



Age Friendly Millinocket

Town Report

(July 1, 2024- June 30, 2025)

Vision: Be a place that supports and attracts people of all ages

Mission: We want all people to enjoy Millinocket from birth to the end of their lives with services, supports and infrastructure that meet the needs of all stages of life.

The Age-Friendly Committee meets throughout the year at Millinocket Memorial Library both in person and by Zoom. Meetings are recorded and posted to the Town's YouTube channel. Agendas, minutes and related documents are on the Town's website. A progress report for the 3-year action plan (2022-2025) is nearly complete with the committee in process of determining focus areas for the next action plan to guide the work.

Town appointed committee members are as follows:

- Jane Danforth (Chair), Town Councilor, Project Director, Thrive Penobscot / MRH
- Louis Pelletier (Vice Chair), Town Councilor
- Tom Malcolm, Millinocket Health & Safety Officer and Code Enforcement Officer
- Robin Stevens, Project Assistant, Thrive Penobscot/MRH
- Diana Furukawa, Director, Millinocket Memorial Library
- Randy Jackson, Boreal Theater and Breaking the Cycle

Also faithfully participating in the committee are the following individuals/organizations: Barbara Riddle -Dvorak, Volunteer and Former Lifelong Maine AmeriCorps Member; Michele McInnis, Community Development Coordinator, Our Katahdin; Tracey Perry, Community Initiatives Director, Katahdin Collaborative ; John Marden, Help Desk, Millinocket Memorial Library ; Sue Bouchard, Senior Check In Maine ; Jonathon Cote, Fire Chief/EMA Director; Peter Jamieson, Town Manger and Amber Wheaton, Community Initiatives Director, Town of Millinocket.

Ongoing events/activities led by the Age-Friendly Committee:

- 1) The Katahdin Snowdown was held in February at the Recreation Complex. This has become an annual winter event providing outdoor fun for the whole family.
- 2) Earth Day Community Clean-Up Day was held in April. Volunteers convened at the Recreation Complex and were assigned a playground, park or area to spruce up.
- 3) A 5K Run/Walk was held during Trails End Festival in September starting at Veterans Park including 1 mile on the Golden road. Community volunteers made it possible.
- 4) The Farmers' and Artisans' Market was held in Veterans Park on four Saturdays starting in July. Because it ended up being mainly an Artisan Market, plans are to rename/rebrand it next season. Those that participated were pleased with the opportunity to showcase and sell their goods.

- 5) The Community Garden in Kermit Crandall Park was active again this year although some plots were not used. Next season, promotion will start earlier with the goal of garnering more interest in community use.
- 6) The Sand Bucket for Safety Program was held during the winter months. This Town sponsored program continues to grow and be a community benefit.

Additional Partnerships and Community Outreach:

In 2024, eleven new trail signs that included icons for wheelchairs, baby strollers and dog walkers were installed along the Michaud Trail making the intown trail more age-friendly and inclusive.

- Funding (\$550) was secured from Walk America by an Age-Friendly AmeriCorps member who participated in a Maine Walking College series of workshops.

In early 2024, a total of 350 File of Life cards with refrigerator magnet pouches were provided to the Millinocket Fire Department (MFD) for distribution in the community. The project was funded by AARP and the University of Maine Center on Aging based on a request submitted by the Age-Friendly committee.

- File of life cards provide first responders with medical data and emergency contact information when responding to an emergency within the home.
- Cards have been distributed to residents during various Fire & Life Safety Education programs held in the community such as at the library, and Elks Lodge. Deliveries were made to residents at Terre Haute and Crestview Apartments. They are available at the request of residents by calling or stopping by the station. EMS crews also hand them out to older residents while on EMS calls.

In late 2024, the Millinocket Fire Department was awarded a Community Connections grant for \$9607 from the Governor's Cabinet on Aging administered through the University of Maine Center on Aging. This Fire & Home Safety Project was based on an application submitted by the Town in collaboration with the Age-Friendly Committee.

- Funding provided for the purchase of 100 combination CO/ Smoke detectors for homeowners in need. Minor home safety materials such as grab bars to prevent falls, if warranted, after conducting a home safety inspection are provided. Installation is done by full-time crew members and/or the Fire Chief.
- Funding also provided for the purchase of 100 residential fire extinguishers for distribution to older residents in need. Educational materials on CO Alarms, Smoke Alarms, Fire Extinguishers, Home Fire Safety and oven mitts with a safety message on them were also funded through this grant.
- To date, MFD has worked with Millinocket Memorial Library, American Red Cross, the local TOPS group and the Eastern Area Agency on Aging (EAAA) Meals on Wheels program to provide education and outreach about these community resources.

In summary, the Age-Friendly Committee recognizes there is more work to do to make our community more livable for all. With continued collaboration and relationship building we aim to achieve our vision of being a place that supports and attracts people of all ages.

Report respectfully submitted by Jane Danforth, Chair of Age-Friendly Millinocket