



*Eliot Aging In Place  
Committee*

## Aging In Place Committee

*Town of Eliot, Maine*

The mission of the Aging In Place (AIP) Committee is to provide advocacy for changes in Eliot's physical, economic, and social environment that enable Eliot residents, especially older residents, to live in their homes for as long as possible and that foster the creation of services and programs geared to keeping all residents active and engaged in the community.

# Meeting Minutes

Thursday, November 16 2023

### I. Call to order

AIP Chair Ellen Ceppetelli called the meeting of the Aging In Place (AIP) Committee at Eliot Town Hall and on the Town's OWL live feed to order at 4:05 pm.

### II. Roll Call

Attendees included Ellen Ceppetelli, Jenny Isler, Mike Thompson, Nedra Sahr, Karen Tomanio, Maureen Clark, Melissa Layman (remotely). Jeff Brubaker, Eliot Town Planner, attended the public meeting.

### III. Approval of Minutes

The October AIP meeting minutes were approved unanimously.

### IV. Order of Business

#### A. Treasurer's Report

The October Treasurer's Report (att.) was reviewed and approved unanimously.

#### B. Chair Update

1. Eliot Community Service Dept (CSD) will assume responsibility for the Chair Yoga program beginning January 2024 provided AIP Committee allocates \$300 from the AIP budget. Motion to allocate \$300 to CSD approved unanimously.
2. Chair Ceppetelli attended Maine Bike Coalition program. **Action Item:** Chair will provide additional information re our support of AARP Bike & Walk Audit in spring 2024, following Jeff Brubaker's query re same.
3. Pursuant to October AIP meeting discussion and Chair's memo of November 16, 2023 (email to Town Manager) regarding same, and hearing no additional comments, AIP Committee 2024 Budget Request was approved unanimously.
4. Information table at November 7 Eliot polling station yielded 50 new Newsletter email contacts. **Action Item:** Nedra Sahr to scan, give to Melissa Leyman. Karen Tominio to ask Town Office for supply of return labels needed for Newsletters.

- C. AIP Committee heard presentation re "Elder Financial Exploitation" from Wanda Fontaine & Gregory, Doolittle, Piscataqua Savings Bank (PSB). **Action Item:** January AIP

Meeting agenda item for further discussion of potential public program; PSB will sponsor per Doolittle. PSB can “find Maine people for a presentation” per Fontaine.

- D. AIP Committee heard (remote) presentation from Carol Kachadoorian , dbiTilde CORE, re “Active Mobility Infrastructure (AMI)” and “50+ Cycling Survey”. Kachadoorian asked AIP members to “help validate older adults’ experience for AMI article” she is writing. Kachadoorian asked AIP to take / promote / use / ask sister city to participate in 2024 50+ cycling survey. **Action Item:** January AIP Meeting agenda item for discussion re next steps of these requests. **Action Item:** Kachadoorian will forward presentation slide deck.

## E. Communications

1. Per Chair, AIP information table at November 7 Eliot polling station yielded 50 new Newsletter email contacts. **Action Item:** Nedra Sahr to scan, give to Melissa Leyman.
2. **Action Item:** Karen Tominio to ask Town Office for supply of return labels needed for Newsletters.
3. Melissa Layman requested input / articles via email for **November Newsletter** which will be completed and distributed approx. November 20th.
4. **Action Item:** Melissa Layman and Jenny Isler to collaborate TBD on **December Newsletter**; Mike Thompson to send Melissa Layman article re transportation for same.
5. **Action Item:** Maureen Clark and Melissa Layman will discuss practice for sharing and cross-posting the Facebook and Instagram entries they each generate.
6. **Action Item:** Melissa Layman will provide Constant Contact analytics if and when requested following suggestion from Nedra Sahr to ask Newsletter recipients if they open it and how they get information.

- F. Jenny Isler presented “Memory Walk” concept, having received support of Eliot Historical Society re their collaboration for signage. AIP discussed, concluded that project aligns with AIP goals & mission, and unanimously approved Isler moving forward to present a project outline to Town Manager. Jeff Brubaker commented positively on idea, also that it could tie in place-making at the pond area if proposal is for Town Hall area vs Boat Launch area.

V. **Public Comment** See notes above re Jeff Brubaker comments during segments of meeting.

## VI. Adjournment

The meeting was adjourned at 5:38 pm.

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Jenny Isler, Acting 11/16/23  
Secretary

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1/18/2024  
Date of approval

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