



AGING IN PLACE 2018

Cornish Aging in Place is a community-based multi-resource movement which was organized to help Seniors remain in their homes with dignity and in comfort and safety for as long as possible.

We have an active working committee of 12 Cornish residents, and have a number of projects in the works that are geared to providing outreach services and support to Cornish Seniors.

Resource List: Aging in Place maintains a resource list of local service providers who are available for lawn care, carpentry, painting, plumbing, electrical work, and other services that many of us need from time to time. This list is updated continually, and providers must be recommended by people who have used their services. Please contact Leigh Callahan if you would like a copy for reference.

Intergenerational Letter Writing: Students in the fifth, sixth, seventh and eighth grades have been corresponding with Cornish Seniors during the school year. Our thanks and appreciation to all who have made this project both enjoyable and successful. The contact person for the letter writing project is Martha Zoerheide.

Help with Advance Directives: Jan Lord and Jody Schubert are both trained to provide assistance with this service. If you need help, please contact them directly.

Outreach Services: Committee members are available to assist Seniors with a variety of issues and concerns. Give us a call!

Medical Equipment: Walkers, commode chairs, and other items are available on loan in the basement of the Cornish General Store. We have an excellent medical equipment exchange program with Plainfield and Meriden, so most commonly requested items are readily available. Please call Connie Kousman or Deb Dworak to arrange for pickup, returns or donations.

Resource Booklet: This color-coded and informative booklet is an excellent guide to local resources for Seniors, and is available at the Cornish town office, the Cornish Library and at our Aging in Place table at Town Meeting. This booklet has received great reviews throughout Northern New England, and was published with funds donated solely by Cornish Aging in Place committee members.

Useful Tools for Aging with Dignity: This course, which is offered locally twice a year, is an opportunity to learn how to carefully and thoroughly prepare an advance directive. It also includes a fun tool designed to help keep Seniors active and connected to their community as they age. Open to adults of all ages. For more information, please contact Jan Lord.

Assistance with State Refunds or Tax Abatements: Please contact Reigh Sweetser.

Willing Hands Food Resources: Contact Nancy Newbold

Cornish Senior Conversation Project: Several Aging in Place committee members are currently conducting interviews with Seniors who would like an opportunity to share their concerns and thoughts about aging in place. About 100 Seniors have been interviewed to date, and this work in progress will be ongoing throughout the year. This is an excellent way to get to know your Aging in Place committee, and learn about Senior resources and volunteer opportunities. Anyone interested in participating in a Senior Conversation should contact Jan Lord, Jody Schubert or Deb Dworak.

We are extremely fortunate that Cornish is truly a Good Neighbor town. Aging in Place works closely with a dedicated group of Neighbor to Neighbor volunteers who continue to provide assistance to people in need of a helping hand. Their firewood project makes free wood available to economically challenged Cornish residents, and their services are invaluable to Seniors who occasionally need help moving wood, building an access ramp, putting in a few tomato plants , or other tasks that can make aging in place challenging. If you are interested in becoming a Neighbor to Neighbor volunteer, please contact Laird Klinger, Coordinator.

Several Aging in Place committee members also serve on other local committees: Volunteers in Action, dedicated to providing transportation; Cornish Senior Luncheon Program, which provides monthly Senior dinners; and Willing Hands, a once-a-week opportunity to access a wide array of free food items donated by local stores. Specific information about these helpful resources is available elsewhere in the Town Report. These resources provide opportunities for socialization, getting to know your neighbors, and volunteer services.

Several Aging in Place committee members have attended and/or presented in local and regional workshops, webinars and other venues that have been generated by the Aging in Place movement, and are available to share what they have learned about age-specific programs, resources and trends.

We wish to thank all those who are helping make Cornish a wonderful place to live for people of all ages, and we welcome any suggestions that can help us provide or reference resources that will help make aging in place a welcome and practical option for Senior living.

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Martha Zoerheide	675-2296
Nancy Newbold	675-2394
Leigh Callahan	543-0365
Reigh Sweetser	675-5030
Jan Lord	675-6417
Liz Gage	675-5722
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