



***The Hallowell Age-Friendly Committee is working to make our city inviting, exciting, and accessible for people of all ages and abilities. All are welcome here.***

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Hallowell Age-Friendly Committee  
Notes to Meeting October 10, 2018  
9:10 – 10:10AM Hallowell Fire Department Training Room

Next Meeting November 1, 2018 9:00-10:00AM – Tentatively in the new fire station training room. Diane will check for availability. This meeting will be focused on working on our action plan. The next regular meeting will be Wednesday, November 19, a week later than our normal meeting date. The location of that meeting will be determined during our meeting on November 1<sup>st</sup>. Note the Recommendation from the Unnamed Subcommittee.

Attending: Mike Frett, Lyn Gray, Bob McIntire, Diane Polky, Maggie Warren, and Mary Ann Zagaria.

1. Additions to the Agenda:

Mary Ann noted that she and Maggie were asked to serve on the Spectrum Generations Regional Council. Sara Grant is also serving on the advisory group.

Maggie noted that Uber is offering free rides to the polls on election day. Maggie's email to Patricia Oh was widely distributed and she was going to find out about Uber drivers in the area.

2. Notes to September 19, 2018 meeting were approved by consensus. Bob apologized for missing the Council meeting. Mike said he was surprised by the call to report on the committee's work. Diane said she is including approved minutes and handouts, like the poster for the Falls and Fire Prevention workshop, in the Council packets for meetings, however she doesn't include the minutes until they are approved. After discussion the committee agreed to promptly review minutes. If no comments are received within a week the minutes will be considered approved.

3. Fire and Falls Prevention Workshop. Bob met with Chief Owens on Friday, October 5<sup>th</sup> to review the presentation. The Chief is out of town on vacation this week and will be returning for the workshop. (Note – the hurricane chased the Chief back a day early!) The Cohen Center is providing treats. Mary Ann at the last meeting had asked if any additional equipment was needed for the kitchen. The Chief said they were hoping to get a large coffee urn. Mary Ann thought she might have one in the unpacked boxes. (Note – And she did which she donated to the department. Thanks!) Diane said she will bring paper cups, plates and napkins. Note – There were eleven community members in attendance in addition to 5 committee members and the presenters.

4. Hallowell Age-Friendly Committee will have a table at the polls on November 6. Polls are open at the HallDale Elementary School between 8AM until 8PM. Maggie is coordinating the effort. She will set up the table and be there from 8AM until 10AM. Mike, Lyn and Mary Ann will take the following hour-long shifts. Bob will take the 6PM-8PM shift and pack up. Maggie is coordinating coverage. Call or text her at 441-8658 if you can take an hour shift.

5. Action Plan Next Steps – Bob had asked members to again review the Age-Friendly Planning Template that Sara provided. The template is a Google Doc. Here is a Tiny URL for the link <https://tinyurl.com/yc265zfh>

All members can edit the Google doc. You have to have a Gmail account which is free and doesn't have to be used for anything other than editing the shared document. Most Committee members have Gmail accounts already.

Our plan should address each of the Eight Domains of Livability.

Committee members were asked to choose one or two domains they are most interested in and focus on developing the action plan for those domains. Maggie and Lyn chose Communication and Information. They provided notes from their meeting.

Report from Unnamed Subcommittee  
(Met on 10/7/18)

October 10, 2018

We would like to combine domains and work on three at the same time:

4. Social Participation (Connect with friends)  
5. Respect and Social Inclusion (Contact between generations)  
7. Communication and Information (Connect as a result of helpful information)

We feel that Communication and Information would be our major focus because it is the foundation for the success of the other two.

Some ideas at the moment are: (1) phone tree to spread the word and help with isolation; (2) Regular posting of information downtown and at Cotton Mill, Cohen Center, and Granite Hill about events, announcements, etc., and (3) meet with Arch Beta staff who have a newsletter and a very active social program.

RECOMMENDATION:

Reschedule Focus Group at Cotton Mill Apartments. Laurie does not need to attend. The information gathered will obviously not be part of the already done AARP survey, but the results will be informative to this Committee. We can use same or similar questions. Maggie can arrange this. Many residents at Cotton

## Hallowell Age Friendly Committee meeting notes October 10, 2018

Mill have complained that they were not included. (Note – Should this be regular meeting or a special meeting?)

Any and all ideas, comments, and suggestions are welcomed. We feel subcommittees like this can proceed while the official reporting to AARP and Workshop/Wisdom Summit-attending can be carried out by others.

Respectfully submitted,

Lyn Gray  
Maggie Warren

Mary Ann said she had spent considerable time reviewing some of the other communities' plans. She believes that we should look carefully at the plans to see if there are action steps that we can copy rather than attempt to "reinvent the wheel." Bob will include links to approved plans in the minutes.

Mike said that he would be interested in working on Outdoor Spaces and Buildings. He will contact Rosemary Presner, the Chair of the Conservation Commission. Mike and Bob will focus on Housing.

Mary Ann said she will explore Transportation. Bob is interested as well.

Bob will attach a copy of the Partners Form to the minutes. The form can be used when meeting with prospective partners that provide services of interest to seniors. Gathering this information will help us complete the Community Asset Mapping step of the planning process.

Here is a review of those committee members focusing each of the Eight Domains of Livability:

- Outdoor Spaces and Buildings – Mike and Bob
- Transportation – Mary Ann and Bob
- Housing, Social Participation – Maggie and Lyn
- Respect and Social Inclusion – Maggie and Lyn
- Civic Participation and Employment -
- Communication and Information – Maggie and Lyn
- Community Support and Services –

5. Maggie suggested that Have every member fill out a Volunteer Information Form and note our individual experience or expertise that we bring to the table. **Please complete the form and we'll briefly share the information at the beginning of the next meeting.**

6. Upcoming Presentations – Bob will be introducing the Hallowell Age-Friendly work to the Hallowell Area Board of Trade Thursday, October 11th.