



**Maine Council on Aging  
Municipal Data Across Sectors for Health (M-DASH) Project  
Town of Gray**

January 20, 2021; 1-3p.m.

Zoom Meeting Notes

(Zoom Recording available here: <https://bit.ly/3iyr6fo>)

Attending: Will Burrow, Deb Cabana, Jayne Chandler, Deb Fritzon, Suzanna Gallant, Mary Hadlock, Nellie Levier, Karen Licht, Jess Maurer, Valerie Razsa, Effie Rorke, Nate Rudy, Joachim Schnupp, Anne Schroth, Sharon Young

Agenda	Discussion	Action
<b>Welcome</b>	Deb Cabana, Gray Town Manager, and Jess Maurer, Executive Director of the Maine Council on Aging, welcome participants.	Task Force Meets every other month
<b>Partner Introductions</b>	<ul style="list-style-type: none"> <li>• Deb Cabana, Gray Town Manager</li> <li>• Suzanna Gallant, Assistant to the Town Manager</li> <li>• Will Burrow: 25-year resident of Gray; 20 years SAD 15 school board; food pantry volunteer at Congregational Church; tutoring.</li> <li>• Sharon Young: Gray Town Council; liaison to Lifelong Living Committee; member of Gray for 23 years. Invested in seeing our elder population get services they need.</li> <li>• Karen Licht: Science teacher at Gray-New Gloucester High School; adviser to community service club. Trying to connect volunteers to older people. Started with raking lawns but then COVID hit and couldn't keep going.</li> <li>• Mary Hadlock: RSVP Volunteer Services Director, Southern Maine Area Agency on Aging (SMAAA) and Gray resident.</li> <li>• Nate Rudy: Member of MCOA Board; City Manager of Hallowell, which is also M-DASH pilot site; has been offered Gray Town Manager job and is eager to start working!</li> <li>• Valerie Razsa: Gray resident for 35 years; retired teacher, doing tutoring at library (until COVID). Volunteer with Gray Lifelong Living Committee.</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Jayne Chandler: Gray resident for 10 years; requested to join M-DASH Task Force as Community Transportation Leader from GPCOG. My passion is equitable transportation for rural Maine.</li> <li>• Deb Fritzson: Finance Manager, Regional Transportation Program. We provide transportation for not only older people, but families. Referrals come from Child Development Services, DHHS, MaineCare, etc. Cover all of Cumberland county; work closely with GPCOG.</li> <li>• Nellie Levier: Parks and Recreation Department in Gary; Oversee childcare and have had some opportunity to volunteer with seniors. The Rec Dept. has opportunity to look at our older community and what their needs are in Gray.</li> <li>• Joe Schnupp: Cumberland County Sherriff’s Office; involved in TRIAD program throughout Cumberland County (TRIAD is a partnership of police, fire, rescue departments, the Attorney General's office, senior services, and seniors in the community to reduce criminal risks to the senior population.)</li> <li>• Maine Council on Aging <ul style="list-style-type: none"> <li>○ Jess Maurer, Executive Director</li> <li>○ Anne Schroth, Project Coordinator</li> <li>○ Effie Rorke, Data Coordinator</li> </ul> </li> </ul>	
<p><b>Background and Explanation of M-DASH Project (Jess Maurer)</b></p>	<p><b>Maine Council on Aging</b> is providing technical support to the M-DASH Gray initiative. MCOA is an organization-based membership association formed to advance broad public policy issues that ensure we can all live healthy, engaged and secure lives as we age in our homes and communities. Members include the core of Maine’s aging network, and span all of the sectors that support healthy, interconnected aging.</p> <p>Maine is the oldest state; most rural state; we have a worker shortage, problem of poverty and older people, which is often masked in our older population. Lots of older people just do without: heat, food, medication, home repair, etc. When they don’t know where to go, people often look to town for help.</p> <p>As whole society is living into older age, the systems that have always worked for us don’t necessarily work any longer: community planning, transportation, housing development, care delivery systems, etc.</p> <ul style="list-style-type: none"> <li>• Over several years, MCOA has been focusing on how to build an integrated system of formal and informal supports and care that prioritizes low cost/high value interventions and that builds across all systems – volunteer community efforts, municipal services, social services, and health care.</li> <li>• While we have strategies for volunteer initiatives, community-based organizations, and health care, we haven’t known how to bring municipal leaders into the conversation and to help them leverage their investments to influence the quality and number of services available to people in the community.</li> </ul>	

