

Ad hoc Senior Advisory Committee Meeting
Minutes
October 3, 2017
South Portland City Hall Basement Conference Room

Meeting call to order at 12:30pm by Joan Herzog

Members present: Meredith Tipton, Adele Edelman, Sheila Szafran, Kathleen Babeu, Elizabeth Ross- Holmstrom, Cathy McDonald, Marilyn Reilly, Susan Henderson

Absent : Maxine Beecher

Minutes from September 21 were accepted

Brief introductions were made

Survey development continued, facilitated by Elizabeth.

The process began with agreeing to knock off unneeded questions. A discussion followed re what information was needed. It was identified that the survey should focus on needs rather than wants. The group looked at the survey draft. Questions were eliminated and others reworded. (see attached draft document recoding what was done, items moved are highlighted in yellow as are comments and new additions. Changed in wording have line through for eliminations and line under for changes in wording.)

Distribution of survey, Adele

It was noted that a 10-15% return is typical for a mailing. Added an online opportunity would increase the percentage a bit. If there were 3,700 over 65 adults in S.P. according to the 2010 census, then 1,225 would be 35% which would be excellent; 20% would be very good. In some areas of the city, the response to a mailing might not be good related to language barriers. It was questioned whether it was acceptable to both mail and hand deliver the surveys. It was noted that if someone discussed the survey with a recipient, it can bias response and must be noted. If there are both mailings and distribution (without discussion) we would have to rely on trusting people to do only one survey, it was not finalized if that was acceptable practice. It was not clear if a decision was made about having groups like Meals on Wheels help distribute should occur or not.

It appears from the estimate of printing costs obtained by Maxine, and the mailing list estimate given by Melissa, that we have enough money for a mailing. The costs of stamps to mail out and for return needs to be established along with more precise costs for the printing, list, labels and stamps before final decisions are made.

It was identified that survey response to a mailing could be increased by an advertising campaign noting that the survey was coming. Joan will draft some ideas on paper for the next meeting. Sue shared Maxine’s idea referring to South Portland being identified as one of the top 100 places to live and thanking the senior citizens for creating that city. She identified that work of our committee as a way of saying Thank You.

Cathy will bring snacks for the next meeting, Mereith will chair it. The agenda for the next meeting will focus on completing a final draft of the survey. Continuing to discuss distribution and marketing, and develop sub-committees.

Recording: Susan Henderson (meeting ended 2:30).

Addendum

Draft changed in survey made at meeting

Survey Merge—Sept. 7,2017 draft with Sept. 21 meeting input				
Sept. 7 survey information				
Domain	Question			Comment
	There are no questions on the survey that address this domain			
Sept 21 meeting input – Top 3				
	1. Are you able to access all the businesses and outdoor spaces you would like to? If not, what prevents you?			
	2. Are you happy with the availability of parks, sidewalks, and walking paths in the City?			
	3. How many times have you visited a park in South Portland in the past year?			

Survey Merge—Sept. 7,2017 draft with Sept. 21 meeting input				
Sept. 7 survey information				
Domain	Question			Comment
	17. Does South Portland have the following? (1)			
		Yes	No	Not sure
	Accessible and convenient transportation			

	adequateSpecial transportation for those with disabilities				the following programs: Absentee voting; Bus service to polls; Property tax relief (outside of homestead exemption)
	Well-maintained sidewalks				
	Enforced speed limits				
	Public parking and spaces to park				
	Well lit, safe streets for all uses: pedestrians, bikers, drivers				
	Audio-visual pedestrian crossings				
	Programs to help winter safety, weatherization, sand for your sidewalks				
	20. What is your main source of How do you normally get information about community services, events and news? (Check all that apply)				Added and news to question
	Newspapers Which ones:				
	Radio What stations:				Simply choices
	Flyers/Posters Where located:				
	Television Spectrum Cable Other no connection				
	Television what channels:				
	Word of Mouth				
	Newsletter by Mail				
	Church Bulletin/Newsletter				
	Facebook				
	Text Messages				
	Twitter				
	Other (please specify)				
Sept 21 meeting input – Top 3					
1. How do you prefer to receive information?					
2. Where do you go for information currently?					
3. Do you use: A) A cellphone, and/or B) Internet?					
4. How do you need to receive information					

