



# Age Friendly Millinocket

Meeting Minutes

Sept 10, 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)*

Note: In person only -zoom unavailable

In attendance- Jane Danforth, Age-Friendly Committee Chair, Project Director, Thrive Penobscot/MRH; John Marden, Program and Resource Coordinator/ Help Desk/Millinocket Memorial Library (MML); Diana Furukawa, Director of Millinocket Memorial Library; Barbara Riddle- Dvorak, Community Member/Volunteer; Larissa Heanssler, EAAA Community Ambassador

Meeting minutes from July 9, 2024, were approved (No meeting in August)

## **Program Updates**

**Farmers' and Artisans' Market Update** as of September 18, 2024 (submitted by Barbara)

We've had a total of 9 vendors come to the market, including two farms and six craftspeople/artisans and one writer from Presque Isle (Alice Bostridge). Visitors numbered from 10-50 per Saturday, of all ages and from as far as Texas, Washington State, Georgia and France.

- The farmers were: Chiron Farms and Heritage Farms. I reached out to the Amish farmers in Smyrna who came last year, but they were not able to come this summer.
- Chiron Farms distributed to their Senior Farm Share participants, as well as selling to other visitors to the market. They come on the first Saturday of the month.

Artisans: Beth Cyr (quilted items); Georgia to Maine: (Georgia Moran; candles and crocheted bags and hats); Studio Katahdin: (Heidi Hale: jewelry); Mountainman Minerals (Robbie Foster): polished stones, keychains and pendants; Country Candles and Barbeque Sauce (Russell Rogers); Shaelynn Trott (handmade teddy bears and rag dolls).

At the Trails End festival, I met a vendor selling wonderful goat's milk lotions and soaps, and she agreed to come to our market on October 5. She is Cindi LeMay of Backwoods Goat Milk Products.

On September 2, we made good use of one of the 10 x 10 canopies the town received as part of a grant submitted by Amber Wheaton. When it began to drizzle around 11 am, 3 vendors were able to gather under the canopy and stay at the market. Three are currently being stored in the shed at Veterans Memorial Park.

I continue to oversee a resource table of flyers from MML, food pantry information, Penquis applications, etc.

In the future, I'd love to have more activities for children (face painting? A table with paper and art materials?) and participation from Wabanaki health and Wellness (seed savings and starting?) Also, live musicians (we had two last year.)

A task for the coming year is to get more farmers involved, one or two food trucks.

Some kind of hiker appreciation table or flag/logbook would be greatly welcomed, I think. Many hikers finish up with no family to greet them and we could take pictures and begin some kind of link to the town website? To be discussed!

### **Thrive Penobscot Support**

Jane has used Thrive Penobscot funds to put 2 Ads in the Lincoln News to date- promoting the Market.

### **Community Garden Update**

Jane shared that community member David Souza had been weed whacking the garden and keeping it tidy. Haven't had any reports of vandalism or negative feedback reported this season. It was reported that the plots that had done the best were the ones closest to the ground as opposed to the raised beds. David suggests getting more mulch next season to fully cover the interior garden area to help with maintenance.

### **5K Run/Walk (All ages welcome)- Trails End Festival Sept 14**

Details finalized for the event on Saturday. Many thanks to community members Mickey Lackey and Kari Richardson to make it happen on short notice.

- Mickey is planning to mark the route the morning of (has some stakes and will use flour in the road to make arrows). Participants leave the Veterans Park on Penobscot Ave at the Marathon starting line, crossing Katahdin Ave onto Elm Street, turning right onto Somerset Street then left on Poplar Street to Golden Road entrance. At turnaround about a mile in, participants retrace their steps. He and Kari will be timers.
- Barabara, Michele (and husband Ronnie), Diana, Andrew and Jane will be volunteering on Saturday. Volunteers to help with registration (includes liability waiver), water table at halfway mark on Golden Road, assistance with crossing intersections and at the finish line.
- EMPD were notified and will be on hand.
- Have t-shirts left over from a previous race held in 2016 that will be offered to participants and volunteers. Prize for top 2 finishers is a Trails End Festival T-shirt compliments of Thrive Penobscot.
- Our Town Manager, Peter, signed and sent the Town insurance policy and permit required by Acadian Timber for use of the Golden Road for the event.
- Jane/ Thrive Penobscot placed an Ad in the local paper to promote the event.

## **Maine Municipal Association (MMA) Convention (Oct 2 & 3) – Break out Session - How Livable Communities and Age-Friendly Programs Help Your Municipality”**

Jane shared that she was invited to be on a panel during a breakout session to represent Millinocket along with the towns of Bangor, Chelsea and Sullivan to talk about the benefits of having an age-friendly committee. Planning to show the Snowdown video. Check out the link if you haven't seen the video.

<https://www.aarp.org/livable-communities/community-challenge/info-2020/2020-community-challenge-video-millinocket-maine.html>

### **Member Updates:**

**MML Help Desk-** John is getting calls for heating assistance. All the appointments for Penquis are booked for Millinocket. And the Lincoln office is booking out to Feb already. Need to call the Bangor office to see if there are openings at other locations. A couple of churches might be able to help like Hershel Hafford (Salvation Army is his resource) and St. Martin's. General assistance is the only other known resource.

- Resources are limited, people are concerned about meeting the need this winter.
- Jane talked with Hershel Hafford (I Care Ministries) and he is concerned about his limited resource and wondered about a fund raiser like had been done during the pandemic.
- John mentioned that last year and the year before that people could get two (2) 50-gallon fill ups or something equal to about \$500 each. It might have been a couple cords of wood. Those funds are no longer available so very concerned about meeting the needs this winter.

**Home Visit-** Barbara talked about having a home visit from Fire Chief Johnathon Cote who replaced a battery to a hard-wired fire alarm and checked a CO alarm she had. She boosted about the great small town /community service he provided and thought it was an opportunity that would be beneficial for others in a similar situation that she was in.

- Led to discussion about a mini-grant opportunity that could potentially cover the cost of CO and/or Fire/Smoke Alarms. Would give opportunity for FD to do a quick home safety assessment potentially identifying other issues/needs that could be followed up on.
- Jane will follow up with Chief Cote about the following grant opportunity.  
<https://www.lifelongmaine.org/resources/community-connections/grant>

**Food Council-** John shared that we (many of us sitting at this table) are working on starting a regional Food Council. Our first task will be to engage with the local food pantries and do a needs assessment. Want to figure out how we can best share resources and information to better meet the food needs of our residents.

- Jane and John will meet outside of this meeting to begin the process.

Next Age-Friendly Meeting is October 8 at 2pm at MML.