



Age Friendly Millinocket

Meeting Minutes
January 17, 2023
3:00pm/ Millinocket Memorial Library
And by Zoom (link below)

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)

In attendance– Jane Danforth, Age-Friendly Committee Chair; Louis Pelletier, Town Councilor; Tom Malcolm, Millinocket Fire Chief; Jon Cote, Millinocket Assistant Fire Chief (Zoom); Sarah Jandreau, Age-Friendly AmeriCorps member; Robin Stevens, Age-Friendly Committee; Randy Jackson, Boreal Theater Board Member & Breaking the Cycle Board member; Nicole Brennan, Partnerships & Programs Coordinator; Brittany Grutter, Grants Coordinator, Thrive Penobscot (Zoom); Diana Furukawa, Director of Millinocket Memorial Library; Andrew Caruso, Meals on Wheels Supervisor for Penobscot County; Bob Higgins, Millinocket Town Councilor (Zoom) ; Chelsea Ehert, Town of Millinocket resident; Barbara Riddle-Dvorak Age-Friendly AmeriCorps member (Zoom)

Recap of 2022 (April-December)

- Activities and Goals Summary of Actions
 - Progress is beneficial to track in order to report to AARP and track what next steps should be.
- Actions to re-evaluate—Are these tasks still important?
 - Re-establish food council—work to change timeline, food insecurity doesn't disappear.
 - Does communication need to go beyond social media? What checks need to be in place?
 - Integrate resources into one location
 - Transportation conversation with Mobilize Katahdin. Potential to shift to resource sharing with other organizations that need support with transportation? (Breaking the Cycle and/or PIR2Peer)
 - Transportation directly/solely through Mobilize Katahdin is not sustainable.
 - Difficult to keep volunteers because there is no reimbursement/incentive.
 - Taskforce specific to transportation should be created under AF Committee umbrella.
 - Handy Helpers program—Need is still present, will become priority.
 - Taskforce to be created under AF Committee umbrella.
 - Lunch & Learns = “Information Hour” at the Library and have been happening periodically.

Additional Priorities for 2023

- ADA Accessibility of Jerry Pond

- Falls Prevention Program
 - o Stearn's Assisted Living and Elks both starting a strengthening/balance work program, potential for collaboration?
- Create and formalize a call-in/check-in program
 - o Currently done informally through the fire department.
 - o Potential for the department to call individual or for individual to call department.
 - o Phone number is a non-emergency number.
 - o Could start with individuals who utilize sand bucket program.
- Research and implement ADA Accessibility throughout town (business focus)

AARP Challenge Grant

- Application open January 18 and is due March 15th
- Barbara has proposal to support farmers market which is looking to begin May 2023
 - o Need to establish workgroup for Farmers Market
- Grant can provide seed money for
 - o Needed infrastructure such as canopies and tables for vendors.
 - o Potential for stipends to assist with set up and take down.
 - o Storage space
 - o Advertisement/marketing for market
- There is a shed in Veteran's Park that could store canopies and tables for the market.
 - o Tom to follow up with Peter on ability to access.

Katahdin Snowdown Feb 19

- Robin Stevens – Update on planning
 - o Next meeting is Wednesday, Jan 18 at 10am via zoom
- Still looking for volunteers to help with set up (canopies, tables, etc).
- Need ideas for things to do at the event
 - o Human snow sled race

Other Partner updates

- Barbara -- Walking college has a grant opportunity that could potentially fund lighting along the Michaud Trail.
- Resource magnets arrived and can be distributed within the community.
- AARP Volunteer Liability Insurance is available to those interested in volunteering (for this and future events attached to the AF Committee)
- Eastern Area – Caregiver support group will continue via the Brewer support group through Zoom. Support will be available to those who want to participate but cannot travel/leave their loved ones. Will be hybrid (offered in the library via zoom and available to those at home via zoom). [Next meeting Wednesday 25th at 3 pm.](#)
- Eastern Area Café is open/available! Open 10:30am-12pm, meal is served around 11am. Need to call day ahead to reserve spot. No one will be denied a meal, funded via donation only. Flyers will be shared/posted soon.

- [Presentation at the library surrounding hearing loss resources](#) on Wednesday 25th at 2 pm for anyone interested. Learn about types of hearing loss, social challenges and supports available at no-to-low cost. Potential for hearing screenings at the Library in the spring.
- Presentation by certified home inspector at the Library to share resources and programs available to homeowners interested in learning about energy efficiency. [Wednesday 25th 6:30 pm at the library.](#)
- Successful programming at the library in 2022 included over 40 programs through National Digital Equity Center (NDEC), will hold additional programs in the future. [Programming also available via their website.](#)
- SaVida Health community dinner Tuesday 24th at 6 pm at the Nazarene Church. Donation dinner, speakers will share information about resources available to the community surrounding substance use disorder.

M-DASH

- M-DASH meeting scheduled for Feb 16, 2:00-3:30p- zoom link was sent with invite

Next meeting date

- No meeting in February- Plan to attend the Snowdown!
- Tuesday March 21, 2023 at 3pm

Adjourn

Meeting Link:

<https://us02web.zoom.us/j/84862322036>

Phone: 1 (312) 626-6799 Meeting ID: 848 6232 2036