

Age Friendly Committee Meeting Minutes

February 14, 2024 - Approved

Present: Maggie, Eric J., Deb, Ed, Marge, Elaine

Regrets: Marianne

Guests: Sean Goodwin, Eric D., Steve DeAngelis

Approval of January 10, 2024 Minutes

Readfield U Update:

Registration is going strong. We will continue to publicize locally and the surrounding communities. Maggie will do a presentation at the Maranacook Community Café this Thurs.

We will also be reaching out to our presenters to see if they have spent money on materials for their presentations that we may be able to reimburse.

Many AFC members will be attending the different programs and when possible, providing refreshments.

We also plan to create Sign up cards for Disaster Assistance to be distributed at all AFC events.

Update on Grant Possibilities:

Maggie and Elaine met with Melissa to review the Maine community Foundation grant application. There was complete agreement that at this time, we could not come up with enough immediate expenses to warrant this type of grant request. One of the items AFC thought would need to be purchased – an amplifying headset – has been donated.

AFC Budget:

As of this meeting the balance in the AFC budget is \$ 1,862.60. Money was spent on purchase of AFC T-shirts for committee members.

Anticipated expenses for the remainder of this budget year are:

Maintenance of RU website - \$ 12.00

Storage container for Café supplies, non-perishable items, name tags

Additional Welcome Bags

Magnets for Handy Helper Resource

Additional items: Eric J. will investigate the cost for ordering AFC Mugs that would have printed phone numbers for Handy Helpers, NDN

Elaine will ask Kristin to print off more Resource Magnet strips and possibly business cards.

Inserts for Welcome Bags

Explanations for painted stones and pocket mice and Snowmobile applications

AFC discussion regarding work on Emergency Response Kits

An important focus of the State wide Lifelong Maine program this year is Disaster Resilience. Readfield AFC is interested in exploring ways we can support our older residents in the event of short term and extended emergency situations. Many of these situations are related to extreme weather events during which time there are extensive power outages, loss of internet and loss of communication capabilities.

We recognize that some situations are spontaneous and of short duration while others are predicted as in extreme snow storms, wind storms, extreme cold and even extreme heat events.

The AFC is interested in exploring the ways in which we can help residents prepare, endure and recover from these extreme events. One way is to explore how other communities have developed Disaster Resilience Tool Kits – Elaine presented the program developed by the Bowdoinham AFC - She urged the committee members to log onto the Bowdoinham town website to view the 10 minute video that describes in detail how they went about developing this successful program. As an example, their kits include hats, gloves, hand warmers, wind up or battery powered radios, battery powered lanterns capable of charging phones, toe grippers, emergency light sticks. Hopefully, our AFC will continue this discussion during our next meeting.

Guest Speaker : Sean Goodwin from Kennebec County Emergency Management Agency – their role is to support the needs of a community as they organize their local disaster response.

Examples given – cots, blankets, food, animal crates, and generator for the town buildings they do not direct the local town response.

Sean explained in detail the role of the KCEM agency - they have a Civil Emergency Response Team that will train community volunteers who will be part of a larger town core response team.

This can include how to work communication devices, basic CPR training etc. to become certified.

Discussion then turned to how to establish local warming center which is different than an overnight – these sites need to be accessible, have at least one bathroom, water and available to pets.

Some towns have developed policies that will automatically set up a shelter upon a Target Temperature so that residents can anticipate this to make arrangements to get there.

Sean indicated that there are many grants available (although competitive) that can support acquiring the necessary items.

Eric D. provided the AFC with some very important updates:

All town trucks will be equipped with radios to improve coordination of response.

The town has been approved for the creation of a low power FM station – This has tremendous potential for improving communication throughout the town on a 24 hour basis for providing instructions during an emergency response. However, this is a work in progress that will become operational several years down the road.

In the meantime, the Readfield AFC would like to work on emergency response in several ways-

1. We will create a Resident Response Card that people can fill out if they would like to be placed on an Emergency Call list. This could include name, address, how many people in the household, if there are pets, and also an alternative contact person.
2. Educate residents that help is available for rides to a warming place, getting food, water medicine and that there are no eligibility requirements such as age for the assistance.
3. If we can get this Resident Response Card created in time, we can distribute it during Readfield U programs, the Maranacook Community Café, during elections and even incorporated into the Tax bill mailing.

Meeting Adjourned 11:00

Next meeting March 13

Respectfully,

Elaine