



*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, December 16, 2021

I. Call to order

AIP Chair Ellen Ceppetelli called the December meeting of the Aging In Place (AIP) Committee at Eliot Town Hall and on the Town's OWL live feed to order at 4:00 pm.

II. Roll Call

Attendees included (in person_ Ellen Ceppetelli, Maureen Clark, Ann Lukejord, Nedra Sahr. Melissa Layman, and (via Zoom) Michele Meyer from Augusta. Guests included Eliot resident Lorrie Oeser.

III. Approval of Minutes

The November 18, 2021, meeting minutes were reviewed and approved.

IV. Order of Business

A. Treasurer's Report

As the treasurer was absent at the November meeting, both the November and December treasurer's reports were reviewed and approved.

B. Chair Update

The Chair reported on the Winter Placemaking Guide provided by AARP to help the committee think about winter activities to plan and involve Eliot residents, especially our older neighbors. Ellen and Melissa had participated in the AARP Winter Webinar online to help organizers plan events during the cold months. The Chair reported on her meeting with Mike Sullivan and Jeff Brubaker and efforts to improving walking and biking ways in town and other matters that could involve and positively affect older residents. The Chair stressed the need for members to take leadership roles for each AIP item or project and to then recruit volunteers to assist. Maureen said she would take the lead for the Creative Club. Ann said she would take the lead for improving pickleball and tennis opportunities in Eliot.

C. Public Spaces/Public Comment

The Chair acknowledged Eliot resident Lorrie Oeser who was in attendance and an Eliot pickleball enthusiast. The Chair and members shared the new Town Manager's and the Town Planner's enthusiasm for improving pickleball and tennis in Eliot. Of note, pickleball enthusiasts

and others were encouraged to attend the Thursday, January 13, 2022, Select Board meeting at 5:30 pm at Town Hall as the Select Board would be voting on projects to fund with federal funds from the American Rescue Act.

D. Civil Engagement

Ellen and Maureen met with Deb Lloyd who has led past Creative Circle groups. Maureen is the AIP lead for upcoming Creative Circle groups. She wants to start an additional group in January or February. There was discussion of having a group for just Baran Place residents at Baran Place.

Nedra moved that AIP spearhead a future Creativity Circle that would include using AIP funds to hire a consultant. Ann seconded the motion. The motion passed unanimously.

Nedra spoke about the Eliot Fall Festival (EFF) directory and how that really serves the community. She will reach out to Cindy Waters, EFF director, to see how AIP can get involved in future efforts involving this resource.

E. Social Isolation

Ellen said she would connect Sarah Curry of Yoga In Action with Sandy Burkett at Baran Place to see if an online or in person regular yoga or stretching class might be something residents would like and participate in. Discussion focused on returned past podiatry services to Baran Place for older residents to ensure foot health. Michele will reach out to York Hospital and others within the Eliot community to see what can be done to restore this important service. It was mentioned that AARP has online classes in Tai Chi, yoga, and stretching and that those should be highlighted to residents in the January newsletter.

F. Public Comment

Lorrie Oeser shared with the committee that she and other pickle ball enthusiasts are still playing at this time of year and that they are all grateful for AIP efforts and leadership in supporting pickleball in Eliot. She also said that the issue was two-pronged: 1.) fix existing courts, and 2.) plan and build new facilities for the growing interest in a sport that people play at every age.

G. Adjournment

The meeting was adjourned at 5:00 pm.

Ann Lukejord
Secretary

January 20, 2022
Date of approval



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.

December 2021 Treasurer's Report

Arts & Humanities Funds:

Balance: \$1724.72

Town Budget Funds:

Balance: \$1237.92

Total: \$2962.64

Submitted by Melissa Layman, Treasurer