



Cornish Aging In Place (CAIP) 2020 Town Report

CAIP is a committee of Cornish volunteers focused on providing information and resource options to Cornish Seniors. Our primary goal is to support Seniors aging in place within their own homes. We have an active working committee of 12 Cornish residents and several on-going projects:

Local Business Resource List: CAIP maintains a resource list of local businesses for hire who provide lawn care, carpentry, painting, plumbing, electrical work, plowing/sanding, homecare, and other services. This list is updated continually with providers who have been recommended by local people who have used their services. Please contact Leigh Callahan if you are seeking a service referral, or want to offer a recommendation.

Services Resource List: Local, state and community services: healthcare, food and clothing, pet care, medical equipment, mental healthcare, and financial and legal planning. An extensive services resource list is on the Town of Cornish website (www.cornishnh.net), or call any Committee member for referral information.

Emergency Contact Information Cards: We provide free magnetized refrigerator document holders. The yellow contact information card, completed by you, and inserted into the plastic holder is intended to be placed on your refrigerator so it is visible and accessible to first responders. The holder can accommodate a copy of your Advance Care Directive and or DNR order. Call Jan Lord or Jody Schubert.

Outreach Services: All 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. Especially during the Covid-19 pandemic we are working to coordinate volunteers with seniors for shopping, errands, appointments and transportation needs. For transportation assistance call Martha Zoerheide.

Medical Equipment: There is a wide variety of medical equipment available to lend/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.

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

Useful Tools of Life Planning: This is a free course, typically offered twice a year (spring and fall); it provides information and guidance on preparing/updating Advance Care Directive and a Living Will, as well as providing a document template for providing essential information to whoever will take care of your administrative affairs if/or when you are unable to do so. (*We look forward to re-starting once Covid-19 is over.*)

Additional Help with Advance Care Directive: Jan Lord and Jody Schubert are both trained to provide assistance with completing or updating Advance Care Directive. If you need assistance or have questions, please contact them directly. (*We look forward to re-starting once Covid-19 is over.*)

Senior Luncheon: Aging In Place committee members will frequently be available at the Cornish Senior Luncheons for questions, and sign-ups for assistance, courses, etc. (*We look forward to re-starting once Covid-19 is over.*)

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 and Liz Gage. (*We look forward to re-starting once Covid-19 is over.*)

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. If you need assistance yourself, or know a Senior who does, please contact Martha Zoerheide with Aging in Place, or Laird Klingler, or Steve Bobin with Neighbor-to-Neighbor.

Other Supportive Town Committees: Aging in Place Committee members also work with other organizations and committees in Town that provide critical services to Seniors. Some of these include Volunteers in Action (VIA) which provides free transportation, Cornish Luncheon Program which offers monthly Senior lunches, Willing Hands offers weekly access to a wide selection of free food donated by local businesses, and the Cornish Rescue Squad. Additional information about each is available in their respective committee reports within this Town Report.

Please join us in thanking Connie Kousman for her vision and establishment of a volunteer committee to assist Seniors who want to "age-in-place" in Cornish and for the commitment and dedication of Connie and all of our committee members. We are also so very appreciative to CCPTO for providing space to CAIP in the 2021 phonebook, making important CAIP information available to all, and to Colleen O'Neill for providing space in Cornish General Store for our medical equipment storage. Your suggestions, comments and questions are always welcome, please call us!

Respectfully submitted,
Jan Lord, Co-Chair
Jody Schubert, Co-Chair

CAIP MEMBERS

Leigh Callahan	603-543-0365	Linda Leone	201-787-9789
Laura Cousineau	603-675-2575	Jan Lord*	603-675-6417
Deb Dworak	603- 542-8932	Nancy Newbold**	603-675-2394
Liz Gage	603-675-5722	Jody Schubert*	603-675-6081
Jeff Katchen	603-675-6726	Reigh Sweetser	603-675-5030
Connie Kousman	603-542-7107	Martha Zoerheide	603-675-2296

*Co-Chair

**Member at Large