Sept. 7 survey information		
Domain	Question	Comment
	6. In general, how would you rate your	

	overall health?		
	Excellent	Fair	
	Very good	Poor	
	Good		
	7. If you get sick, do you have someone to check on you?		
	yes	Other (specify)	
	no		
	Need to establish contacts		
	12. Do you need help with personal care? - any of the following? (check all that apply)		
	• <input type="checkbox"/> Preparing meals		
	• <input type="checkbox"/> Personal care (dressing, bathing, etc.)		
	• <input type="checkbox"/> Cleaning		
• <input type="checkbox"/> Laundry			
• <input type="checkbox"/> Paying bills (paperwork)			
• <input type="checkbox"/> Shopping			
• <input type="checkbox"/> Obtaining books/audio from library			
• <input type="checkbox"/> Other (please specify)			
22. Do you feel safe in your current living situation?			
• <input type="checkbox"/> Yes			
• <input type="checkbox"/> No			
• <input type="checkbox"/> Other (please specify)			
23. How lonely do you feel in this neighborhood?			
• <input type="checkbox"/> Extremely lonely	• <input type="checkbox"/> Not so lonely		
• <input type="checkbox"/> Very lonely	• <input type="checkbox"/> Not at all lonely		
• <input type="checkbox"/> Somewhat lonely			
24. Do you feel safe in the community?			
• Yes			
• No			
• Other (Please specify)			
25. Are your needs supported in the South Portland Community?			
• Yes			
• No			
• Other (Please specify)			

		This would chg domain What needs are not supported
Sept 21 meeting input – Top 2		
5. Do you go <i>without</i> to pay necessary basic bills/expenses? [Do you make a choice each month on what to pay?]		
6. Do you have someone to call if you need help or get sick?		

Survey Merge—Sept. 7, 2017 draft with Sept. 21 meeting input			
Sept. 7 survey information			
Domain	Question	Comment	
	26. Check all that apply to you:		
	<ul style="list-style-type: none"> Overall, most people show me an acceptable level of courtesy and respect as I move about South Portland 		
	<ul style="list-style-type: none"> The businesses that I frequent provide me with a chair to sit in if there is a long wait 		
	<ul style="list-style-type: none"> The businesses that I frequent provide me with a wheelchair/scooter if needed 		
	<ul style="list-style-type: none"> The businesses that I frequent treat seniors well 		
	27. If you have been treated in a rude or disrespectful way, the behavior came from:		
	<ul style="list-style-type: none"> Business/shop staff 		<ul style="list-style-type: none"> Family member
	<ul style="list-style-type: none"> Youth 		<ul style="list-style-type: none"> Public Service Provider (Bus driver, taxi driver, city staff, other)
	<ul style="list-style-type: none"> Adult 		<ul style="list-style-type: none"> I am always treated with respect
	<ul style="list-style-type: none"> Other (please specify): 		
Sept 21 meeting input – Top 2			
1. Do you feel isolated or lonely at home? (use this)			
2. Do you feel respected and are treated well in your community? (use this)			

Survey Merge—Sept. 7,2017 draft with Sept. 21 meeting input			
Sept. 7 survey information			
Domain		Question	Comment
		28. Do you generally vote in elections?	
		• Yes	
		• No	
		29. Are you presently employed?	
		• Yes, full time	
		• Yes, part-time	
		• No	
		• Other (please specify)	
		30. Would you be interested in paid work if available?	
		• Yes	
		• No	
		31. Do you currently volunteer?	
		• No	
		• Yes (Please tell us what you do in other)	
		• Other (Please specify)	
Sept 21 meeting input – Top 2			
1. If retired, Are you interested in volunteer opportunities? (ERH Note: Some people who work may be interested in volunteering.) (use this)			
2. What programs or community classes would you be interested in? (use this)			

