



# Age Friendly Millinocket

## 3 YEAR ACTION PLAN PROGRESS REPORT / 2022-2025

*Respectfully submitted by Jane Danforth, Chair, Age-Friendly Millinocket*



**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, support and infrastructure that meet the needs of all stages of life.

## Introduction

Age-Friendly Millinocket has much to be proud of since first convening in January 2019 as a committee of the municipality. In April 2019, we became a member of the AARP Network of Age-Friendly States and Communities. Mission and Vision statements along with a logo were adopted. An Action Plan using the 8 Domains of Livability as the framework was developed based on local data, needs, and readiness. Due to the pandemic (Covid-19) in 2020, it was April of 2022 before our completed Action Plan was submitted. Now, 3 years later in 2025, we celebrate our progress as we strive to meet the most basic needs of our community members while building on our community resources and assets to make Millinocket more livable for all.

Age-Friendly Millinocket has been active in the community in many ways. Committee members bring individual and organizational resources to the table. While we do not have the capacity to provide direct services, we pool our collective resources and talents to address issues of daily living facing our community. We want people to enjoy living in Millinocket!

**Key Achievements:** Events have been sponsored, resources have been developed, connections/collaborations to improve systems made, and funding secured for projects/ programs. Detailed evidence of our progress and activities can be found in a subsequent section of this Action Plan report.

**Executive Summary of Age-Friendly Millinocket's key achievements:** The Katahdin Snowdown, a winter event started in February 2021 with AARP Challenge Grant funding, is an initial key achievement involving many sectors of the community that has become an annual event. We added a Community Clean Up Day in April around Earth Day and a 5K Run/ Walk event during the Trails End Festival in September. These have become seasonal committee-sponsored events for the Town that bring people of all ages together.

Another key achievement is our success in building partnerships to connect people to services and opportunities. Local partners include the Town of Millinocket (many departments within the municipality), Millinocket Memorial Library (including the Gear Library), Our Katahdin, the Katahdin Collaborative and Thrive Penobscot/ Millinocket Regional Hospital. Social service agency partners at the County level include Penquis and Eastern Area Agency on Aging. Notable partner activity can be read in the action plan progress report.

### **Partnership highlights with the Town of Millinocket:**

- In early 2024, a total of 350 File of Life cards with refrigerator magnet pouches were provided to the Fire Department for distribution in the community. File of life cards provide first responders with medical data and emergency contact information when responding to an emergency within the home. The project was funded by AARP and the University of Maine Center on Aging. [File of Life](#)
- In late 2024, the 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. Funding for the Fire & Home Safety Project provided for the purchase of 100 combination CO/ Smoke detectors, 100 residential fire extinguishers for homeowners in need and minor home safety materials such as grab bars to prevent falls, if warranted after conducting a home safety inspection. Educational materials were also funded by this grant.
- In 2021, the Sand Bucket Program, one of our very first programs, was developed by the Fire Department in collaboration with the Public Works dept. In 2024, it was handed over to the Public Safety Officer to manage.
- The Town website has a page dedicated to the Age-Friendly Committee where all meeting agendas, minutes and noteworthy documents are stored. <https://millinocket.org/government/age-friendly-committee/> The meetings are also recorded and available via the Town's YouTube account.
- The Town has dedicated funds in the budget for committee work/events.

### **Partnership highlights with Millinocket Memorial Library (MML):**

- The Help Desk (formally known as Mobilize Katahdin) has knowledgeable staff that provides resource navigation to folks in the greater Katahdin Region. The library established a dedicated phone line specific to this function. A senior resource list along with other resource lists to meet basic needs of our community members has been developed and shared broadly. <https://millinocketlib.org/helpdesk/>
- In 2023, MML was awarded an AARP Challenge Grant in the amount of \$6000 for use in developing an afterschool Teen Space at the library where local youth could gather, do homework, play games and do craft projects in a safe and supportive environment.
- MML hosts many community functions both educational and social for all ages including being the consistent location for Age-Friendly meetings in person and by Zoom.
- MML was the host to AmeriCorps members serving the Age-Friendly Committee. (details in later section)

