



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, July 20, 2023

I. Call to order

AIP Chair Ellen Ceppetelli called the July meeting of the Aging In Place (AIP) Committee at Eliot Town Hall and on the Town's OWL live feed to order at 4:10 P.M.

II. Roll Call

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

III. Approval of Minutes

The June 2023 meeting minutes were reviewed and approved without amendments. Jenny will submit the minutes to the Town Clerk.

IV. Order of Business

A. Treasurer's Report

Arts & Humanities Fund	1724.72
New England GREP Grant	500.00
Expense Dementia Games & Puzzles	-315.34
Expense Dementia Police Presentation	- 60.19
Balance	124.47

Town Budget Funds	497.47
Expense Stamps & Envelopes	-217.48
Expense Canva Renewal	-119.99
Expense Google Drive	-19.99

F.Y. 2023 Remaining Balance	140.01
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F.Y. 2024 Balance as of July 1, 2023: \$2000.00. Noted that the Town Budget does not roll over. Treasurer's Report approved.

B. Chair Update

Ellen is waiting on delivery of 100 mugs from Maine Lifelong Communities as a reward for the Action Plan Progress Report.

Melissa will represent AIP on the Town Capital Investment Committee.

Upgrades to Town Hall will not be as large as previously planned. There will be new architectural plans. Eliot Community Service will not be in the new building. All agreed AIP should be represented at meetings.

C. Election of Officers

There are 2 vacancies on the Committee. Michelle Myer is no longer on the Committee. Nedra suggested a vote of appreciation for her service. June Hamel will bring an application for admission to AIP before the Select Board at their July 22 meeting. Jenny suggested Mary Hogan as a possible candidate as she had expressed interest previously. Ellen emphasized the need for racial, gender, social inclusivity on the Committee.

Nominations:

Secretary: Karen nominated to be pro-tem secretary until September; Mike to mentor Karen on process.

Vice-President: Nedra nominated and approved

Chair: Ellen nominated and approved. This is to be her last year.

D. Dementia Inclusion Project

Ellen presented dementia inclusion folders and sheets. Ellen needs a September date to do a presentation to the Library Trustees. Ellen will present at two webinars in August on dementia inclusion: Lifelong Communities Learn & Share; Tri-State Learning Collaborative on Aging. Melissa will put folder and sheet in digital form and make paper copies. Karen could mail them out. Ellen will give folders and sheets to Kim at Eliot Connects. Ellen and husband Ron had a very positive meeting with the Police Department first responders / Care Partners about dementia inclusion. Mentioned: YCCAC has a licensed social worker Eric Grainger that serves Kittery and Eliot. Recommended the book: Melting Ice, Shifting Sand by Margorie Burke. Hoping to temporarily house the games and puzzles at Baran Place.

E. Chair Yoga

Discussion to sponsor 10 sessions of chair yoga at Town Hall (or Baran Place?) every Thursday @ 10-11 am from Sept. 7- Nov. 9. Cost would be \$1000, paid for by \$140 from the Town Budget balance, \$200 from a contribution by Mike Sullivan, and \$660 from the AIP Arts & Humanities Fund. Melissa made a motion for this. All approved. Jenny mentioned introducing people to transportation options to attend the service.

F. Communication / Creative Connections / Newsletter

Creative Connections: Maureen is taking on art projects, using hands, sharing stories, all to be

creative in some way. Plan to do one hour sessions, 10-11 am, once/month, on the third Wednesday of each month, from Sept.20 through May 15. At Town Hall. Ellen and Nedra emphasized having activities at Town Hall to emphasize Town Hall as a Community Center.

Newsletter: Maureen will send Melissa an article on Creative Connections. Ellen will do an article on Chair Yoga and an update on the dementia inclusion project. Ellen will also do a press release to the Weekly Sentinel on these two fall activities - Creative Connections and Chair Yoga. Melissa can do a photo gallery on google drive.

G. AIP Fall Events

Eliot Festival Days is Saturday September 30. Nedra will contact Gene Wypiski (?) to sign up. Volunteers are needed.

H. Volunteers

Need volunteers to be matched with fall activities. Maybe/probably recruit board members.

V. Public Comment

Mike spoke in this public comment spot about further progress on the transportation domain. Applied for, was background checked, and was interviewed at YCCAC headquarters in Sanford to be a volunteer driver. YCCAC funding, which reimburses driver @ .57 / mile, only covers trips for transporting riders for medical appointments. People who need rides for this purpose would contact YCCAC to be assigned a volunteer driver. Again, YCCAC does also have a van service that can take people to certain locations in Newington for shopping - a free service to all York County residents.

VI. Adjournment

The meeting was adjourned at 5:45 P.M.

Mike Thompson
Secretary

August 24, 2023
Date of approval
