



Age Friendly Millinocket

Meeting Minutes

October 5th, 2023

2:00pm/ Millinocket Memorial Library

Youtube link available 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 Open

Approved meeting minutes from 8/29/2023

1. Farmer's Market Debrief

- a. Barbara shared an overview of the 2023 market season and discuss next steps for 2024.
- b. Good responses from vendors and customers throughout the season.
- c. Needs for 2024 include more vendors as well as food trucks. Would like to streamline the vendor application process as well as open up the Peddler's Permit to include authors (currently not allowed).
- d. Farmer's market stand was helpful in order to share current community events and programs.
- e. Would like to streamline market information on the Town website as well as create a logo.
- f. Looking to form a formalized Farmers market subcommittee of Age-Friendly that includes members of other Town committees as well as residents to increase visibility and structure of the market.
- g. Suggested to present the market season debrief to the council in order to support the need for more involvement from the Town.
- h. A short video is proposed to use as advertisement for the market using 2023 photos and video—could be shared via social media and on KAT TV.

2. Food distribution brainstorm

- a. Discuss how to most effectively distribute meals provided by UNE to intended community members.
- b. Received 680 packages of southwestern rice/beans to distribute, Distribution could be paired with an event or a community meal.
- c. Elks Lodge will be hosting two fall/winter events that we could be sharing the meals-- Senior Christmas Party (Saturday December 9th) would be an event we could coordinate a meal sample and distribution of some of the meal kits.
 - i. *Volunteers needed!*

3. Sand Bucket Program

- a. Will continue via Millinocket Fire Dept and Public Works.
- b. Tom Malcolm will ensure that there are enough buckets via donations.

- c. Will distribute flyers and begin filling buckets as details are confirmed!

4. Updates

- a. MML—
 - i. Laura Potts is no longer a resource navigator at MML, John Marden will be taking over that role as MML gauges how to grow the role.
 - ii. MML has had very successful participation with LiHEAP signups with Penquis being available in person at the Library.
 - iii. Space in the library will retrofitted to be used as a youth/teen space. Teens will be involved in designing and planning the space/events that will happen moving forward. In the mornings this will double as a hangout space for anyone.
- b. The Nature Conservancy is looking for feedback on a planned all-abilities trail—TNC will be presenting to the committee on Nov 2nd on the trail system and will be able to answer any questions.
- c. AARP Housing convention to be held October 16th in Brewer. Topics to discuss include ADUs, housing renovations, tiny homes, etc.
- d. Elks have a large donation of Christmas trees coming up—need help identifying those who may need a tree for the season and getting the word out!

5. Set date for next Age Friendly meeting—November 2nd, 2023

6. Adjourn

Events

- **Dementia Caregiver support group-- October 16th, MML**
- **Cancer Caregiver Support group— October 24th 4:00- 5:30 pm, at MRH Multipurpose Room**
- **Cancer Patient Support Group—October 26th 4:00- 5:30 pm, at MRH Multipurpose Room**

Meeting Link:

<https://www.youtube.com/watch?v=Q6OZsdleuWM>