



Age Friendly Millinocket

Meeting Minutes
December 10, 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; Tom Malcolm, Safety Officer, Town of Millinocket ; Diana Furukawa, Director of Millinocket Memorial Library; Robin Stevens, Project Assistant Thrive Penobscot/MRH; Barbara Riddle- Dvorak, Age Friendly Volunteer; Louie Pelletier, Town Councilor (Zoom); Randy Jackson, Boreal Theater/ Volunteer; Johnaton Cote, Fire Chief, Town of Millinocket (Zoom); Amber Wheaton, Community Initiatives Director , Town of Millinocket (Zoom); and Sue Bouchard, Community Member/ Senior Check In Maine and Larissa Heanssler, EAAA Community Ambassador

Meeting minutes from November 12, 2024, were approved.

Grant Award Announcement – A Community Connections Mini- Grant of \$9,607 was awarded to the Town. Community Connections is a program of the Governor’s Cabinet on Aging in collaboration with the Maine Center on Aging and AARP Maine. The application was sent in through the AF committee in collaboration with Chief Cote and the fire department. It will allow the chief to purchase 100 combination CO/Smoke detectors/ batteries and some minor home modifications for falls prevention (ex-grab bars) following a home safety survey. Millinocket was one of 40 Age-Friendly Communities awarded funding.

Chief Cote shared the following:

- People have to ask the FD to do a home safety check (self-referral). The FD doesn’t initiate them but it’s a service they can provide, if requested.
- A smoke alarm installed from/by the Red Cross often takes weeks- these funds will allow the MFD to be responsive to immediate needs.
- The Red Cross is coming to Millinocket Memorial Library on January 30 (2-3pm) to do a program about fire safety and winter preparedness
 - The Chief will be attending and can talk about the resources provided through this grant. Will plan to share flyer with the committee to help promote.

Penquis Transportation Grant Summary Data- Jane provided a written summary report of the 16-month grant period for the \$9700 in funding received from the Maine Community Foundation (to Thrive Penobscot) in partnership with Penquis for general transportation services.

- The report was sent out to the Committee prior to the meeting and is posted on the town website for review and future reference.
- Overall, 3950 trips were provided and 122 individuals received free rides (no customer fares) from Penquis using these grant funds

Discussion around data shared included:

- The ongoing need for transportation – across the age spectrum.
- The need for more awareness of the services that Penquis provides.
- Randy mentioned that the Opioid funds open up in January- would be a potential funding source for future transportation needs to the methadone clinic. As it was the #1 use of these funds as evidenced by the data Penquis provided.

Diana shared that on January 2 there is a meeting with Penquis staff onsite at MML from 3-4pm. They will share information about all their transportation programs.

Snowdown Planning for Sunday, Feb 16, 2025

- Let Robin know if you want to help, she won't be able to participate that day but will do all she can prior to that day to get things set up.
- Has connected with Cody, the recreation director, and filled out a park use form.
- Amber said she'd do all she could to help as well.
- Robin plans to set up a meeting in early January, after the holidays, to start planning.
- Randy mentioned his recipe/solution for frozen bubbles that we could use that day.
- We've done this for several years so have lots in place already to make this successful.
- Will line up the firepit, hotdogs and hot chocolate, etc.

Member Updates

- Sue Bouchard gave update on Senior Check In Maine. She has updated her flyers to make it more personal by signing her name on them as owner of Senior Check In. Has provided flyers to Barbara and Tom. Is updating a mailing list for East Millinocket area to go out next week. Will hold off any more promotion until after Christmas. Plans to expand into Aroostook County and Lincoln area after that.
- Barbara mentioned that She, Tracey Perry, and Beth LaPlante are taking a course offered by the Maine Association of Farmers Markets. It includes conflict resolution and other market topics. A lot of good issues are being brought up. There are 6 sessions in total, 2 hours at a time with breakout sessions. She reports it is very good so far.
- Barbara is working with John Marden to compile a resource network of phone numbers, etc. She recently called 211 as an experiment to see what they had listed for Millinocket. She said the woman that she spoke to was very helpful and friendly.
- Diana shared that Nicole was working with a graduate student at USM, Emily Ireland, trying to understand what the barriers are for people trying to access resources. It's part of the work with the Katahdin Collaborative so it encompasses the region not just Millinocket. They are planning to do a survey, interviews and focus groups led by Emily. Some incentives are offered to those that participate. Diana shared the flyer about this project.

- This project will result in an updated map of the resources available, and identification of barriers and gaps that people experience. The project started in Sept and will end in May. Target audience is affected individuals.
- Diana shared that the Katahdin Collaborative is a cross-sector group of organizations and individuals that is trying to revitalize this region as a whole. It is currently working in 3 major spheres- Outdoor Recreation, Livability (overlaps with Age-Friendly work), and Economic and Entrepreneurial Development.
 - Diana is the facilitator in the sphere of livability. It is concentrating on 3 things currently, the food council/ food insecurity, LGBTQ inclusion initiatives, and the resource information and access project. If anyone is interested in getting more involved in any of this work, Diana encourages people to contact her.
 - Recently a project around heating insecurity bubbled up, targeting the tri- town. MML had managed funds in the past to assist with heating costs. Those funds have been spent down but the need is still present (if not greater).
 - Diana shared a poster that was going to be going out on social media and the Town's newsletter. It's a fundraising campaign to raise monies that would assist people with heating oil expenses. They are working with the 3 local heating fuel companies. Our Katahdin will be holding the funds to disperse to Dead River, Bragdon Oil and Preble's. Michele McInnis has talked with each of these entities to set up a system to make payments and track assistance given.
 - 100 gallons per year, per household will be the limit once the funds are received and dispersed.
 - In the short term, if people need heating oil assistance, people can apply to Penquis, Herschel Hafford has some funds (Salvation Army funds) and General Assistance is a last resort.

Kat Blackstone sent a flyer to Jane about the Medicare Savings Program to share with the committee. She worked with us on the M-DASH project through the Council on Aging and knew of the work we were doing to promote resources for older adults.

Next Age Friendly meeting date was set for Jan14, 2024 at 2pm at MML.

Meeting adjourned.