

MINUTES

AGING IN PLACE IN UNION COMMITTEE

MONDAY, JANUARY 10, 2022

1:10 p.m.

Zoom meeting hosted by Lorain Francis.

Present: Lorain Francis, Anita Brown, Bill Lombardi, Carol Watier, Marcy Corwin, Holly Deyoung, Debra Lay, Jay Feyler.

1. Chairman, Lorain Francis, opened the meeting at 1:10 PM. She explained this meeting is being recorded.
2. Holly motioned for the December 6, 2021 minutes to be approved as written. This was unanimously approved by those who were present at the last meeting.
3. Discussion of March 17th take-out luncheon. Anita reported Katie Tarbox will arrange for the MCH kitchen to provide for the meal for our take-out luncheon on March 17th. This meal will be corn beef, cabbage, carrots, potato and dinner rolls. (Katie needs to know the reservation total by March 3rd due to MCH difficulties getting meal supplies.) Anita will let Katie know the number of reservations. Decision the invite letters should have an RSVP date of March 3rd to have time to collect the total.
Anita will count take-out divided containers remaining and carry out bags. Anita will bake sour cream frosty cookies with green sprinkles for St. Patrick's Day theme same as last year. We will need more bottled water before this luncheon. Water remaining last meal went to the Come Spring food pantry. (Not established who will purchase the water.)
Anita will contact Stacey to ask her to do a poster and mailing invites for this March 17, 2022 take -out luncheon event. (People responding should provide a contact telephone number to be notified if we postpone due to weather.)
4. Holly reported to us on a model for Community Circles which she was involved with beginning in March 2011 in Eastport, Maine. Importantly, to begin, people were invited by personal contact by knocking on doors and phone calls to invite people to meet together every 6 weeks in "community circles" with a designated lead and topic for solution focused listening. It was important for one person to speak and all others to listen and all sharing to be honored as presented by attentive listening.
Aging in Place came out of these circles in 2016 and continues today. They found caregivers needed support and created a lending library, resource guide, access to walking trails, access to needed medical equipment by having contacts with loaning

agencies, drivers to appointments and even had caregiver support wrist bands. AARP became involved through a “pilot program”. 25 people signed up for home assessments of need for rails, snow removal help and EMS safety call checks. The circles continue during Covid by zoom and conference calls.

5. Secretary will attach document provided in advance by Holly. (Above, is only a brief summary.)

Discussion followed with possible “soft launch” in the spring/summer outside at Vose Library. Debra shared this is called “Human Library” through library programs for circles seated to talk about topics with no judgement to counter isolation. Holly agreed to draft a list of questions we can ask at our March luncheon to ask participants. We love the idea of walking trails with benches to help our community provide safe places for seniors to walk and rest.

6. Lorain updated that the TCC committee is hoping to have days the building is unlocked for inside winter walking as seniors have done in the gym in the past. Lorain thought she would ask Martha Johnston-Nash if she would participate in one of our meetings to give us an update of the TCC.

Our next zoom meeting is, **Monday, February 7, 2022 at 1PM.** (Lorain will provide the zoom site for our meeting. We will need an agenda for that zoom meeting and posting to the town website again.)

Respectfully submitted

Anita Brown
Secretary