

AGING IN PLACE COMMITTEE

APPROVED MINUTES 7-11-19

Present: Ellen Ceppetelli, Gail Licciardello, Jean Paulantonio, ,

Absent: Phil Lytle, Melissa Albert (on vacation) Ron Ceppetelli

Public and/or Guests: Jean Saunders, Fellow who will be assisting the committee in writing the action plan

The Meeting was called to order at: 4:00pm

Review of minutes: Ellen provided some corrections to minutes.

MOTION: Jean moved to approve the minutes as amended. Gail seconded the motion. Ellen, Jean and Gail voted in favor of the motion.

Chairperson Up Date: Ellen reviewed why we only have 3 voting members at todays meeting. Helen's and Jan's terms had expired and did not reapply. Ron's term also expired and is in the process of reapplying today. Nancy Shapleigh has submitted her resignation. There are 3 applicants for the vacancies, who will be appearing before the Select Board today. At next meeting we will need to select a new treasurer, and Gail indicated that we may want to select a new secretary. Also, Ellen questioned if our by-laws provide for a vice chair.

Ellen indicated that we have received a reminder about reserving a booth at Eliot Festival Day. Jean Saunders suggested that we participate in these types of events to discuss what AIP is doing and a way to recruit volunteers.

MOTION: Gail moved that we spend the money (\$14.00) to have a booth at Eliot festival Day, which is the last Saturday in September. Jean seconded the motion. Ellen, Gail and Jean all voted in favor. None opposed.

Ellen reported on her attendance at the AARP rural conference that she attended in June. She indicated that it was an exciting conference, as it was the first that focused on rural small towns. It was good to see what other communities are doing. They gave examples of walking safely programs. The Better Blocks Program. In Bethel, Vermont they have this "blue line" program, in which they painted a blue line on the street (not a side walk), which narrowed the street, which in turn caused drivers to slow down. This also provided a safe path for walkers and bikers.

Another person spoke on the financial aspects related to age friendly towns. He looked at where towns are spending their money and where the money in the town was actually coming from. At times people assume that the towns resources are coming from certain areas of own, but they may not be where it is coming from. This led to a discussion of TIF money. Ellen indicated she would talk to Dana Lee about the TIF program.

AGING IN PLACE COMMITTEE

APPROVED MINUTES 7-11-19

Ellen also spoke with Dr Trainor from Kennebunk what had established a medical supply loan closet. Gail indicated that the Kittery Rotary also provides such a service, but she has had difficulty in the past contacting the right person.

This led to a discussion of volunteers, getting the volunteer list to all committee members. This has not yet been established but will be. There has been a notice put in the town office requesting volunteers to help the committee. Perhaps we could enlist a volunteer to oversee managing and recruiting volunteers.

Jean indicated that she received a letter from Jean Harty, who owns the property at Little Brook Airport. She is considering retiring and wants to make some kind of housing, perhaps an over 55 complex, which would be very environmentally sound project. The projected costs of housing would be \$500,000 to \$600,000. There are very limited options for rental housing in Eliot, and especially affordable options

Update of Matter of Balance: Gail reported that originally 10 people signed up, 2 never showed up. We have 5 regular attendees, 3 live in Baran Place, with the other 2 living in Eliot. The next training session for coaches is Sept. 12 & 13th from 9-1 in Biddeford. Jean asked if there was a pre and post test of Participant's balance, which there is not. The program has a pre-test and post- test that is submitted to Southern Maine AAA, the focus of which is on their assessment of the classes and decreasing their fear of falling.

The Action Plan: Ellen spoke with Patty Kimball and Patty Oh. And shared the results of our 2 community meetings. Patty Kimball felt she could write the first draft of the plan, which is what is realistic and doable. Patty has some forms to guide us during our discussion of the action plan. Gail reminded the group she will be away on vacation from August 7 thru Aug 20th. It was decided that the next meeting would be scheduled for Thursday August 22nd from 4-6.

