



AGING IN PLACE 2019

Cornish Aging in Place is a community-based multi-resource movement with a focus on helping Seniors remain in their homes with dignity and in comfort and safety for as long as possible and providing educational resource information to meet the needs of seniors as they age.

We have an active working committee of 11 Cornish residents and several projects currently aimed at 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, home care, and other services that many of us need from time to time. This list is updated continually, and the providers must be recommended by people who have used their services. Please contact Leigh Callahan if you are seeking a service referral.

Help with Advance Directives: Jan Lord and Jody Schubert are both trained to provide assistance with completing or updating Advance Directives. If you need assistance or have questions, please contact them directly.

Outreach Services: Committee members are prepared and available to assist Seniors and/or their family with a variety of needs related to support for aging in place in Cornish. Give us a call!!!

Medical Equipment: There is a wide variety of medical equipment available for loan/use at no charge. Walkers, wheelchairs, grabbers, crutches, commodes, shower chairs, etc. are available by calling Jan Lord or Deb Dworak. Also, if you have equipment (clean and in good working order) to donate, please give Jan or Deb a call.

Resource Booklet: The committee created an informative booklet, "Resources For Elders". Sections include information on Help with Daily Living, Fitness, Healthcare, Activities, Food, Clothing, Pets, Home Care Services and more. Copies are available in the Town Offices, at the Cornish Library, and at Town Meeting. Request a copy from a committee member if you would like one.

Useful Tools for Life Planning: This is a 4-hour course, offered in 2 sessions, twice a year (spring and fall); it provides information and guidance on preparing Advance Directives and a Living Will, as well as providing a detailed Checklist for organizing important papers and information regarding management of one's household affairs. Announcement for the course will be advertised in Connect Cornish prior to the course dates.

Assistance with State Refunds and Tax Abatements: Please contact Reigh Sweetser regarding eligibility and assistance with application.

Senior Luncheon: Aging In Place committee members will frequently be available at the Cornish Senior Luncheons for questions, sign-ups for assistance, courses, etc.

Senior Conversations: Several Aging In Place committee members have been conducting conversational interviews with Seniors for several years. The goal of this informal discussion is to share information about resources, to learn about Senior needs and to hear suggestions for improved support to Seniors. Anyone interested in participating in a Senior Conversation should contact Jan Lord, Jody Schubert, Deb Dworak, or Liz Gage.

Good Neighbor Town: We are all indeed fortunate that Cornish is a Good Neighbor town. Aging in Place coordinates with the dedicated group of Neighbor to Neighbor volunteers to enlist help for Seniors when we become aware of a need for assistance, ranging from help with firewood to ramp building, and more. If you need assistance yourself, or know a Senior who does, please contact Jan Lord or Jody Schubert with Aging in Place, or Laird Klingler or Steve Bobin with Neighbor to Neighbor.

Other Supportive Town Committees: Aging in Place Committee members also serve on other committees in Town and it is critical that Seniors know about these services. Volunteers in Action (VIA) provides free transportation, Cornish Luncheon Program offers monthly Senior lunches, Willing Hands offers weekly access to a wide selection of free food donated by local businesses, and Neighbor to Neighbor offers a strong hand/back for difficult projects. Additional information about each of these activities is available in the committee reports within this Town Report. If you need assistance learning about these services or have questions, contact them directly or also feel free to contact Aging In Place members for help.

We especially thank Connie Kousman for her steady and strong leadership of Aging In Place Committee since its start. Connie will remain on the Committee, and Jan Lord and Jody Schubert will co-lead the committee going forward into 2020. Also, we thank Nancy Newbold for her steadfast service to Aging In Place as she remains on the committee, but shifts to a Member- At-Large.

We wish to thank all those who help make Cornish a wonderful place to live for people of all ages, and we welcome any suggestions that will help us to serve Cornish Seniors and the community better.

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| Leigh Callahan | 543-0365 |
| Laura Cousineau | 675-2575 |
| Deb Dworak | 542-8932 |
| Liz Gage | 675-5722 |
| Jeff Katchen | 675-6726 |
| Connie Kousman | 542-7107 |
| Jan Lord | 675-6417 |
| Nancy Newbold | 675-2394 |
| Jody Schubert | 675-6081 |
| Reigh Sweetser | 675-5030 |
| Martha Zoerheide | 675-2296 |