



Age Friendly Millinocket

Meeting Minutes

June 11, 2024

2:00pm

Millinocket Memorial Library/Zoom

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/MRH; Louis Pelletier, Town Councilor; Peter Jamieson, Town Manager, Town of Millinocket (Zoom); Michele McInnis, Operational Manager & Community Development Coordinator, Our Katahdin; John Marden, Help Desk/Millinocket Memorial Library (MML); Tom Malcolm, Safety Officer, Town of Millinocket (Zoom); Diana Furukawa, Director of Millinocket Memorial Library; Robin Stevens, Project Assistant Thrive Penobscot/MRH; Johnaton Cote, Fire Chief, Town of Millinocket (Zoom); Mike Carroll, EAAA Community Ambassador.

Welcome

Meeting minutes from May 14, 2024, were approved.

1. 2024 Farmers' and Artisans' Market Update

- Farm Credit East application was submitted by the Town for four 6x4 pop up tents. Brabara worked with Amber to finalize. Will be notified by late June if awarded the funds.
- Logo has been finalized by Designlab and will be included on future promotional opportunities. Jane sent out the design in an email prior to the meeting for people to see. Cobranding will occur with the age-friendly logo as much as possible.
- Wayfinding signage will be ordered through the town to be here in time for July 6th kick off.
- The market is listed on the Town's Independence Day Festival Poster. We need help spreading the word to get a good turnout as it will set the stage for the season.
- Barbara is doing a lot of boots on the groundwork to recruit participants.
- Russ Rogers, a returning vendor, participates in the Lincoln Farmers market and will take fliers to Lincoln to help promote Millinocket's market.
- Press release is forthcoming in the Lincoln News.
- Porta potties are in place- one handicapped accessible one
- Have benches in the storage unit that we can bring over, not sure if they will fit in the hut. Tom said the stands/ seating has been turned around to be better positioned. Tom is talking with Jody about trash cans- got some new ones.
- Talked about having other social activities planned to occur in the park on Saturdays as a draw. Have the large Connect 4 game purchased for the Snowdown we could use.

- Mike asked about the Farm Share program- Jane shared that Chiron Farms will be involved as a Farm Share provider. The following information was taken from the blurb Barbara wrote that was submitted to the Town Newsletter and for a press release: *Chiron Farms will be on hand on July 6, August 10, Sept 7 and Oct 7 to distribute produce to their Maine Senior Farm Share participants. To sign up with them beforehand, find them on Facebook or email them at farmers@chironfarms.me. People will be able to sign up on the spot at the market as well*
2. File of Life Community Initiative in Collaboration with Millinocket Fire Department
 - 300 free copies have been received from Lifelong Maine (Thanks to AARP Maine and Maine Center on Aging) [File of Life](#)
 - Chief Cote is leading the distribution effort and has set the following dates:
 - Friday June 21 will be on hand at a library event with the ambulance to give out the packets.
 - Plans to do one to two Thursday nights at the Elks during BINGO but haven't set the dates yet
 - Chief Cote then said they will be available in ambulances as well as at the fire station for people to pick up.
 - Jane mentioned having a press release written to make the community aware of this resource being available.
 - It was mentioned how valuable they are to the first responders to have the information ready, especially in emergency situations. The Chief said he created an additional information page to be included in the packet about needing copies of advance directives and living wills to accompany the packet otherwise they have to perform life safety measures that may be against the wishes of the patient.
 3. Community Garden Update
 - David Souza, a volunteer, has cleaned up the garden area including putting down mulch – 20 bags that were donated by Scotts with 12 additional bags purchased by the town. He will do some weed whacking at times, too.
 - Jane wrote and sent a thank you letter to Scotts on behalf of the AF committee.
 - David Eugene, a volunteer, has done some painting and is working on a new sign among some other beautification suggestions he has brought forward to Amber.
 - A compost bin and foot pump were also purchased for the garden area. Planting is under way!
 - One concern from last year was that someone picked what was being grown but wasn't theirs to pick. Not sure if it was intentional or because they thought it was available to anyone due to the signage that said, "Community Garden."
 - Do we need a sign that says, "members only" or "only pick what you've planted," etc. Or even, "Do you want a plot, contact the town." We do need to figure something out to address that concern.
 4. Jane shared a one page- two-sided document she created that highlighted in pictures some of the work of the Age-Friendly Committee. It was made available at a recent statewide Lifelong Maine Conference that she and Robin attended in Hallowell the prior week.
 5. In Tracey Perry's absence, Jane shared that a Maine State Housing Nesterly Program information session is being held at MML on Thursday, June 13th. Will be interesting to learn more about this housing option. It's a pilot program. Jane plans to attend. Tracey is on the State Nesterly committee. For more information visit: <https://www.mainehousing.org/nesterly>

