

Town of Freedom
Sub-Committee on Aging

February 20, 2018

Present: Rick Davidson, Cynthia Fleming, Sandy Boyle, Cheryl Harris, Linda Habif via phone, Carol Anthony

Community members: Leah Fritz, Dan Lewis, Marsha Sandler

Rick provided an overview of the first meeting; introductions and two directions decided for the committee: what services are currently available and how do we make these available to the community. Minutes were approved.

Carol introduced herself and stated she has a background as a dental assistant - its important for elderly to be able to eat

Rick has since talked with Bobby McCrackin and Pat Hatfield. This started 10 years ago when they started to wonder how they would manage when they were older. There was a village in Mass that started a listing of local resources (they don't recall the name of the village). Multi-unit housing that has both elderly and younger people - called co-living. Carol Anthony described how it works: extra bedrooms let out to younger folks and weekly meetings to share household tasks and household bills. The McCrackins also share a list of questions they believe we should ask folks.

Marsha suggested we look to other surrounding towns like Tamworth which has a town nurse (Pat Wilkerson is their nurse).

Carol Anthony Suggested Service Link as a resource; Rick talked about having someone on call in the village to help with resources.

Cathy Boyle is willing to come in and speak about State Council on Aging which Carroll County does not have.

Getting information out is next challenge and discussed several ways however with no budget there are limitations.

Calling 539-2284 is also an important resource that Leah mentioned. This is calling the Sheriff's Department to say you're alive. Do folks know about it? You call them or they will call you. If no answer, a member of the Freedom police will come to house and check on you.

Carol suggested we ask the community if they know about this.

Rick stated that there is a Right to Know law and how that it affects how we operate. The issue is that we need to look at how we deal with names. HiPPA does not apply.

The members of the community said they personally don't mind but know some community members will.

Marsha said that they used to take Thanksgiving meals to shut-ins. Community Club will take meals. Linda sent article from Brunswick ME who has a similar committee - Dan provided copies to members. Linda has contacted the person who wrote the article and he is willing to share contacts so we can pick their brains on what they have done already. They were commissioned by WHO to set up criteria for keeping folks in the community. Focus groups may be the best way to reach many folks.

Cindy suggested that we have focus groups and she and her husband have both run these.

We need to find out about why Carroll County doesn't have a state based unit - Linda is talking to Jerry Knirk but hasn't heard back

First is how to disseminate information. Flyer in town office as well as pass out during the town meeting. Sandy has provided a list of resources and says that dial 211 is one of the best resources. Copies of each informational brochure will be provided to be kept with official minutes in Town Hall.

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Cindy suggested that we figure a way to organize information and then we can publish information. Sandy will help with this. Then we have to figure out how to disseminate. Must have phone numbers as well as websites. Sylvia Carney's list is also a good resource of affordable local resources. And it will need to be ongoing with revisions as information becomes available.

Interviews: talk with folks previously identified to ask a standard set of questions to determine needs and any unidentified resources.

Next meeting: March 6 10 AM Town Hall

Agenda to include

- " review of minutes
- " Look at results of interviews questions and decide if do individually or in focus groups.
- " We need to have an email address for the committee or a phone number. Rick will look into this.
- " Cindy has developed flyer we can post but need to have contact information to use it.
- " Will have an evening meeting in future so it will be open to caregivers.

Leah Fritz says isolated folks were contacted by town fire department and they checked on all the older folks after a bad storm a few years ago and they thought that was a great service. Hasn't happened since. Members shared their phone numbers to facilitate contact.

Respectfully submitted,

Cheryl Harris