



Age Friendly Millinocket

Meeting Minutes

March 21, 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)*

Meeting Attendees: Jane Danforth, Age-Friendly Committee Chair, Project Director, Thrive Penobscot; Louis Pelletier, Town Councilor; Barbara Riddle- Dvorak, Age-Friendly AmeriCorps member; Sarah Jandreau, Age-Friendly AmeriCorps member; Brittany Grutter, Grants Coordinator, Thrive Penobscot; Peter Jamieson, Town Manager, Town of Millinocket; Diana Furukawa, Director, Millinocket Memorial Library; Randy Jackson, Age Friendly Committee member; Tom Malcolm, Fire Chief/Public Safety Officer, Town of Millinocket; Jonathan Cote, Assistant Fire Chief, Town of Millinocket; Andrew Caruso, Meals on Wheels Coordinator EAAA; Michele McInnis, Community Coordinator, Our Katahdin/Katahdin Collaborative; Laura Potts, Library Resource Navigator, Mobilize Katahdin/MML.

Approval of meeting minutes from 1/17/2023

Progress/ Success and Workplan Adjustments – Document shared via email and is now posted on the Town Website under the Age-Friendly Committee tab.

Priorities for 2023:

- 1) **Handy Helpers program**—Large number of community members asking for this type of service. Comes up a lot at the library and in community conversation. Potential for those who are in school learning trades to be on a list for this type of program. A workgroup should be established to work on this specific priority under the committee.
 - Randy suggested that we find about 10 people that fit the demographic we are trying to help, ask them if we could make a “Safety Survey” of their home and make some suggestions (if we find any)- and find a handy helper that would go in and fix the issue. This would be a way to start the program- having people “volunteer” to participate as we know folks don’t like to ask for help but there are homes that could use safety modifications.
 - Tom shared that it is Similar to “Remembering When” program (soon to be “Safe Step”) where safety/falling hazards are identified via a home survey/audit. If something is found, then something needs to be done about it. Issue comes when there is no funding to follow through.
 - Tom liked the idea of starting with 5 or 10 volunteers that would allow “us” to start with a pilot program (NFP has templates made that could be used- Tom is going to a training on the new Safe Step program). He would conduct the home audit.

- At Mobilize Katahdin there are many calls for simple home repairs but also things such as ramp building, etc. Issue seems to be having willing workers to complete the work here in Millinocket.
 - Alpha One is an organization that assists with modular ramps that are able to be moved. Program created to have the ramp specific to the person and worked with local contractors. May have financing resources.
 - The VA also provides ramps.
- A list needs to be created to share willing trades workers in the area who are able to take on small repairs and emergency calls.
 - The library is currently creating a list similar to this, deciding on where this type of list would be hosted (Library board, website, etc.). Diana will share the list with all of us to review who is missing, etc. Tom would like a copy to have on hand too.
 - It was also mentioned that some communities have welcome packets for new residents (such as through Chamber of Commerce) that a list like this would be helpful to include.

Action Items: Jane will send out an email to see who is willing to be on a workgroup to start a pilot project – Tom offered to do any home assessments using the Remembering When program. Diana will share the list of trades workers she has compiled to date.

2) Falls Prevention Program (Andrew) – EAAA holds the class “Matter of Balance” in Bangor, is something that could happen at Stearn’s Assisted Living via zoom. Could also be held at other locations such as the Elks Lodge.

Action Item: Andrew will find out more information about the program and potential that it holds for the Millinocket community.

3) Create and formalize a call-in/check-in program—Johnathon did some research with other fire departments. Those who have a successful program have a dedicated staff person to make calls, which is not possible from MFD at this time. For now, it would be easier for a caller to call in to the department rather than the other way around. They currently have one older gentleman that is calling each day early in the morning.

- People call in to say things are going well/ or not. Some people don’t have family in the community to routinely check on them. It’s a 2-to-3-minute conversation. If a call is expected and doesn’t happen, a family member/friend is called and/or a wellness check from the FD or PD will happen.
- Next steps are to create a name for our local program and maybe a flyer to highlight the availability of this check in. The FD will determine the best time for someone to call in. Jonathon is creating a form to gather information about each caller so when follow up is needed, the information is readily available.
 - Currently the non-emergency # (723-7026) that will be used for this program has call forwarding to Tom’s phone, which can be changed if needed due to program growth.
 - Other variations of a program like this were discussed. Had tried to start a phone buddies’ program in the past but it didn’t get any traction. Could be a calling tree, initiated by Mobilize Katahdin volunteers. Diana knew of some people that would be a good phone buddy. All good ideas to keep in mind.

