



Age Friendly Millinocket

Meeting Minutes

March 11, 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: Louis Pelletier, AF Vice Chair/Town Councilor; Robin Stevens, Project Assistant/ Thrive Penobscot/ MRH; Tom Malcolm, Code Enforcement Officer and Health and Life Safety Officer, Town of Millinocket; Sue Bouchard, Senior Check In Maine; Larissa Heanssler, EAAA Community Ambassador; Stephanie Jamieson, Aging and Disability Resource Specialist/ EAAA; Michele McInnis, Community Development Coordinator, Our Katahdin; Diana Furukawa, Director, Millinocket Memorial Library; Barbara Riddle- Dvorak, Volunteer; and David Dauphine, Volunteer.

1) Meeting minutes from January 14 were approved.

2) Eastern Area on Aging (EAAA)- Stephanie Jamieson, Aging and Disability Resource Center (ADRC) Specialist recently started working with EAAA

- Basically, if people call EAAA looking for resources, she or one of the ADRC's will call them back. Can help with referrals, give phone numbers, answer questions, etc
- Help people get connected to EAAA programs, also helping people with SNAP applications now. Can call and schedule appointments to help with this. May use the library in the future to meet in person or at the Community Café location (next to Stearns Assisted Living)
- Larissa – EAAA Community Ambassador mentioned that her position through the Community Connectons Pilot grant ends at the end of June. Is pleased that Stephanie is here now to cover this area if she is no longer able to be the link to EAAA.
- The general number to EAAA is 941-2865 – Stephanie's extension is 174 and her email is: sjamieson@eaaa.org
- Doorstep Dining (pay per meal program) is no longer available due to cost. There is a nationwide program called Moms Meals they tell people about- it's not through EAAA – so need to connect/ call that separately.
 - <https://www.momsmeals.com/our-food-programs/>
 - They come frozen and are heat and eat meals, starting at \$7.99.
 - In Millinocket, the Community Café (In the Stearns building) is open Tuesday and Wednesdays from 10:30-1:00pm. Call ahead 723-2045 – suggested donation is \$6.00.

3) **Katahdin Collaborative Livability Team/ Workgroup(s) Overview-** Diana Furukawa

- Three (3) areas the workgroup is focusing on: Heating Insecurity, Food Insecurity and LGBTQ inclusion. These are all well aligned with the domains of livability we have talked about in this committee such as social inclusion, opportunities for any age and meeting basic needs.
 - **Heating Insecurity**– A workgroup has been meeting and were able to establish an emergency heating fund with the help of Our Katahdin. People access heating assistance through their heating fuel provider. Still in early stages. Had a meeting last week with Hershel Hafford, Lucy Van Hook, Tracey Perry and other partners to talk about grant writing, establishing an endowment to perpetually fund this due to the ongoing long-term need. Next meeting of this group is April 7, 2:00pm here at MML as well as on zoom.
 - Poster created requesting donations was used on social media that included a QR code for donations - Goal is \$25k this first year, Michele reported that we are almost halfway to that amount. Diana reported that the fund received \$2500 from United Way.
 - This is the last stop, want people to utilize Penquis first, as that is more sustainable. It's an emergency fund.
 - **Food Security** – Robin shared that she is working on assessments with the area food pantries from Patten, Island Falls all the way over to Burlington. All the communities in the Collaborative and beyond. The goal is to start a food council. Tracey Perry and Diana have been attending the meetings of the Maine Network of Community Food Councils, a good resource.
 - **LGBTQ Inclusion** – “Essentially trying to create the community ahead of time for when we need it.” David read a thank you note (a thought experiment) dated 2035 – an inspirational message about the work being done now to eliminate the food desert (by starting a farmers’ market, food council etc.). “Be blessed and stay kind.” These little projects we are working on hold a lot more weight than are appreciated and given credit for. LGBTQ inclusion is humanity.
 - Stone Soup(pot luck) gatherings have been started... a community around food. Creating an access point around sharing food. Diana mentioned that there are 3 other meals scheduled at MML- around the 4th Tuesday of the month. Low key social gatherings for LGBTQ community members and allies. Have a work group that plans them in the off months. Light entertainment, some discussion- very casual.

If anyone wants to be involved in any of the workgroups let Diana know. Can just be on an email list to get updates for any of the workgroups, too.

4) **Earth Day, Tuesday April 22 - Michele McInnis**

- Did a Spring spruce up clean up event a couple years ago but didn't plan one last year. Was asked recently if we'd be doing one this year so wanted to see if there was interest

to plan one this year. Jane had mentioned since we didn't do Snowdown, perhaps we could take this on.

- It's during school vacation so students could be involved for community service hours.
- Focus would be on cleanup of the Parks in town.
- Michele talked with Laura Rollins from Living Innovations, and they would be interested in participating
- Suggested 9am-12pm, ending with a barbeque.
- Tom said he talked with Amber and the Town would like to be involved. This would be an Age-Friendly event. Could cook hotdogs in the park next to the municipal building or at Heritage Park.
- Michele offered to take the lead on this project.
- Diana offered to update the flyer she had created from the last time we did this.
- Tom said we can have Amber put the event out on the Town's Media outlets.
- There was a discussion about a community participation award or some sort of competition – nothing decided.

Tom made a motion that the Age- Friendly Committee pick up Earth Day on April 22 and sponsor it and set up a committee to do it.

- Robin, Diana, Louis and Tom- the 4 town designated committee members in attendance voted in favor.

5) Member Updates

- Barbara talked about the Farmer's Market and shared two letters of support she received. One from Randy Jackson and another from a new vendor (handmade ceramics) that would like to participate this coming season.
 - A meeting is being planned with Barbara, Beth LaPlante, Tracey Perry, Tom and Jane to make decisions on the upcoming Farmer's Market.
 - The first Saturday of the month is an option for this summer that Barbara is exploring. Tom mentioned that it is coming down to crunch time to reserve the park, so need to meet soon and get the dates on the books.
 - We need to get the porta potty lined up
- Diana talked about an upcoming presentation being held at MML this coming Thursday at 3pm by Wabanaki Public Health to talk about all the services they provide.
- Maine Families is relaunching their post-partum and pre-natal support group on the second and fourth Thursday of the month from 10:30-11:30am. It's an open space for moms and babies to connect.
- Diana is teaching a workshop on Friday April 4th (10:30am) on Cyber Security Basics. Will be going over the most common scams to avoid and questions to ask.
- Sue mentioned she is sending out her flyers/information (Senior Check In) and received responses from Community Health and Counseling and Maine Alliance for Retirees. Thought that was positive and is moving her effort along.

6) Next meeting date was set for April 8 at 2pm.

Adjournment