



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, January 20, 2022

I. Call to order

AIP Chair Ellen Ceppetelli called the January 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, Melissa Layman, Ann Lukejord, and Nedra Sahr and (via Zoom) Maureen Clark. Michele Meyer was absent. Guests included Eliot resident Lorrie Oeser.

III. Approval of Minutes

The December 16, 2021, meeting minutes were reviewed and approved as amended

IV. Order of Business

A. Treasurer's Report

The December treasurer's report was reviewed and approved.

B. Chair Update

The Chair reported on a change of plans to introduce live, in-person yoga and stretching classes at Baran Place through Yoga In Action as the Covid numbers have risen such that Baran Place residents do not want to meet in person. Discussion continued about trying to connect Lasagna Love to Baran Place residents. Because Lasagna Love provides a full lasagna, residents found the portion too big for their individual needs. Ann will follow up with Eliot Connects to see if there are other food delivery opportunities for Baran Place residents. Ellen reported that Michele had investigated returning podiatry services to Baran Place and found that a staff shortage continues to make the service impossible to offer. However, they will reconsider in the spring.

C. Public Spaces/Public Comment

Melissa updated the committee about benches at Fogg Library and bench security. The two benches at the Fogg Library have been located near each other under the tree by the entrance. Finishing anchoring of the benches is scheduled for when the ground is not frozen. Discussion turned to Town use of federal funds from the American Rescue Plans Act. All agreed the positive reaction to funds earmarked for the Town's walking and bicycling plans and improvements at

Frost Tufts Park to enhance existing basketball and tennis facilities and install pickleball facilities was terrific to hear and in line with AIP's mission to get people connected and involved throughout outdoor and multi-age activities.

D. Social Isolation

Maureen reported that a new Creative Circle will start on February 10 for six weeks, meeting from 11:30am to 12:30pm. Further discussed renamed the group to AIP Creative Connection. This opportunity will be advertised in the January newsletter and emailed out in the form of an informational flyer.

Ellen reported on continued interest in working with Yoga In Action and including their link under the small piece in the January newsletter about stretching and accessing free online stretching and yoga videos to assist people.

E. Civil Engagement

Members discussed the state's property-tax assistance program and were glad to see it highlighted, as suggested by Michele, in the January newsletter.

Discussion turned to using AIP funds to advance distribution of the e-newsletter by using Constant Contact or another such service.

Melissa moved that AIP leverage Constant Contact for no more than thirty dollars a month to distribute AIP's February newsletter. Ann seconded the motion. All voted in favor. The motion passed.

Melissa also mentioned looking into using Google groups for AIP to streamline members' emailing each other and maintaining information.

F. Public Comment

Lorrie Oeser spoke about the ARPA funds earmarked by the Town Manager for pickleball and other improvements to Frost Tufts Park facilities. Lorrie will attend the January 27 Select Board meeting where the funding will be discussed again. Members plan to attend in person or online.

Adjournment

Nedra made a motion to adjourn the meeting. Maureen seconded the motion. The motion passed. The meeting was adjourned at 5:35 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.

January 2022 Treasurer's Report

Arts & Humanities Funds:

Balance: \$1724.72

Town Budget Funds:

Balance: \$1237.92

Total: \$2962.64

Submitted by: Melissa Layman, Treasurer