

## AARP Age Friendly Community

January 8, 2018

### Meeting minutes

#### Call to order/introductions:

Interim City Manager Anne Davis called the meeting to order and explained what constitutes a public meeting. Committee members voted to make Kala Ladenheim the chair. The following people introduced themselves:

- Mayor Thom Harnett would like to make Gardiner age-friendly and continue making it easier to walk around the community.
- Anne Davis would like to make Gardiner a great place for seniors to live.
- Louis Sigel explained how he attended the annual conference and was so pleased to see what other communities were doing.
- Kala comes from a public health background and has helped Gardiner Main Street with many of its programs. She also says that Maine has many age-friendly communities. Hallowell, Richmond, and Augusta may all be willing to help Gardiner.

#### Mission:

Members discussed the purpose of the committee and determined that the mission is to get Gardiner the designation of an age-friendly community and to be a conduit for seniors living in our community. We should also advance our values to be inclusive of this age group and break down the barriers of isolation.

Members discussed a few ways to achieve this mission:

- Create a directory
- Create a brochure
- Hold offsite meetings
- Identify other groups
- Think about transportation

#### Grant:

Louis explained the process in obtaining an AARP grant. We need to do a survey of programs and potential programs. He also mentioned that Patricia Oh (AARP) may have a staff member who can help and that Diana Twombly (GMS) may also be a good resource.

#### Next steps:

1. Fill out an application for the designation.
  - a. **Action step: Louis will do the application**
2. Grants are available for the planning process.
  - a. **Action step: Create achievable goals and look at outreach.**
3. Can we create a website?
4. Possible members include GMS, Boys and Girls Club, Oldies but Goldies, we should have someone in the medical field, grandparents, a school member and someone from the Faith Christian Food Bank.

- a. **Action steps: Thom will contact the Maine Council on Aging as a potential resource. Someone should also contact Joanne Joy (Healthy Maine Communities) so that we may identify the senior population.**

**Other business:**

Louis explained to the group something called the Triads of Sagadahoc County. This group deals with senior issues.

Pat Hart may also be a resource. Kala would like to set up a group that could help with community service projects (Snow angels). The committee needs to identify public safety issues and general assistance issues.

**Next meeting:**

Committee members agreed to meet the second Monday of every month at 9:30am. The next meeting is scheduled for Monday, 2/12/18 at 9:30am in City Council Room. Anne and Kala will work on an agenda that will include application information, public safety information and a discussion of a survey.

**Adjourn:**

This meeting adjourned at 10:30am.

Meeting minutes transcribed by,

Anne Davis