### **Partnership highlights with Our Katahdin (OK):**

- Our Katahdin led a regional visioning process that led to the development of The Katahdin Gazetteer, a Roadmap to the future. The Action Plan developed includes ideas and desires of the local citizens to create a more age-friendly, or livable community for all ages. To that end, OK has supported events and initiatives of the Age-Friendly committee through staff involvement and resources for our three major events; the Katahdin Snowdown, the Community Clean-up event and the 5K Run/Walk. Our Katahdin also provided fiscal sponsorship for collaborative fundraising events (Katahdin Strong) to assist residents in the tri-town area with emergency heating assistance.

### **Partnership highlights with the Katahdin Collaborative (KC):**

- The Katahdin Collaborative has added capacity to the committee by establishing a regional Livability Committee focusing on heating and food security, housing and transportation. <https://katahdincollaborative.org/> They are leading efforts to form a regional food council to address food security through a multi-sector systems approach. In addition, KC worked with a local youth artist to facilitate the development of a portable mural of Mt. Katahdin. The Collaborative purchased one for use as a photo opportunity at the Farmers' and Artisans' Market as a means to celebrate our local heritage.

### **Partnership highlights with Thrive Penobscot/ Millinocket Regional Hospital (MRH):**

- Thrive Penobscot's project director and project assistant have been actively involved in the Age-Friendly work since inception. The grant funded positions through MRH have provided capacity to co-lead the committee to sustain the overall mission/goals of the Age-Friendly initiative. <https://thrivepenobscot.org/>
- Staff have provided grant writing support for the Town and Library for funds that benefit the work of the committee.
- Thrive Penobscot staff have taken the lead on organizing the Katahdin Snowdown and the 5K Run/Walk events in collaboration with the Town, community groups and individual citizens.
- Thrive Penobscot has provided funding to support Age-Friendly initiatives such as purchasing portable pickleball nets (and paddles/balls) that were used at the tennis courts and in the school gym during cold season prior to the Town investing in converting two tennis courts into pickleball courts. Financial support has also been provided over the years for advertising events/programs, refreshments and supplies/materials for committee work.

**Partnership with Lifelong Maine AmeriCorps:** Sustaining Lifelong Maine AmeriCorps Member projects that began in 2021 has been key to building up the foundational work of Age-Friendly Millinocket. Barbara Riddle-Dvorak and Sarah Jandreau were AmeriCorps members sponsored by Millinocket Memorial Library that brought capacity to the work and grew the overall scope of the committee. Projects included the Farmers' and Artisans' Market, Michaud Trail sign enhancement, Community Gardening and Support group initiatives (for Dementia and Cancer). It is with sadness that Sarah passed in February (2025), leaving behind many friends she made during her tenure with the Age-Friendly committee. She left us with a memory of her beautiful heart as she was a true public servant striving to make life better for all, especially those less fortunate.



In picture above:  
Sarah (L) and Barbara (R)

**How we got here:** Community needs assessments done through grant funded efforts of Thrive Penobscot informed the original focus areas and guided the early work of the committee. Census data provided to the Town through a partnership formed with the Maine Council on Aging in 2022, reinforced the need for our targeted work to assist older persons living below the poverty line (10% are age 65+/mainly women), those living alone (39.7% are 65+) and those in an aging home (84.2% of housing stock for those 65+ is over 50+years old). This data will continue to guide our work. Our success to date has been due to the shared goals, commitment and active participation of partners. Regular meetings, support of the Town and consistent communication have played a role in maintaining momentum and sustaining initial efforts.


**What we learned:** We have learned that the need is greater than the resources available. Our future will be shaped by the capacity of the committee to take on this important work. We need more volunteers to address unmet needs of our community members and will join efforts with our partners to identify strategies and means to build our volunteer workforce. It will take ongoing support and energy of both existing members and new recruits/ connections for long term viability. Finally, we need to prioritize our work to a greater extent and not try to tackle all the identified needs at once. To this end, the next plan of action will be to narrow our focus with the intent to create greater impact over time.


