



Age Friendly Millinocket

Meeting Minutes
July 9, 2024
2:00pm/ EAAA Community Café
In person 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)*

Present: Louie Pelletier, Town Councilor, John Marden Programs and Research Coordinator MML; Tom Malcolm, Code Enforcement Officer and Health and Life Safety Officer, Town of Millinocket; Barbara Riddle- Dvorak, Age Friendly Volunteer and Farmers Market lead; Diana Furukawa, Director of Millinocket Memorial Library; Mike Carroll, EAAA Community Ambassador, Nancy Grant, Meals on Wheels Program Coordinator, and Jane Danforth, Chair Age-Friendly Committee/ Thrive Penobscot Project Director.

Meeting minutes from June 11, 2024, were approved.

Eastern Area Agency on Aging (EAAA) - Mike Carroll and Nancy Grant gave an overview of the programs offered by EAAA. Of special interest were their nutrition programs.

1) The Millinocket **Community Café** is open on Tuesday and Wednesday of each week.

- Meals are served at 11am but people come earlier and stay after to socialize.
 - There is a group that plays cards/ cribbage. But there is also a pool table, puzzles, and games. A craft group comes in on Friday afternoons.
 - Attendance varies- may have up to 10-12 or just 4 or 5 on some days.
 - Mike will email the Café poster to us
- A reservation is needed to receive a meal. Can reserve your home-cooked meal by calling 723-2045, the Wednesday before you plan to attend. They need a week's advance notice.
- Meals are fresh (not frozen as at other sites) and are cooked by Stearns Assisted Living staff. You do have the option to eat on site or have it packaged for take-out. Need to let them know when making the reservation.
- There is a monthly menu available. Nancy will share one with the group.

The following guidelines to receive meals from the Community Café were found on EAAA's website: <https://eaaa.org/social-dining/>

A free meal is welcome to:

Individuals 60 & over or Any with disabilities under the age of 60
Their spouse (of any age)

A \$7 donation is recommended to support the cost of the meal.

Guests are welcome to come as well but are required to pay full price for each meal.

Diana asked if the space – The Community Café- could be used as a meeting place.

- YES! Contact Mike if you need the meeting space. Nancy said that Thursday and Fridays were great days for meetings as there is nothing going on meal wise.

2) **The guidelines for becoming a Doorstep Dining customer are as follows (text below taken directly from website <https://eaaa.org/3d-catering/>)**

- You must be on an established delivery route OR be willing to pick-up the meals at one of our several locations
- The meals are \$6.25 for regular meals and specialty meals (pureed, vegetarian, gluten free, etc.) are \$8. There is a minimum order of (5) meals.
- You must be 50+ or an adult with a disability
- Each 5-pack of meals comes with a mini loaf of homemade bread

3) **The criteria for receiving Meals on Wheels (MOW) -text below taken directly from website <https://eaaa.org/meals-on-wheels/>**

- Must be 60 years of age or older, be homebound and unable to leave their house without assistance
- Must be unable to prepare a meal and have no one available to prepare a meal
- Available on short or long term basis, depending on need

****Note:** *there currently is a Statewide waiting list for this program but it's important to get on the waiting list. There is also a local need for volunteer drivers and packers. Drivers get reimbursed .45 a mile for delivering MOW.*

4) The **Commodity Supplemental Food Program (CSFP)** works to improve the health of low-income older adults, 60 years of age or older, by supplementing their diets with nutritious USDA foods. These 30-pound monthly food boxes include a variety of shelf stable grocery items such as juice, shelf-stable milk, cereal, peanut butter, canned protein, pasta or rice, assorted canned goods, and a two-pound block of cheese. **(Text taken directly from website <https://eaaa.org/commodities-supplemental-food-program/>**

- Delivery for CSFP is the second Tuesday of the month in Millinocket at I Care Ministries

5) **Furry Friends Food Bank (FFFB)** program helps preserves the special bond between older adults and their pets by providing them with monthly, pre-packaged bags of pet food and litter. For information about this program visit <https://eaaa.org/furry-friends-food-bank/>

6) **Senior Farm Share** was mentioned and locally, Chiron Farms in Chester participates. <https://www.chironfarms.me/> The following information about the program was found at <https://www.maine.gov/dacf/ard/food-assistance/farmshare/index.shtml>

- This program provides eligible low-income seniors the opportunity to receive a share (worth \$50) of first-quality, fresh, local produce at no cost directly from local Maine farmers during the growing season.

Mike spoke about the statewide need for volunteers for their Wellness programs such as Matter of Balance. Need to get credentialed to do so. It's also possible to have remote enrichment classes.

Final discussion about EAAA programs resulted in an ask for a one pager about the food/nutrition programs to be able to share. As well as signage for outside the door to make the location easier promote and find. Mike will follow up on these requests.

Member Updates

John shared the MML **Help Desk** Handout they've created as part of their rebranding effort. He has a phone number and voicemail that goes just to him and not the other MML staff.

- New phone number is 447-4076
- John will email the handout to the group

Good news! **Penquis** will be back again this year onsite at MML from August 2 to October 7, signing up people for heating assistance through LiHEAP. Last year they helped 108 families.

- John will email out the packet to the AF committee

There is a Grief Support group and a Postpartum Support Group meeting at MML.

- Diana or John will email the flyers to the group

Barbara shared that the first **Farmers' and Artisans' Market** that was held on July 6th was small but is hopeful it will continue to grow.

- Had about 18 people stop by
- One vendor (crafter) didn't set up due to the rain/drizzle
- Heritage Farms (new this year) and Chiron Farms (coming the first Saturday of the month only) were both there
- Hopefully will have some live music in the future

A question was asked about the File of Life distribution event held recently at MML- It was mentioned that those packets would be good for MOW participants.

- Will need to get an update from the Fire Chief at our next meeting and share this idea

Next Age Friendly meeting will be Sept 10 at 2pm. Location to be determined but the library is free to meet at that space, if another venue isn't chosen.

- No August meeting due to summer vacations.

Meeting minutes submitted by Jane Danforth