

Aging In Place Committee

Minutes August 9,2018

The meeting was called to order at 1:02pm

Present: Ellen Ceppetelli, Ron Ceppetelli, Jan Cerabona, Gail Licciardello, Jean Paulantonio, Nancy Shapleigh, Helen Sullivan.

Absent: Melissa Albert

Public Guests: Nick Cerabona, from the Police Auxillary

Approval Of Minutes: Three corrections were made. Two were regarding the Baron Place presentation; correcting the name of the presentation, and requesting that non Baron place residents are being asked to RSVP. The 3rd correction was that Gail and Ellen are planning to attend the seminar on AIG volunteers using the portal.

Motion: Helen moved to approve the minutes as amended. Seconded by Ron. Ellen, Ron, Jean, Helen in favor. None opposed

Information Sharing:

Ellen indicated we do not know how many people have completed the survey to date as Melissa has that information. Update on the Presentation "How to Have a Good Death", to be held at Baron Place on August 15th at 6:00pm. There was an article in the Portsmouth paper about the presentation. Ellen will ask Melissa to put up a poster/notice in the town office and on the outside bulletin board. Jan asked if committee members need to RSVP. The consensus was that we do.

Gail asked who the representative from the select board is. Ellen responded that it is Richard Donhauser. She has sent emails to him regarding the committee.

Bob Pomerleau has put the link to the survey on Eliot On Line.

On September 12 the Maine Council on Aging is sponsoring a "Wisdom Summit" in Augusta. Jan and Ellen will attend.

Ellen and Police Chief Mayo will be rescheduling their meeting

Ellen indicated that Kyle, from the rec department has attended our meeting and is willing to cooperate with us. She will be asking him to promote the 8-15-18 meeting at Baron Place, and to encourage seniors who go to the monthly meetings to complete the community survey. Nancy asked if anyone from the committee had gone to any of the senior meetings sponsored by the rec department. Ellen indicated that committee members have gone in the past, but there are no meetings in the summer. Jean indicated she will go to the September senior's meeting.

Nancy indicated that there are lots of retired people who might be able to volunteer. Need to ask specifically: "Are you willing to volunteer for the elderly in town?" Ellen indicated that the role of the committee is to organize and partner with other groups in town, and to learn from other communities who have started some programs.

Ellen indicated we have people who have volunteered to help out (see attached).

Ellen announced that Patricia Oh, has invited Ellen to attend the National AARP Livable Communities conference in North Carolina. She will be attending with the \$500.00 conference fee being paid by AARP.

Update of Survey distribution: Gail indicated that her neighborhood has an official Facebook page and she has requested via that Facebook page that residents of the neighborhood complete the survey on line. Jean and Ron have not yet distributed surveys throughout their neighborhoods. We need a variety of ways to contact people and get feedback about the needs in town. Nick indicated the police auxiliary can help. Rosanne Fischer has also indicated she is willing to help. Suggested to put notices up requesting volunteers to help with the survey. Jean indicated she would put another notice on Eliot on Line that we need volunteers to help distribute the community survey. Ellen will contact Melissa to put a request for volunteers on the town web site. Also ask Melissa to put an announcement about the August 15th presentation at Baron Place.

Helen relayed a recent positive story of a neighbor helping a 95 and 101-year-old neighbor with watering the lawn and opening a jar. This lead to this man providing his contact information to the elderly women and indicated they should call him if they ever need help.

Jan suggested that telling that story putting it in the frame of "What have you done to be a good neighbor?" Jan also relayed about a very successful multigenerational historical society event in which a summer resident of Eliot attended, and he commented how he was inspired by the event.

Helen, as committee treasurer, relayed info regarding bills. She submits the bill to the town treasurer who then pays the bill and submits confirmation to Helen indicating that the bill has been paid. The library has been paid for photocopying and the fee for our booth at Eliot Festival Day has been paid. We will plan to discuss our plan for the festival day booth at our next meeting.

Gail relayed what has happened in Raymond in which a newly formed committee with out any town funds applied for a grant from AARP and was able to build a multigenerational garden which has been very successful. Something very concrete that the committee did, prior to completing the survey.

Nick indicated that the Police Auxiliary has been calling, elderly living alone, on a daily basis, to check on them. They had 2 volunteer callers. They used to call 6-8 people daily, but it has dropped down to 3. To find who needed calls they have been posting things in places like

Dunkin Donuts, etc. Gail suggested contacting home care agencies to ask them about people who might want a daily call. It was suggested that putting a notice at the Adult Day Care center, called "Off Your Rockers" would also be a good place to post

Ellen relayed of recent study showing the financial cost of social isolation.

Discussion of the Comment Section of the community survey, and how to make connections in town.

General discussion ensued about how to make connections in town so that people can support each other and support the elderly, given the fact that younger people communicate differently than older people. It was surprising that so far of the 127 people who completed the survey most of the people indicated that their preferred method of receiving information was email was first, then newsletters, web sites, and newspaper. Most of the people responding to the survey were over 50 years old.

Discussion of need for senior center to coordinate programs for the elderly. And how does this committee coordinate projects with volunteers.

Most of the comments related to lack of transportation, sidewalks, having a senior center and taxes. Other comments were about home maintenance, affordable housing for over 55, route 236. One comment seemed especially on target was "Having good options is what is important."

Gail will pull together, and provide to the committee, information she obtained from going to the regional meeting in Cumberland where communities relayed how they were addressing transportation needs.

Motion: Helen moved to gather together and develop an Eliot resource directory and seek funding to support it. Ellen seconded it. Helen, Ron, Jean, Gail Ellen, all in favor. No one opposed.

Motion to Adjourn: Ron Moved to adjourn, Jean seconded it. Ellen, Ron, Jean, Gail and Helen in favor, no one opposed.

The meeting was adjourned at 2:30.

Respectfully submitted,

Gail Licciardello

Volunteers for Aging in Place Committee

NAME	PHONE NUMBER	EMAIL
Anna Fordyce	207-712-5802	annamarielfordyce@gmail.com
Hanah Burke	?	?
Julie Weiss	978-726-6116	juliew@yahoo.com