**Next Steps:** With Millinocket's median age of 57, we must continue to ask the question, "how can we help our older residents thrive while creating an environment for our youth and young adults to experience a sense of community and want to grow old here?" To truly be effective, the committee is revisiting its overall purpose and plan to make Millinocket more livable for all. A new action plan will be created in 2026 following a process of reflection and collective decision making. Outside consultation services may be used to guide our strategic planning process. We will continue to participate in the seasonal events we established while creating our new path forward. We are excited for this next phase of our work.

**To celebrate our work and accomplishments to date, it is with great pleasure we share the following pages of progress and accomplishments of the Millinocket Age-Friendly Committee.**

## Domain 1: COMMUNITY & HEALTH SERVICES

### GOAL 1: INCREASE COMMUNITY SERVICES AND SUPPORTS THAT PROMOTE AGING IN PLACE.

ACTIVITIES	PROGRESS
<p>1) Assist Millinocket Memorial Library (MML) in securing funding for Mobilize Katahdin to maintain staffing for Resource Navigator.</p> <p><a href="https://millinocketlib.org/helpdesk">Help Desk at Millinocket Memorial Library</a></p> 	<p><b>Completed and ongoing:</b></p> <p>In 2022, the Penobscot County Commissioners awarded ARPA funding (\$150,000K) to Mobilize Katahdin for a Resource Navigator (3 years). Thrive Penobscot Staff assisted with the grant application. After the pandemic, Mobilize Katahdin was rebranded and evolved into a different but similar program within MML.</p> <p>In 2024, a Program and Resource Coordinator position was created. The overall service is now called the Help Desk, which provides resource navigation to community members.</p>
<p>2) Re-establish the multi-sector Food Council formerly convened (pre-pandemic) to increase collaboration among sectors to more effectively address food insecurity.</p>	<p><b>In progress and ongoing:</b></p> <ul style="list-style-type: none"> <li>In 2024, Thrive Penobscot worked with MML and Katahdin Collaborative staff to create the framework for reestablishing a Food Council for the entire Katahdin Region and adjoining towns that wish to participate.</li> <li>In late 2024 and early 2025, the assessment phase was completed. The Katahdin Collaborative took ownership under the Livability domain of their mission, to move the work forward. It is still in the early stages but is gaining momentum. The Katahdin Collaborative was able to secure \$4,000 of funding to provide stipends to food security partners such as food pantry volunteers to incentivize participation in the Food Council. These stipends are yet to be distributed.</li> </ul>

	<ul style="list-style-type: none"> <li>• The Katahdin Collaborative is also working closely with the Maine Network of Community Food Councils gaining valuable technical assistance and knowledge about food security. They also received additional grant funds (2K) to support efforts in this initiative.</li> </ul>
<p>3) Establish a work group to develop and implement community garden project(s) to link citizens to fresh food sources and to provide opportunities to connect socially with others.</p> 	<p><b>Completed and ongoing:</b>  The workgroup was time-limited and served the original purpose. Two separate projects were implemented:</p> <p>(1) In 2022, the Town of Millinocket created a Community Garden at Kermit Crandall Park with 10 plots available seasonally for community members to utilize on a first come first serve basis through a sign-up process. Community donations (lumber, soil, seeds, labor) and grant funding brought this to fruition. Kickoff event was held on Earth Day, April 22, 2022.</p> <p>(2) Between 2022 and 2024, Millinocket Memorial Library offered multiple programs to the community in collaboration with UMaine Cooperative Extension and Wabanaki Public Health. Children’s planter boxes were incorporated in the Summer Reading Program and continue to be used at the library.</p> <p>In 2024, a volunteer sought out a donation of 20 bags of mulch from Scotts Miracle-Gro (Medway office) to improve the 3 in-ground plots.</p> <p>In 2025, Thrive Penobscot and a local volunteer collaborated with the Town to get the garden ready for planting. Thrive Penobscot Staff have assisted the Age-Friendly committee in sustaining this effort during the course of this project in conjunction with town funds to purchase materials (i.e. paint for fencing) and soil to keep the garden plots viable.</p>

4) Partner with the U.S. Department of Agriculture to reduce barriers and facilitate the opportunity for residents to participate in the Senior Farm Share program.



