MEETING MINUTES RAYMOND AGE FRIENDLY COMMUNITY CONNECTIONS

October 13, 2018

Presentation of Senior Farm Share program by Frank Pecoraro, Mulberry Farms:

* Frank spoke of the program, which provides up to $50 of summer harvests, and provided handouts regarding qualifying income levels.
* Frank discussed what makes a farm organic. Mulberry Farms is MOFGA certified.
* The Senior Farm Share program has offered delivery service, but is light on resources to deliver. Sheila Bourque reminded the A-F team that we can coordinate delivery to share-holders as part of our mission. We can regroup with Frank in the spring.

Presentation of Fall Prevention program by John Facella, RF&R, FF/EMT, Fire and Life Safety Instructor:

* John introduced himself and told the assembly that this is the first of a series of senior-focused talks.
* John provided some very interesting statistics on falling:
	+ 25% of seniors experience a fall every year
	+ Falling is the leading cause of death for seniors (27,000 die from falls or fall-related injuries)
	+ 80% of falls in the home occur in the bathroom
	+ 95% of broken hips occur from falling
* The fear of falling can cause isolation, due to reluctance to leave home, which can lead to even less physical activity.
* Tips on preventing falls include reducing clutter (especially on the floor/ground, both inside and outside), good lighting, railings on stairs, reduction of extension cords, good shoes, use of nonslip rugs with rubber backing, wearing an emergency necklace/button and carrying cell phone for emergency calls.

Balance Exercises with Andrea Robinson, Personal Trainer with PNF of Windham

* Andrea showed us several exercises and moves to help with balance and strengthen our core muscles.
* Balance exercises are important because recovery is faster if one has a stronger muscle mass. Good posture is important, as are the strengthening of core muscles to help prevent falls and to help with daily activities such as getting in and out of a bathtub.
* PNF staffs a “Silver and Fit” program every weekday at 11:00 at PNF for $5. They moved, and are now located across the street

Fundraisers – The two fundraisers (Mosquito and Yard Sale) raised $326. Everyone involved was thanked, both with words and with baked goods for all attendees.

Possibilities for future meetings – Kevin Joyce, Cumberland County Sheriff, possibly an evening event; Day trips (such as Fryeburg Fair bus, which unfortunately had to be cancelled due to low response)

NEXT MEETING is November 13th, 2 pm at the Raymond Public Safety Building. Currently on the agenda is John Facella of Raymond Fire and Rescue for a presentation on kitchen safety.