

Aging in Place Steering Committee
MINUTES
November 21, 2019

Present: Paula Paladino, Sarah Lundin, Helen Kincaid, Eric Geredien, Valerie Geredien, Matt Peters, Carol Southall, Doug Wilson (Southern Maine Agency on Aging), Joyce Veilleux, Deede Bennel, Marc Miller, David Steckler, Vaughndella Curtis, Sue Goran, Jamie Griffin

Note taker: Kathy Hogue

1. Minutes from November 7 Planning Retreat were approved with 2 edits: To note that the retreat was held at Oak Leaf Terrace; and to correct the spelling of Helen's last name – Kincaid.
2. Mission, Vision, Values – Name of the Group. A draft of the ideas was submitted (copy attached).
Freeport & Pownal: A Great Place for People of all Ages with the tag line, "Together we care."
In addition, we are having someone draw us a logo using Bradbury Mountain and the ocean as part of the visual.

Discussion

- a. Too broad? It was kept broad to be more inclusive and to provide a larger platform 5 years down the road.
- b. What is our real focus? The understanding was that we would focus on senior/aging issues. This feels like it may be getting too big and not what I thought I was signing up for. That is what our focus will be, addressing the Executive Summary from the 2011 Needs Assessment report, building relationships with other "partners". As we move forward with our initiatives, other things may most likely come our way and we want to be able to be a place where new ideas can be brought forward but we will focus on what we have started.
- c. What do we call ourselves – if we are trying to stay away from the phrase "Aging in Place" what do we call this committee? It feels odd saying "I serve on the Freeport & Pownal: A great place for people of all ages committee? Doesn't roll off the tongue. One thought was "Active Living Committee". Other ideas can be emailed to chairs for further discussion/decision.

Decision

Mission: Our mission is to encourage and inspire Freeport and Pownal to be livable communities as we age.

Vision: Our vision is people of all ages will contribute and thrive in our communities throughout their lifetime.

Values: Respect, Compassion, Inclusion, Community

Operating Principals:

- ◆Encourage neighbors, remove boundaries and transform lives with respect and compassion for all
- ◆Be a voice for the health and well-being of people of all ages
- ◆Optimize opportunities for active aging, health, engagement and safety
- ◆Build a community for a lifetime
- ◆Help people stay in their home
- ◆Advocate for change
- ◆Connect people to community
- ◆Make Freeport and Pownal a great place to live, work, and play as we age

3. Paula, Helen and Kathy gave brief reports on the focus groups held so far. Written reports of these will be sent out to everyone.

4. Goals/Group Committees briefly met to begin the process of identifying the goals and objectives of each group. During this time, a few changes were made as shown in red below.

Group 1 -Transportation (Sarah, Eric, Carol, Betsy, Barbara)

- Needs based rides
- Expanding/building upon existing programs
- Need more drivers and expand where people can go using existing FCS program
- Data Collection
- Explore use of FEA bus; LL Bean; YMCA
- Evaluation other transportation sources
- If FCS receives grant, what will be the relationship between Group 1 and the hired position?
- Some goals may overlap, socialization vs. the “need for a ride”

Group 2 – **Health*** and Social Inclusion (**Susan Goram**, Carol Southall, Deede, Tawni. Brenda)

- What role can the group play in advocating for accessibility with businesses, town agencies
- What role can the group play in advocating for accessibility options for events like public meetings (like using microphones for hearing impaired)
- Friendly visitor / calls (Reassurance Program)**
- Paramedicine / visiting nurse; home visits to check BP, pill reminders**
- *Health was removed from Group 3 and put in to Group 2 along with the last 2 initiatives**

Group 3 - Safety and Home Repair (Marc, David, Sarah, Kathy)

- Sand bucket initiative
- Checklist when visiting, offer of services (who visits as part of their regular work)
- Handyman services – regular ongoing seasonal chores
- Home safety and repair (batteries, lightbulbs, etc.)
- Knox Boxes, planis to support older adults in case of emergency

Group 4 – Communication (Valerie, Angela, Matt, Vaughndella)

How will we communicate within the steering committee, the Groups, the community?

NEXT MEETING: Thursday, December 5, 8:00am in the FCC Community Room.

Respectfully submitted,

Kathleen A. Hogue
Notetaker