



Lamoine Committee on Aging

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Meeting notes APRIL 14, 2023

Attending: Jo Cooper, Mary Jude, Sally Smith, Nancy Pochan.
Sally made a motion to approve minutes from MARCH 10, 2023 Mary seconded the motion.

The Committee welcomed NANCY POCHAN as a new member. **Jo** will be in contact with ANDREA GABEL-RICHARDS as a potential member. Nancy will be officially appointed at the next meeting of the Selectboard.

JO COOPER was elected as our committee chair. IRIS SIMON will serve as secretary with MARY JUDE as the backup.

GUEST: STU MARKOON Representing the Lamoine Fire Dept.

Many of the 911 calls to our LFD involve help before an ambulance arrives. The LFD in most cases, is able to arrive much sooner than an ambulance. Help is given to "lift" a patient who is down. The dept. is fully trained in giving CPR and the use of an AED. The Fire Dept. does not carry Narcan but have seen cases where there is a need. Law enforcement does carry Narcan along with the ambulance.

Stu finds that many people are very reluctant to call 911. There may be a need for education regarding 911?

Stu gets requests for Wellness (Welfare) checks which need to be referred to 911. Cognitive issues in our old population, is always a concern.

As the Adm. Asst. in Lamoine Stu knows most people many by their first name and is able to direct services to people in need.

The Fire Dept. is aging and needs to recruit new "young" people.

NEW BUSINESS

A COMMUNITY SURVEY was discussed. What questions need to be answered? Is there a real need? Surveys can be expensive and time consuming. We determined that this discussion will be ongoing.

BOOK EXCHANGE Tabled until the May meeting,

GARDEN SHARE TABLE Tabled until the May meeting.

OLD BUSINESS

SR. FARM SHARE. A flyer giving information regarding the program will be available at the church and The Grange this weekend.

Jo will share the information with The Food Commodity Program and other related programs.

Sally will contact The Nursing Associations that serve Lamoine.

Mary will contact The Diabetes and Nutrition Dept. at Northern Light MCMH.

Iris will contact Rob Hemingway who is involved in home health. She will also contact Loaves & Fishes, and the Lamoine School.

LAMOINE GIRL SCOUTS PROJECT SUNSHINE TEA **Iris** will contact Kim Martins & Jennifer Ashmore to confirm our willingness to help in their upcoming Sunshine Tea and Talent event.

LAMOINE LITTLE CHILDREN SCHOOL LIBRARY PROJECT There has been a delay in opening the new portable classrooms. No further action taken at this time.

CRIBBAGE No further action.

RESOURCE LIST The resource list is on the website. We estimate that updates will be made quarterly.

ONLINE COMMUNICATONS: No action taken

OTHER

Stu reminded the committee that he would like to have photos of our members to place on the website.

IDEAS FOR FUTURE DISCUSSION

Nancy suggested a Sr. Walk and a picnic lunch. **Sally** will research the best place to walk that would end with a suitable picnic area.

The committee also discussed how to implement a program of students visiting on scheduled days at the Grange, to give Tech support to those that struggle to keep up with modern technology.

Nancy brought up the subject about how hard it was to hire someone for small jobs i.e. mowing, shoveling etc.

Could we post a list of people available?

NEXT MEETING May 12, 2023

Jo will invite Nina Zeldin, Healthy Acadia Nina had been scheduled earlier but was unable to attend.

Adjourned 2:40 p.m.

Minutes submitted by Iris Simon