**In progress and ongoing:**

- In 2022, with the help of an AmeriCorps member, the Farm Share program through Foxgreen Farm had over 70 Millinocket participants. Pick up was at Tri-Town Baptist Food Pantry in East Millinocket on their Saturday Pantry distribution day.
- In 2023, Foxgreen continued to provide Farm Shares at Tri-Town Baptist Food Pantry.
- In 2024, Chiron Farms provided Farm Shares at Millinocket Farmers' and Artisans' Market. They also worked in partnership with Eastern Area Agency on Aging (EAAA) to serve their clients.
- In 2025, Chiron Farms worked with EAAA on a smaller scale to provide Farms Shares to clients.

There is more interest and need than local resources (farmers) can meet.

5) Establish a work group to explore different models of support programs for those dealing with chronic disease (dementia/cancer).




**Completed (and retired):**

- In 2022, a Caregiver Support Group was established in collaboration with EAAA, MML and an AmeriCorps member, Sarah. Meetings were held at MML once a month. Initially a music program was held upstairs for individuals while caregivers attended a support group downstairs. Attendance dwindled at the end of 2022 leading to re-assessment of program delivery. EAAA continued the support group by offering a hybrid model with access to the program at MML.
- In 2023, an AmeriCorps member and Thrive Penobscot staff collaborated with Millinocket Regional Hospital's (MRH) social worker to start Support Groups for those living with cancer and those impacted by cancer (caregivers/family members). Grant funding was obtained by MRH for the social worker's time. The caregiver group never formed due to lack of interest. The group for those living with cancer was successful until the social worker left MRH in April 2025. The formed group planned to continue to meet on their own.

## Domain 2: TRANSPORTATION

### GOAL 1: Increase access and availability of local transportation services.

ACTIVITIES	PROGRESS
<p>1) Promote and educate citizens about Penquis Transportation Services to increase ridership at no cost for 1 full year.</p>  <p><a href="https://millinocket.org/age-friendly-committee/">https://millinocket.org/age-friendly-committee/</a></p> <p><a href="https://millinocket.org/wp-content/uploads/2024/12/Transportation-Grant-summary-report-12.10.2024.pdf">https://millinocket.org/wp-content/uploads/2024/12/Transportation-Grant-summary-report-12.10.2024.pdf</a></p>	<p><b>Completed.</b></p> <p>Starting Feb 2021, Penquis General Transportation rides were provided at NO charge to residents in Millinocket, East Millinocket and Medway. Grant funds came from Maine Community Foundation (MCF) awarded to the Town (\$2500) for the “Transportation of All” program.</p> <ul style="list-style-type: none"> <li>• In November of 2022, an additional \$3000 was provided by Thrive Penobscot/ MRH to continue the program in collaboration with Penquis.</li> <li>• In June 2023, the Maine Community Foundation awarded Thrive Penobscot/ MRH \$9700 to continue this program to offer free rides to tri-town residents using the Penquis Lynx General Transportation program for 16 more months.</li> </ul> <p>In October 2024 funding for the “Transportation for All” program initiated by AF Millinocket and Thrive Penobscot ended. No other grant funds have been secured as of this report. Currently, rides are available from Lynx for a small fee to the rider.</p> <p>During the 16-month period:</p> <ul style="list-style-type: none"> <li>• A total of 122 distinct clients were served; 3950 total trips were provided; The 50 to 59-year-old age group used the transportation service the most followed by the 20 to 49-year-old age group; most trips made were to the Methadone Clinic followed by Regular Medical, Shopping, Other, then Work.</li> </ul> <p>A full data report was provided to the Committee and is available on the Town Website with AF meeting minutes and materials.</p>

