



Yarmouth Age-Friendly Minutes

May 4, 2022 *Meeting called to order by Gerry Bedard at 3:30 PM*

In Attendance

Gerry Bedard	Chris Morin	Kathy McPhee	Sharon Ladley
Dianne Kane	Yvette Robida	Drew Krauss	Nicole Bohane
Kathy McPhee	Carol Woodbury	Pete Malpass	

Approval of Minutes

New Business

SENIOR CENTER UPDATE:

Our programming for the next two months include:

Walking Group, Learn to Cast, Scenic Photography, LGBT Grief Support Group, Butterfly Presentation, Comfort Dogs, Mindful Meditation, Design and Create a Memorial Website, Y-D Red Sox Meet and Greet, Tech Know with AT& T, Tai Chi and more.

Senior Dining has begun again, serving Tuesday, Wednesday and Thursday at 11:30. This was after shutting down again due to COVID.

We have talked with the Yarmouth Food Pantry to establish Senior Hours. They will be the 2nd and 4th Wednesday of the month from 10:00 – Noon, beginning in June.

Students from Cape Cod Tech came and tilled the Forest Road and Taylor Bray Farm Community Gardens. They did a fantastic job clearing out the gardens and making them ready for spring.

AFCT UPDATE:

Drew spoke with Mary Waygan and she wasn't aware of any upcoming plans for the YSC Land. He suggests sending a letter to the Town Administrator with the AFCT plans for the land.

Gerry spoke about the tv show, "The Color of Care" and the different races that were ignored. This is something that should be looked at with our Sustainable Goals.

Discussion about certain problems and where they are and how can we get information. A suggestion was made about the Hyannis Federated Church, maybe Carol Woodbury have young people wanting to be on the AFCT Committee.

WHO – 17 SUSTAINABLE GOALS:

Dianne compiled all the results for the Sustainable Goals that we will be addressing:

- #1. Goal 3 Good Health & Wellbeing
- #2. Goal 2 Nutrition
- #3. Goal 4 Education
- #4. Goal 8 Decent Work & Economic Growth
- #5. Goal 6 Clean Water & Sanitation
- #6. Goal 7 Affordable Clean Energy – Climate Action
- #7. Goal 13 Climate Action

Gerry asking for ideas for September.

Dianne mentioned September is Senior Center Month so we can do variety show here on a Saturday. Do a Summit in the back of the room with different booths of Medical Doctors, Dentists, Assistive Devices, Legal etc. Also, that it is important to reach out to all the pillars of Well-being: Medical, Mental, Spiritual, Emotional etc.

Kathy suggested it's important to include Mental Health, suggests individualize for mental, physical and spiritual.

Yvette spoke about addiction with Kids and Seniors along with Mental Health Suicide. Addiction to alcohol, drugs, mental health, isolation has definite effects from the pandemic. How many do we want to attack? Maybe have separate sections for each problem ie; mental, physical, spiritual etc., because not everyone wants to sit through all of the issues if only one pertains to them.

Gerry talked about Sepsis and the other components that it includes ie; grief, family.

Sharon mentioned we need to take a deeper dive into these things and come up with a solution to these things.

Dianne suggests maybe a couple of skits and then a topic, then a skit etc. Perhaps include the Color Guard (IG) in the parking lot as people arrive. The Variety Show has been scheduled for September 24, 2022.

Drew suggested maybe having tables with reading material.

Sharon states we want people to want to work on the problem and be involved.

Yvette states to include invitation to meetings.

Sharon spoke of success stories will motivate people.

Next Meeting

May 18, 2022 at 3:30 PM

Meeting adjourned at 5:00 PM