Survey Merge—Sept. 7,2017 draft with Sept. 21 meeting input			
Sept. 7 survey information			
Domain		Question	Comment
		8. Please select your current housing type from the list below.	
		• Own/rent home	• Senior Housing
		• Apartment	• Assisted Living
		• Condominium	
		• Other (please specify)	
		9. What percentage of your monthly income is spent on is spent on heat, rent, or mortgage, property taxes, or property insurance (combined)	Personal note-(mer) my health insurances (which includes LTH) and prescriptions costs me about 2x what the costs on left are

Housing	<ul style="list-style-type: none"> • 23% or less 			
	<ul style="list-style-type: none"> • 26-50% 			
	<ul style="list-style-type: none"> • 51-74% 			
	<ul style="list-style-type: none"> • 75% or more 			
	10. If provided the opportunity, (and if applicable) would you prefer to live in a smaller home?			
	<ul style="list-style-type: none"> • yes 			
	<ul style="list-style-type: none"> • no 			
	11. Do you need help with any of the following home repair or maintenance services? (check all that apply)			
	<ul style="list-style-type: none"> • Painting 	<ul style="list-style-type: none"> • Moving items 		
	<ul style="list-style-type: none"> • Ceiling light bulbs 	<ul style="list-style-type: none"> • Plumbing/electrical 		
<ul style="list-style-type: none"> • Snow removal from sidewalks, driveways, roof 	<ul style="list-style-type: none"> • Ramps, grab bars, Non-slip Materials in bath/shower 			
<ul style="list-style-type: none"> • Carpentry 	<ul style="list-style-type: none"> • Heating • <u>cooling</u> 			
Sept 21 meeting input – Top 2				
1. Do you need help with home repair/ maintenance				
<ul style="list-style-type: none"> • Labor 		(use this)		
<ul style="list-style-type: none"> • cost 				
2. What services do you need to stay in your home, if you choose?				

Survey Merge—Sept. 7, 2017 draft with Sept. 21 meeting input				
Sept. 7 survey information				
Domain	Question			Comment
	18. How do you currently socialize with people, community, and experience entertainment?			
	<ul style="list-style-type: none"> • Watch TV 	<ul style="list-style-type: none"> • Use Internet/Social media 		
	<ul style="list-style-type: none"> • Listen to Radio 	<ul style="list-style-type: none"> • Gather with family/friends for meals, games, etc. 		
	<ul style="list-style-type: none"> • Talk with friends on the phone 	<ul style="list-style-type: none"> • Errands, appointments, Walks 		
	<ul style="list-style-type: none"> • Go to church/synagogue/mosque 			
	Other (Please specify)			
	19. How often do you do the following?			
		Daily	At	At least A few

		least weekly	monthly	times a year
Talk with friends by phone or internet				
Talk with neighbors				
Visit in my home with others				
Go out socially				
Other (Please specify)				
21. If you would like to socialize more, what prevents you? (check one)				
• N/A	• Not much to do			
• Mobility Issues	• Events/schedule not convenient			
• <u>Health issues</u>	• Too costly			
• No one to go with	• Lack of transportation			
• Find out about events too late				
• Other (Please specify)				

Sept 21 meeting input – Top 3

1. What type of social events are you interested in? (**said previously**)
2. ~~How frequently do you spend time with family, friends, or neighbors in your local neighborhood? — Same as 19~~
3. ~~Are you aware of senior programs at the Community Center and at schools?~~
4. **Not sure we have really touched on isolation?**

Survey Merge—Sept. 7, 2017 draft with Sept. 21 meeting input			
Sept. 7 survey information			
Domain	Question		Comment
	13. Are you currently able to drive?		
	<ul style="list-style-type: none"> • Yes • No 		
	14. Have of the following prevented you from leaving home in the last 6 months? (check all that apply)		
	• Not Applicable	• No one to drive me	
	• No reliable vehicle	• No bus service in my area	
	• Bus fare too costly	• Unfamiliar with transportation options	
	• Gas, Parking, or Insurance too costly	• Do not feel safe when traveling outside my home	
	• Taxi or Private Transportation too costly	• Health reasons	

