

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!

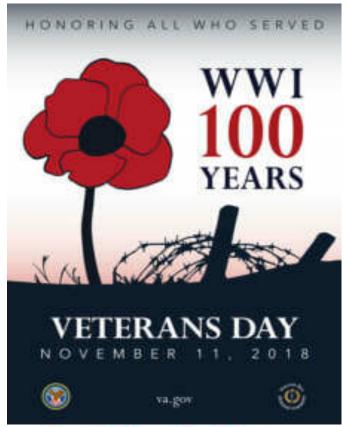
Communication:

- ✓ 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







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

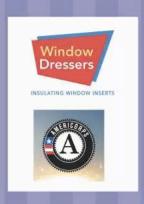


John Facella - Raymond Fire and Rescue Dept. FF/EMT, Fire and Life Safety Instructor I

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



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:

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- ✓ 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!



