



Age Friendly
Millinocket

Progress and Success of 2022

*(Note: Action Plan submitted 4/2022 to AARP
Results reported for 4/2022- 12/2022)*




Activity ✓ Done and continuing. ★ Begun but not done.	Progress/ Results	Next steps
✓ Establish a work group to explore different models of support programs for those dealing with chronic disease (dementia/ cancer)	Caregiver support group established in collaboration with EAAA, MML and AmeriCorps Member. Meetings held at the library once a month, every 4 th Wednesday, 3-4pm. Initially, a music program was held upstairs (by Jeff Hamm) for individuals while caregivers attended support group downstairs. Attendance dwindled as end of the year approached leading to re-assessment of program delivery that included music.	1) EAAA to continue support group by offering hybrid model. In person on the 4 th Wednesday and by zoom once a month (every third Thursday 2-3:30pm). 2) AmeriCorps member and Thrive Staff to develop relationship with Katahdin Area Support Group to explore starting a group/self-help meeting for those with a cancer diagnosis.
✓ Partner with U.S. Department of Agriculture to reduce barriers and facilitate the opportunity for residents to participate in the Senior Farm Share program.	Successful Farm Share program with over 70 Millinocket participants in the 2022 season. Pick up was at Tri-Town Baptist Food Pantry in East Millinocket on their Saturday Pantry distribution Day	1) Continue with Foxgreen Farm as Program Produce provider for Sr Farm Share in 2023. 2) Possibly add an additional Millinocket site (Farmers' Mkt?)
✓ Assist Millinocket Memorial Library (MML) in securing funding for Mobilize Katahdin to maintain staffing for Resource Navigator.	\$150,000 in ARPA funding from Penobscot County secured (for 3 years). Thrive Penobscot provided grant writing support.	1) Will monitor new funding opportunities to maintain/build program

✓ Establish a work group to develop and implement community garden project(s) to link citizens to fresh food sources and to provide opportunities to connect socially with others.	Community garden established in Kermit Crandall Park with small volunteer base; Kick off event held on Earth Day, April 22, 2022. MML offered multiple programs to community in collaboration with UMaine Cooperative Extension and Wabanaki Public Health to increase interest through 2022.	1) In 2023, Intern being sought by the Economic/ Sustainability Committee of the Town to sustain garden project at Crandall Park 2) Incorporate additional 'children's boxes' for Summer Reading Program, and possibly offer a box or 2 for Recovery support to Breaking the Cycle residents. 3) Continue to partner with Wabanaki Public Health on seed starting for gardeners. 4) Thrive Penobscot Staff will continue to support effort in 2023
★ Partner with Mobilize Katahdin to plan and implement volunteer driver recruitment strategies.	Strategies included use of print media in the local newspaper to encourage new volunteers, information provided on the Library's Facebook page and website. MK staff visited local municipalities, attended numerous community meetings to make connections to offer service and to promote volunteer opportunities.	1) Formal decision pending on future of MK transportation program due to lack of volunteer drivers (Mobilize Katahdin visioning /strategic planning process with Thrive Penobscot and a consultant provided by <i>Catch a Fire</i> was held to assess transportation program and inform next steps.)
★ Advocate to the Town for improved walkability* and bikeability using AARP's Complete Streets Model. * ADA access a priority	MDOT and TY LIN Engineering firm presented bike and pedestrian safety study findings of Penobscot/Central Street to the community. Shared recommendations for improvements and sought community response. Final report given to Town Council.	Ongoing. Phase 2 of this project has funding secured from DOT/ Town for small section of Central Street Congress to Ash Street to improve curb cuts for ADA compliance. It's in the Town's hands.

