



Age Friendly Millinocket

Age Friendly Committee Meeting
Millinocket Memorial Library and Zoom
6/21/2022

Purpose Statement: The Millinocket Age-Friendly Committee advocates for services, supports and infrastructure that meets the needs of our residents in all stages of life. (Adopted 3.16.22)

Welcome and Introductions – Jane Danforth, Chair, Age-Friendly Millinocket

Present: Jane Danforth, Brittany Grutter, Tom Malcolm, Diana Furukawa, Sarah Jandreau, Barbara Riddle-Dvorak, Peter Jamieson and Louie Pelletier

Updates/Brief Report Out:

- **Age-Friendly Action Plan Tracking Tool**

- The Age-Friendly Action Plan tracking tool will soon be live on the Town of Millinocket's website on the Age-Friendly Committee's page underneath the Age Friendly Action Plan. This will allow anyone interested to check in on what progress has been made. Information captured will be used for progress reports. Brittany will use information from Age Friendly Committee meetings to keep it updated.

- **Community Garden Project**

- Project is self-sustaining! Brittany reported that all the garden plots are planted.
- Have a lightweight pump to use - Brittany will show others how to use it.
- Classes open to community members coming up in the future, stay tuned for details.
- Happy to have a community volunteer who has stepped up to mow in between the plots until mulch is put down.
- Social event at Ktaadn Arts tomorrow 6/22 – *Garden Rocks* paint project

- **Gardening in Small Spaces Class with Cooperative Extension-** How did it go?

- Sarah reported the class went very well with about 15-16 in attendance.
- Attendees were able to go home with a tomato seedling from UMaine extension, thanks to Kate Garland.
- Future classes in the works. Some on-line. Pickling class will be offered in July.

- **Other discussion around gardening**

- Sarah is compiling a list of volunteers that would potentially volunteer for beautician projects as mentioned in action plan. Diana knows of volunteers interested in helping but don't want to be the leader on the project.
- Wabanaki Public Health and Wellness has planted 2 boxes at MML (berries and herbs) . Working on signage in their native language. They are also interested in outdoor programming at the Community Garden as well as at MML. A preserving

- class is one example. Have equipment and could do an outdoor cooking station. They are talking about a seed saving class, to teach people how to save seeds.
 - The seed catalogue project hasn't started yet- as people learn how to save seeds, they could donate for that new program so they will be available next year.
- **Status update on Community/Farmers Market Work Group**
 - Barbara shared a draft document that frames the farmers market plan, including potential vendors and days for coordinating with planned events. Shared info about Farmers Markets around Maine. Lots of options/models to consider.
 - Has a list started of individuals interested in being part of a workgroup and wants to start meeting in the next couple of weeks by Zoom and/or in person.
 - It has been decided that Veteran's Park would be the best location.
 - Thinking about having this in place by next year. Currently looking at Saturday mornings (a 4-hour block). We would need to get it on the Town calendar- there is an application for park use at the town.
 - Determined if it fell under the Age-Friendly Millinocket committee work, the liability would be covered by the Town.
 - Barbara has a lead on free road signs for farmers markets
 - Need to decide if we want to do this year-round – and move indoor during the winter. Maybe have a pop-up one around the time of the Marathon?
 - Planning to have a resource table at Trail's End Festival in September. The goal is to plant the seed of interest! Also, to determine interest in a Farmers Market (customers) and to pull in other vendors that Barb hasn't already been in contact with.
 - Criteria for vendors include local and handmade goods (nothing imported) , local arts & crafts. (Baked goods, cheese, coffee, eggs, candles crafters etc.)
 - Peter will check with Diana to get the Town's vendor list and share it, so they can be including on a mailing list that is being compiled.
 - Will follow up with folks involved in planning Trails End, to see what is needed for next steps. Stephanie Jamieson, Tom Malcolm, Cody McEwen, Amber Wheaton are all members of the planning committee- the email address to connect with them is: trailsendfestival@gmail.com
 - Vendors need to get peddlers/ victualers license . Tom talked about using the vendor application that the Town uses- don't have to create a new one
 - There is potential to have a port-a-potty put in the park (Tom said they cost \$125 a month), or increased coordination with other businesses in the downtown sphere to allow vendors to use the restroom. This is an ongoing conversation.
- **Update on Senior Farm Share-** Close to 70 people in the area signed up! Tom from Foxgreen Farms made his first delivery. Mainly greens, lettuces and cabbage this time.
 - Those participating receive \$50 worth of free produce.
- **Caregiver Support Workgroup -**

- Sarah shared there is a good response for workgroup to get this support group started. Still looking to grow this group.
- The Support Group meeting will be every fourth Wednesday from 3-4pm at the Library- The first meeting is July 27.
- EAAA created flyer for us to distribute – first class is about “Self -Care” for caregivers. Advertising plan is in place- print media, social media, radio, etc.

- Regional coordinator for outreach (EAAA), Megan Milliard, will travel here to help us start the support group. We will be one of three that EAAA is able to facilitate in Penobscot County through new grant funding. Andrew Caruso, local EAAA staff has asked to be trained as co-facilitator as part of his social worker training.

- Discussion of providing an area upstairs at the Library for an activity for the residents with dementia/chronic illness to take place during the Caregiver Support Group meeting.
 - Will survey the participants at the first Support Group meeting to determine the interest of the Caregivers in bringing their loved one to MML for an activity in the event they have no other way to get care in place while they attend the Support Group meeting. Perhaps music – a sing along, or an art project could be offered.
 - EAAA Durgin Center in Brewer has similar program and use Husson University PT/OT and Social work students volunteer time for this program. Sarah plans to talk with Deb Rountree at KRHEC to see if she has any students in the social services courses that might be a fit for this purpose.

- **Summer Programming-** Age Friendly Community Walk (July 7- August 18)
 - Thursday walks that begin and end at the Katahdin Gear Library and will walk the Michaud Trail. Barbara is leading this effort and has started already.
 - Leave around 8:30am

- **Other**
 - Pickle Ball—Tennis courts have been painted with pickle ball lines. Jane is working with Randy to order nets/paddles/balls. Decided to be at the Gear Library until further notice or planning with the recreation department.
 - Crosswalk lines being repainted--- lines on roads across town are currently being painted by Public Works. Looks good!
 - It was shared that the intersection of Penobscot and Central Street has a faulty crosswalk button. It was the first time the Town Manager and Public Safety Officer were made aware of it so appreciated learning about it.

Next meeting will be August 16th at 4pm.

Adjourn