



# Age Friendly Millinocket

Meeting Minutes

June 10, 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)*

Attendance: Jane Danforth, Thrive Penobscot/ MRH Project Director, Committee Chair; Tracey Perry, Katahdin Collaborative, Initiatives Director; Nancy Grant, EAAA MOW Program Coordinator for Northern Penobscot County; Barbara Riddle-Dvorak, Volunteer and Former AmeriCorps Member; Diana Furukawa, Millinocket Memorial Library, Director; Tom Malcolm, Public Health and Safety Officer, and Code Enforcement Officer, Town of Millinocket ( Zoom) Stephanie Jamieson, EAAA Aging and Disability Resource Coordinator Specialist ( Zoom), and Peter Jamieson, Town Manger ( Zoom).

- 1) Minutes from the May 13 meeting were approved.
- 2) An Ad and press release were sent to Lincoln News regarding the upcoming Millinocket Farmers' & Artisans' Market.
  - The Ad was a call for vendors- Farmers, Artisans and Makers!
  - The article provided information about the Market- thank you Barbara for writing it for submission to be printed in the Lincoln News.
  - At this point we may not have a farmer for the first market on July 5<sup>th</sup> but will have goat milk products.
  - New this year...a hiker's booth with a banner with a Katahdin backdrop (photo op).
    - Tracey, through the Collaborative, will have a banner ready for July 5<sup>th</sup>. She has funding to cover the cost. Thank You!! The Katahdin Collaborative is paying the artist a stipend (McKenna, a High School Student) for creating the banner as well as to digitize the banner to have a file if we want to have more banners printed. It's a celebration of the AT. Tracey shared a picture of it with those in attendance. It's beautiful!
- 3) Discussion about a request to the Town from Bobbi Allen for assistance with her work on maintaining the gardens on the Michaud Trail. We have some funding remaining available that we may be able to put towards her request but need to determine as a committee what "fits" in relation to our action plan activities.

Her request was as follows:

Battery-operated blower \$399.00

Gas for mowers \$150.00

3 wooden picnic tables \$350 each {\$1050}

3 or 4 benches \$200 each {\$800}

Total approximately \$2500.00

As a reminder - In our action plan under Outdoor Spaces & Buildings it reads:

Goal 2: Improve access to and use of in-town paths and trails.

- Assess need and secure funding for changes along the Michaud Trail to make the path more Age-Friendly (Examples, additional benches, lighting or other amenities prioritizing "Bobbie's Garden" efforts)

The group was reminded of the intent of our funding that's available from the Town to support our Action Plan. Benches/ tables along the trail would support the action plan. Questions were raised about our priorities.

- It would be nice to have benches in a location that doesn't have one currently. Perhaps sponsor a bench – and inspire other businesses to step in and sponsor a bench.
- Peter, the Town Manager, shared that he did have other funding to help out with Bobbi's Garden request. But had waited per Jane's request to see what the AF committee would want to do.

***In the end, it was decided by the committee for the Town to purchase 2 benches to place on the Trail. We will have them labeled with some signage indicating they are from the AF committee.***

- 4) Discussion- Jane shared information about a community need that has been expressed- grocery pickup and delivery for homebound individuals.
- Nancy Grant from EAAA shared that she gets called on a regular basis from homebound individuals for that kind of service. Food to be brought to their home.

Nancy shared what she does at EAAA- with Meals on Wheels (MOW) being a focus area.

- She has a wait list of 56 clients, and some have been on it for a year or longer (since 2024). It doesn't matter when you call, it is about the need. The greatest need moves up in priority. The wait list typically opens up when someone passes away.
- She is the program coordinator for Millinocket, East Millinocket, Medway, Mattawamkeag, Patten, Springfield, Topsfield, Lincoln, Enfield, Kingman and Lakeville, too. All in Northern Penobscot. The need is growing every day. So many customers have no family, no resources (like transportation and computers) to get services for them.
- Nancy does in-home assessments and can physically see the need which is heartbreaking. People without food become depressed and their health declines.
- Delivery varies from once a month to every other week. Some are 10 meals at a time, 5 meals per week. Most consumers qualify for 10 meals. In addition, they get a small loaf of homemade wheat bread and some sort of fruit (applesauce or fruit juice).
- She noted that some people go without food as they give their food to their animals/pets. It's hard to see this. A lot are unable to go/ or walk to the store to

pick up their own food. Physical abilities are limited. They aren't familiar with computers or savvy about how to access resources.

