MEETING MINUTES RAYMOND AGE FRIENDLY COMMUNITY CONNECTIONS

December 10, 2018

Presentation: John Facella, Fire Fighter/EMT and Fire Safety Instructor – Fire Safety during the Holidays

* John reviewed the information on cooking safety from last month’s meeting
* 200 holiday fires each year
* Christmas tree fires aren’t frequent, but cause more fatalities than other fires. An unwatered tree will cause massive destruction within 20 seconds. Do stockings need to be over the fireplace (if you use a fireplace)? Keep the tree and decorations away from a heating source.
* It’s critical to have 2 ways out when leaving a burning home.
* Make sure that heaters that vent outdoors are kept free of snow and ice.
* Carbon monoxide is so deadly because it bonds strongly with red blood cells, which blocks the absorption of oxygen (symptoms only often show when it’s too late) – always use a detector that includes carbon monoxide detection.
* Winter related health issues are common; make sure you exercise to stay healthy.
* It’s often recommended that seniors consider moving to a first floor bedroom if possible for quicker exit in the event of an emergency.
* LED tree lights are better on energy, rarely burn out, and don’t get hot. Don’t use indoor lights outdoors. For outdoors, make sure that the lights are plugged in to a ground fault (GFI) outlet; it will halt the flow of ungrounded current.
* Candles – the recommendation is to get rid of all standard candles and replace them with LED flickering candles.
* Children and pets can knock trees over – this is especially important to watch with live trees.
* Recommendation is to use ice cleats when outside.

Qigong: Mary-Therese Duffy

* Mary-Therese is looking for recommendations on when people are interested in taking Qigong classes. A sheet was passed around for ideas.

Presentation: Regional Transportation, speakers Belinda Hutchinson (RTP), Rick Harbison (GPCOG), Zoe Miller (GPCOG)

* Lakes Region Explorer and Door to Door (volunteer drivers)
* Raymond residents are currently being served by volunteer drivers
* 48 hour advance notification is required; a schedule can be set up for repeat visits (such as dialysis)
* There can be multiple service requests (customers with appointments) in a single vehicle
* The state allows a wait time of 30 minutes (early or late)
* Anyone can ride; if you don’t qualify for free services, it is $5.00 each way
* How can RTP market the available services?
* RTP doesn’t have enough drivers to expand the services
* RTP will have a publication (online, in the coming week)
* There is a shopping shuttle in existence, every Friday, door to door to Hannaford North Windham with Bridgton, Naples and Casco stops
* Volunteer drivers get background checks; passengers have never caused any safety issues
* Lakes Region Explorer
  + Free tickets are available (see one of the Community Connections leaders for your free tickets)
  + Four round trips per day M – F
  + One can be picked up and dropped off at specified stops, but also there are request stops along the way
  + Transfer passes (Metro and South Portland) are available and FREE. You can also use the Metro and ask for the Explorer pass ($1.50). There are also tickets with multiple rides. Bus drivers can sell you the pass. Cash or check only.
  + Exact change is required (if you don’t have a pass).
  + There are 2 wheelchair spots, there is free WiFi, bike racks
  + There is a text notification service in the event of more than a 15 minute delay
  + There are apps that show where the bus is at any time.
  + Bus has been in service since 2014
  + There is a survey taken every year to understand why riders are taking the bus – commuters, recreation, family visiting, camp counselors – and where they pick up the bus
  + Usage is not clearly tied to town where user resides
  + Each town is asked to contribute for the cost of the bus (around $10K); this past year, Raymond’s funding has been cut way back.
  + There was a petition at the Raymond November polling station to have the Town put the cost of running the service ($9,600) on the town warrant (for voting) – the petition was short by 3 votes! It’s a public service. Raymond had given $5K annually until last year, when Raymond gave $1K. Sheila will find out if and how we can get the additional signatures to move the town warrant reference forward, or if the group managing the petition wants to start over.
  + Belinda will get back to us as to how much RTP receives in terms of general donations.
  + Can we get a budget from RTP?

NEXT MEETING is January 14th, 2 pm at the Raymond Public Safety Building. Currently on the agenda is a presentation on home care by FirstLight Home Care.