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	<ul style="list-style-type: none"> <li>• Our model is based on this question: <b>Can municipal officials, with proper data and support, collaborate with health systems, social service providers, payers, and volunteer groups to improve access to health and social health services for older residents?</b> The hypothesis we're testing is that they can.</li> </ul> <p>We've chosen South Portland, Eastport, Hallowell, and Gray as the communities to test our ideas. We have funding through this next year and the commitment of funding for the second year. We are also pursuing additional funding. The goal is to add four new communities in the 2<sup>nd</sup> year.</p> <p>Together, we will build the dashboard for Gray, identify the most pressing issues as seen in the data, choose the first one we'll work on, and then start action planning – looking at models from other places in Maine and the Country and working through the problem. If we get that going, we'll start with the next issue. We expect this to be a three-year project where initiatives are implemented and can be measured over time – looking at data.</p> <p>This will all be up to you – MCOA is your technical assistance to lead the process, but what happens in your community will depend upon your efforts.</p>	
<b>Review of Data Dashboard (Effie Rorke)</b>	<p><u>See</u> PDF and PowerPoint presentation, distributed with these notes.</p>	
<b>Discussion Of Gray Data</b>	<p><u>Income Security</u></p> <ul style="list-style-type: none"> <li>• High rate of older people who own home with mortgage. Very low rate of renting. <ul style="list-style-type: none"> <li>○ New trend in Maine that older people have a mortgage. It used to be unusual for older people to have mortgages. According to Elder Security Index, people need income of \$28,644 if have house with mortgage, but in reality, they often only have \$15,000 (if living on social security alone).</li> </ul> </li> </ul> <p><u>Food Security</u></p> <ul style="list-style-type: none"> <li>• Gray Food Pantry <ul style="list-style-type: none"> <li>○ Distributes Commodity Supplemental Food Program to eligible, older people. Wayside Food Program (not Opportunity Alliance) collaborates with food pantries within Cumberland County to distribute.</li> <li>○ Operated by Congregational Church. Will Burrow keeps data from Pantry, including CSFP boxes, for last 2 years. Some is for Gray alone, some for pantry as a whole.</li> <li>○ The pantry gets people from 10-12 different towns.</li> <li>○ Coordinator is Donna Rand – she might have additional data on CSFP boxes, etc.</li> </ul> </li> <li>• Gray-New Gloucester High School has a backpack program: food insecure kids in the school district. This year 50 bags a week going out (way down from last year).</li> <li>• Meals on Wheels (SMAAA): 30 residents got 3000 meals; last year, not too different (surprising given COVID).</li> <li>• Before COVID, there was congregate dining in Windham; not sure if in Gray?</li> </ul>	<p>Will Burrow will send Food Pantry Data.</p> <p>Mary will check with nutrition program re: congregate dining.</p>