✓ Collaborate with MML to promote the National Digital Equity Center (NDEC) free classes	MML held over 40 NDEC classes throughout 2022. They included Windows Basics, Excel Basics, Intro to Google Drive and Docs, iPhone Basics, Android Basics, Internet Safety, Using Email Effectively, and Using Facebook Securely.	Ongoing. Classes to be held both in person and virtually, and advertised through MML
✓ Collaborate with the Winterfest Committee to host the Katahdin Snowdown.	Successful 2022 SnowDown and in the planning stages of SnowDown 2023.	Ongoing annually – Thrive Penobscot staff to lead event planning.
✓ Continue to promote the wintertime <i>Sand Bucket for Safety</i> program	Millinocket Fire Dept, Public Works Dept and Thrive Penobscot collaborating to offer and promote the program. Additional buckets were donated by Tractor Supply- Residents call FD for a bucket and refills. Chief Malcolm and/or staff deliver to homes. Labels have been created for the buckets by Thrive Penobscot to ensure buckets are returned at the end of each season.	Ongoing annually with Fire Department managing and responding to requests.
★ Explore opportunities to establish a community/ Farmers' market that includes resource sharing (i.e. information table, volunteer recruitment) and seasonal events during holidays featuring canned/baked /homemade goods and crafts.	Lifelong Maine AmeriCorps Member held pop-up market table at Trails' End in September to gauge interest and poll vendors re: their interest in participating in our future market; canvassed vendors at approximately 5 other craft markets re: interest in coming to one at Millinocket; formed preliminary workgroup (Tom Malcolm, Sarah Jandreau, Tracy Perry, Barbara Riddle-Dvorak); corresponded with folks at Federation of Farmers Markets of Maine re: help and advice and PR at rollout in May 2023; settled location and day/time (Veterans Park, 9-12 on Saturdays);	Ongoing. 1) Planning in progress for 2023 markets. Projected to start in May. 2) Plan to apply for AARP Challenge Grant for tables and canopies and other items needed.

★ Collaborate with other stakeholders to establish community center (build on the Youth Center Initiative in progress)	Informal discussions continued through 2022 with the need amplified and voiced at the Town level. Key leaders see an opportunity to address the substance use and mental health crisis by investing in youth prevention programs- such as those offered at/through youth centers.	1) In Process. Steps being taken by town officials to explore potential location(s) and funding sources to move project forward in 2023.
✓ Implement “Time Capsule” project and hold event	Event held Summer 2022. Time Capsule event in July was attended by 20+ folks from 8-80 years old and was very successful; readings, refreshments, etc. It is now in the fireplace niche at MML	Completed
✓ Promote and educate citizens about Penquis Transportation Services to increase ridership at no cost to riders for 1 full year. Note: Grant funds are secured for 1 year with potential for up to 3 years based on outcome(s).	Ongoing- Regional Kick- off May 2022 for tri-towns that expanding scope to include New Freedom Grant (NFG) rides as well as General Transportation by Lynx (Bus Schedule). Penquis provides quarterly data reports to show usage. Total grant investment was \$5500. \$2500 from Town from the Maine Community Foundation Grant funds and \$3000 from Thrive Penobscot.	1) Thrive Penobscot will seek funding to continue “no cost” transportation using Penquis Lynx after initial grant funds have been exhausted. 2) Maine Community Foundation (MCF) funding identified. Application due Feb 15 th , If successful, new grant would start June 1, 2023
★ Collaborate with public safety officials and MRH to develop age-friendly multimedia communication plans in preparation of a local disaster or emergency (ex. power outage)	Thrive Penobscot met with Town and Fire Dept on initial questions and actions to be taken.	1) In Process- Committee to be convened in collaboration with Millinocket Fire/EMS/ Town to formulate coordinated communication plan.

★ Assess need and secure funding for changes along the Michaud Trail to make the walking path more Age -Friendly. (Examples, additional benches, lighting, or other amenities prioritizing “Bobbie’s Garden” efforts)	<p>Currently planning updates to signage to reflect accessibility for wheelchairs and strollers.</p> <p>\$550 was received as a mini grant from the Walking College of Maine for improved signage; designs will be submitted to the Town Council for final approval in January 2023. (A request for an extension to complete sign installation by June 2023 was submitted on Jan. 16, 2023.)</p>	<p>1) Updated signage to be installed in Spring/Summer by Public Works.</p> <p>2) Barbara submitted an additional grant to the Maine Walking College for funding up to \$10,000 for 5 solar lights and 3 benches and a picnic table.</p> <p>3) Barbara's walking group will continue beginning in March 2023, day and time to be announced.</p> <p>4) Continue to advocate /search for funding and help for Bobbie’s Garden efforts.</p>
---	--	--