Action Item: Send name suggestions for this Program to Jonathan!

New Business:

Earth Day- Saturday April 22

- Discussion on holding a “Spring Spruce Up” event held in downtown to clean up after winter season.
- Peter shared his memory of the past event (2-3yrs ago) when a community member spearheaded the cleanup with the help of Our Katahdin. He thought it was a great opportunity to make an Earth Day Clean up Event for the Town- to bring the community together. Offered to have Amber use the Town’s communication platforms to get the word out.
- Next steps:
 - o Ensure business involvement and knowledge of event by reaching out to Katahdin Chamber of Commerce.
 - o Create flyer with basic information and share with Amber for Town communication distribution.
 - o Contact Public Works to see if there is a to do list of things for downtown.
 - o Decide on start end time, tasks, potential lunch options, meeting location.

Action Item: Michele offered to take the lead on organizing with the help of others around the table.

AARP Challenge grant applications submitted:

- Thrive Penobscot—Application submitted for creating sustainable support for Bobbie’s Gardens. Looking to build volunteer base and replenish tools/materials needed for this season.
- MML/AmeriCorps—Application submitted for solar lighting along Michaud Trail.

Other Partner Updates:

- **Support Groups (Sarah)** —Caregiver support group updated to an online Zoom call format with EAAA which has been well received. Next in person 1 on 1 opportunity will be 4th Wednesday of each month. Looking to also create a Cancer Support Group but more background work would be required to allow participants more comfort, such as holding it at MRH Multipurpose room and also finding someone with proper qualifications. An emotionally charged experience in people’s lives, someone with experience would be the best in order to navigate this type of meeting. The Dempsey Center, in southern Maine, offers services to cancer patients in Maine for free. There are sessions online to sign up for, brochures can now be found at the MRH Oncology clinic. Potential for a rural mobile unit to travel to Millinocket to have appointments with patients who need their services.
- **MML Learn and Grow Garden (Sarah)**—Wabanaki Public Health (WPH) and UMaine Extension will work with MML to offer food preservation and gardening events this season. Upcoming events include seed starting, pickling, garden pests, etc. WPH and Breaking the Cycle will both maintain boxes at the MML Learn and Grow Garden.
- **Millinocket Farmers’ and Artisans Market (Barbara)** —Town of Millinocket will be the fiscal sponsor for the market fee (\$40) which will accompany the market application. Any checks should be made out to the Town of Millinocket. These fees are separate from

municipal permit fees. Note that since the money will be held by the Town, expensing any funds will require council approval.

- Need to create a plan for continuity after AmeriCorps term ends in August.

Just so you know...

Katahdin Snowdown held Feb 19 was HUGE success. Thank you, Robin Stevens, for leading the work on that event. Pictures were posted on Thrive Penobscot Website. Lots of skating, cross-country skiing and hotdog/hot cocoa consumption!

Maine Community Foundation Community Building Grant Submitted (2.13.23)

Brief Project Description: We request support to sustain and increase use of Age-Friendly Millinocket's Transportation for All project that subsidizes rides for those in need of transportation.

- Amount requested: \$9,950. (\$7200 customer fares/ \$1846 Marketing/ \$904 Admin costs)
- If awarded, start date is June 1

Farmers'/Artisan Market pending start date June 3- Veteran's Park from 9-12 on Saturday Mornings- It is an Age-Friendly AmeriCorps project being led by Barbara Riddle- Dvorak

- 2 Planning group meetings (in person at MML or virtual): Thursday March 16th at 10:30 am; Thursday April 13th at 10:30 am. (Let Barb know if you are interested.)
- Also looking to do a promotional event at Veterans' Park called "First Look Farmers' Market", with donated produce and snacks from farmers on Saturday May 13th or 20th, from 11-1 pm.

M-DASH

- Next M-DASH meeting scheduled for April 20, 2:00-3:30pm

Next meeting date

- Tuesday April 18, 2023, at 3pm, Location TBD (Library not available)