



Lamoine Committee on Aging

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Minutes, October 13, 2023

Call to Order : 1:07pm

PRESENT: Jo, Mary, Barbara, Sally, Jane, Nancy, Iris
Jane made a motion to approve [Minutes from Sept. 8, 2021](#), Sally seconded.

OLD BUSINESS: After having rescheduled the Sr. Walk at Whitcomb Woods because of hurricanes, we are assured that the weather will be good for this Sunday the 15th. Sally will bring a table, Iris will direct traffic and bring the registration sheet. Comm. members will bring snacks. **A report on the walk is at the end of these minutes.**

We will discuss having a November walk at our Nov. 9th meeting.

Wear Something Bright to Stay in Sight. Our Lamoine Committee on Aging, with the help from the Parks Commission and the Recreation Commission would like to take the lead in getting the word out about the needed safety for walkers and cyclists on our roads. This decision was made after committee members gave us scary situations and observed people not wearing bright clothing but also not obeying “walking” rules.

Our preliminary task list:

- Contact the Parks and the Rec. Commission chairs.
- Research reflective vests that can be sold at a reasonable price.
- Draft a press release asking for a logo design (preferable from young people) that can be used along with the slogan.
- Research how other towns are dealing with the problem.
- Draft a “Rules for Walkers and Cyclists on the Road”.
- Work toward having the project in place by April 2024 or sooner.

TASKS FROM THE COMPREHENSIVE PLAN 2019

Transportation: Since Friends in Action in Ellsworth has set up training, addresses liability etc. for drivers, Lamoine should make use of their services. Jo suggested that Lamoine could recruit drivers that are willing to take our residents to Lamoine events. Jo can arrange to have FIA do a one hour training for these volunteers. **Jo** will draft a press release for The Quarterly and a poster to advertise for volunteers. We have established Feb 1st as a deadline for scheduling a training and getting the program up and running.

Recreational and Housing: Not discussed at this meeting.

NEW BUSINESS: **Jo** will invite the Lamoine Historical Society to the November meeting. Due to the holiday, the meeting date in November will be adjusted to Nov. 9.

Other:

Sally reported that her husband Ken is researching the status of who is in charge of maintenance on the Coleman Trail located on the Seal Point Rd.

Iris, thru a friend heard that Alida Liberty is interested in our group. Iris will inform her of the meeting schedule and invite her as a guest.

Nancy mentioned the benefits of "Nordic Walking".

The deadline for the January **Lamoine Quarterly** is Mid December.

The committee will need separate articles on: Report of our Sr. Walk
Wear Something Bright
Request for volunteer drivers

NEXT MEETING: Thursday, November 9 , 2023 1 pm Town Hall

Submitted by Iris Simon, Secretary

Sr. Walk at the Whitcomb Woods October 15, 2023

We had about 17 attendees. The weather was good, the foliage was great.
The trail is excellent for Sr. Walkers and many will be back.

We asked people to write suggestions & ideas for our comm. and in general.

Plan a Snowshoe Hike (if we have snow!). Have hot chocolate and a fire

Need a picnic table at the trailhead.

An additional bench would be nice.

Instead of a Storybook Walk, have a Poetry Walk with different poems (seasonal) along the trail.

Would it be possible to do a clean-up around the snowmobile club building?

If there is no longer a snowmobile club, can another group take charge?

The building has good potential for other uses.

