

### **Meeting with Geriatric Care Manager Paula Banks:**

Paula Banks is a Geriatric Care Manager who has 30 years of experience working with seniors in the greater Portland area. She has worked as a hospital social worker, facility program director and started her own GCM business and non-medical home health agency. Paula has owned and operated her business in Cape Elizabeth for the past 15 years. One year ago she sold her home health company to Living Innovations home health. Paula currently works as an independent Geriatric Care Manager.

I told Paula about the CESAC and the ensuing report regarding senior needs in the town of Cape Elizabeth.

Paula said that the most important information that we need to know regarding seniors in Cape Elizabeth are as follows:

1. There are many isolated, under-cared for seniors living in Cape Elizabeth.
2. The majority of seniors she has met in Cape Elizabeth come from a working class family and are not wealthy.
3. Transportation is the number one barrier to seniors getting the services they need.
4. Nutrition is a serious issue in Cape Elizabeth stemming from lack of transportation and isolation.
5. CE needs adult-day programming with transportation provided.
6. CE needs its own referral and information center that is geared towards all senior age groups and that is just for seniors in CE.

### **Meeting with Kathy Williamson of Saint Bartholomew's Catholic Church :Programs for seniors at Saint Bartholomew's (open to anyone not just parishioners):**

**Social-** Women's group that meets weekly (65+ age). They engage in parish activities and outside activities as a group. -St. Barts hosts an annual Thanksgiving luncheon prior to Thanksgiving that is open to all senior residents of CE. This is an afternoon that includes a festive meal, entertainment and door prizes

. **Health** – partners with VNA to provide assessments to at-risk seniors. -host an annual flu shot clinic.

**Pastoral Care** – parish volunteers deliver communion to the homebound.

-volunteers bring prayer service and communion to Cape Memory Care, Village Crossing and Piper Shores three times per month.

She discussed their senior survey which was done one year ago. The survey was specific to parish needs but the top two concerns identified by the survey was lack of transportation and need for more social contact.

### **Phone conference with Tom Kohan- Advisor for Senior-to- Senior program at CEHS:**

Tom will provide high school senior volunteers to assist us with survey at the Senior Expo (Oct.) and after school on election day (Nov.)