



Lamoine Committee on Aging

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

town@lamoine-me.gov

MINUTES 3/8/24

Call to Order: 1:01 pm

Present: Jo, Sally, Mary, Nancy Barbara, Iris **Regrets:** Jane
Sally made a motion to approve the [February 9, 2024 Minutes](#). Nancy seconded.

OLD BUSINESS:

SAFE WALKING IN LAMOINE PROJECT:

Jo, Sally and Iris assembled the "Wear Something Bright to Stay in Site" packets on March 1. The packet contains: The flyer designed by Lee Cline

- A reflective vest and reflective arm bands
- A listing of off-road areas to walk/snowshoe or cross-country ski in Lamoine
- A map of Lamoine roads
- Rules for walking and cycling

The packets will be available at the upcoming Town Meeting on March 13. Suggested donation is \$5.00.

Iris & Sally will put together a display of the packets which will be available at the Town Hall.

COMMUNITY RESOURCE FAIR:

Barbara will check with Carol Mason at The Grange to determine if The Grange would be available either Friday September 6 or 13. 10 am-2 pm. Barbara will also check the number of tables they have available.

The committee began a list of potential invitees:

Eastern Agency on Aging	Downeast Community Partners	Lamoine Baptist Church
Friends in Action	The Grange/LCA	Lamoine Town
MDI Nursing Assoc	Lamoine Fire Dept.	Committees etc.: Parks
Northern Light Hospital and Hospice	Lamoine Historical Society	Comm., Recreation
Healthy Acadia	Lamoine's Little Children	Comm., Conservation
Beth Wright Center		Comm., Fire Dept.
		Lamoine Committee on Aging.

VOLUNTEER DRIVER TRAINING FOR LAMOINE RESIDENTS Feb. 28th. Jo reported that 2 people received the training. Jo also provided us with information regarding the insurance that Friends in Action has for their volunteer transportation program.

[Town Meeting on March 13.](#) We will have handouts regarding our committee's work and an opportunity for people to give feedback "a penny for your thoughts".

CHEF GRANT APPLICATION UPDATE: Jo and Mary along with Cynthia and Amy from Lamoine's Little Children have formed a sub-committee and will apply for the Hannaford CONNECTION, HEALTH & EQUITY THROUGH FOOD (CHEF) GRANT. The committee met and visited some areas in Lamoine which could be possible sites for a few raised garden beds. The empty lot beside the church seemed ideal because of

the location and the availability of water. Gary McFarland, deacon at the church will be contacted. The comm. will begin creating a budget for the project.

Other ideas were seed/seedling exchange. Deadlines: Second round is April 1st to May 31st. Third round runs from July 1st thru August 31, 2024.

Jo will contact Sue Hodgkins, Lamoine Historical Society regarding scheduling a Cemetery Walk in the early Spring.

Whitcomb Woods walk will be held on **Sunday April 21. Sunday the 28th** will be the rain date.

Final plans will be discussed at our April 12th meeting.

NEW BUSINESS: Our committee received information from Healthy Acadia regarding a potential grant from AARP for \$2500. There was a short turnaround and Jo was able to complete the application and submit it before the deadline. The grant would help us fund our safe walking project. The grant requires that we do a Walk Audit along with a monthly schedule of promotions etc. We should hear in May if we qualified for the funds. The walk audit would be a good opportunity to reach out to other residents for help on the project.

OTHER: Nancy relayed a situation where someone was scammed. The committee discussed inviting a law enforcement person to do a public information presentation on avoiding SCAM. Nancy also suggested we have an event where people talk about the history of Lamoine. Iris added both to the "idea list".

Meeting adjourned at 2:17

NEXT MEETING DATE: April 12, 2024

Submitted by
Iris Simon, Secretary



**Safe Walking Kit For
LAMOINE**

Reflective Gear, Map & Trail List!
Suggested Donation - \$5.00
Town of Lamoine
606 Douglas Hwy.
(207) 667-2242

THE IDEA LIST:

SCAM presentation

Conversation event talking about the history of Lamoine.

Assemble a list of licensed, insured people who are available for small jobs I,e, mowing, snow shovel etc.

Lamoine Little Children /reading to small children

Re-run some of the previous Historical Society programs ex. Bar Harbor Fire

Safe Driving for seniors **Schedule for Feb. 28**

Cemetery Walk **Jo is contacting LHS**

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 **Scheduled Sunday April 21 rain date Sunday the 28th 1pm**

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.