



Age Friendly Millinocket

Age-Friendly Committee meeting
September 20, 2022
4:00pm/ Millinocket Memorial Library

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)*

Meeting Attendees: Jane Danforth, Age-Friendly Committee Chair; Louis Pelletier, Town Councilor; Barbara Riddle- Dvorak, Age-Friendly AmeriCorp member; Tom Malcolm, Millinocket Fire Chief; Sarah Jandreau, Age-Friendly AmeriCorp member; Robin Stevens, Age-Friendly Committee; Andrew Caruso, Eastern Area Agency on Aging; Nicole Brennan, Partnerships & Programs Coordinator; Randy Jackson, Age-Friendly Committee; Amber Wheaton, Community Initiatives Director for Town of Millinocket

Approval of meeting minutes from 8/16-No adjustments

Lifelong Maine AmeriCorps Program (LMAP) Project Organizers:

- Barbara Riddle- Dvorak, Age-Friendly AmeriCorp Member
 - Walkability Audit Conversation, Maine Walking College—Project goal is to improve walking accessibility in community. Sept 30th action plan final draft is due for a \$550 grant to go towards improvement. MML will be fiscal agent. Specific goals to address will be—
 - Improve signage (wayfinding, accessibility icons, and maps) and quality of amenities
 - Use community partnerships to promote awareness
 - Establish a walking group focused on active lifestyle
 - Committee Conversation and Concerns
 - Lighting of trail behind the school
 - Winter walking accessibility for year-round safety
 - Exercise stations along trail circuit
 - Farmer's Market Planning—Successful pop-up market at the Trails end Festival
 - Talked to vendors present at the festival about their interest in participating at market in Millinocket in the future.
 - Planning on market being on Saturday mornings since Lincoln has a morning market on Friday.
 - Location is still set for Veteran's Park.
 - May/June 2023 target start date.
 - Tracking tool created to keep up on progress.
- Sarah Jandreau, Age-Friendly AmeriCorp Member
 - Quick update on Senior Farm Share—Successful season! Foxgreen Farms stuck with the program the entire season, big turnout for the final date of share pick-up (70 people)

- Program will continue next year. Participants are given an initial \$50 stipend to use then can continue using SNAP, WIC, other benefits or pay for the boxes.
- Caregiver Support group—3rd meeting is upcoming, flyer available for distribution. Focus this group will be partnered with MK to share EAAA Alzheimer funding information. Participants can self-report what they need from cell phones, chargers, sleep products, depends, etc. Shelly from MK will present and assist participants in putting in orders.
 - Reception of programming and turnout to the group has been very successful. Word of mouth has been the most successful to bringing new faces to the meetings.
 - Anyone can participate, there is no age limit or limit to what type of caregiver you may be.
- Marti Stevens Improv Group will be performing on October 11 at Boreal Theater
 - Will act as a conversation starter between those in community leadership, individuals with professional expertise and caregivers. Will allow for brainstorming between these different worlds to highlight different tools available to those in a caregiver situation. (Age-Friendly action item—Respect & Inclusion).
 - Tool to also create interest in volunteerism in the realm of caregiver and community support (handy-helper, etc).
 - Catering to be funded by Thrive Penobscot and provided through Millinocket Regional Hospital.
 - This will be a kick-off invitation to those present to a monthly brown-bag lunch at the Millinocket Memorial Library surrounding different topics about aging and expanding access to resources in our community.
 - Flyer will be released in the Town of Millinocket community events calendar and community newsletter.

Updates on other Age-Friendly Action Plan activities in process

- Domain: Transportation
 - Goal: Increase access & availability of local transportation services
 - Penquis transportation AF grant quarterly report—Freedom Grant allows for additional rides (geared towards age-friendly) and has been successful. Report back from Tammy Tewhey and additional information will be shared in the future.
 - 669 trips since March of 2021, 403 trips since May 2022 (increase in ridership assumed from the increase in opportunity to ride which includes transportation via personal vehicle by volunteers).
- Domain: Communication
 - Goal : Increase public awareness of resources available in the event of a local disaster
 - Tom, Brittany, Jane, Peter and Amber initial meeting
 - Discussed using constant contact which allows for emails to residents who sign up for the service. Texts may be possible in the future but will be an additional cost and set up. Goal is to be able to ensure the ability to reach individuals who are vulnerable and isolated.
 - Reminder of resource magnet that has been offered by AARP to Millinocket by being an Age-Friendly Community which still needs to be finalized.
- Domain: Social Participation

- Goal: Increase opportunities for intergenerational social interaction
 - Drop- in Pickleball Program – Randy Jackson shared that Pickleball will continue into the winter months in the Stearns facility on Tuesday nights at 6pm. Gym already has courts lined and maybe some nets, nets are always available via the Katahdin Gear Library.
 - Program has been very successful! Looking to update flyer.

Other Updates

- EAAA community café located at Stearns Assisted living has reopened! Tuesday and Wednesdays from 1030-1pm. People must make their reservation with Nancy (207-723-2045) the Friday prior to attending for Tuesday lunch or by Monday for Wednesday lunch.
 - By donation only for those above 60 years old -request is \$7.00/person.
 - Individuals under the age of 60 will be charged \$7.00/person.
- Tom Malcolm—Katahdin Avenue sidewalk is not currently passable. It is being redone so please do not try to walk there if attending the café lunch or Stearns Assisted Living.
- M-DASH - Reminder of meeting on Thursday, Sept 22 at 10am at MML
- Next meeting dates- October 18, November 15 and December 20. October 18 will be at 4pm, events after that will be at 3pm.

Note: Due to several scheduling conflicts with the October 18 date, it was decided to not meet in October but wait until November 15 to hold the next meeting.