity and community spirit of the Cumberland Aging in Place Committee, North Yarmouth seniors will have access to extra help this winter. The AIP Friendly Visitor volunteers, along with students from Greely, will help with shoveling, pet walking and minor home repairs.

Interested? Call 245-8033 - the Cumberland AIP Friendly Visitor.

Residents in North Yarmouth will soon be asked to become involved in a similar project called Living Well in North Yarmouth - An Age-Friendly Community. A survey will be sent out in early January, which will help assess quality of life issues for seniors - similar issues that affect everyone in town. The committee organizing the survey is looking for other people interested in these issues. Want to help? FMI: call Steven Palmer at 829-5004.



**Gentle Yoga**  
**for Seniors Classes**

Mondays 11am to 12:15pm  
at the former Memorial School  
(120 Memorial Highway)

This is a donation class being offered to seniors in our community. Wear comfortable clothes; bring a Yoga mat if you have one. Mats will be provided for those who do not have one.

Class begins with simple meditations and a breathing exercise in seated or reclining position. We move into gentle warm ups with a series of stretching, range of motions, and gentle asanas. The later of the class will be restorative utilizing a variety of props to support the body, mind, and spirit.

FMI – Contact Joanne Sullivan at 829-6093 or [sullijo@gmail.com](mailto:sullijo@gmail.com)

FIND US FOLLOW US



Disclaimer - Requests to be included in Reminders from Town Hall are at the discretion of the Communications Sub-committee. The posting of announcements, reports, documents and links (embedded or otherwise) included or attached to Reminders From Town Hall does not necessarily reflect the official opinion, policy or position of any Board, Committee, Commission, Department or employee of the Town of North Yarmouth, Maine. E-mail addresses associated with Reminders from Town Hall are considered public information and may become public knowledge.