



Age Friendly Millinocket



Meeting Minutes
March 12, 2024
2:00pm/Millinocket Memorial Library

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 –Louis Pelletier, Vice Chair, Age Friendly Millinocket, Town Councilor; Barbara Riddle- Dvorak, Community Member/Volunteer (Zoom); Tom Malcolm, Public Safety Officer, Town of Millinocket; Jane Danforth, Age-Friendly Committee Chair, Project Director, Thrive Penobscot/MRH; John Marden, Resource Navigator/Millinocket Memorial Library; Randy Jackson, Boreal Theater; Amber Wheaton, Community Initiatives Director, Town of Millinocket (Zoom) ; Tracey Perry, Katahdin Collaborative; Robin Stevens, Project Assistant Thrive Penobscot/MRH ; Johnaton Cote, Fire Chief, Town of Millinocket (Zoom).

Welcome

Approved meeting minutes from January 9, 2024

1. Katahdin Snowdown Debrief (Robin Stevens)

- Robin thanked the committee members who volunteered that day – Tom, Peter, Jane, and Amber. Robin also thanked Michelle (Our Katahdin) for the donation of hot chocolate and bottled water.
- A great turnout of volunteers from the Town Office, Katahdin Collaborative, and several ladies from Breaking the Cycle. Four High School student volunteers did a fantastic job that day too.
- Robin stated she would be in touch with Amber about ordering parts for the beverage dispensers. Tom spoke up and stated that they had already been ordered. THANKS TOM!
- The Connect 4 game along with the beverage dispensers will be stored in the shed.
- Robin would like for folks to e-mail her on changes or suggestions for next year. Some current thoughts for next year's Snowdown:
 - Cinder blocks for EZ-Ups
 - Mats for the outside of the rink to warming hut.
 - Advertise on channel 2, Maine Things to Do (FREE)

2. Farmers and Artisan Market

Jane stated she had a meeting at the Town Office, and then followed up with Barbara. They now have a plan to move forward.

- Barbara would like to have local authors participate in the farmers market and a simple solution to that was they pay a one-time vendors fee which will be good for the season.
- Once Diana from the Town Office looks at the changes to the application, Jane will send out an updated form to the group.
- Jane stated that Peter will look at a potential way to pay the fee online.
- Barbra has agreed to be the point person again for the Farmers Market this year.
- Amber will be working with Design Lab to create some marketing materials along with a logo. Amber will reach out to Design Lab once all the final details are set from Barbara, and the subcommittee within a month.
 - It was discussed that the Age-Friendly logo needs to be on the marketing materials.
- Barbara would like to publicize the opportunity for non-profit programs to participate at the resource table.
- Barbara would also like to have a link on the town website for the farmers market, and she will create a wish list with no tangibles to give to Amber on the committee's wants and needs for the website within a month.
- Tom, Jane, Tracy, and a couple of vendors will be on the subcommittee for the Farmers Market. Barbara will set up the meeting.
- Tom proposed that we spend up to \$500 for a porta-potty -basically split the cost with the Events Committee. It'll be a handicap accessible porta-potty at Veteran's Park/the Bandstand. It'll be June 1st. – November 1st.
 - Amber and Tom will let Peter know, it does not need to go to a council meeting for approval since the money is already approved and in the budget.

3. File for Life Opportunity

- Jane brought a sample of the File for Life for everyone to see.
- Patricia Oh from Lifelong Communities (U Maine Center on Aging) offered this opportunity. Jane currently has 50 but will be getting more.
- File for Life
 - Medical Information
 - A magnet to place on refrigerator.
 - Information card for packet or wallet
- Best way to distribute? Dr. offices, Library/Lunch and Learn, Hannaford pharmacy, BINGO night at the Elks.
- This will be a partnership with EMS. Johnathan, our fire chief, will oversee the distribution.
- If we need to apply for some other funding to order more, we can, but this will be a good start.

