



# Age Friendly Millinocket

Meeting Minutes  
November 2<sup>nd</sup>, 2023  
2:00pm/ Zoom Only

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)*

**Welcome and Introductions** – Jane Danforth, Age-Friendly Committee Chair, Project Director, Thrive Penobscot/MRH; Barbara Riddle- Dvorak, Community member; Brittany Grutter, Grants Coordinator, Thrive Penobscot/MRH; Diana Furukawa, Director of Millinocket Memorial Library (MML); Nicole Brennan, Assistant Director of MML; Amber Wheaton, Community Initiatives Director, Town of Millinocket; Eben Sypitkowski, Director of Land Management, The Nature Conservancy (TNC).

**Accepted meeting minutes from 10/5/2023.**

1. **Food Distribution discussion of Southwestern Beans and Rice meal packets— (Partnership with UNE Center for Excellence in Aging & Health)**
  - a. **Elk's Senior Christmas Party- December 10 (11:00am-1:00pm)**
    - i. Still open to any volunteers! Volunteers will be stationed at an entrance table to hand out meals and have resources available showcasing other age-friendly opportunities.
      - Barbara has committed to volunteering; Jane will try too as well. Andrew Caruso had expressed interest to volunteer via email. Follow up needed.
    - ii. Feedback on meal packets—better to add protein or other toppings! Spicy.
    - iii. Action item: Create flyer that shares the background of the meal as well as that the meal is spicy.
  - b. **Other distribution opportunities?**
    - i. Housing complexes
    - ii. Eastern Area Agency on Aging
    - iii. Incorporate into MRH patient food shelves.
    - iv. Bring to area food pantries.
      - Jane will distribute the black beans and rice packets in the community.
2. **Debsconeags All-Persons Trail—Presentation from Eben Sypitkowski, Director of Land Management, The Nature Conservancy, - Contact info: [eben.sypitkowski@tnc.org](mailto:eben.sypitkowski@tnc.org)**
  - a. Trail will be located within the Debsconeags Lakes Wilderness Area off accessible via the Golden Road.
  - b. Aiming to offer auditory and visual experiences for all.
  - c. Trail system will be building off of responses to Katahdin Gazetteer
  - d. Trail will be 5 ft in width, almost the size of a small road. Will have gravel and incline relief along with benches along the trail.

- e. Trail will be down Hurd Pond Rd, will have a parking lot and a trail that is around 1 mile in length.
- f. Parking area would have info kiosks for not only this trail system, but others in the area as well.
- g. Plan to have a rec education center in the area, almost acting as a visitor center and a place to rest or get out of the weather.
- h. Trail crew will begin working on the system early in Summer 2024.
- i. The community may respond well to having paper brochures accessible at places like the Millinocket Farmers Market.
- j. Please check out the [link to provide feedback](#) or learn more.

### 3. Updates

#### a. Millinocket Memorial Library

- i. Hosting a community conversation surrounding accessibility in the community and public spaces. Building off of a grant that the library received to replace the elevator. Looking to partner with KFI and open to other entities being involved as well.
- ii. Conversation will be November 28<sup>th</sup> time tbd

#### b. Michaud Trail signage

- i. Project is complete with updates to the accessibility icons.

#### c. Bobbi's gardens

- i. Still looking for financial and community support.

#### d. MRH Support Groups with Marie Sutherland, MSW- flyers available

- i. Cancer patient support groups next meetings—December 28, January 25
- ii. Cancer caregiver support groups next meetings—December 26, January 23
- iii. Looking for additional ways to promote/advertise- Amber offered to share the flyers on the town website under community calendar.

#### e. EAAA and AgeWise Maine

- i. November 16<sup>th</sup> vaccine clinic for community members at the EAAA location in Millinocket at Community Cafe (adjacent to Stearn's Assisted Living)
- ii. Opportunity to promote Penquis transportation to community to access the location for ease of accessibility.

#### f. Katahdin Snowdown—Keep in mind for next meeting!

### 4. Next meeting date— Tuesday, December 5<sup>th</sup>, 2 pm at MML

### 5. Adjourn