



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, April 20, 2023

I. Call to order

4 pm – call to order

New member welcome / introductions: Amanda Ouelette

II. Roll Call

Present: Ellen Ceppetelli, Nedra Sahr, Mike Thompson, Karen Tomanio, Melissa Layman, Jenny Isler, Amanda Ouelette (remotely),

Absent: Maureen Clark and Michelle Myer

III. Approval of Minutes

Review March minutes: add wording to note on Progress Report: report requested by AARP Network of Age-Friendly States & Communities

All Committee members present approved February minutes

IV. Order of Business

a. Treasurer's Report

Arts & Humanities Fund: \$1724.72 Town Budget Funds: \$1141.84 minus \$109.14 = \$1032.70
Total: \$2754.52

March spending: *Nedra* – Constant Contact: \$109.14

All Committee members present approved Treasurer's Report for March

Budget Discussion

Nedra: asked if Town /Budget money reverts back to AIP if not used by May. There would be approx. \$700 left, accounting for \$300 to be spent for our May 20 event. Canva bill of \$114 would be due by June. Maybe not spend it, since we don't use Canva for the newsletter?

Melissa - wait until May to decide on Canva bill. Put on May agenda

b. Chair Update

1. May events: Press release going to Weekly Sentinel about all 3 May events

Melissa: do we want RSVP for all events? *Ellen*: May 20 is just drop in

Nedra passed out fliers for May 20 event, asked all to distribute

2. Lifelong Learning mentions a home share program in Woodstock VT in which seniors share their homes with others to promote affordability and sharing among seniors
3. University of New England Geriatric Work Force Enhancement program partners with age-friendly communities to work with people in communities that are dealing with dementia

Older Americans Month

Aging Unbound Celebration

Nedra: asked all to copy / distribute flier. Asked members how many each could invite. Members generally said maybe 10, plus or minus

Karen: Salt River Trio country / folk music group to come to May 20 event 1:00 to 1:40

Melissa/Ellen: will advertise all 3 events on Facebook, Instagram, Eliot Strong, Eliot Connects, on AIP site, maybe in Kittery

Jenny: will post @ Eliot online, Next Door

Mike/Karen: physical distribution

Nedra: could not find storytellers so far for May 20

Amanda: will reach out for storytellers. History of Eliot.

Melissa: maybe a list of questions kids could ask older residents

Nedra: rundown of expenditures for cakes, cupcakes, compostable silverware, cups, plates, etc. Total = under \$300

All Committee members present approved expenditure for full cake with AIP logo, and cupcakes

Nedra: sign up table on May 20

Jenny: William Fogg Library display will have books on healthy aging and Eliot history

Melissa: cannot be at May 20 event, will Zoom for May 18 meeting

Nedra: let's wear AIP t-shirts

Other May events

May 11: Eliot Town Hall 11 –12 Falls & Balance Workshop with Shellie Jenkins of Reform Physical Therapy

May 25: Eliot Town Hall, 11 – 12. Yoga in Place & Chair Yoga with Rachelle Jewell of Yoga in Action

Nedra will buy water, will attend May 25

Karen will attend May 11

Ellen limit 25 people @ each event

Outdoor Spaces

Ellen: suggested flowers for Dead Duck

Karen: will lead it? Watering. Will recruit Bahai people.

Nedra: will put in bulbs. - Wentworth Gardens – would like to plant 2 trees – perfect place for calendar in Google docs

Communication

Ellen: Newsletter came out today. Sent to AIP by Ann. Should we plan 3 months out for newsletters? Subjects for June?

Jenny: The spreadsheet to suggest subjects, pictures and authors is in our shared AIP google drive since last month. Is everyone aware & is it useful? *Karen:* will write about Meals on Wheels ride. *All:* will write about May events

Nedra: We do 12 newsletters. Has info from Comprehensive Plan Committee. Will save dates for next newsletter. Will correct Ellen's phone #. Will be interim newsletter editor for May. Will email it to Melissa Albert.

Comprehensive Plan

Nedra: did a newsletter article. Overview and request for volunteers. Will go over public input at the survey event at Regatta Room. Very good response.

Transportation

Mike: Again, keep circling back to YCCAC. They are completely set up to vet & train volunteers. No need to reinvent "the wheel". So far, on personal effort, have one possible driver and one possible rider for YCCAC. Ad in the Weekly Sentinel?

Jenny: more publicity suggested

Eliot Town Candidates for June Election

Ellen: Eliot Dems asked about a candidate forum. Good idea, but what is our role?

Mike: will contact Eliot Dems. Could we just have them do it and put our 'imprimatur' on it?

York County Council on Aging 'The Exchange' monthly Zoom

Jenny: Did not attend last Zoom, topic was Covid vaccination.

Ellen: please share if not attending

Older Americans Month Banner

Ellen: It has disappeared. Replacement?

Public Comment

There was no public comment.

Adjournment

The meeting was adjourned at 5:10 pm.

Mike Thompson
Secretary

May 19, 2022
Date of approval
