

## Age Friendly Committee Meeting Minutes

September 13, 2023

Present: Ed, Marianne, Deb, Eric J., Elaine

Regrets: Maggie, Marge

Guest: Eric D.

Minutes of August 2023 AFC meeting Approved

Old Business:

1. Status of Senior Café: Much discussion ensued. Here are the bullet points.

- AFC hopes to see some version of Senior Café continue
- Preference would be to continue at Maranacook for a variety of reasons such as:  
Interaction with the students, accessibility, parking, encourages participants from the region, access to muffins, coffee etc.
- In order for this to happen the AFC will have to find a point person for organizing as well as a point person from the school.  
Marianne offered to pursue this by reaching out to Dan Homlman first and also asking around for a volunteer to be AFC host.
- Continuing at the library would have serious limitations - day, time, use of small room for gathering, AFC would have to plan to provide refreshments, set up and clean up.

Suggestions for continuing this program

- Could be at the Town Office
- Maybe in the future at the Vestry – it was noted that the Vestry is exploring the same idea on Saturday mornings. Would 2 of these programs  
Be sustainable? The suggestion was made that we ask a member of the Friends of the Meeting House/Vestry to be a guest at one of our AFC meetings.
- Could the fire station room be used? Eric D. said he would inquire.
- Do we want to join another town who hosts a similar activity on a regular basis such as Mt. Vernon or Manchester?
- Eric D. suggested that we engage the Superintendent in our quest to continue at the school

2. Welcome Basket:

As we continue to flesh out this idea, it appears that most of the content will be brochures, flyers and other informational items.

We will not be including perishable items or gift cards. Eric mentioned that any costs from printing can be assumed under Administrative Dept.

When asked about how many to make, Eric suggested 5 at a time since there is no place for storage and it will be distributed at the front desk.

At our next meeting we should be able to finalize what information we want to include in addition to AFC resource magnet, Handy Helper brochure, NDN info, maybe a brochure from the Library, current list of churches and community organizations and any businesses that want to be included on a regular basis.

3. Winter Window Project – Marge will update us next meeting.

New Business:

1. AFC presence at the Sept 18 SB meeting. In addition to Maggie doing a presentation, Eric said that he will be speaking about our good work and thought it would be great if as many of us as possible could attend. Time approx. 6:45 at the Town Office.
2. Setting up a Calling Tree - Elaine will send a note to be in the Oct Messenger to see if there is interest in being called and also volunteers to do the calling.
3. Maranacook Volunteer Day – Oct 5 – we suggested to Robyn Graziano to contact Kristen to see if anyone has called in for a Handy Helper currently.
4. Important Information from Dr. Patricia Oh, Maine Lifelong Communities Program Manager. I will forward her email to the AFC members since this Email is full of important information that all of us may want to be aware of. See attachment to this email.

5. New Project ideas and ideas for Readfield U go hand in hand in many cases  
Some projects we talked about – investigating the purchase of a portable defibrillator that could be available at AFC functions since these functions may be in a variety of places that don't have one. A CPR and How to use a Defibrillator could be a Readfield U session.

Similarly, a program about Fire Safety including distribution of free smoke/CO detectors could also be a Readfield U session.

Meeting Adjourned 10:40

Respectfully submitted,  
Elaine  
Next Meeting Oct 11.