

**AGE-FRIENDLY COMMUNITY COMMITTEE
MINUTES
May 7, 2019**

ATTENDEES: **Leroy Walker, Jan Biron, Frank Pippin, Cindy Larrabee, Diane Vincent, Sally Gagnon, Larry Pelletier, Dana Morrell, Jamie Longley, Mamie Ney, Alfreda Fournier and Tammy Bickmore (USM guest speaker)**

ABSENT: **Belinda Gerry**

- Leroy Walker opened the meeting at 5:32 p.m.
- Introductions of members
- Leroy explained that the members were all approved by the city council on May 6th, 2019. There was a good turnout of members at the meeting.
- Leroy explained what the committee is all about,
- for the benefit of our guest speaker.
- Minutes were reviewed. Motion by Cindy Larrabee, second by Diane Vincent to accept the minutes as presented. All in favor.
- Jan nominated Leroy Walker as the chair for the committee. Seconded by Cindy Larrabee. Frank said he was impressed with everything that Leroy helped to get us through. Everyone in favor.
- By-laws were distributed and reviewed.
- Jan was nominated by Cindy Larrabee as secretary of the committee, seconded by Mamie Ney. All in favor.
- Diane Vincent nominated Frank Pippin as vice chair. Seconded by Cindy Larrabee. All in favor.
- Larry Pelletier gave an update on the ELHS community service day. Eleven high school students, one teacher and himself participated. May 17th is the community service day, at 9:30 a.m. Pickers and bags will be supplied by public works, and everyone will meet at Bonney Park and go around Moulton Park, Newbury Street, Laurel Avenue, Academy Street, Main Street, etc. Vests will be supplied. Two groups will split up and cover the whole area as time allows. Leroy Walker volunteered to purchase pizzas for the volunteers and deliver them at a specific time.
- Tammy Bickmore was present to make a presentation regarding the occupational therapy program at USM. One of her students, named Laura, would like to work with people in the Auburn area. She lives in Auburn and is passionate about getting information out to seniors about how to prevent falls, etc. to help them. She is in the Masters program at USM. She wants to come to our meeting and make a presentation and actually practice Car Fit, which is specifically geared toward making sure the car “fits” the driver, and Matter of Balance, which is working with people who have a fear of falling. They also have kitchen safety classes and “trip buddy” to help people when they go on trips to overcome obstacles.

It was suggested that these classes be presented in a lunch & learn classroom setting so that those who are in attendance will be interested and engaged.

Occupational Therapy has to do with helping people get back to doing the things that they need to do on a regular basis when they have become unable to do that, i.e. fall prevention, cooking, walking, etc. There is a clinic at USM that is free if students deal with clients. There might be a fee for anything through the agency.

Dana Morrell has a similar program at Seniors Plus and needs another location to hold a class. She would like to use the senior center.

- The Great Falls Balloon Festival is looking for vendors to raise funds. The festival takes a percentage of the proceeds. Organizations can raise funds for themselves. Many volunteers are needed. Cindy asked if there was anything other than food booths available. It was felt that this undertaking is too big and too involved for us to do. Frank made a motion to table this idea till a later date. One suggestion was selling popcorn from the popcorn truck. Alfreda suggested selling ice cream sandwiches. It would be a lot less work and no danger of getting burnt. We would need a freezer. Everything has to be set up with Sysco for product and payment.
- New Business: We need to be ready to put out our survey. We've all seen it and approved it. Now we need to get it out. We need to put a mechanism in place as to how we are going to get it out to the public. The survey was distributed for review by members. It was voted that the personal information question be made "Optional". "Are you a veteran" was added to #8, and eliminate "50+ years of age" (redundant). Motion to accept the survey with changes by Frank Pippin, seconded by Cindy Larrabee. All in favor. Motion to accept the new survey with its changes by Cindy Larrabee and seconded by Mamie Ney. All in favor.
- Open Session: None
- Adjournment – 6:48 Motion by Cindy Larrabee. Seconded by Diane Vincent. All in favor.
- Next meeting is June 4th, 5:30 p.m. at the Senior Center.

Respectfully submitted,

Jan Biron
Secretary