



Age Friendly Millinocket

Meeting Minutes

May 13, 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; Louis Pelletier, AF Vice Chair/Town Councilor; Tom Malcolm, Code Enforcement Officer and Health and Life Safety Officer, Town of Millinocket(Zoom); Sue Bouchard, Senior Check In Maine; Larissa Heanssler, EAAA Community Ambassador(Zoom); Stephanie Jamieson, Aging and Disability Resource Specialist/ EAAA(Zoom); Diana Furukawa, Director, Millinocket Memorial Library; Barbara Riddle- Dvorak, Volunteer; Tracey Perry, Katahdin Collaborative Initiatives Director; Jon Cote, Fire Chief/EMA Director, Town of Millinocket (Zoom) and Peter Jamieson, Town Manager, Town of Millinocket (Zoom)

- 1) Meeting minutes from April 8, 2025, were approved.
- 2) Debrief of Earth Day/ Community Cleanup Event that was held on April 23 (our scheduled rain date).
 - Overall, it went well with over 30 volunteers of all ages.
 - Looking around town, many places were cleaned up.
 - It was mentioned it truly was an “age-friendly” event with young children helping along with their parents/grandparents, students from Stearns (baseball team), retirees, and Age-Friendly committee members representing several community groups.
 - It was suggested that it was a little confusing where to go at the beginning- where to meet. If there was going to be a welcome and send off... and some people trickled in during the event, etc. Michele had the spread sheet and assigned locations so knew where to send people based on the established priority list.
 - One group assembled at the head of the road at Jerry Pond before going to the complex to them be assigned the Hillcrest Playground. (Jerry Pond was still closed due to the road conditions)
 - It was suggested to have people bring more tools, if we wanted people to do other tasks then to pick up trash.
 - It was suggested we make this an annual event of the committee.
- 3) Jane had a request from Trails End Festival Committee to host a 5K Run/Walk again this year on Saturday, Sept 13.

Jane shared that she talked with Mickey Lacky and Kari Richardson, the two that were instrumental in assisting us in hosting it last year. They both said, “yes”. That is a good start, only needing a handful of volunteers to make it work.

- Diana asked the question, “what makes it a success?” as we only had a handful of people participate last year (about 10). Those that did we very pleased with the event. It was noted we have much more time this year to advertise/ spread the word to get more involved. Last year it was a last-minute add-on and wasn’t in all the Trails End promotional materials.
- The decision was made to say “Yes” ... and recruit volunteers to help.
- It was mentioned that perhaps KAT and OSI would be interested in collaborating with us.
- Diana commented that it could be our Fall event. We have Snowdown in the Winter, Community Clean up in the Spring and this could be our end of Summer/Fall event.

4) Age Friendly Action Plan Progress Report is due for our 3-year action plan.

- Have a format/guidelines to follow per AARP suggested template. Have other action plans from other communities to use as a reference.
- Jane will be reaching out to different committee members/organizations that had pieces of the action plan for information to include.
- Question: What are our 3 key achievements?
 - Snowdown, AmeriCorps member contributions, Michaud Trail Signage, Transportation grant(s), Farmer’s Market were all suggested
- Need to determine what we want to carry forward in our next plan, etc.

5) Member Updates

- Assisted in promotion of USPS Stamp out Hunger / Saturday, May 10th through social media. John at MML created a flyer to distribute. Tracey reached out to Mel at St. Martin’s, and they didn’t need volunteers but appreciated the assistance to get the word out.
- A new element of the Farmers Market was shared. Barbara and Tracey talked about the Hikers booth backdrop- A piece of artwork that can go on a banner that can be moved around. It’s about celebrating those hikers that have started or finished the Appalachian Trail. A photo opportunity! It’s a collaboration with the Katahdin Collaborative.
- Barbara is working on a press release to put in the paper about the Farmers’ and Artisans’ market. Will put it in the paper along with an Ad to recruit vendors /volunteers.
 - Jane will touch base with Amber to see if she can help create an Ad- and to see if funds remain available through the Town for an Ad. If not, Thrive Penobscot will cover the cost.
- Sue mentioned she picked up a few more clients for Senior Check In Maine for the Call in Service (live or digital). She is going to be offering another service called PERS (personal emergency response system) - a medical alert system. She has a company she is looking at to complement what she already has in place. It would have a watchband system in addition to a GPS to show where the person is... for example, out shopping or at home.

- Is adding content to her website- contacted AARP and got permission link their articles to her page.
- Jane wants to link her page to the Thrive Penobscot Page
 - <https://seniorcheckinmaine.com/>
- Sue is planning to use FB more to share events, local activities etc.
 - <https://www.facebook.com/profile.php?id=100071498552479>
- Barbara asked for Sue's print material for her to have on hand at her resource table she will have at the Farmers' and Artisans' Market this summer.
- Tracey mentioned that she just participated in a focus group for New England Rural Health Association – they are updating their Rural Maine Help Field Guide and wants to link Sue with them to have Senior Check In Maine included.
 - Will follow up with Sue.
- Diana talked about hosting an in-person resource fair and asked about interest. It was a discussion that came out of a recent heating security meeting.
 - Would want groups like Penquis, EAAA etc.
 - Need to figure out who else to ask to attend – resource wise
 - Where to hold it, etc. Boreal was mentioned as a location
 - Perhaps hold an event in the fall – prior to the heating season
- Diana- Senior Coffee Chat is being held 1st and 3rd Mondays. Are lining up speakers at times.
- Diana- Monthly Mending Meet-Ups on the 4th Thursday from 2-4pm – have some basic sewing supplies.
- Diana- Chair Yoga for Seniors – Wednesdays, 10:30- 11:30am May 28- July 17
 - Jane mentioned having a Diabetes Prevention Class that have interest in this sort of program – so will pass this along.
- Diana- A4TD is a federal program that pays people 55+ to participate in a work experience. Need to be income eligible or have other barriers to qualify. There is a need for non-profit employers to partner with.
 - June 5th will be an informational session at MML to learn more – for potential participants.
- Larissa and Stephanie- Eastern Area Agency on Aging (EAAA)
 - The Healthy Aging Expo is being held Thursday, May 22 from 10am – 2pm at Anah Shriners, 1404 Broadway, Bangor.
 - Over 60 exhibitors- free swag at the event, food truck on site, 50/50 raffle
 - Stephanie will be at the welcome table in the morning. Will be on the lookout for potential vendors that would be appropriate to invite to an upcoming resource fair that is being imagined.
 - All are encouraged to attend!
- Larissa spoke about the **Older Mainers Act**- Something the Executive Directors of the 5 Area Agencies on Aging- put together. It's LD814 – that would provide more funding for Meals on Wheels, Medicare assistance and other programs within the agencies. Encouraging people to reach out to their state representatives to encourage passage.

6) Next meeting date set for June 10 @ 2pm