<p>2) Partner with Mobilize Katahdin to plan and implement volunteer driver recruitment strategies.</p>	<p><b>Completed (and retired).</b></p> <p>In 2022, strategies included the use of print media in the local newspaper to encourage new volunteers, information was provided on the Library's Facebook page and website. Mobilize Katahdin staff visited local municipalities, attended numerous community meetings to make connections to offer service and promote volunteer opportunities.</p> <p>In 2023, following a strategic planning process, the Millinocket Memorial Library Board of Directors made the decision to end the transportation program, as it was outside of the scope of MML's mission and there were limited volunteers and partners able to sustain the service.</p> <p>Note: The Age-Friendly Committee and the Katahdin Collaborative are aware of the need for transportation services of all kinds and are committed to seeking viable opportunities.</p>
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**GOAL 2: Increase pedestrian safety and accessibility to local services (Healthcare, retail, food, hospitality, etc.)**

ACTIVITIES	PROGRESS
<p>1) Advocate to the Town for improved walkability* and bikeability using AARP's Complete Streets Model.</p> <p>* ADA access a priority</p>	<p><b>In progress on and ongoing.</b></p> <ul style="list-style-type: none"> <li>• April 2022, MDOT and TY LIN Engineering firm presented the bike and pedestrian safety study findings of Penobscot/ Central Street to the community. Shared recommendations for improvements and sought community response. Final report given to the town. Phase 2 has funding secured from DOT/Town for a small section of Central Street – Congress to Ash Street to improve curb cuts for ADA compliance.</li> <li>• As of 2025, it's in the Town's hands to improve walkability and bikeability through infrastructure modifications as funding becomes available.</li> </ul>

**Domain 3: COMMUNICATION & INFORMATION**

**GOAL 1: Increase public awareness of age-friendly activities and resources.**

ACTIVITIES	PROGRESS
<p>1) Develop a plan to promote the services of Mobilize Katahdin, Thrive Penobscot, EAAA, MML and the Age-Friendly Committee.</p>	<p><b>Completed.</b></p> <ul style="list-style-type: none"> <li>An informal plan is in place whereby each entity shares social media posts and emails as appropriate to promote partner services/events.</li> </ul>
<p>2) Assign responsibility for oversight of the Age-Friendly page on the Town website to ensure access and accuracy of information.</p>	<p><b>Completed.</b></p> <ul style="list-style-type: none"> <li>The chair of the committee submits all agendas, meeting minutes and supporting documents to be posted on the Town Website.</li> </ul>
<p>3) Collaborate with Millinocket Memorial Library (MML) to promote the National Digital Equity Center (NDEC) free classes.</p>	<p><b>In progress and ongoing.</b></p> <ul style="list-style-type: none"> <li>Between 2022 and 2025, MML held over 60 NDEC classes that included topics like Windows and Excel Basics, Intro to Google Drive and Docs, iPhone and Android Basics, Internet Safety using email and Facebook securely. Classes are held both in person and virtually and advertised through MML.</li> <li>In addition, MML continues to offer some of its own in-house technology classes on topics requested by the community. Some of these classes were made possible by a \$4,000 Public Library Association (PLA) grant received by MML in 2024.</li> <li>Starting in 2024, MML's Help Desk began offering one-on-one technology help by appointment in addition to resource navigation, after realizing that many resource navigation needs are intertwined with technological barriers. As of May 2024, the Help Desk assisted over 100 community members with their technology needs.</li> </ul>

<p>4) Integrate the resources of Age-Friendly partners in one online location.</p> <p><a href="#">Katahdin Region Resource Guide</a>  <a href="#">Heating Assistance Guide</a>  <a href="#">Senior Resource List</a></p>	<p><b>In progress and ongoing.</b>  Between 2022 and 2025, Millinocket Memorial Library's Help Desk has compiled different local resource lists. These are posted on MML's website and are updated frequently.</p> <ul style="list-style-type: none"> <li>Resource lists curated by MML staff include a local Senior Resource List and a Heating Assistance Guide.</li> </ul>
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**GOAL 2: Increase public awareness of resources available in the event of a local disaster.**

