

MEETING MINUTES RAYMOND AGE FRIENDLY COMMUNITY CONNECTIONS

MARCH 9, 2018

Attendees: Susan Moore, Jess Fay, Allison Griffin, Karen Bartholomay, Peter Gartland, Irene Morris, Laurie Wallace, Don Willard, Fire Chief Bruce Tupper, Deputy Chief Kathy Gosselin

Fire Chief Bruce Tupper and Deputy Chief Kathy Gosselin – Fire and Rescue

- Looking to see where we can help them and where they can help us
- Biggest issues –
 - o medications (eyesight, dexterity, remembering to take them, deciding not to take them, taking in error, not able to afford medications),
 - o chemicals under the sink for different purposes can create selection issues,
 - o falls,
 - o fires (reaction time, complacency),
 - o people waiting too long to call 911 and seek medical attention because they don't want to "be a bother"
- Average age of people needing rescue assistance in Raymond is 62
- Many seniors need advocates; after an emergency event people often don't get appropriate follow up appointments with their regular doctor; some people aren't doing laundry, cleaning dishes, not cooking meals.
- Can our group contact people at risk weekly either by phone calls or visits, do community outreach? Should that be managed by F&R? We definitely need a one-stop location for identifying who needs and wants this kind of support. What about privacy for the residents? Residents could sign up for it, then there would be no concern about privacy.
- Meals on Wheels is also a good way to be face to face with residents in need of regular contact.
- The schools have an automated notification system for school snow days; is that something we could utilize for these purposes? Bill Holmes or Bob Hickey or Kevin Woodbury/Code Red – Jess will look into if a program can be tied into the existing notification system.
- Residents could sign up based on a business card that identifies the program and who to contact; F&R can give out the cards.
- Recommendation by Kathy Gosselin to put a page in the next town report regarding what we would like to do...Sue Look would be the town office contact.
- We can also use the town website as a link; we can introduce a program about contact.
- Student laptop program was a success; could there be a laptop program for seniors with internet access?
- Can F&R create a matrix of questions for volunteers to use to reach out to residents? Yes!
- 211 Maine is a great phone and internet option. The town offers an emergency line for heating and other assistance. 211 is routed to the Town Manager after hours and on weekends.
- Addressing of homes is critical; they need to be up on the house or the end of the driveway so that they can be seen. The town has been working on this for 2 years, they leave a letter at houses on their drive-bys to encourage compliance.

- Firewise Community – flyer available to help homeowners be safe in the event of a nature-driven fire.
- We are transitioning back to where we are trying to keep our parents and other seniors at home rather than move them into a nursing home.
- Raymond is now a Heart-Safe community. Accreditation requires certain standards be met with education, equipment, protocols with hospitals.
- Vial of Life is still being used in Raymond and Casco. F&R will come to each home and help with it. However, it MUST be kept up to date. There are other alternatives, such as a list on the fridge with name, allergies, meds, DNRs, etc.

AARP GRANT APPLICATION - The recently submitted AARP grant application has been approved for \$1,100 to initiate the assessment/survey. The survey is almost ready. The group is hoping to meet with the Select Board in April to provide an update on the groups activities including the imminent survey.

RAYMOND VILLAGE LIBRARY – Allison passed out the new Senior Library Hours notification and survey.

ASSESSMENT TEAM UPDATE

- The final draft of the survey should be available at the next meeting of the Assessment Team.
- The Team will develop a distribution plan, which currently includes an on-line option, an insert (and complementary article) in the Windham Eagle. Other opportunities are being considered.

OTHER COMMUNITIES' PROGRAMS – Susan Moore

NORTH YARMOUTH

- 3 months to get the survey out to everyone
- Statistics available on demographics, residents' perception of needs

HARPSWELL

- Seniors Connecting – weekly call to chat
- Connecting seniors to socialize, share resources and upcoming events
- Volunteer transportation network
- Home repairs program (grab bars, handrails, lighting)

Susan recommended that we link a volunteer application to our Age Friendly page.

NEXT MEETING IS APRIL 13 AT THE PUBLIC SAFETY BUILDING. Updates will be provided on current and future activities. The film Young@Heart will be shown, a light-hearted but important look at perspectives on aging, friendship and joy.