



## CORNISH AGING IN PLACE (CAIP)

2022

CAIP is a committee of Cornish volunteers who provide information and resource options to Cornish Seniors that support their wishes to age in place at home. We have an active working committee of 10 Cornish residents.

**Resource List:** Includes local and state services/resources such as healthcare, medical equipment, mental healthcare, financial and legal planning, food and clothing, pet care. Our complete services list can be found on the Town of Cornish website ([www.cornishnh.net](http://www.cornishnh.net)).

**Local Business List (now incorporated in the Resource List):** CAIP maintains a 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.

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

**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. We coordinate volunteers with seniors for shopping, errands, appointments, and transportation needs when possible. Volunteers in Action (ViA), out of Windsor VT, is an excellent transportation resource for Cornish Seniors; call 802-674-5971.

**Medical Equipment:** CAIP maintains a wide variety of medical equipment available to lend/use at no charge: walkers, wheelchairs, hospital beds, grabbers, crutches, commodes, shower chairs, and more. Donations are welcome. If you have equipment (clean and in good working order) to donate, please contact Audrey Jacquier or Reigh Sweetser.

**Assistance with State Refunds and Senior Tax Abatements:** Please contact Reigh Sweetser regarding eligibility, and assistance with the application (annual filing period is 5/1-6/30).

**Useful Tools Course:** This is a free course, currently offered on Zoom through the Dartmouth Aging Resource Center. It provides information and guidance on preparing/updating an Advance Care Directive and a Living Will, 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, and an in-depth discussion on palliative and hospice care services and benefits. Contact Jan Lord if you are interested in participating.

**Other Supportive Town Committees:** CAIP also works with other organizations and committees in Town that provide services to Seniors, including Volunteers in Action (ViA) providing free transportation and the Meals on Wheels program; the Cornish Luncheon offering monthly Senior lunches; Willing Hands offering weekly access to free food donated by local businesses; Neighbor to Neighbor which helps with projects around the home and also the Cornish Rescue Squad.

See our regular CAIP postings on Connect Cornish, a summary of CAIP services on the last 4 pages of the Cornish phone book or visit us on Facebook. Please call any member if you have suggestions, comments, or questions, and or visit [www.cornishnh.net](http://www.cornishnh.net).

It is our honor and privilege to assist Cornish Seniors and their families. We want to thank member Deb Dworak (currently on leave of absence) for her many years of service to CAIP as secretary, medical closet contact, and coordinator for the Useful Tools Course.

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