



Raymond Maine Age Friendly Community Connections

General Assembly Meeting

October 8, 2018

Agenda



➤ Guest Speaker:

- ✓ Frank and Debbie Pecoraro
 - **Topic:** Mulberry Farms senior program

➤ Guest Speaker:

- ✓ John Facella - Raymond Fire and Rescue Dept.
FF/EMT, Fire and Life Safety Instructor I
 - **Topic:** Falls

➤ Guest Speaker:

- ✓ Personal trainer from PNF of Windham
 - **Topic:** Exercises for improving “Balance” to avoid falls

➤ Updates:

- ✓ **Thank you for all the support! Yard Sale/Mosquito fundraisers**
- ✓ Survey Status - Pick up remaining boxes and surveys

➤ Communication:

- ✓ Take a peek at the Raymond Age Friendly Website - Draft

➤ Next Meeting:

- ✓ November 12th - Joe Bruno – Maine Pharmacy related topic
 - John Facella -Raymond Fire and Rescue Dept. – Kitchen Safety
- ✓ December 10th John Facella – Senior Fire Safety



Mulberry Farms

ORGANIC PRODUCE • RAYMOND, MAINE



Frank and Debbie Pecoraro

Topic: Senior Program



John Facella - Raymond Fire and Rescue Dept. FF/EMT,
Fire and Life Safety Instructor I

Topic: FALLS

Background: 35 years in the fire and EMS service, having served in 4 states total John has many certifications including that he is a nationally certified Fire and Life Safety Instructor I, a nationally certified Fire Instructor I, and NFPA certified Fire Inspector I.

** presented by the Raymond Fire and Rescue Dept. as a community service*



Personal trainer from PNF of Windham

Topic: *Exercises for improving “Balance” to avoid falls*



➤ Updates:

- ✓ **“Thank you for all the support!”**
 - Yard Sale/Mosquito fundraisers

- ✓ **Survey Status -**
 - Need Volunteers to Pick up remaining boxes and surveys

➤ Communication:

- ✓ Take a peek at the Raymond Age Friendly Website - Draft



Next Meetings:

✓ **November 12th**

- **Joe Bruno**

- Pharmacy related discussion

- **John Facella** -Raymond Fire and Rescue Dept.

- Kitchen Safety

✓ **December: 10th**

- ✓ **John Facella** -Raymond Fire and Rescue Dept.

- Senior Fire Safety

NEW Idea: Evening Session with Cumberland County Sherriff discussing Fraud Protection

The End!

