

General Health and Wellness Subcommittee Meeting
March 18, 2022

In Attendance: Mary Sargent, Stacey Hall, Erin Payson, Diane Plourde, Mary Kate Cole and Brenda Smith

1. The following items from our first meeting have been accomplished:
 - a. CDC recommendations on vaccinations for older adults has been obtained and posted to the portal (Wellness Resources)
 - b. Drop-in Clinics have been restarted and a description of what the clinic offers has been posted to the portal (General Health)
 - c. Brochures on 3 types of emergency alert options have been posted to the portal (Wellness Resources)
 - d. Buildings & Grounds Committee will:
 - Recommend continued brown tail moth eradication as needed.
 - Periodic dryer vent cleaning remains a task on the preventative maintenance schedule.
 - Radon tests will be completed this Spring by maintenance in the Ocean House.
 - Exhaust vent cleaning in Ocean House apartments by commercial vendor has been added to the preventative maintenance schedule at an every 2-3 year interval.
 - e. Link to Belfast City Water testing results has been posted to the portal (Wellness Resources)
 - f. Links to two websites that contain information about eye issues in aging adults were researched (links will be added to the portal)
 - g. Resident Chandler Barbour and Eileen Hawkins, RN Leader of the PBMC Primary Stroke Center will present a workshop on May 4th at 2pm.
 - h. Information about Maine Health's Free Preventing Diabetes program has been posted to the portal (General Health)
 - i. A link to the Aging Well in Waldo County's list of resources for older residents has been posted to the portal (Wellness Resources)
2. New initiatives discussed included:

- a. Stacy has contacted Abby Harriman about doing a workshop on Sleep issues as people age. She will follow up to determine a date and time for this during the summer.
 - b. Stacey will reach out to Adrian about arranging for a “Matter of Balance” class to be presented during the summer months.
 - c. Mary will include in an upcoming Monday Musing’s a call out for any PS residents who would like to be placed on a list of available volunteers for neighbors who might need a hand with shopping or errands. She will also remind about the Friendly Callers program provided by Belfast PD and the Waldo County Communications Center.
 - d. Stacey will pull together a workshop on Advanced Directives. Date TBD.
 - e. Mary will post to the portal a notice that if people need individual help completing their Advanced Directives they can request assistance from the Population Health Office.
 - f. Mary will obtain a quote for converting one of the OH bathrooms to be handicapped accessible including a push button door.
 - g. There was discussion about ways to inform residents about the benefits and how to use Good RX cards to lower prescription costs. At a minimum Mary will post a link to the Good RX website on the portal. We might hold a workshop in the future.
3. Our next meeting of the General Health Subcommittee will be on April 15th at 10 am.

Many thanks to all committee members for a spectacular start on so many projects and research on information to help make our residents healthier.

