(HAIL) - Healthy Aging In Lamoine
606 Douglas Hwy
Lamoine, ME 04605
town@lamoine-me.gov (207) 667-2242

MINUTES Oct. 9, 2026

Sherry called the meeting to order at 1:00 pm

Attendees: Sherry, Nancy L., Nancy P., Jane, Jo, Kelli, Mary, Carol, Barbara, Iris
Regrets: None
Guest: Jessica Montgomery from Home Harmony

APPROVE MINUTES, Sept. 11, 2026. Jane made the motion, Nancy L. seconded. Minutes approved.

Guest Presentation: Jess Montgomery and Amanda Frost are co-owners of Home Harmony. Their business offers organizing, decluttering a home and downsizing. They will help in the moving process. More information: homeharmony4me@gmail.com

OLD BUSINESS: Review results from Resource Fair: Sherrie shared the feedback from the exhibitors.

All liked the location, the date and time. All said they would be back next year. Suggestions: Open to all residents, more games, information on the school and its programs, invite YMCA and Field Note Music School.

Safe Walking AARP Challenge Grant: Walk at Whitcomb Woods Sunday October 11. 1pm. The date had been changed so that it would not be a conflict with the Fire Dept. open house on the 4th.

Sherry will bring a table, Nancy tablecloth, Jane granola bars, Iris water. Carol has posted the flyer on social media and will do so again on Saturday. We will bring the vests.

Iris made a motion to purchase more vests, Jo seconded. Approved.

Carol will post information about safe walking during hunting season.

GROWING COMMUNITY IN LAMOINE GARDEN PROJECT– 2026:
There are still herbs in the garden. Some can winter over. The fence will be replaced in the spring.

NEW BUSINESS:
Spring Tik Program: Nancy P. is working on obtaining speakers for a date in March. It was suggested that the Conservation Comm. may be interested in co-sponsoring the program.

What do you need to age in Lamoine? Help with small home repairs. Iris was concerned that some elderly live in homes that have old low toilets and no grab bars close by. They may not know that toilet risers are available. Help may be needed to install.

Sand/salt buckets: 5 people signed up at the Resource Fair for a delivery this winter. Iris knows of 2 buckets that need to be picked up from last year.

Smoke Alarms: The fire dept. had seven people sign up at the Resource Fair. Members of dept. installed and checked alarms on Saturday Oct. 10th.

Tai Chi in Lamoine: Sherry reported that Nina from Healthy Acadia will be visiting The Grange this week. Nina proposed an 8-week program beginning in January. At the end of 8 weeks, it is hoped that a volunteer leader will continue the class.

HAIL T-SHIRTS: Nancy P. is getting a cost and design ideas for t-shirts from local printers She will report at the November meeting.

Medicare Open Enrollment for 2027 is Oct/15-Dec. 7th. The Website to review plans for Part D is medicare.gov/plan-compare.

Heating Assistance: Lamoine has a heating assistance program, but residents need to apply for Federal/State funds before applying in Lamoine. To see if you qualify, apply early through **MaineHousing** or contact the local Community Action Agency or contact **Avec Community Action** (ACA), which serves Hancock, Washington and Aroostook Counties.

Other: Jo will provide a HAIL "financial statement" for our next meeting.

Adjourned 2:02 pm

NEXT MEETING: FRIDAY, November13

Iris Simon, Secretary