

Freedom Committee on Aging
March 6, 2018

Attendees: Cindy Fleming, Anne Cunningham, Rick Davidson, Linda Habib via phone
Absent: Sandy (family), Carol (traveling)

Rick passed out email address to all present of FreedomNHaging@gmail.com.

Introductions of members, and community members present (8) *Hazel and Dick Gauley, Robin Waters, Lee Fritz, Ray Hemphill, Ingrid Hemphill, Clayton Johnson (Tamworth), Bob Smart (age 86), Larry Claveau*

Review of minutes: Rick updated folks on what committee has done or plans to do: Find information/resources and get into a single source and figure a way to get information out. Secondly, talk with village people who are impacted by aging to find out what they need to age in place. Transportation is certainly one of the issues. Haven't figured out if going to do as focus groups or one on one. Third is to find out existent programs/services in similar communities like ours—so we don't reinvent the wheel. Planning board is asking why people leave Freedom and what's out there how do we get it and what does it cost? Board of Selectmen don't want this committee to get carried away, but are pretty sure that not raising taxes may be one of the ways to help. If proposal is to give Seniors a tax rebate, it would need to have the analysis of how many seniors and what impact it would have.

Minutes approved as submitted with corrections to name spelling.

Cindy discussed resource list assembly. She and Sandy Boyle met to try and organize resources by mission, with address, phone number and website. Includes the following (not a complete list)

- Service Link
- Dial 211
- Office for Veterans Services
- Coalition for Public Health (not as helpful)
- NH Healthy Families has integrated care management
- Freedom resources of local folks who will help each other with services needs update
- Sheriff's daily calls
- Ossipee Concerned Citizens and Gibson Center serves Carroll County
- private agencies,

Ingrid suggested that there be someone who helps teach about technology

ICE (In Case of Emergency) on phones for paramedics to reach emergency contact

Hazel says the town of Jaffrey has services like moving porch furniture into storage; she will talk with them to get more information.

Sylvia Carney is the owner of local services list and we will work with her. It is published on Jennifer Molin's email (not public).

Ingrid suggested designated an information day like "Moving Day" in Maryland.

Where to publish information? No budget but can print at town hall. Tax bill may be the best way to get information—would need to stuff envelopes after Anne does the tax bills. Need to ask the Selectmen if we can publish on town's website. Won't get to renter's in tax bills.

Cheryl suggested that it be on pumpkin colored paper as studies demonstrated that this provides the best contrast for elder eyes..

Need to go in to Selectmen with a concrete proposal that we have information and where we posted it and get folks to sign up for town email list and our specific email address and that they can reach out to the Committee on Aging with questions . If you want information and can't get out or don't use the internet, ask for mailing. Freedom Column in both papers and would be a good resource, will need to reach out to Lisa Wheeler to provide information for her to post.

Rick wanted to know how many actually use the town's website—, folks present thought mostly when they were looking for specific information.

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Ingrid suggested A common sense checklist for elders.
Websites are only good if they are used—passive information.

Next step would be to solidify what we want to share with community to get Selectmen's agreement with distribution to community by tax bills.
Chuck shared information about Tamworth's town nurse and transportation and other services such as food pantry. He described his experience with a neighbor and how they helped her learn about available resources.

Question set for community members

Hard to do focus group with those who moved away-have a few names and can reach out to individuals

Focus groups can be run by Marcia Trook and Cindy Fleming

How do we really reach out to community to assure that we get information from those who really need services?

Ingrid suggested neighborhood canvassing.

Lee thinks that focus group may be best.

Some present thought that today was gathering ideas and once you have the ideas then come up with solutions.

Freedom phone book done by Sue Clark may be one way

Anne has money in her budget for an every door direct mail that we may be able to use for getting folks to focus group.

Appeared to be group consensus that we don't want to wait for tax bills in June to distribute flyer and solicit participants for focus groups.

We are to meet after town meeting to facilitate exactly what we want to put in mailing and then take to Selectmen on 3/19

Need to have dates for focus groups when facilitators can do

Anne suggests that instead we ask for those who are interested in focus group and then set dates based on availability. Agreement on this suggestion. Also accept feedback via mail, email

Does mailing go to postal patron or every tax payer? Use town's mailing permit but need to decide on mailing list. Have to use tax assessors list. Libby, town clerk has list of renters, which would be postal patron. Brainstormed on ways to assure the right folks get the mailing and how to increase likelihood of folks opening their mail. Anne says there are 1400 full time residents and only 125+ are really active in community.

Ingrid suggests that neighbors have phone numbers of family members so if local person has a problem, neighbors have a way to contact family members out of town.

Final decisions:

Meet after town meeting as a public meeting to review draft mailing then Anne C. get approval for mailing budget from Planning Board, then take to BOS 3/19 for an update and approval.

Rick said Kathy from state committee on aging is willing to talk with us—not sure when to have her come.

Paul Greenblatt owns Freedom Farm and is a certified Aging in Place person and he says the most important issue is fall prevention.

Rick is talking at the community club on 4/11.

Trying to see if something can be said during town meeting and invite folks. Will have to meet upstairs. Rick will submit agenda to Janice—single item, prepare mailing.

Next meeting after 3/13 will be 4/3 10 AM—iron out logistics of mailing if approved and solidifying questions.

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Respectfully submitted,
Cheryl Harris