



Raymond Maine Age Friendly Community Connections

General Assembly Meeting

December 10, 2018

Agenda



❖ Qigong –

- Mary-Therese Duffy
 - 15 min Qigong class

❖ **Guest Speaker:** John Facella - Raymond Fire and Rescue Dept. FF/EMT, Fire and Life Safety Instructor I

- **Topic:** *Fire Safety during the holidays*

❖ **Guest Speakers:** Belinda Hutchinson

- **Topic:** *Lakes Region Explorer bus, private rides to/from medical appointments and costs associated with the rides*

❖ **Communication:**

- Volunteer Project - Linda Miller
- Window Dressers Update - Sheila Bourque
- Age Friendly Raymond Website <http://www.agefriendlyraymond.org/>
- During inclement weather call (207) 655-2222 to see if the meeting has been canceled

❖ **Next Community Connections Meeting:**

- January 14th

Mary-Therese Duffy





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

Topic: Holiday 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*



❖ **Guest Speaker:**

Belinda Hutchinson, Transportation Supervisor

Topic: *Lakes Region Explorer bus, private rides to/from medical appointments and costs associated with the rides*



➤ **Communication:**

- ❖ Volunteer Project - Linda Miller
- ❖ Window Dressers Update - Sheila Bourque
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January 14th 2019



Guest Speaker: Peter Gartland

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!