 <div> Age Friendly Millinocket </div> Activities with limited progress reviewed and timeline adjusted.		
Activity	Progress/ Results	New Timeline/ Next Steps
Re-establish the multi-sector Food Council formerly convened (pre pandemic) to increase collaboration among sectors to address food insecurity more effectively.	Meetings will resume by Sept 2022 and meet at least quarterly through 2025- This did not happen as planned but will be carried forward to 2023.	Re-convene Food Council in first quarter of 2023. Food Council to determine frequency of meetings once reinstated.

Develop a plan to promote the services of Mobilize Katahdin, Thrive Penobscot, EAAA, MML and the Age-Friendly Committee	While no formal plan was created, services were promoted primarily through social media.	Outline clear roles of collaboration/partnership for promotion of services to occur seamlessly in first quarter of 2023.
Assign responsibility for oversight of the Age-Friendly page on the Town website to ensure access and accuracy of information.	Currently done by Chair of Age-Friendly Committee with support of Committee Members	Decided that it would be the ongoing responsibility of the Age-Friendly Chair.
Integrate the resources of Age-Friendly partners in one online location	Begin Summer 2022- Not formally begun	Remains a goal for 2023 but process not yet figured out
Promote public meetings in multiple media venues to encourage participation of town residents	Progress has been made through social media postings and posting by town on meeting calendar	Ongoing through 2023
Collaborate with Mobilize Katahdin to promote transportation services to civic activities.	Fall 2022- this worked well when Mobilize Katahdin had volunteer drivers. But is not feasible at this moment in time (March 2023). Thrive Penobscot has applied for a Maine Community Foundation Grant to continue to offer free rides (No fares for the riders). If successful will promote that venue.	Mobilize Katahdin no longer has the capacity to give rides. Will work with Penquis Transportation Services going forward.
Install benches, game table and ADA ramp outside the entrance of Boreal Theater.	Fall 2022 or as funding is secured	Completed
Collaborate with Outdoor Sports Institute (OSI) and Katahdin Area Trails (KAT) to promote and support use of intown trails.	In-progress- Thrive staff working with OSI and Katahdin Gear Library to promote and support use of trails	Ongoing- and as opportunities arise

Explore the formation of a Handy Neighbors Program including a seasonal Spruce-Up and/or Clean-up Program	Initial timeline was to begin Fall of 2022 but it did not happen. The need for the program is well known through anecdotal stories/ data showing the number of older persons living alone in their homes. Adjusting the timeline and making it a priority going forward.	PRIORITY for 2023 1) Establish workgroup 2) Explore collaboration with EAAA
Establish a monthly “Lunch and Learn” program in partnership with the library.	Fall 2022 - ongoing with success Name change to MML ‘Information Hour’ currently offering Disability Rights of Maine-Hearing Support services;	Fall 2022 - ongoing with success
Implement the Millinocket Memories Project - 4 th graders to interview older relatives or neighbors	Initial date was Spring 2022 but was put on hold due to illness of teachers at schools	Unknown currently.
Collaborate with the Recreation Department to improve ADA accessibility and use of Jerry Pond for Age- Friendly events.	No yet begun. Only informal conversations to date.	Spring 2023- ongoing
Implement a Falls Prevention Program	Not yet begun- Stearn’s Assisted Living and Elks both starting a strengthening/ balance program. Will look into opportunity to collaborate.	Begin Spring 2023
Formalize and promote a caller check-in program for those living alone and vulnerable	Currently done through the fire department with a few people. Potential for the FD to call individual or the individual to call the non- emergency number. Will work to formalize the program.	Begin Spring 2023 to formalize the program
Research and Implement an Age-Friendly Business program (to foster greater access/Americans with Disabilities Act (ADA) awareness)	Not yet begun	Fully implemented by April 2024