

Ad Hoc Senior Advisory Committee

1 August 2018

Location: Graves Library Business Center

Attendance: Bill Leffler, Susan Boak, Amy Francis, George Acker

Absent: Ken Olsen

Minutes/Actions from the previous meeting on 11 July 2018 were accepted.

Also present Ashley Perrone, new director of Meals on Wheels program, Southern Maine Agency on Aging, who spoke about this program which provides up to five meals a week – delivered in time for lunch. Meals are delivered frozen but there are also provisions for a “warming crew” if needed. The meals support a variety of medical conditions including various diets including renal, diabetic, heart healthy and gluten free. The meals are prepared by Birch Stream Farms, Bangor (formally Jeannie Marshall Foods).

Motions:

Susan Boak introduced a motion to limit the term of Chairman to one year, as is done for the Board of Selectmen. The rationale was to accommodate new members, now making up a majority of the committee. The motion was seconded and passed unanimously.

Action items (actionee in bold):

1. Contact Jessica LeBlanc re newspaper article for Meals on Wheels. 207-396-6500. **Susan Boak, SAC_AI_9**
2. Contact Marilyn Gallucci re newspaper article on GEMS program. **Bill Leffler, SAC_AI_10**
3. Investigate low cost options for increased pedestrian visibility at night, especially during prelude. **George Acker, SAC_AI_11**
4. Continue to work on CodeRED/Silver Alert article for town newsletter. **Susan Boak, SAC_AI_12**
5. Contact the Post and Coast Star regarding a monthly column of a few paragraphs from the senior perspective. Originally opened on 6/26 and reassigned to **Amy Francis, SAC_AI_3**

Items regarding further discussion, to be included in future agenda

1. A library meeting on internet fraud involving the elderly. From Patricia Oh, AARP Age Friendly representative: “Older people are the single fastest growing

segment of the population that uses the Internet and it is encouraging to see that more than half of your respondents said they get information from the Internet and 64% said they use the Internet daily (also a little scary – suggests the need for an internet safety class that is focused on older people).

Respectfully Submitted,

Susan Boak