- There is a lack of funding for the meals. The cost of the meals for the client is funded but they (EAAA) have lost a lot of funding from the government.
- They no longer have the program for consumers to pay for meals outright, if someone had the money to do so. That program ended as it cost more to run than it brought in. (It was called Doorstep Dining)

Stephaine (also from EAAA) shared how it usually goes when she gets a call- she explains the wait list and the eligibility for the program (60 or over and homebound). The harsh reality is that someone could die before having their name come up on the wait list since it is up to a year in some cases.

- Mom's meals is one resource that Stephaine refers people to <https://www.momsmeals.com/our-food-programs/>
- There is another one that will deliver meals that are medically tailored – for those that can pay for it.
- If there was funding locally, it could be earmarked by EAAA specifically for Millinocket residents.

Nancy shared that she recently went into a home where a woman was using 6 blankets, had no heat (no heating oil), was sleeping on a couch with no cushions and had no food in the cupboard. People have no pension, living on SS (\$800 or less), are alone, depressed from losing a spouse, etc. She shared how sad what she sees on a regular basis, is and wants to create awareness of the need in our community.

EAAA uses the Senior Food Box (Food Commodity Program) through Good Shepherd Food Bank.

- It's a once-a-month supplemental food program. It's an income qualified program.
- Also have Furry Friends – supplemental pet food for one animal in the home.
  - For a lot of people living alone, pets are a lifeline- a social connection – something to hug/ love and talk to. It's important to understand and not be judgmental about having pets when they don't have enough food for themselves.
- Currently, both of those programs have wait lists.

Jane let Nancy know she would be invited to join the two workgroups established through the Katahdin Collaborative to address food and heating insecurity in the region. We hear about so much need but have been unable to move the needle on effectively addressing it.

- In establishing our updated AF action plan going forward we need to figure out how to address these needs.
- Tracey spoke about some of the resources that the Collaborative has- and wondered about finding resources for food delivery as a critical priority.
  - She will be thinking about ways to partner/collaborate to be of assistance in the near future.

Question: Diana wondering what it would cost for people on the wait list to receive MOW.

- Nancy said it costs \$23K for 16 people to receive MOW for a year. That equals \$1437.50 per person for a year. Roughly \$1500.

- Stephanie reminded the group that not everyone needs meals for a year. She recently received a call from someone that was recovering from surgery and only needed meals for 3-4 months, for example.
- Stephanie spoke about Lasagna Love, an organization she learned about and has signed up to volunteer to make lasagna and deliver it. Can volunteer to make one, or several. It's something we could think about implementing locally.
  - <https://lasagnalove.org/>

Diana spoke about the fact that even when people know about the resources available and can access them, they aren't available because of wait lists- there is a lack of adequate resources/funding to meet the local need. Yet there is a lot of potential in centralizing local approaches and getting volunteers plugged in for the resources that are available.

- Stephanie could see getting volunteers together at a local church to make lasagna and delivering them. (For the Lasagna Love Program)

Barbara talked again about the need for food delivery, but she also knows people that need food brought into the house and put away. Not just dropped off. Wondered how to address that need.

Diana was going to check with John to see if Ellis's Market was still delivering. And would Hannaford deliver if they knew it was a need? Barbara was going to check. It was mentioned that KG delivers. They have some basic groceries available.

It is acknowledged that we have two tiers of need.

- People that can afford to pay a small price for delivery and those that need no cost delivery.
- This need is on our radar to work collectively on solutions.

#### 5) Age Friendly Action Plan Progress Report update

- Jane will reach out directly to individuals for Action Plan progress notes.

Next meeting date was set for July 8 @ 2pm at MML and via Zoom.

Meeting adjourned at 2:58pm.