



*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

Wednesday, February 15, 2023

### I. Call to order

AIP Chair Ellen Ceppetelli called the February meeting of the Aging In Place (AIP) Committee at Eliot Town Hall and on the Town's OWL live feed to order at 1:35pm.

### II. Roll Call

Attendees included (in person) Ellen Ceppetelli, Melissa Layman, Mike Thompson, Nedra Sahr, and Karen Tomanio. Ann Lukejord was excused. Maureen Clark, Jenny Isler, and Michele Meyer were absent.

### III. Chair Check-in

The Chair announced that with only four members in attendance and they did not have a quorum and could not vote on any matter. When Karen arrived, AIP had a quorum. Before having a quorum, Ellen opened the floor to Melissa to discuss Google Docs and the AARP magnet. Melissa will be creating additional folders in Google Docs for members to upload documents. Ellen said that printed copies of all documents can be created for members who are not online and would not be using Google Docs. Melissa said she would also like to create a Google Group for AIP members as a better way to communicate. Melissa shared the final layout for the magnet AARP will be creating free of charge for AIP to provide residents with emergency numbers that may be affixed to a refrigerator. Nedra thought the font could be larger. Mike said he would check the phone numbers to make sure they are correct. Ellen said she will send Patricia Oh an email with Melissa on it to say AIP's final artwork for the magnet is on its way. Members thanked Melissa for her work.

### IV. Order of Business

#### A. Meeting Minutes and Treasurer's Report

Members reviewed draft minutes for January 19<sup>th</sup> and February 2<sup>nd</sup> AIP minutes. Nedra moved, Mike seconded that the January 19, 2023, minutes be approved. The motion passed. Melissa moved, Karen seconded that the February 2, 2023, minutes be approved as amended. The motion passed. Melissa presented the Treasurer's Report. Nedra moved and Mike seconded that the Treasurer's Report be accepted. The motion passed.

## B. Chair Update

The Chair referenced a flow chart as a valuable resource for working on projects and events. The Chair asked if members had ideas for the upcoming newsletter. Members discussed possible submissions. The Chair shared that the Eliot Comprehensive Plan Committee's public survey had closed and that the Committee had received 740 online responses and additional printed copies. Ellen spoke about the status of the Action Plan Progress Report which is due on April 11, 2023. She said the report is a form that must be completed. She will put the report on the next agenda. Ellen said she would also send out town reports and Melissa suggested putting them on Google Docs. Ellen said that Jenny has been attending zoom meetings for the York County Community Action monthly resource meeting. Melissa volunteered to attend the meetings as well. Nedra said she spoke with Claudia from Eliot Connects who shared that Eliot Connects is working on creating a central resource for people to access.

## C. Creative Connection

Maureen's report was tabled for the next meeting as Maureen was not in attendance.

## D. Event Planning for May as Older Americans Month

Nedra reported that the Eliot Garden Club has not yet confirmed May 20<sup>th</sup> as the date for its annual plant sale at the gazebo and will do so at its March meeting. Nedra said the plant sale would be in the morning and the AIP event or events would be in the afternoon. Members agreed to hold the May 20<sup>th</sup> date for now.

Ellen said Sherrie Jenkins PT is ready to do her balance-centered presentation at Baran Place. Ellen contacted Sandy who said the date for the event could be in May. Ellen said it would be open to the public and that holding the event in May does not need to be decided at this point.

Members discussed Amanda Ouellette's invitation for members to ride along with Meals on Wheels drivers for their deliveries during the month of May. Members will discuss it at a later meeting. Karen was interested and Ellen said she would create an email with Karen and Amanda on it.

The members discussed storytelling, yoga, and music events. Ellen said Yoga In Action is ready to go with a series of free yoga classes. Location was discussed, and ideas included Eliot Elementary School, the Middle School, and outside after the Eliot Garden Club plant sale. Ellen said AIP would serve cake at the proposed May 20<sup>th</sup> event at the gazebo. She also thought it would be good to hand out File of Life packets for people to list their medications and have for easy accessibility for first-responders. Karen spoke about her ideas for musicians that she knew, including Larry and Fiona Gossack, Bev, and Mike Rodgers. She also suggested young people who played the cello or other instruments. Karen also knew a storyteller from Lee. Members thought cake service would be from 1:30 to 3:30pm.

Nedra said she will reach out to the Eliot Historical Society for storytellers and asked about where they would have the story tellers and if they would be for different age groups. She added that the musicians might be in the gazebo and the cake served down from the gazebo. Melissa asked if they were going to have both music and storytellers. Karen said they could transition from one to the other and added that she also knew Ann Jennison who is a great storyteller. Nedra said for Older Americans Month she would like it to be an older person and about Eliot history. Melissa said she would take this on as she attends via zoom Historical

Society meetings. Members talked about Pumpkintown and where it was located on Pumpkin Road.

Mike said he would reach out to Parks and Recreation about using its van to get people to the event. He will also talk to Tom at YCCAC to see if they can book transportation for May 20<sup>th</sup>. Mike said he would not know how many people might use the YCCAC bus. If it were 5-6 people that is good but might be only one or two people. Ellen said if it is only one or two people maybe AIP members can provide transportation.

Ellen recapped the discussion and said that May 20<sup>th</sup> would focus on cake, music or storytelling. She confirmed that AIP was planning for one day. She said the balance and yoga events would be on another day.

Melissa shared the theme for the month which is "Aging Unbound." Members discussed the theme. Nedra said she would check with Parks and Recreation to see what AIP needs to do to secure the gazebo and Hammond Park for May 20<sup>th</sup>. Members thought promoting the event on the State Road electric sign would be good.

### Public Comment

There was no one in attendance from the public.

### Adjournment

Melissa moved, Nedra seconded that the meeting adjourned. The motion passed. The meeting was adjourned at 3:05 pm.

Ann Lukegord  
Secretary

\_\_\_\_\_  
Date of approval



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### **Treasurer's Report for February 2023 to be reviewed March 16, 2023**

#### **Arts & Humanities Funds:**

Balance: \$1724.72

#### **Town Budget Funds:**

Balance: \$1141.84

**Total: \$2866.56**

Submitted by: Melissa Layman, Treasurer