4. Renewed discussion on MCOA Grant Opportunity (Pilot Program) to address food insecurity.

- Still funding available
- Jane and John have met to discuss how to whittle down the list of some of the problems that we need to solve or want to solve.
- To reduce food insecurity in our region by closing gaps in food access and availability
- To increase collaboration and communication of stakeholders

- Reduce food waste and amount going to other communities outside of the Katahdin region
- Everyday Hannaford takes food off the shelves, and they need someone to pick it up to get to the food pantries and places to get it into the hands of people that need it.
- There are days that nobody comes to pick it up and it goes to compost. We want it to stay local and we have the opportunity here to make that happen and solve this issue.
- Sustainability of the current food pantries
- Concern about the lack of volunteers/volunteers aging out
- Increase access to the food sources
 - ICM is the only pantry that is open every week. Other pantries are open every other week or monthly. They do respond to emergencies.

Jane is trying to find a framework for when applying for this pilot funding. How we are going to identify what we are going to work on.

- Establishing a food council to hold community conversations to understand the barriers from a community perspective.
- Figure out a budget for whatever we ask for.
 - Food for the community conversations
 - Do we need to hire a facilitator (a stipend)
 - A stipend for a volunteer to pick up folks to bring to the community conversations.

Jane asked, “who wants to be on the committee to follow through with our next step?”

Louie asked if stakeholders could be a part of the committee and Jane replied “Absolutely.” Suggested to reach out to Pir2Peer for example.

People thought the information shared was on track with what needs to be done.

Tracy spoke about the structure of the Katahdin Collaborative. They are formulating ways to make new work groups instead of all underneath one thing. Livability is a work group this could potentially fall under (food insecurity) with many different stakeholders to include age friendly but also other people that want to get involved. So, there is this opportunity to pilot something here that could live in that space.

People would need to come together so right now we are talking about facilitators within that livability structure. There is potential there for it to be more of a **WE** not **ME** or **YOU**. There are opportunities to spread the wealth out there. Bring in the churches and municipalities, etc. A workgroup could be established- Tracey could help with that.

Jane stated that we would need to convene a meeting sooner than later to figure out the next steps.

All agreed that this was a timely conversation.

5. Member Updates

A) John shared that at MML, they recently hosted a representative from the USDA from the rural development grant program. Had about 15-18 people in attendance to hear about loans and grant

opportunities to get up to 10K to do things like to weatherize their homes, make home repairs (furnaces), roof repairs etc. It's a very underutilized program so want to get the word out knowing there is a need in the area.

- John has packets available to share with people if interested.
- Barbara thanked the library for hosting it. She has helped a family get a 10k grant, and another woman to apply for a very low interest loan. They also do home purchase and refinancing. Have programs for over age 62 as well as under age 62. If people are low income and in need of home repairs, they should come to MML and talk with John to get the information/application.
- Question about minimum/ maximum amount of benefit allowed. John said in the lifetime the maximum is 10K. Barbara spoke about the loan- the max is 40K for repairs. Can refinance a bad loan too. The application is daunting if you are not computer literate. But can do a paper copy. John highly recommended doing the paper copy.

B) Tracey is on an Advisory Board with the State for a program called Nesterly, it's a home sharing program. They want to roll out the program in June. Basically, it is partnering with older homeowners and pairing them with people looking for affordable housing. Seems like it would be a good program for this area. <https://www.nesterly.com/about-us/>

Tracey spoke about the Community Plate event to be held on May 18 for social connection. It falls under the livability bubble for the Collaborative. It's a potluck meal where people get together and tell stories- a story telling workshop.

The following is taken from an email Tracey sent out:

Additional information about Community Plate Maine can be found on [Community Plate](#)

Sign up for the event in Millinocket on May 18th <https://storysharingsupper-millinocket-2024.eventbrite.com> and please help us spread the word!

C) Next meeting date was set for April 9th at 2pm but later cancelled.

- May meeting date was set for May 14th at 2pm