



Raymond Maine Age Friendly Community Connections

*General Assembly Meeting
November 12, 2018*

Agenda



➤ Qigong –

- ✓ Mary-Therese Duffy
 - 15 min Qigong class

➤ Guest Speaker:

- ✓ Joe Bruno - President and CEO of Community Pharmacies, Professor of Pharmacy Law, UNE, President, Maine Board of Pharmacy
 - Topic: Following doctors orders, creative ways to make medication more affordable, prescription and over the counter drugs

➤ Guest Speaker:

- ✓ John Facella - Raymond Fire and Rescue Dept. FF/EMT, Fire and Life Safety Instructor I
 - **Topic:** Kitchen Safety just in time for Thanksgiving!

➤ Communication:

- ✓ Window Dressers needs volunteers and donations
- ✓ Age Friendly Raymond website is now LIVE!
- ✓ Volunteer Project
- ✓ During inclement weather call (207) 655-2222 to see if the meeting has been canceled

➤ Next Meeting:

- ✓ December 10th
 - John Facella – Senior Fire Safety
 - Fraud Protection

HONORING ALL WHO SERVED



WWI
100
YEARS

VETERANS DAY

NOVEMBER 11, 2018



va.gov



Thank You
Veterans Day
Thank A Veteran
Heroes November 11th
Military
Country
Family
Air Force
Parades
WW II
Iraq War
Recognize
Rememberance
Protecting
Navy
Duty
Soldiers
Coast Guard
Vets
Freedom
Sacrifice
Served Tomb of Unknowns
United States
War In Afghanistan
Persian Gulf War
America
Ceremonies
Honor All Who Served
Patriotic
Pride
Active Duty
Bravery
Vietnam War
Reserves
Korean War
WW I
Respect
Uniform Army

Mary-Therese Duffy





President and CEO of Community Pharmacies, Professor of Pharmacy Law, UNE, President, Maine Board of Pharmacy representative from 1992-1994. School Board member from 1989-1994. Town meeting moderator for many years. President of the Maine Board of Pharmacy 2011-present. Chairman Dirigo Health 2008-present. Professor of Pharmacy Law University of New England 2013-present. Owner of Community Pharmacies with 9 retail pharmacies in Maine.

Topic:

Why it's important to follow doctors orders, discuss creative ways to make medication more affordable and if there are other topics of interest to older people regarding prescription and over the counter drugs



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

Topic: Kitchen Safety

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*



INSULATING WINDOW INSERTS



COMMUNITY WINDOW BUILD

DECEMBER 4 - 7

RAYMOND VILLAGE COMMUNITY
CHURCH

27 Main St, Raymond, ME

**HELP YOUR COMMUNITY
STAY WARM THIS
WINTER AND LEARN TO
BUILD WINDOW INSERTS!**

VOLUNTEER SHIFTS

MORNING 9:00-12:00

AFTERNOON 1:00-5:00

EVENING 5:00-8:00

FOOD PROVIDED!



**TO SIGN UP OR FOR MORE INFO, CONTACT HEATHER CRAIG AT
HCRAIG@SJCME.EDU OR 207-893-7783**



➤ **Communication:**

- Window Dressers – Volunteers/Donations Needed
- Age Friendly Raymond Website – LIVE!
 - Includes Community Connections Agenda each month
- Age Friendly Raymond website is now LIVE!
- During inclement weather call (207)655-2222 to see if the meeting has been canceled
- Volunteer Project - Linda Miller/Coordinator



Next Meeting:

✓ **December: 10th**

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

✓ **Regional Transportation Program (RTP)**

- **Belinda Hutchinson and Shawna Merola**
 - Lakes Region Explorer bus, private rides to/from medical appointments and costs associated with the rides

2019 Community Connections



- Meals on Wheels
- Southern Maine Agency on Aging – Nutrition
- FirstLight Home Care
- State of Maine Ombudsman Program (home care)
- Catholic Charities Independent Support Services
- Karen Seymour
 - Raymond resident - specializes in senior services/City of Portland
- Iris Network (vision)
- Harpswell Aging at Home
 - Programs: Senior Connections, Volunteer Transportation Network)
- Habitat for Humanity
- AARP (topics TBD)
- Raymond Lions
- Raymond Garden Club
 - Intergenerational garden, children's garden, garden tour
- Kevin Joyce, Cumberland County Sheriff – fraud

The End!

