



Lamoine Committee on Aging

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Meeting notes May 12, 2023

Attending: Jo Cooper, Mary Jude, Sally Smith, Barbara Bland, Jane McMullen
Regrets: Nancy Pochan

Mary made a motion to approve the [minutes from April 14, 2023](#), Jane seconded the motion.

The Committee welcomed Barbara Bland and Jane McMullen as new committee members.
Barbara and Jane will be officially appointed at the next meeting of the Select board.

GUEST: Nina Zeldin representing Healthy Acadia.

Nina gave an overview of the many programs and services that are provided by Healthy Acadia. The programs are driven by grant funds. The "Neighbor to Neighbor" program is available to Hancock and Washing Co. residents. That program makes a max of \$500 available to someone in need. "You Got a Friend" is available to Hancock Co. residents with a max of \$1000. Both programs are based on a one time need for something other than regular living expenses.

Nina who is a certified Tai Chi instructor gave us the many benefits of the variety of Tai Chi classes that are available in our area. Some of the classes are specific to certain health concerns. Tai Chi reduces falls, bone loss etc. Nina is in need for more instructors. Her next training session will be in August.

The committee is hopeful that we will be able to add a Tai Chi class in Lamoine.

NEW BUSINESS

Sally shared a list of easy, Sr. friendly walks in Lamoine. We will schedule in Sept. of October.

Jane gave us the date of July 22nd for the annual church fair.

Jane also mentioned that the Ellsworth Garden Club will be having a day of garden tours Lamoine. Date TBA.

Pedestrian Visibility: Iris gave a brief report regarding *Wear Something Bright to Stay in Site*. **Jo** will be in contact with Cathi Goebel, chair of the Parks Comm. regarding the progress of the program.

Future Guest Speakers: **Jo** will contact a representative from Mt Desert Nursing Association for our June meeting.

OLD BUSINESS

Girl Scouts Sunshine Tea and Talent. **Iris** will contact Jennifer and Kim and let them know that we along with friends and neighbors are prepared to bring tea treats. Iris will let us know how many are needed. **Mary** would provide gluten free. Our committee has also offered to provide transportation to anyone who is in need. **Barbara** will

contact Lamoine Community Art members to see if they can provide talent for the event.
Resource List "Find Help" a program of Northern Light Hospital was mentioned as an
edition to the list.

A COMMUNITY SURVEY BOOK EXCHANGE: Tabled

GARDEN SHARE TABLE: Tabled

Cribbage: Tabled until winter

NEXT MEETING: JUNE 9, 2023 A representative from Mt Desert Nursing Association
will be invited as our guest.

**REMEMBER TO SEND A PHOTO TO STU SO HE CAN ADD TO THE LAMOINE
WEBSITE, COMM. ON AGING.**

Submitted by Iris Simon