

**Falmouth Community Wellness Committee  
Meeting Minutes  
Tuesday, November 10, 2020**

Present:

Andrea Ferrante, <i>Chair</i>	✓	Nancy Lightbody	✓	Doug Zlatin	✓
Carol Kauffman, <i>Vice Chair</i>	✓	Doug Michaud	✓	Hope Cahan, <i>Council Liaison</i>	✓
Elizabeth Hamilton-Guarino	✓	Diane Moore	✓	Nathan Poore, <i>Staff</i>	
Julie Joy	✓	Gina Smith		Marguerite Fleming, <i>Staff</i>	✓

Others: Scott Simmonds

Andrea began the meeting began at 4:00 pm.

**1. Opportunity for members of the public to address the Committee on any item not on the agenda.**

There was no public comment.

**2. Approve Previous Meeting Minutes.**

Nancy motioned to approve the October 5, 2020 minutes; Diane seconded.  
The motion carried unanimously.

**3. Discussion regarding the Town’s grant-making program to dispense town funds to area social service agencies.**

Diane, Nancy, and Maggie provide background information on the Human Services Committee.

Doug M. asked to see the application and policy and procedures used to make the allocation decisions. Nancy said there is nothing in writing.

There was a strong preference amongst the Committee to keep the grant-making program in house and continue to have the Committee make the allocation decisions.

Julie expressed interested in expanding the list of recipient organizations.

The Committee asked Maggie to provide information at the next meeting on the application and review process.

**4. Discussion regarding how the Committee defines wellness.**

The Committee liked the National Wellness Institute’s definition of Wellness and six dimensions of wellness. The Committee did not want to rule out the spiritual component of wellness but did

not want spirituality to be a turn-off. Doug Z. offered to reach out to the Institute to ask if the Committee could use their materials.

The Committee liked the Kennebunkport Community Health Connector newsletter that Nathan shared and asked if Nathan could provide more information about it at their next meeting.

The Committee discussed having a wellness section in the Falmouth Focus.

The Committee also discussed partnering with Community Programs and was interested in inviting Lucky D'Ascanio, Parks & Community Programs Director to attend a future meeting. Doug Z. said he could serve as a liaison since he serves on both the Wellness Committee and PACPAC.

The Committee reviewed its charge. Carol said that Falmouth Congregational Church has a resource guide. Hope suggested reaching out to Bonny Rodden as she serves on the Maine Council of Churches board.

Elizabeth offered to donate a website for the Committee. She offered to look into available hashtags.

The Committee discussed hosting an annual wellness event like the Yarmouth Wellness Fair and Falmouth Energy Fair.

Doug M. suggested keeping regular communication with the wellness organizations.

Elizabeth added to the definition of wellness discussion. She said that the difference between wellness and wellbeing is important. She said her organization identifies eight dimensions of wellness.

Action items in advance of the next meeting are for Committee members to look more closely at the components of wellness and wellbeing and to send Maggie existing community resource guides so that she can begin compiling an inventory.

#### **5. Set Date and Agenda for Next Meeting.**

The next meeting was scheduled for December 8 at 4:00 pm via Zoom. Andrea suggested confirming a regular meeting date (second Tuesday of the month) at the next meeting.

#### **6. Adjourn**

The meeting adjourned at 5:30 pm.

Draft Meeting minutes prepared by Marguerite Fleming on November 23, 2020.