



Lamoine Committee on Aging

606 Douglas Hwy
Lamoine, ME 04605
(207) 667-2242

town@lamoine-me.gov

Minutes December 8, 2023

Call to Order : 1:05 pm

Present: Jo, Mary, Sally, Jane, Barbara, Iris

Guests: Nancy Lescynski, Peter Farragher

Regrets: Nancy P.

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

OLD BUSINESS:

Safe Walking, Running & Biking in Lamoine: Wear Something Bright to Stay in Sight.

We welcomed our invited guest, Peter Farragher. Peter & his wife Nancy bike the roads in Lamoine. They wear reflective clothing, have flashing lights on their bikes along with mirrors to observe traffic. They also allow a couple of car lengths between them.

We discussed our plan to provide low-cost reflective vests to walkers/runners/bikers in Lamoine. Our target date to introduce the program would be in March at the Town Meeting.

Iris reported that she did not get responses from Cadillac Mt. Sports regarding sponsorship or the Girl Scouts regarding a logo design.

Job Assignments:

Jo: Will contact Lee Cline regarding a poster design. Jo will also write an article for the Jan. Qtly.

Peter: Peter & Nancy will compile a map of roads in Lamoine that offer good biking along with rules for bikers on the road.

Barbara: Will draft "Rules of the Road" which will be included in the vest package.

Sally: Will draft a list of "off the road" walking areas also included in the vest package.

Iris: Will research and purchase app. 50 low-cost reflective vests. She will also send updates on our progress to Parks Comm. Conservation Comm. & Rec. Comm.

Mary: Will provide bags that will contain the vest, maps and walking rules.

Peter suggested that we have a "report" center, probably The Town Office when we see unsafe walking or biking areas.

Driver Training: Friends in Action is scheduled February 1st to provide training to residents in Lamoine who could volunteer to give rides to the residents of Lamoine.

Jo will write an article regarding the training for the Jan. Qtly.

Town Meeting: Our committee will set up a table that will provide the Safe Walking packet, planned walks, resource fair and any other scheduled events.

Resource Event (Fair): The committee discussed possible dates and locations. We determined that The Grange would be the best location. Jo will contact Carol Mason to determine if Friday, April 5th would work.

At our January 11th meeting we will finalize the list of groups/people to invite.

Jane said that the United Baptist Church in Ellsworth along with Healthy Acadia offers Warming Centers. **Mary** will add to our Resource List.

Sally reported that instead of starting a Care Giver Support Group here in Lamoine that we instead refer those in need to the existing program at the Ellsworth Public Library led by a professional from EEEA. The program is available in person or via Zoom.

Nancy L. and her late husband visited Lamoine Beach many times and she wished there was a way to post a memorial at the site. **Iris** will contact Parks Comm and relay

her request.

Iris will go through the past minutes and compile a list of ideas that came up at previous meetings but may have been forgotten. See end of minutes.

Jo will write an article for the Town Report along with articles for the Qtly. Lamoine's Little Children program will come visit our January meeting.

Next meeting date: JANUARY 11, 2024.

Lamoine Little Children /reading to small children
Re-run some of the previous Historical Society programs ex. Bar Harbor Fire
Safe Driving for seniors
Social lunches
Cribbage at The Grange
Well-being checks in our neighborhoods
Survey of residents of what is needed
Garden Share
Repeat walk at Whitcomb Woods
Walk at The State Park
Book Exchange (mini library)
Education regarding calling 911
Tai Chi in Lamoine
Poetry Walk (similar to story walk) at Whitcomb Woods.