

## Minutes of Age Friendly Committee Meeting

November 8, 2023

Present: Marianne, Ed, Marge, Maggie, Elaine Eric, Deb

Guests: Melissa and Stephanie

Approval of Oct 11, 2023 Minutes

### 1. Update on Senior Café

Melissa presented summaries of the 2 meetings that have occurred recently, these are the highlights.

- Dan Holman expressed the school administration's enthusiasm to see the café continue at the Middle school
- Thursdays from 9:30 – 11 on a weekly basis has been determined to be the opportune time that would not conflict with surrounding community activities.
- The school will continue to provide the muffins but not the coffee
- Dan has written a grant that may cover additional costs. (Eric has stepped up to say he can provide the coffee, Yeah!)
- Dan will NOT be at the café meetings but will be the point person for communication. He will arrange for the student greeters
- High school senior, Dora, will be available at each meeting to help set up, monitor student movements to and from their classes and help with clean up.
- Dan will also help coordinate the student participation – these would be 15-20 minute presentations that would take place twice a month
- Melissa will help with publicity and will assist with the program start up but plans to phase out after the first of the year. She is however willing to continue to do the publicity.
- Proposed starting date Nov 30. Students could participate on that date and on Dec 21. Dec 7 and 14 would be open for discussion for future activities/events.
- Melissa mentioned that Vickie from Manchester and John from Mt. Vernon have ongoing programs and may be great resources for ideas.
- Finally a Readfield Age Friendly Steering Committee has been established: Deb, Marge with assistance from Marianne, John and Stephanie.
- The Steering Committee will select one person who will be the one to communicate with Dan Holman and will work out how to set up a calendar.
- It was understood that the Steering Committee members will not be required to attend all the café meetings. That responsibility will be shared on a rotating basis.
- The Senior Café will be rebranded to be called the Maranacook Community Café supported by Readfield Age Friendly Committee.

### 2. Setting Up a Calling Tree: An ad was placed in the November Messenger with Elaine listed as the contact person. No inquiries have been made either for need or for volunteers.

3. Election Table Update: Eric reported that it was so busy he used up all the Hand Helper magnets in the first 15 minutes! He also got two Handy Helper volunteers - an electrician and someone who can offer general help.
4. Assembling the Welcome Bags: The process of assembling 21 bags was completed. They are filled with an amazing assortment of information and more flyers will be added as they are obtained. Bags are available for distribution as new Readfield residents come to the town office. This was a terrific team effort that the AFC brought to fruition.
5. Readfield U Planning is underway. Maggie hopes that we can get the presenters to fill out the online application by Jan 12, 2024 so that publicity can begin shortly thereafter. Here is the current list of presenters that the AFC members will reach out to.
  - Cheryl Farley – certified Plant Based Nutritionist - Maggie
  - Mary Ellis – Geriatric PT Fayette - Maggie
  - CPR and How to use a Defibrillator – Elaine
  - Fire Safety including distribution of free smoke and CO detectors and instructions - Ed
  - Art Gallery – Camille – Elaine
  - Holly Maffei, Iris paper-folding - Maggie
  - Dale Potter, any program - Maggie
  - 2024 Kents Hill School Bicentennial – Marianne
  - Meeting House/Vestry Update with John – Marianne
  - Gardening ( Lavender or Permaculture) with Kathy Woodrum – Deb
  - Trent Emery Crop Shares - Marge
  - Fairgrounds Committee Update – Elaine
  - Trails Committee, Jackie Drouin - Marge
  - KLT -new acquisitions or their choice of presentation – Elaine
  - Sustainable farming practices, last year's speaker - Maggie
  - Stephanie Donaldson – Trip to S. America to see wildlife and photography - Deb
  - Mary Denninson, How to Solve the NY Times Crossword puzzle - Maggie
  - Vintage Violette – refinishing furniture - Melissa
  - Muddy Boots Nursery - Melissa
  - 2 Library sponsored author presentations - Melissa
  - Readfield in the Good Old Days, Dale Potter Clark and panel with Ed and friends - Maggie and Ed
  - Shriner Children's Hospital - Ed
  - Wabanaki REACH – Maggie

Still looking for more craft programs and music; hands-on activities, slide shows, games, possibly intergenerational events. Ending Potluck – international foods - Still to be determined.

Meeting adjourned 11:00

Respectfully submitted, Elaine