

Approved Aging in Place Committee Meeting Minutes

Minutes: January 11, 2018 Meeting

The meeting was called to order at 1:03

Present: Ellen Ceppetelli, Ron Ceppetelli, Gail Licciardello, Jan Cerabona, Melissa Albert

Absent: Helen Sullivan

Public Members in Attendance: Yves Perodin and Joel Beers, Pastors from the Eliot Baptist Church, Judy Smith and Tina Buckley of the Eliot Police Department, Kyle Lewis from the Eliot Rec Department, Lydia Goodwin, Librarian, Fogg Library Roland Fernald, from Foot Prints Food Pantry

Jan, committee alternate, was appointed a voting member for this meeting

Check In:

Helen is recovering from some medical issues and thus she is not in attendance today, her absence was approved.

12-14-17 Ellen attended the select board mtg and met with Ralph, reporter from Portsmouth Herald about getting an article about the committee in the paper. He indicated that once we had something specific to relay he would be able to do an article.

Jan met with Mike, counselor at the school department who indicated that we need a mechanism of informing students about seniors who could benefit from assistance that would be classified as “community service,” a requirement for students’ graduation. The long-range goal would be to connect students to watch out for seniors in their neighborhood

Gail indicated that she plans to have minutes from all meetings sent out via email by the Monday following each meeting. If members do not receive the minutes at that time, to then contact Gail.

Melissa and Ellen will meet tomorrow to develop the application to connect with AARP and become an Age Friendly Community. This will enable Eliot to access some of the AARP resources

Review off Minutes from December 14 meeting:

Ellen had 2 corrections: Page2, 4th line down, Ellen had the discussion with *Dana*, not *David*. Page 3, 6th line down after the word And, add the following: *The Cumberland Board representative indicated that...*". No other corrections were noted.

Motion: Ron moved to accept the minutes as amended.

Seconded by Jan

In favor: Ron, Ellen Gail Jan

Opposed: no one

Current Resources for Eliot Elders:

There was a general discussion about how to help Eliot residents stay and flourish in the community. At some point the committee will be developing a survey to determine what is needed to make that happen. At today's meeting, the committee has invited guests in order to become familiar with services currently being offered. The public attendees offered the following on what is currently happening:

The library has a book mobile, taking books to Baron Place, and will be adding the new independent living facility near the post office. They go to Baron Place every other Thursday from 3-4. There are approximately 7-8 regular attendees, with 4 who sit for the whole time the librarian is there. They also teach computer and social media skills. Socialization is a big part of the visit. The Library also delivers to other home bound residents in town, but they need to contact the library to access that service.

The Eliot Baptist Church offers a Higher Ground Ministry. They offer lunch for seniors 2x month, and 2x per month they go out for lunch.

The church also helps people with socialization visits as well as assistance with small projects and repairs

The church pastors indicated that they are interested in helping any way that they can.

Roland from the Food Pantry indicated that in the past The Eliot Select Board has done 5 surveys and the biggest request has always been transportation.

Foot Prints, which services Kittery and Eliot, gives food to the needy, approx. 200 families. The food they provide is for everyone in the family for 5 days. Of those 200 people, only about 35 seniors come for food. They do have a delivery service for people unable to get to the food pantry. Approximately 25% of those coming for food, are from Eliot, with remainder being from Kittery. 35,000 bags of food was given out in the past year. Roland expressed concern that they may not be reaching everyone in need.

Judy and Tina from the Police Dept. indicated that there is a Giving Tree that provides meals and presents to approximately 20 families around the holidays. There is also a program called "Volunteers in Police Service"—VIPS. These volunteers call people every day to check in on them. Currently there are 5-6 people they call. If they cannot be reached, then a police officer will stop by to check on the person. The police dept. also has a close relationship with Baron Place, doing presentation on safety, fraud, and vehicle issues. It was estimated that approximately 75 residents live at Baron Place. Judy also indicated that Springvale Community Action has a program called Thriving in Place, which matches people in need of housing with the elderly who have rooms to spare and may also need some assistance,

Tina, animal control office indicated that pet therapy has been a very effective with the elderly in hospital and nursing homes.

Kyle from the Eliot Rec Dept. indicated the rec dept. provides both senior and youth services. The 2nd Wed of the month there is a meeting with seniors in the Congregational Church. Speakers are brought in regarding various topics, safety, falls, sometimes BINGO. There are approximately 35-40 seniors who attend.

They also sponsor senior trips via a 15-passenger van. They do activities such as tours of various attractions, going out to lunch. There is also a breakfast club that meets every other Tuesday from Sept thru May. There is also a senior clam bake and senior cook out that occurs in July and August and a turkey dinner that occurs at the Congregational Church.

A way for improving communication with the elders is a needed. Often, they need to be called to remind some members of events and meetings. At meetings, often people are given rides to the meeting, but for outings, participant need to be mobile to get in /out of van as well.

Report from committee members on their research with other organizations:

Ron reported that he spoke with Diane Pike, the practice manager from Kittery Family Practice who indicated that non-medical transportation, activities and socialization, and mental health services are big needs for the elderly. Heather from York Community Action in Kittery indicated that they provide a bus that picks up people at home & takes them to Market Basket. They provide fuel assist, a foot clinic, free tax preparation help, and help with navigating health insurance. She indicated that there is a need for recreation, snow shoveling, trash removal. There is some food insecurity, not much elder abuse, but here is some elder neglect.

Ellen contacted the Southern Maine Agency on Aging, spoke with Renee, who oversees Meals on Wheels. She was unable to attend our meeting. Ellen did speak with Amanda regarding their services. Amanda indicated she would like to attend our February meeting.

Gail reported that she heard from the Bahai's center who was unable to attend today's meeting, but was interested in getting minutes from the meeting and possibly attending future meetings. The Congregation Church also responded but was not able to attend the meeting. Also that Rita Pomerleau, a Nurse Practitioner with Great Works Family Practice was interested in the work of the committee, but is unable to come to the meetings due to her work schedule.

Check out:

Gail and Jan indicated they thought the meeting was very helpful and thanked the guests for coming.

Ellen indicated that Patricia Oh, who oversees the Livable Communities in Maine Program, will be coming to our next meeting to discuss what is happening throughout the state and to provide advice as we pursue our mission. Perhaps in March we can invite other agencies to attend our meeting to share information

Kyle suggested the aging in place committee members are welcome at the Rec Dept.'s senior monthly meeting. Next meetings are March 14th and April 11th (the second Wednesdays of the month).

It was the consensus of invited guests that the Aging In Place Committee could serve as a valuable resource for all agencies providing services to the elderly in Eliot. They expressed interest and enthusiasm in being involved as we begin the process of identifying needs and developing a plan

Ellen indicated that for our next meeting, February 8, 2108 Patricia Oh, from Livable Communities will be at our meeting. Ellen suggested the members review the materials that she had emailed the committee previously in preparation to have a good discussion with Patricia.

Motion to Adjourn

Ron moved to adjourn the meeting, Jan seconded the motion.

Ron, Ellen, Gail, Jan in favor. None opposed.

The meeting was adjourned at 2:22pm

Respectfully Submitted

Gail Licciardello, Secretary

Contact Information of Public Participants in the January 10, 2018 meeting

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