ACTIVITIES	PROGRESS
<p>1) Collaborate with public safety officials and MRH to develop age-friendly multimedia communication plans in preparation of a local disaster or emergency (ex. power outage).</p> <div data-bbox="520 889 814 1263" data-label="Image"> </div>	<p><b>In progress and ongoing.</b>  The Town's disaster preparedness plan is currently in process of being updated. Committee members will work with local public safety officials to find ways to best reach/inform vulnerable community members of local resources in the event of an emergency. Other strategies have included offering informational programs in partnership with organizations such as the Red Cross.</p> <p>In January 2023, AARP provided 250 refrigerator magnets designed by committee members that included local Emergency Contact Information as one means to provide information to community members.</p> <ul style="list-style-type: none"> <li><i>Note: Two of the resources on the magnets are no longer current.</i></li> </ul> <p>It is an ongoing task determining new and practical ways to reach all community members with critical information both in preparation and response to a local disaster and to keep the information current.</p>

**Domain 4: CIVIC PARTICIPATION & EMPLOYMENT**

**GOAL 1: Increase participation in public meetings to advocate for actions to make our town more age-friendly.**



ACTIVITIES	PROGRESS
<p>1) Promote public meetings in multiple media venues to encourage participation of town residents.</p>	<p><b>Completed (and ongoing).</b> Town officials have created a system to notify citizens of public meetings via text/email/social media and the local paper. A digital community calendar is available on the town’s website.</p>
<p>2) Collaborate with Mobilize Katahdin to promote transportation services to civic activities.</p>	<p><b>Retired</b> In 2020, Mobilize Katahdin experimented with providing transportation services for an election. Due to lack of volunteers, Mobilize Katahdin, as a transportation service, was dissolved.</p>

**GOAL 2: Increase the number of age-friendly businesses.**

ACTIVITIES	PROGRESS
<p>1) Research and Implement an Age-Friendly Business program (to foster greater access/Americans with Disabilities Act (ADA) awareness).</p>	<p><b>Not begun- to be reassessed.</b> Note: The Katahdin Collaborative has done business workshops for all ages and has an extensive entrepreneur/ economic development resource available.</p>







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

ACTIVITIES	PROGRESS
<p>1) Assess need and secure funding for changes along the Michaud Trail to make the walking path more Age-Friendly. (Examples, additional benches, lighting, or other amenities prioritizing “Bobbie’s Garden” efforts).</p> 	<p><b>Completed and ongoing.</b></p> <ul style="list-style-type: none"> <li>• In 2023, funding (\$550) was secured from Walk America by an Age-Friendly AmeriCorps member who participated in a Maine Walking College series of workshops for the design and purchase of new signs.</li> <li>• In 2024, eleven new trail signs were installed that included icons for wheelchairs, baby strollers and dog walkers, making the Trail age-friendly and inclusive.</li> <li>• In 2025, funding was earmarked by the AF committee for the purchase (by the Town) of two new benches to be placed along the trail.</li> </ul>
<p>2) Collaborate with Outdoor Sports Institute (OSI) and Katahdin Area Trails (KAT) to promote and support use of in town trails.</p> 	<p><b>Ongoing.</b></p> <ul style="list-style-type: none"> <li>• Age-Friendly partners share OSI and KAT social media postings of programs and events held in town.</li> <li>• Millinocket Memorial Library and the Katahdin Gear Library (KGL) collaborate with OSI to host programs for all ages, such as Age-Friendly walks, birdwatching outings, and paddles.</li> </ul>

