

Freedom Advisory Committee on Aging
August 20, 2018

Attendees: Rick Davidson, Anne Cunningham, Linda Habif, Sandy Boyle, Cindy Fleming, Cheryl Harris (via phone)

Community members present: Judy Blake, Neal Boyle, Judy Fuller, Sandy Leader, Bob Smart

Attendees did not have copies of the minutes so rather than read, group decided to receive again and review at next meeting. Rick reviewed the discussions with Gibson Center president and that we are an AARP designated aging friendly community. He also spoke about the ways that there are informal communication. Rick met with Elizabeth at the Library and she is trying to set up something similar per Anne, she is setting this up as an individual. Rick is thinking that there needs to be a private organization that can set up Facebook page and informal communication system. His daughter is now manning a phone system at Catholic Charities in Portland that provides support to any folks who need it and Camp Calumet has Neighbor to Neighbor. Sandy has had experience with this program and saw that they provided rebuilding services for a man she knew in Freedom. Rick thinks that we need to have our own presence rather than depending on the Library. We can post things at Library, Post office, town hall etc.

Communication system may be facilitated by AARP. Rick found a newsletter published in Portsmouth which would clearly be costly; he believes it is published monthly. It lists all kinds of activities coming up and that keys to socializing which

Judy Blake stated that the brochures are wonderful but are not placed where folks who are home bound can get and that involves mailing which is expensive. She is wondering if a flyer could be sent out with information about meals on wheels or put in doctor's offices.

Need to identify homebound folks: Cheryl suggested that we use the fire, police and ambulance to reach out to homebound folks but we need to probably report to BOS before moving forward with meeting by public services. Rick says he can develop a website and even a email listserv but doesn't want to be the sole provider.

He suggests that we need to have a good list of everything we want to put on the website. Cheryl suggests that we send a standardized letter/email to organizations that may provide services and ask if they would like to be included, their contact information, and a blurb about their services. Cindy said she is trying to work with ServiceLink and trying to get information about salary and job descriptions of coordinators etc.

By next meeting, group should develop report to go to BOS budgeting cycle for town is in Nov, and next regional aging meeting is in Sept. Should have report to BOS by mid-end Oct-invite Planning Board to meeting and send them a copy of the report. Prioritize what we learned in focus groups and next steps we recommend.

Interviews with folks who left are finding that folks move to be closer to family and how hard it is to get help in the home. Anne clarified that it is really how to remain in the home while still able to live independently. Sandy agreed that her interview found the same, that driving was no longer safe and she had lost her family and didn't have folks to clear ice and clear walk ways so she moved to Concord to a community where she could get all the services. Rick talked with folks who husband has severe Parkinson's and how they are looking for a safe environment with community and resources. Cindy mentioned that the town of Freedom in the center is walkable if you live right in the village but if you live outside you have to drive. Sandy mentioned that Memorial is building a memory center and there are senior housing units being built in N Conway and Wolfeboro. Community living in some older homes in Freedom remains a possibility and not turning in-law suites into Air BnB.

Next meeting Tues Sept 11 at 2 PM- agenda item to be create report structure. Upstairs since it is Primary Election will be going on then.

Respectfully submitted,

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Cheryl Harris, Recorder