Information Sharing from Jean Saunders: Jean indicated that that she started working on the project she connected with the new mayor of Saco in 2017. They decided to form a steering committee of local community leaders/ organizations (volunteers, not an official town committee). They conducted the survey, (sent out 1000 surveys and received over 400 back). They had grant money to produce the mailing and the analysis. They also personally handed out the survey at various town functions. The city was also very supportive of the steering committee and has contributed some funds to their work. The survey revealed that the #1 concern was that people did not know where to go for information, or who to call when you need a contractor or help in a specific area. They decided to develop a logo to help get the word out about the committee. They went to local high school and spoke with the graphic design teacher to have help with logo design. Decided to have a contest to design the logo for the committee. A high school student won the contest. The steering committee also learned

AGING IN PLACE COMMITTEE

APPROVED MINUTES 7-11-19

that celebrating accomplishments was helpful, and thus they provided a plaque to the logo designer to acknowledge the service he had provided.

They identified their mission statement and developed goals for the next year. And just finished (after almost 3 years) their action plan. They did a lot of things in Saco, and then wrote them into their action plan. The steering committee decided they wanted the ability to respond when something came up. They decided the plan needs to be fluid. For example, based upon information the steering committee received, they decided to have a Shopping Shuttle to take elderly who needed transportation to stores.

Saco is part of Tri City (Saco, Biddeford, & Old Orchard Beach) Transportation Committee

They did a pilot with Go Go Grand Parent. This is a company which has eliminated the need to use a smart phone. The customer can use a regular phone to call for a ride and the company will connect with Uber or Lift to send the driver to the customer's location. Lift has a concierge program that is just geared to older adults. Saco has asked if any of their volunteers would be willing to drive for Lift. The cost of a volunteer driver program can be expensive in both time in organizing it and money for reimbursing mileage, etc. so this is why Saco took this approach.

Saco has an operations team that meets weekly

York has a program, which is a collaborative of community partners (such as York hospital or other organizations in York which band together to provide transportation problem). ITN is the model they are using to provide rides. More information can be found at Seacoast On Line—York, transportation. The article details what this collaborative in York is doing. York County Community Action provides transportation for medical appointments and shopping. For this program you need to call up and make a reservation in advance.

Tax relief: Some legislation has been passed. The Maine council on aging has been a strong advocate for tax relief.

In Saco there is a Tax work off Program. Residents can work 500 hours and can get \$750 reduction in property taxes (soon to be \$1000). Some of the money comes from the state).

They have also found that being very specific in volunteer requests has made it easier to get volunteers. Also, when looking for volunteers it is helpful to ask the volunteer if they have specific skills that can be utilized.

Fifteen communities in Maine have moved to providing tax relief for seniors. If you are low income in Eliot then taxes are a big issue. Dana Lee (who stopped in for a few moments) indicated that Yarmouth has such a program for seniors, and he can get more information

AGING IN PLACE COMMITTEE

APPROVED MINUTES 7-11-19

about it. If we chose such a tax relief program (income driven) then it would have to be budgeted for within the town and very specific criteria would need to be set.

The following towns in southern Maine have some sort of tax relief for seniors: Berwick, Cumberland, Cape Elizabeth, Gorham, Harpswell, Kennebunkport, Kittery, North Yarmouth, Old Orchard Beach, Portland, Saco, Scarborough, Wayne, Yarmouth, and York all have some sort of tax relief program for seniors.

Jean P. questioned how the Meals on Wheels program works in Saco works. Jean S indicated that part of the program is that Saco volunteers will deliver a 30# box of food 1x/mo. There are several varieties of Meals on Wheels programs. Some are totally free, some that request a donation be made. In most cases it is geared towards people who are housebound.

Jean S. indicated that the reason Saco chose to be a 501C-3 is that some grants require that you must be a 501c-3. There are other grant sources which towns or municipalities are not eligible to apply for and thus being a 501-C is helpful

Saco Aging in Place has an office within the town, with a phone line which is staffed by volunteers. Jean strongly recommended that we do not reinvent the wheel. That partnering with other agencies already doing some of the work is a good way to begin.

Motion Jean moved to adjourn the meeting. Gail seconded it. Jean, Gail and Ellen voted in favor. None opposed.

Meeting adjourned at 5:25pm

Respectfully Submitted,

Gail Licciardello