



## **Lamoine Committee on Aging**

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### **Lamoine Committee on Aging Meeting Minutes November 9, 2023**

Call to Order: 12:06pm

Present: Jo Cooper, Sally Smith, Jane McMullen, Mary Jude, Barbara Bland (arrived at 1:00), Iris Simon

Regrets: Nancy Pochan

Guests: Morris "Mickey" Barbeau, Sue Hodgkins

Jane made motion to accept 10/13/23 minutes as written, Sally seconded, all approved

#### Safe Walking Project in Lamoine

##### Possible Vests:

Jane researched various designs and suppliers. She was able to get price range of \$6 to \$3:4 at Home Depot and Staples. Most were one size fits all.

Iris showed a sample that she purchased on-line for \$3.10. Iris would like to see if Cadillac Mountain Sports would be interested in being a sponsor by purchasing vests and selling at cost or at a reasonable mark-up. (See end note regarding the result of the contact.

Low cost and one size fits all is necessary for project to succeed.

Sally observed Nancy and Peter Farragher dressed in bright clothing and reflective wear along with lights on their bikes. Mary will contact them to see if they would like to help in promotion.

##### Vest design contest:

Girl Scouts as partners, Iris will contact leaders Kim and Jennifer to see if their group would be interested in designing a logo for "Wear Something Bright to Stay in Sight" (See end of minutes for results)

##### Publicity for Project:

There should be quite a few opportunities for PR/photos ie. Logo contest, spokesperson, sponsor?

It was suggested that we do permanent signage at popular walking areas with Logo and rules for safe walking.

Jo announced that she arranged for the "Safe Walking Project" to receive the "bottle" money from the Lamoine recycling Center for the month of February.

##### Guest: Sue Hodgkins from Lamoine Historical Society

The Society was started September 1965 with Eunice Young as the President and lots of VPs.

The group was deeded ownership of the East Lamoine Church, it became a non-profit in 1979 and a 501c3 in 2009.

They have done extensive work on the exterior and will focus on the interior next year.

The renovations are funded by donations and contributions of items (Don't throw anything old away until you ask if they might want it).

They have organized programs June – September. They are currently selling a book, “Stories of Lamoine” for \$12 available from Historical Society.

The group has had training in proper archiving.

Our Committee would like to work with the Historical Society on:

- A repeat of the “Bar Harbor Fire” programs an afternoon event at the Grange
- A walk through Forest Hills Cemetery with a leader identifying various grave sites
- Other walking sites that have historical significance. There was some discussion about sites along the Jordan River, but access may be a problem.

Other Business:

We asked our guest Mickey how he heard about our group and meeting times. Mickey does not do any social media, but he does pay close attention to the sign at the Town Hall. His wife usually picks up the Quarterly and gets information that way.

We were also curious about how Nancy L. found out about the Whitcomb Woods trail. (Iris contacted her and she saw it on the Frenchman Bay Conservancy website).

We discussed our need to expand our outreach rather than rely on e-mail and other social media. We especially need to have a table at the Town Meeting in March with information about our committee and a list of upcoming events.

Jo has confirmed that Friends in Action will hold a driver training for Lamoine Volunteers on February 1<sup>st</sup>. Jo will write an article for the January Quarterly and design a poster.

Kathy Gaianguest

Kathy had contacted Jo to see if we could have a Caregiver Support group, Jo will invite Kathy to our January meeting.

Jo suggested that we schedule a resource fair at the Grange next year.

Potential invitees:

- Eastern Agency on Aging
- Healthy Acadia
- Care Giver Group

Jo will contact Carol Mason at the Grange to determine a date.

Mary will go through our Resource list for additional groups to invite

Iris will start a list of ideas, events, etc. that our committee comes up with so they don't get overlooked.

Next meetings

- Fri. Dec 8
  - Invite Peter Farragher (note: He has accepted – from Mary.)
- Fri Jan 12
  - Invite Kathy Gaianguest

Submitted by Iris Simon and Mary Jude