

Approved Aging-In-Place December 13, 2018 Meeting Minutes

Called to order at 1:03 pm

Attending members: Ellen Ceppetelli, Ron Ceppetelli, Jean Paulantonio (left early), Nancy Shapleigh. Helen Sullivan and Jan Cerebona arrived late.

Public guests: Anna Guest, Bob Pomerleau

Minutes of 11/8/18 were reviewed. Ellen corrected Daryl's last name to Tattau. A motion to accept minutes as corrected was made by Ron, seconded by Jean and approved by all.

Anna Guest, Director of the Falls Prevention Project (part of the Southern Maine Agency On Aging), provided packets and information on the Falls Prevention Program. Two main components of the program are the A Matter of Balance workshop and the Healthy Steps Workshop. For now, the project is looking for volunteers to offer and teach the workshops. The volunteers will be trained by SMAA and asked for a limited commitment. In the long range, the project is hoping to get insurances to pay SMAA to provide the classes so that the teachers can be paid. A volunteer information session will be held at the DA Hurd Library in North Berwick on 1/17/2019.

A motion was made by Jean to explore collaboration with Anna in implementing the Falls Prevention Program, seconded by Ron and approved by all.

Patricia Oh gave a PowerPoint presentation of the survey results. She stated there was a 90% confidence interval (+/- 5%) for age 60+ responses.

Some keys issues/ideas raised were:

- 51% don't "feel respected and included as an older member of the community"

- housing options

- communications about opportunities for activities

- need for senior center/community center

- weekly column in Sentinel

- sidewalks

- transportation/volunteers

- five top choices for communication were emails, newsletters, websites, newspapers and flyers

- 80% would ask a neighbor for help

- "thinking outside the box" solutions such as senior center "without walls", providing information to school newspapers

At the end of Patricia's presentation, attendees were asked for input. Bob Pomerleau raised the issue of establishing a public access station on cable TV for communication.

Ellen suggested the committee continue to work with Patricia to see what direction to pursue. Patricia suggested the committee send out a single page, two-sided letter and hold a public forum to share the results of the survey and that communications and transportation be the first two issues to be addressed.

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Ellen reported that she met with Daryl Tattau about the benches. He recommended that the Savage trail was a better location for the benches as it was a drier location than the Douglas Woods location. Ellen walked the trail with him and agreed. Ellen sent thank you notes to Mr. Raitt for his work on the poster and to Gigi Lee for her assistance in inputting the survey data.

At the time of the emergency preparedness presentation the fire chief indicated he wants to work with the AIG to sign up residents who may need assistance from the fire department.

Jan reported positive feedback from her "good neighbor day" activity. Ellen commented that it would be a good idea to work on making that a more formal, broader event.

Helen made a motion to adjourn the meeting, seconded by Ellen and approved by all. Meeting was adjourned at 2:35pm.