	<ul style="list-style-type: none"> • <input type="checkbox"/> Other (Please specify) 											
	<p>15. Do you depend on any of the following for transportation? (Check all that apply)</p> <table border="1"> <tr> <td>• <input type="checkbox"/> Relatives</td> <td>• <input type="checkbox"/> South Portland Bus service</td> </tr> <tr> <td>• <input type="checkbox"/> Walk</td> <td>• <input type="checkbox"/> Regional Transportation (RTP)</td> </tr> <tr> <td>• <input type="checkbox"/> Friend or neighbor</td> <td>• <input type="checkbox"/> Independent Transportation Network (ITN)</td> </tr> <tr> <td>• <input type="checkbox"/> Taxi/ private transportation</td> <td>• <input type="checkbox"/> Volunteers (Opportunity Alliance, Southern Maine Area onAging)</td> </tr> <tr> <td colspan="2">• <input type="checkbox"/> Other (please specify)</td> </tr> </table>	• <input type="checkbox"/> Relatives	• <input type="checkbox"/> South Portland Bus service	• <input type="checkbox"/> Walk	• <input type="checkbox"/> Regional Transportation (RTP)	• <input type="checkbox"/> Friend or neighbor	• <input type="checkbox"/> Independent Transportation Network (ITN)	• <input type="checkbox"/> Taxi/ private transportation	• <input type="checkbox"/> Volunteers (Opportunity Alliance, Southern Maine Area onAging)	• <input type="checkbox"/> Other (please specify)		
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• <input type="checkbox"/> Other (please specify)												
	<p>16. Do any of the following apply to you about the South Portland Bus System? (Check all that apply)</p> <table border="1"> <tr> <td>• <input type="checkbox"/> I feel unsafe taking public transportation</td> <td>• <input type="checkbox"/> Service is not reliable</td> </tr> <tr> <td>• <input type="checkbox"/> Schedule/Times do not meet my needs</td> <td>• <input type="checkbox"/> Bus stops are not convenient for me</td> </tr> <tr> <td>• <input type="checkbox"/> I am not aware of the bus route or schedule</td> <td>• <input type="checkbox"/> I do not wish to use the service</td> </tr> <tr> <td>• <input type="checkbox"/> Public transportation takes too long</td> <td>• <input type="checkbox"/> I use the bus service with no issue</td> </tr> </table>	• <input type="checkbox"/> I feel unsafe taking public transportation	• <input type="checkbox"/> Service is not reliable	• <input type="checkbox"/> Schedule/Times do not meet my needs	• <input type="checkbox"/> Bus stops are not convenient for me	• <input type="checkbox"/> I am not aware of the bus route or schedule	• <input type="checkbox"/> I do not wish to use the service	• <input type="checkbox"/> Public transportation takes too long	• <input type="checkbox"/> I use the bus service with no issue			
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Sept 21 meeting input – Top 3

1. What is your primary mode of Transportation? (use this)
2. Do You have difficulty leaving your home to go places? (use this)
3. What are some of the services that would help you get around your community to use public services/go shopping? A. Clearing snow and ice on sidewalks; B) Better maintained streets; C) More designated parking; D) More street parking and lights; E) Doors that are easier to open; F) Wheelchair ramps; G) Hand Rails chairs, speed, crosswalks?

(use

<p>this)</p>
<p>What about public transportation?</p>

Survey Merge—Sept. 7,2017 draft with Sept. 21 meeting input			
Sept. 7 survey information			
Domain	Question		Comment
	Where do you live in South Portland?		
	Willard Beach Area (1)	Streets and areas along Broadway to Western Avenue (2) (Pleasantdale, Ligon, Cash Corner)	
	Ferry Village	Area and streets off Highland (includes Stanwood Park)?(3)	
	Streets off and around Ocean Street from Broadway to Cape Elizabeth	Western City, including Redbank and Brickhill(4)	
	Knightville-Millcreek. Streets from Anthoine to Ocean between Broadway and Highland	Streets and areas off Rt 1 (Thornton Heights and Sunset Park)	
	Replace neighborhoods with voting districts and a small map to identify where districts are		
	2. In what year were you born?		
	3. primary language In what language do you speak most often?		Should it say at home?
	4. What is your gender?		
	5. With whom do you live?		
	Spouse or Partner	Care Giver	
	Family Member	Community Housing	
	Friend	Alone	
Sept 21 meeting input			