## Domain 6: HOUSING





### GOAL 1: Help residents remain safely in their homes.

ACTIVITIES	PROGRESS
<p>1) Continue to promote the wintertime Sand Bucket for Safety Program.</p>  <p>The poster for the Sand Bucket Program features a blue header with the text 'SAND BUCKET PROGRAM' and 'NEED SAND TO KEEP YOUR WALK WAY SAFE THIS WINTER?'. Below this, it states that Millinocket Public Works, Millinocket Public Health &amp; Safety, and Age-Friendly Millinocket have teamed up to provide 5-gallon buckets of sand to residents in need of assistance or who are homebound. It provides contact information for Tom at 723-7005 ext. 2 and lists the location as Millinocket Town Garage, 20 Cedar Street. An image of a white 5-gallon bucket with the 'Age Friendly Millinocket' logo is shown on the right.</p>	<p><b>Ongoing.</b></p> <p>In the winter of 2021, the Millinocket Fire Department established the Sand Bucket program.</p> <ul style="list-style-type: none"> <li>Tractor Supply donated 35 buckets for the initial season. They donated 50 more the following year to replace lost ones and meet the need for the increase in demand.</li> </ul> <p>In the winter of 2023/2024, Total buckets distributed were 48.</p> <ul style="list-style-type: none"> <li>Some buckets were refilled more than once, for a total of 60 buckets of sand delivered.</li> </ul> <p>In the winter of 2024/2025, the Health and Safety officer of the Town assumed responsibility of implementing the program, distributing 62 buckets.</p> <ul style="list-style-type: none"> <li>Some buckets were refilled more than once, for a total of 91 buckets of sand delivered to community members.</li> </ul> <p>It remains a popular and successful program of the committee.</p>
<p>2) Explore the formation of a Handy Neighbors Program including a seasonal Spruce-Up and/or Clean- up Program.</p>  <p>The poster for the Millinocket Earth Day Community Clean-Up features a green and yellow border. It includes an update that the event has been moved to Wednesday, April 23rd, from 9am-12pm. The location is the Millinocket Recreation Complex. It encourages residents to bring their own gloves and tools and notes that all ages are welcome. It provides contact information for Michelle Michons, the community coordinator, at 207-248-8878. The bottom of the poster lists sponsors: Our Kowardin, Millinocket, and Living Greenways.</p>	<p><b>Partially begun- to be carried forward.</b></p> <ul style="list-style-type: none"> <li>The need for a Handy Neighbors Program is well known through anecdotal stories/data showing the number of older people living alone in their homes with limited resources for outside assistance.</li> <li>In 2023 and 2025 Earth Day / Spring Clean-up was planned and held as a seasonal Spruce-Up program for the Town. It was decided by the committee to make it an annual event.</li> </ul>

<p>3) Implement a Falls Prevention Program.</p>	<p><b>Modified (and ongoing).</b>  A specific falls prevention program has not been implemented but progress towards local health officials getting into homes where slight modifications can be made to prevent slips and falls is in process.</p> <p>In November 2024, a Community Connections Mini-Grant of \$9607 was awarded to the Town’s Fire Department. The funding provided up to 100 combination CO/Smoke detectors, 100 residential fire extinguishers and some minor home modifications such as grab bars for fall prevention. Modifications can only be made following a home safety survey by the fire department.</p> <ul style="list-style-type: none"> <li>• Home safety checks are made by the fire department following a self-referral or request.</li> </ul> <p>Note: Community Connections is a program of the Governor's Cabinet on Aging in collaboration with the Maine Center on Aging and AARP Maine.</p>
<p>4) Formalize and promote a caller check-in program for those living alone and vulnerable.</p>  	<p><b>Modified (and ongoing).</b>  The committee has not been successful in establishing a formal volunteer led caller check- in program. However, a new partner joined the committee in 2024 that offers similar programming with a range of services and price points.</p> <ul style="list-style-type: none"> <li>• Senior CheckIn Maine has a website, Facebook page and email.</li> </ul> <p><a href="https://seniorcheckinmaine.com/">https://seniorcheckinmaine.com/</a>  <a href="mailto:seniorcheckinmaine@gmail.com">seniorcheckinmaine@gmail.com</a>  <a href="https://www.facebook.com/profile.php?id=100071498552479">https://www.facebook.com/profile.php?id=100071498552479</a></p>

