

Freedom Advisory Committee on Aging
Meeting Minutes - October 10, 2018

Committee Members in attendance: Rick Davidson – chair, Anne Cunningham, Sandy Boyle, Cindy Fleming
Community Member Attending: Tom Lynn

10/10/18 Agenda:

- Review minutes from September 11 meeting
- Finalize report of committee findings and recommendations to the Freedom Selectmen
- Update on Monadnock, NH, Bowdoinham, ME, Harpswell, ME aging initiatives and Service Link
- Report on September 20 meeting at the Gibson Center
- Other business
- Schedule next meeting

Reviewed minutes from 9-11-18 – Rick moved to accept, and Sandy seconded. All approved.

Review draft report to BOS:

General consensus was that Anne prepared a comprehensive, clear report, which will be presented to Board of Selectmen at the 10/15/18 BOS meeting.

Anne will update with more information re: tax exemptions. Anne (via Karen) provided updated information on exemption on property tax. This will be included in the revised report.

Rick: Presentation will point out that we have sizeable population over 55, and therefore we are asking town to consider benefits for seniors.

We agreed that focus groups provided more information than information gathered from people who have left town, so included focus group information only for presentation.

Cindy asked that we include the Library under Current Town Services. Anne will add wording to say that: The Freedom Library programs provide seniors with opportunities to learn, have fun, and enjoy social contact Seniors provide many of the volunteers that keep the library operating smoothly.

Anne will create a slide that explains exactly what we're asking the BOS to consider, which is:

Agreement to a warrant article to fund some services for seniors: 1. Money to hire a part-time town-funded senior coordinator 2. Funds for printing and copying to help communicate with seniors—either through the town or through the volunteer group who will also be working on communication. (The town would retain the right to approve expenditures.)

Linda had previously sent information on a coordinator position from Bowdoinham, ME. We can incorporate that information should the town agree that we may put together a proposal for such a position.

Rick offered to present to Board of Selectmen. Committee members will plan to be there on Monday, October 15 at 7:00 P.M..

Gibson Center/Carroll County AARP Age-Friendly Community Initiative

Rick Davidson updated on Gibson Center AARP Age Friendly County-wide initiative. At the first meeting, people shared similar ideas that we have in Freedom, for example:

- Coordinator – for each town or position shared with other neighboring towns
- Possibility of partnering with schools. Ann asked whether or not they are aware of constraints with using schools. (e.g. can't use during school hours). Rick said they discussed that there could be better system for vetting volunteers. Weekends, afterschool, might be possible.

Rick is on Communication Committee –

- Communication is recognized by Gibson as big need. Our report to BOS reflects this.
- Committee is looking at ways to work with libraries to share information.

Rick shared “Where We Live” AARP book, which describes what it means to be an age-friendly community., but he notes that there's an understanding that we need to tailor solutions for Freedom.

Five working committees as part of the group:

- Communication and Connections, Housing, Transportation, Outdoor Spaces, and Health Services. The working committees have identified already existing services and resources; and it is an extensive list. If anyone is interested, the FCOA can share that list.
- The group has an openness to working together to tackle these issues and recognizes that it's time to make something happen.
- Wants to work with towns rather than centralize control of services and initiatives.

Re: Gibson Housing committee: looking at ways to address senior housing needs. Rick asked for informational purposes about zoning regulations that allow freestanding small dwelling houses on people's properties. Ann pointed out that there are zoning challenges for detached units. Anne said that the town allows attached accessory dwelling units (small and secondary to the main home) but not ones that are detached from the main home. Having a second standalone home is more problematic since Freedom's zoning philosophy is "one house, one lot." If the proposal is for a second home, that would require a bigger change.

Anne mentioned another resource: podcast re: World Affairs Council – tech enhanced life. Groups of seniors and bring gadgets and share what works and what doesn't. Part social group and part problem solving.

No other business. Meeting adjourned at 3:30.

Next meeting will be Monday, October 29, 2018 – in the afternoon. [Time TBD] at the Town Hall - agenda to follow.

Charge of the Committee

This committee will study ways to help seniors stay in town. The charge of this committee is:

1. Identify why seniors are leaving Freedom
 - ☐ Interview seniors who have left Freedom for other places to understand why they were unable to stay in town
 - ☐ Review "aging in place" literature to identify the factors that help seniors to stay in their homes or in their town.
2. Identify services to help seniors stay in their homes, i.e., making homes safe and livable on one floor, helpers for chores or activities of daily living, transportation to shopping and doctors, social outings or home visits, and other support (specify)
 - ☐ Identify where to source the services
 - ☐ Find who can provide services, what cost, whether there are grants to cover them
 - ☐ Describe how to deliver and who will pay?