



Age Friendly Millinocket

Meeting Minutes

August 16, 2022

4:00pm/ Millinocket Memorial Library and by Zoom

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)

Present: Amber Wheaton, Community Initiatives Director, Town of Millinocket; Sarah Jandreau, Age-Friendly AmeriCorps Member Project Organizer/ MML ; Heather Hurley Patron Service Specialist, Millinocket Memorial Library; Jane Danforth, Project Director for Thrive Penobscot/MRH and Chair of Age-Friendly Millinocket; Barbara Riddle-Dvorak Age-Friendly AmeriCorps Member Project Organizer/ MML; Louie Pelletier, Town Councilor; Brittany Grutter, Grants Coordinator, Thrive Penobscot/ MRH; and Randy Jackson, AF Committee member.

Meeting minutes from 6/21- were approved with no edits needed.

Updates/Brief Reports:

Lifelong Maine AmeriCorps Program (LMAP) Project Organizers:

- Sarah Jandreau
 - Cooperative Extension Classes and MML Garden Project
 - Garden at the library is Pick Your Own (for anyone), growing very well, patrons have been taking some fresh produce home. It's considered a model garden showing what can be grown in small spaces.
 - Sarah will connect with Heather for story time for kids – Perhaps read the book, Too Many Tomatoes.
 - Wabanaki Public Health (WPH) provided signage for the gardens (at MML) in their native language highlighting the importance of each produce.
 - Seed saving project is still being discussed.
 - The Jams and Jellies session with Cooperative Extension was cancelled due to maintenance issue at MML and won't be rescheduled at this time due to the instructor not being available. Sarah shared some info about webinars folks can attend as an alternative option.
 - Caregiver Support Group
 - One meeting so far (July)
 - Great feedback from the group

- Meghan Milliard of EAAA is excited to come back Aug 24 for the next meeting. First topic was self-care, the meeting brought immense connection making it a great start. 6 community members, along with staff/volunteers, were in attendance.
 - Next topic—Challenges and Successes
 - Enrichment programs upstairs for their loved one if they would need to bring them to the library during the session. Jeff Hamm provided music and enjoyed it as did the audience.
 - Sarah will get an updated flyer to Amber go in the Town Calendar/newsletter
 - Advertised on social media platforms, radio, newspaper, as well as the MML website.
 - October 11th Caregiver Improv Event
 - Set up a meeting between Jane, Sarah, Brittany, and Randy to discuss details and budget
- Barbara Riddle- Dvorak
 - Status update on Community/Farmers Market Work Group
 - Sending out invite for Aug 24th at 10:30 to those interested in being in the work group (will be both by zoom and at MML)
 - Work group will consist of community members /stakeholders rather than farmers/growers/those out of town – set some ground rules within Millinocket before inviting others outside of our area
 - Have planned a pop-up resources table at the Trails End Festival Sept 17th from 9a-12p.
 - Will have a banner (MML volunteer has offered to make one)
 - Will have a sign-up sheet for volunteers as well as potential vendors
 - Share information about the future of the farmer’s market
 - Gauge what community is interested in
 - Creating a magnet to share that will highlight the different community resources available (phone numbers, websites, emails, etc.)Patricia Oh said she had some money available for a magnet -possibly in time for Sept 17th.
 - Hoping for May/June 2023 to have an operating Farmers Market!
 - Community Walking Program/ Walking audit of Michaud Trail
 - Walking audit presentation postponed to September meeting
 - Will be looking at walkability/accessibility of Michaud Trail
 - Barbara is part of the Maine State Walking College so will be doing this project as part of that group and our age friendly committee.
 - Will be continuing the walking group past August 17, the posted end date, since it has been so enjoyable. There is a
 - Maine Memories and Time Capsule

- Original idea was not completed due to unforeseen circumstances. Was able to create a mini-project surrounding Maine Memories here at the library instead. Will try with the schools again this fall.
- Time Capsule launch (July 23) —was well received and interesting items were able to be included. Made a good connection with Traci Perry from Wabanaki Public Health and Wellness.

Good News... Both of our Lifelong AmeriCorps members, Barbara and Sarah start up their new service year on Sept 1st.

- Barbara asked if there could be an event planned that introduce the AmeriCorps members to the community.
 - Something in the Library- like open office hours- coffee with the AmeriCorps Member or something similar to get to know about the work being done

Community Garden - Brittany

- Community members may be treating the garden as a “pick your own” space, signs have been put up to prevent future produce from being taken.
- Water pump was damaged, a drill pump has been attached to the hose—BYO drill in order to use!
- Buckets will be placed in the shed for gardeners to be able to access water from the stream.

Drop-in Pickleball Program - Randy

- Tuesday nights at 6:30 there is a quasi-lesson for community members. Age range has been 8-75.
- Have been getting 8-12 participants each week which has led to great interaction and conversation.
- Nets have been borrowed from the Gear Library multiple times!
- Thrive Penobscot purchased the two pickle-ball sets and wants to stay apprised of the need for more so can be looking for additional grant funds
- Randy is canvassing facilities in the area to see if there would be space available to be able to play in the winter months such as the High School gym.
 - This is a reoccurring issue/question—where is our community activity space for winter months? Yoga is another activity that has been discussed that needs an indoor space.

M-DASH -Telling our story - Jane

- Next steps to invite M-DASH creators/ Maine Council on Aging to the Town Council meeting to present the data compiled.
- Big picture issues identified—
 - Almost 90% of older women are living alone in poverty
 - Age of housing stock
 - Will be creating an action plan around the data

- What resources are available that we can share now?
 - <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/me>
 - Property tax freeze forms are available at the library & at the town office (Assistance filling out these forms is also available at each location)

Other

Boreal Theater is starting Coffee Café Sunday's (8/28) with gentle music from 11-2pm, with Mark Miller followed by another musician on Sept 11th. Will establish an ongoing schedule. Another opportunity for our community to come together and socialize.

- YUM Bakery will make up the pastries to have for sale along with coffee
- Cost by donation

Town of Millinocket approved \$50,000 of direct aid to Mobilize Katahdin from the Town's ARPA funds (geared towards heating assistance for this upcoming winter, not limited to oil)

Next Age-Friendly meeting date- September 20 at 4pm at MML

- Will look to move the subsequent meetings to start at 3pm
 - October 18, November 15 and December 20

Adjourn