## Domain 7: SOCIAL PARTICIPATION


### GOAL 1: Increase opportunities for intergenerational social interaction.

ACTIVITIES	PROGRESS
<p>1) Explore opportunities to establish a community/Farmers' market that includes resource sharing (i.e. information table, volunteer recruitment) and seasonal events during holidays featuring canned/baked /homemade goods and crafts.</p>  <p>FRESH, LOCAL PRODUCE • PRESERVES ARTISANAL GOODS • HANDMADE CRAFTS MAINE-BASED LITERATURE • LIVE MUSIC</p> <p><b>WHERE</b> Veterans Memorial Park, 35 Penobscot Avenue Millinocket</p> <p><b>WHEN</b> Saturday, July 5<sup>th</sup> from 9-1pm Saturday, August 2<sup>nd</sup> from 9-1pm Saturday, September 6<sup>th</sup> from 9-1pm Saturday, October 4<sup>th</sup> from 9-1pm</p> <p><b>VENDOR INFO:</b> To become a vendor, please visit our website at Millinocket.org or stop by the town office at 107 Penobscot Ave to pick up an application. Fill out a vendor application and submit \$40 fee for the 2025 season or \$34/booth Saturday.</p> <p> </p> <p>QUESTIONS? Please email millinocketfarmersmarket@gmail.com</p> <p>Millinocket.org   207.723.7000</p>	<p><b>In progress and ongoing.</b> In 2023, the first Farmers' and Artisans' Market season was held Saturdays, June 3 - Sept 15.</p> <p>In 2024, the Farmers' and Artisans' Market was held Saturdays July 6-October 12. (except September 14 due to the Trails End Festival).</p> <p>In 2025, the Farmers' and Artisans' Market was modified to be held only on the first Saturday of the month from July through October.</p> <ul style="list-style-type: none"> <li>New activities included a hiker's photo banner for celebrating Appalachian Trail through-hikers, and booths for artisans, goat milk soap and quilt vendors, etc.</li> </ul> <p>Each year there was a resource table to inform residents of all services and amenities such as Boreal Theater, food pantries and heating resources. And live music when possible.</p> <p>Struggling to get farmers to participate so are looking to potentially re-brand as a "Makers Market."</p>
<p>2) Establish a monthly "Lunch and Learn" program in partnership with the library.</p> 	<p><b>Modified (and ongoing).</b> In February 2025, Senior Coffee Chats were established at the library as a means to encourage social interaction.</p>

<p>3) Collaborate with other stakeholders to establish a community center (build on the Youth Center Initiative in progress).</p>	<p><b>In progress.</b></p> <ul style="list-style-type: none"> <li>In 2024, the Town of Millinocket received a grant from the Sewall Foundation for Community Center concept planning. Community stakeholders of all ages have met with Arcadia Designworks to discuss a high-level concept plan. Conversations are in process.</li> </ul>
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**Domain 8: RESPECT & INCLUSION**

**GOAL 1: Support and implement intergenerational projects.**

<p><b>Activities</b></p>	<p><b>Progress</b></p>
<p>1) Implement the Millinocket Memories Project - 4<sup>th</sup> graders to interview older relatives or neighbors.</p>	<p><b>Canceled.</b></p> <ul style="list-style-type: none"> <li>This project was initiated by our AmeriCorps member and due to unforeseen circumstances (illness of school staff), the project was cancelled.</li> </ul>
<p>2) Implement “Time Capsule” project and hold event.</p> 	<p><b>Completed.</b></p> <ul style="list-style-type: none"> <li>In July 2022, an event was held with readings and refreshments. Over 20 folks from 8-80 years old attended. The Capsule is now in the fireplace niche at MML.</li> </ul>