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	<ul style="list-style-type: none"> <li>• Bread of Life: another food pantry; operated by Crossroads Community Church.</li> <li>• St. Gregory Church gives Thanksgiving and Christmas meals.</li> </ul> <p><u>Transportation</u></p> <ul style="list-style-type: none"> <li>• Deb Fritzson, Regional Transportation Program <ul style="list-style-type: none"> <li>○ As of 9/30, we have had 21 riders who are residents of Gray; did just over 650 trips into and out of Gray – a lot especially since it is a pandemic year. We would love to do more rides in Gray!</li> </ul> </li> <li>• Jayne Chandler, Community Transportation Leader from Greater Portland Council of Governments. <ul style="list-style-type: none"> <li>○ Trying to find data that would be useful. There is loads of data statewide.</li> </ul> </li> <li>• Taxis <ul style="list-style-type: none"> <li>○ maybe 1?</li> <li>○ Uber does come to Gray</li> </ul> </li> </ul> <p><u>Housing</u></p> <ul style="list-style-type: none"> <li>• Why is population of 80+ such a small number? <ul style="list-style-type: none"> <li>○ Very few resources. Two elderly housing communities only: <ol style="list-style-type: none"> <li>i. AppleTree Village (on 115)</li> <li>ii. Meadowview (by library)</li> </ol> </li> </ul> </li> <li>• Avesta is currently looking at a possible expansion in Gray, to add about 60 units.</li> <li>• There is no Habitat for Humanity that covers Gray.</li> <li>• Housing Authority – does Auburn Housing Authority cover Gray?</li> </ul> <p><u>Healthcare</u></p> <ul style="list-style-type: none"> <li>• Where do people in Gray get healthcare? <ul style="list-style-type: none"> <li>○ There are a few private medical practices in Gray; many people go to Portland, etc.</li> <li>○ Gray Family Health, tied to Central Maine Medical, is as close to a corporate practice as Gray comes.</li> <li>○ Could we find out from EMS where are they transporting people? Do they take people to their provider's ED?</li> <li>○ Androscoggin Health Care provides case management.</li> </ul> </li> <li>• Falls <ul style="list-style-type: none"> <li>○ 17% of EMS calls in Gray were for Falls. Of those calls, more than 1/3 were age 80-89 (despite Gray having a smaller percentage of people of that age).</li> </ul> </li> <li>• Social Isolation <ul style="list-style-type: none"> <li>○ Social isolation should be put on the table....we are seeing so much of that.</li> <li>○ How would we collect data about it? <ul style="list-style-type: none"> <li>▪ Eastport M-DASH – health center used depression screen as a proxy.</li> <li>▪ Mary Hadlock involved with a research project with Maine Medical Center – could check.</li> </ul> </li> </ul> </li> </ul>	

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	<ul style="list-style-type: none"> <li>▪ SMAA has phone pal and tech pal programs where they check in with people. Is it possible to get data on the responses?</li> <li>○ Karen Licht: High school's community service program wanted to start a pen pal program between older folks and younger people but hard to find people to write to. Communication piece is important!</li> <li>• Cumberland County Sheriff's office <ul style="list-style-type: none"> <li>○ Might be able to pull data on medical calls, number of accidents in Gray; frauds and scams (usually don't call in).</li> <li>○ Get around 25-30 calls a year (anecdotally) countywide about older person who shouldn't be driving.</li> </ul> </li> </ul> <p><u>Other potential partners and/or sources of data</u></p> <ul style="list-style-type: none"> <li>• Rec Department worked with GNG Caring Community (can run reports from that system) <ul style="list-style-type: none"> <li>○ GNG Caring Community also works a lot with Meadowview community, especially providing help through the pandemic. They probably have data. Contact person Christine Foster</li> </ul> </li> <li>• Deb Cabana, Town Manager <ul style="list-style-type: none"> <li>○ Does Code Enforcement Officer have data re: permits for construction ramps? Residents are supposed to get a permit but it's on an honor system so not sure have full data.</li> <li>○ Can get data about how many building permits have been taken out for accessory dwelling units.</li> <li>○ Property tax abatement? Not yet. Ordinance passed but not funded.</li> </ul> </li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• Getting information to and from older people is a challenge.</li> <li>• Even with Lifelong Community surveys, there was a lot of difficulty.</li> <li>• Need communication strategy for whatever implementation topic we choose.</li> </ul>	<p>Joe Schnupp will try to pull data.</p>
<p><b>Next Steps</b></p>	<ul style="list-style-type: none"> <li>• Anne and Effie will work with partners to help gather data in between meetings with follow up at the next meeting with the whole group.</li> </ul>	<p><b>Next Meeting March 17, 2021 1-3p.m.</b></p>