6. John shared that the University of Maine Center on Aging is providing Mental Health First Aid training at MML on June 18 from 9am-5pm. Participants will learn signs and symptoms of mental illness and common signs of substance abuse as well as how to interact with a person in crisis. Jane plans to attend and hopes to see others there.
7. Mike shared information about EAAA's Community café. It serves meals twice a week on site. It was discussed that many members of the committee haven't been in the café and would be good to have them see the facility.
8. Diana shared a library update. She spoke about the Help Desk (formally known as the resource navigation program) It's a rebranding initiative. Going well so far. They help with technology and resource navigation as they often go hand in hand. Can make an appointment by coming in, calling or filling out a form letter on the website.
 - Preventive programs they are trying to do... the Office of Family Independence is on site 10-4 on Mondays to sign people up for the benefits offered through OFI such as TANF, SNAP, Maine Care, etc. It's a way to access government services in Millinocket. Similar to the Penquis LiHEAP style signups they did -which they hope they will be able to do again this year.
 - Currently working on developing in-depth resource guides specific to this region. Have basic needs resource guide. Working on Contractors list now by calling each one to see if they are in business, taking on new customers, asking questions such as do you work with Efficacy Maine or Penquis, etc. Getting a list together will help in the future if/when we revisit the handy helper program idea that has come up numerous times.
 - If you know contractors, send their names to John.
 - Also want to formulate a list of who is shoveling snow, mowing lawns, doing roofing etc... all those things' people need to know to stay in their homes.
 - Lastly, if you know where people can pay to take a shower- that need has come up.
 - A public bathroom and shower was brought up as something to pursue within the municipality.
9. What do we want to focus on next? A lot is now in motion, and we don't want to lose momentum. Jane shared that increasing/improving accessibility at Jerry Pone is in our action plan as well as assisting in a communication plan around disaster preparedness.
 - Michelle spoke about her fondness of Jerry Pond. And recognized she may not be aware of work being planned or done but offered help. It's become a neglected space that needs some TLC and is willing to lean in. To start, it needs a new sign, some speaker wires are in a tree that could come down, and general picking up (branches and other debris). Every year, the Elks uses it in conjunction with the American Legion for Kids Day. It does get utilized but feels it could be utilized a lot more if it was better maintained.
 - Peter shared that the Town is replacing the dock, is ordering the new security cameras this week, and the signs are being replaced. The property maintenance will be done very soon and will be back on track to be more consistent with staff and a new trailer to get the mower to that location. Sidewalk repair is on the radar to improve accessibility - will be a larger project to get funding in place.
 - Michelle offered to get a group of volunteers together if needed. Peter shared that he was headed over after the meeting to mow and weed whack and would accept any help that showed up.

- Michelle suggested it would be great if the Katahdin Gear Library could work with that space. They participated in Elks Kids Day last year and they showed kids how to use a kayak and put on a life jacket and play in the water. It might not be a great place to swim anymore can be used to kayak and view the mountain. All agreed it is a beautiful spot.
 - Jerry Pond could be a great day to do Earth Day Clean up, next year! Diana will remind us, so we can make that happen next spring.
10. July 9 was set as the next date for our Age Friendly meeting. The library isn't available, so it was suggested that we go to the EAAA café for our next meeting. Mike will check on the availability of the space for our July meeting. Jane will send out a meeting and location notice once confirmed.
 11. The meeting adjourned at 2:46pm.