



## Lamoine Committee on Aging

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### MINUTES July 14, 2023

PRESENT: Jo, Jane, Nancy, Sally, Iris  
Regrets: Barbara, Mary

Sally made a motion to approve [minutes from June 9, 2023](#), Jane seconded.

**GUESTS:** Larissa Thomas and Linda Penkalski from the [Lamoine Conservation Commission](#).

The Conservation Comm. serves as an advisor on environmental issues in Lamoine. The Commission hosts guest speakers and events. An Adult Tree ID hike which was cancelled earlier will be rescheduled. (Sept. 6). The Annual Shore Cleanup will be scheduled the 3<sup>rd</sup> week in Sept.

The Comm. is supporting the Monarch Pledge and has organized groups to plant Milkweed and nectar plants in Lamoine.

The Commission works very closely with Tiara Woods, science teacher at the Lamoine School in connecting students to the environment.

The Get Wet program has the students test ground water in the spring and Blunts Pond in the fall. Lamoine has continued this program by obtaining funds after receiving early funding from the Mitchell Center.

The Annual 5<sup>th</sup> grade Tree ID Hike on the Simon Trail will be held Sept. 18.

**Volunteers are needed for ALL of the above programs.** Iris will share contact info of the committee with Larissa and Linda. Some of the comm. members volunteered for the Blunts Pond program.

There was a brief discussion regarding "Wear something bright to stay in sight". Larissa forwarded a link on potentially selling reflective vests. Jo will invite the Parks Comm. to the Sept. meeting to further discuss the subject.

#### NEW BUSINESS:

Focus for LCOA: Tasks from the 2019 [Comprehensive Plan](#). Jo has given the committee the tasks that were listed in the Comprehensive Plan that would relate to the work for this Committee on Aging. See page 2.

OLD BUSINESS: A senior friendly walk (bring a lunch) will be held at Blunts Pond on Sept. 17 at 12:30 pm.

Jo will design an advertising flyer. Iris will contact a neighbor who will make a simple map with mileage for the Whitcomb Woods trail.

**The committee** will provide desserts and drinks.

The next scheduled walk will be at the State Park on October 15<sup>th</sup>.

LCOA COMMUNICATIONS: LAMOINE QUARTERLY, TOWN WEBSITE, FACEBOOK PAGE:

A reminder to send a photo to Stu to add to the committee listing on the town website.

We will not meet in August.

NEXT MEETING DATE: Sept 8, 2023 Jo will invite the Lamoine Parks Comm.

Submitted by Iris Simon, Secretary

**Town of Lamoine 2019 [Comprehensive Plan](#)**

**Recreation Policies**

**Implementation**

Provide opportunities for family Implementation and multiage recreation. 3.1 Continue to hold and promote special events offering recreational opportunities for families. Work with a Town Committee on Older Adults to develop recreational and social opportunities specifically for older people

**Housing Policies**

**Implementation**

Plan for shifting demographic demands for housing 2.2 Consider standards in the Building and Land Use Ordinance to allow accessory dwelling units in all zones, unless prohibited by DEP Resource Protection Zoning, to allow such dwelling units which will enable older adults to remain in their homes. Planning Board Town Older Adults Committee (recommended).

**Transportation Policies**

**Implementation**

Ensure that older adults are able to meet their transportation needs. 3.1 Work with local and regional non-profits to facilitate shopping trips, medical appointment travel and even social and cultural event travel for older adults. Work with local and regional non-profits to facilitate shopping trips, medical appointment travel and even social and cultural event travel for older adults.