



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.

AIP Meeting Minutes

Thursday, June 15, 2023

I. Call to order

AIP Chair Ellen Ceppetelli called the March meeting of the Aging In Place (AIP) Committee at Eliot Town Hall and on the Town's OWL live feed to order at 4:15 P.M. while having waited to have enough members for a quorum.

II. Roll Call

Attendees included (in person) Ellen Ceppetelli, Maureen Clark, Melissa Layman, Karen Tomanio, and Nedra Sahr. Mike Thompson, Michele Meyer and Jenny Isler had approved absences.

The May 18, 2023, meeting minutes were reviewed and approved without amendments.

III. Order of Business

A. Treasurer's Report

The June 2023 Treasurer's report was reviewed and approved. Suggestions of use of the remainder of funds available for the fiscal year, July 1, 2022 to June 30, 2023 included renewing our Canva newsletter formatting app, renewal of Google Docs membership, and monies for stamps and envelopes to continue our hard mail newsletter service. Melissa Layman moved that we accept the suggestions. Unanimously approved.

B. Chair Update

1. The Chair reported on the **AARP Age Friendly After -Action Report** which evaluated Eliot AIP's three- year Action Plan outcomes. It was accepted by the Lifelong Communities of Maine and posted on the Eliot Town website. Eliot AIP is one of the 100 Age Friendly Communities in Maine. In addition to being posted on the Eliot Town website it can also be found on the website; www.lifelongmaine.com.
2. A plaque was sent from AARP honoring the Eliot AIP Committee. Town Manager Mike Sullivan expressed his desire to acknowledge Eliot AIP at the June 22, 2023 meeting of the Select Board. Ellen extended Mike's invitation to the complete AIP committee to attend the 5:30 PM Select Board meeting.

3. **Chair Yoga.** The chair suggested that since this activity was well received in May, and it fits well with our efforts in the Social Isolation Domain, that AIP consider conferring with Rochelle from Yoga-In -Action to determine if we could establish a program at Town Hall or Baran Place. Maureen Clark moved that we approve Town Hall, Karen Tomanio seconded the motion. It was approved unanimously.
4. Ellen announced that Eliot AIP is one of the 100 Age Friendly Communities in Maine. Our Age Friendly After-Action report is included on the website; www.lifelongmaine.com.
5. **Communication.** The Chair asked for suggestions for articles to be included in the June/July newsletter. Nedra said she'd submit an article with pictures of the completed Dead Duck Project and wondered if a public dedication might be an effective way to gain more public exposure. No decision was made.
Ellen will report on the Quick Action Grant for Memory Games. She also offered to submit an article about an Inservice Program for Police Chief Elliot Mayo and his officers to discuss communication with families and patients about issues surrounding dementia. The program would be called Dementia Inclusive.
During our discussion of the Newsletter Karen suggested looking into a support group for dementia sufferers and their caregivers. She mentioned a Memory Café where Memory Kits could be available.

Melissa is working on increasing the font size in the newsletter, online and in print. She also asked for committee input on articles for Social Media, primarily Facebook to keep our efforts visible in the online community.

Ellen suggested we publicize a vacancy on the committee along with the recommendation that interested parties attend one of our meetings
6. **Location for Dementia Materials .** The chair spoke with Karen Ordway, Director of the Library who informed her that the Library Trustees would have to decide if the Library would be willing to host the materials. Their next scheduled meeting is in September, 2023. Karen will put the Chair's request on their agenda. Meanwhile Sandy Burkett of Baran Place offered to host the Memory Care materials at their facility. The chair reported there are 38 Libraries in Maine that are offering Memory Care materials. She also suggested a \$75 line item for replacement of Memory Care.

V. Outdoor Spaces

1. A discussion of keeping Dead Duck free of unwanted deposition of decorative articles and left behind personal articles found Melissa suggesting a Carry In, Carry Out notice along with a possible Lost and Found depository. Posting on Social Media was talked about encouraging citizens to be respectful of the space.

VI. Public Comment

1. Paul Campbell was the visitor of the day. He remarked that he found the proceedings interesting and helpful particularly in light of personal knowledge of dementia in his family. Maureen Clark and Karen Tomanio engaged Paul in conversation after the meeting discussing their experiences and recommendations as caregivers.

VII. Adjournment

The meeting was adjourned at 5:20 P.M.

Nedra Sahr

One time Acting Secretary

Date of approval
