



Age Friendly Millinocket

Meeting Minutes

January 14, 2025

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)

In attendance: Jane Danforth, AF Chair, Project Director Thrive Penobscot/MRH, Sue Bouchard, Senior Check In Maine; Larissa Heanssler, EAAA Community Ambassador; Michele McInnis, Community Development Coordinator, Our Katahdin; Louis Pelletier, Town Councilor; Randy Jackson, Breaking the Cycle and Boreal Theater; John Marden, Help Desk, MML; Barbara Riddle-Dvorak, Age Friendly Volunteer; Robin Stevens, Project Assistant, Thrive Penobscot/MRH; Peter Jamieson, Town Manager (Zoom); Tracey Perry, Katahdin Collaborative, Initiatives Director (Zoom).

Also in attendance: Pamela Brown, Dora Ouellete, Judy Robinson, Margaret Bond, Leslie Jenkins, Nancy Carhart, Velma Applebee, Mary Jacobs, Andrea Roselle, and Faye Roselle. Jane met with this group following the meeting to discuss the pool closing at WBMC and their efforts to “save the pool.”

- 1) Meeting minutes from December 10, 2024, were approved.
- 2) Update on Snowdown Planning for Feb 16 was given by Robin Stevens
 - We had a meeting before this meeting to go over details and tasks, so it’s shaping up well.
 - Sunday, Feb 16th from 1-3pm (not 1-4pm as originally stated)- Skating, hotdogs, hot chocolate, cross country skiing on the high school track (Gear Library), a bonfire, and music. Also, frozen bubbles, snowball toss, and the connect four game. We have plenty of benches for people to sit on.
 - Still looking for volunteers Contact Robin at 723-3034 or Jane if you want to volunteer
 - Looking for suggestions for different activities, always looking to grow and expand. We want to have something for all ages.
 - The ski tow won’t be ready for this year... next year it will be!
- 3) Challenge Grant Opportunity
 - Annual Grant opportunity through AARP.
 - <https://www.aarp.org/livable-communities/community-challenge/>
 - FYI- The Snowdown is a result of a previous Challenge Grant.

There are 3 tiers this year, a flagship grant is up to \$20k, creating vibrant public places that improve open spaces and access to amenities, increasing digital connections and digital literacy skills (new this year to the Challenge Grant) and more.

- John reported that the library received a PLA grant (not sure of the acronym), but it is to help with digital literacy. They can help folks either in small groups or 1:1. Have different modules- with videos that they can show. It's a pilot project – knowing there is a need to provide services to help people with computer needs. Good right now, but in the future may need additional funding.
- Barbara wondered about upgrading curb cuts for safer walking. Making them safer for pedestrians. The group mentioned Katahdin Avenue as needing sidewalk repair. The discussion brought up issues that is really a town issue- more funding is needed than the 10-20k available. The town is working on a plan to address the sidewalks downtown. And other ones are on the radar of the town/public works.
- Tracey talked about in-home technology assistance – like helping set up a smart TV, alexia, how to set up email, a virtual assistant, etc. She mentioned a program in Saco through Age Friendly Saco- they go in the home to help out with technology .
<https://agefriendlysaco.org/programs/>
 - The question was asked of John if he could go into homes if liability was covered by AARP. John would need to talk with Diana if that would be acceptable. Tracey was interested in training some peer support people to go into homes. Something to think more about.
- March 5th is the deadline for application, so we have a little bit of time.

Michele wondered about starting a buddy program to get people out that are homebound out and about. Randy talked about Breaking the Cycle purchasing a transit bus to get people around. We need that kind of transportation for 12 – 15 people. Randy said he is looking for monies to get people out and around. He envisions a small transportation spur that could be funded through several non- profits. It was reiterated that transportation is a need in rural Maine.

4) Member Updates

- Don't forget! Thursday, January 30 @ 2:00pm "Be Red Cross Ready in Millinocket" program will be offered at Millinocket Memorial Library in collaboration with Millinocket Fire Dept. It's a disaster preparedness program with special attention to fire prevention in the home. Hope to see you there!
- Sue talked about TownCare- a service offered to make calls to people living alone to check in on them. She described the 3 kinds of program they offer and reminded folks she has a FB page for Senior Check In and to please share!
<https://seniorcheckinmaine.com/about/>
- Larissa talked about the many programs EAA has and brought some brochures to hand out and leave at MML. She spoke about a newly hired employee in their resource center, Stephanie Jamieson, that is from Millinocket. We look forward to having Stephanie attend our meetings.

- The Lifelong Maine website is a good resource she mentioned
<https://www.lifelongmaine.org/home>
 - Tracey asked the group how they consume information – by FB, email, what is the best way to get information to you? FB, posters, bulletin board, churches, the town e-newsletter.
 - She welcomed people to contact her with any feedback they'd like to share.
Director@katahdincolaborative.org
 - John shared information about a Coffee Chat for seniors- will be held on the 1st and 3rd Monday of every month at 10:30-11:30 at MML. Different topics will be covered. Flyers are available upstairs.
 - John also shared that Efficiency Maine is coming Thursday March 6th at 3pm. Come learn about all the rebate programs they have. The presenters will be joining by zoom. Will be held in this meeting room.
- 5) Next meeting date was set for March 11, 2pm at MML.
- No meeting was scheduled for February due to the Snowdown Event that many members would be at volunteering their time.

Meeting Adjourned