



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, October 20, 2022

I. Call to order

AIP Vice Chair Nedra Sahr called the meeting to order the October 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 as the Chair was in attendance remotely.

II. Roll Call

Attendees included (in person) Nedra Sahr, Maureen Clark, Ann Lukegord, Karen Tomanio, Mike Thompson, Michele Meyer, and (remotely) Ellen Ceppetelli and Melissa Layman. Town Planner Jeff Brubaker was in attendance to address the committee and Melissa Albert was on hand to provide administrative support and answer questions as needed.

III. Approval of Minutes

The September 2022, meeting minutes were reviewed and approved as amended.

IV. Order of Business

A. Treasurer's Report

The September 2022 treasurer's report was reviewed and approved.

B. Town Planner

Jeff Brubaker provided the following updates:

The newly formed Comprehensive Plan meeting is scheduled to meet for its first meeting on Wednesday, November 9 at 7:00pm. The meeting is in person and available for remote participation.

The Town will be holding its Climate Change Resilience Workshop on October 25.

The Planning Board is reviewing LD 2003, a bill on housing affordability and accessibility signed by the Governor, and is moving forward on Eliot housing issues, including ADUs and other section of the town ordinances.

On outstanding town pursuits as pickleball courts and sidewalk infrastructure, the Town Planner shared the Town Manager would have information on the status of pickleball courts and that town infrastructure project, specifically installing sidewalks on Beech Road, is continuing and currently in the process of selecting a design company.

C. Chair Update

The Chair reported on her presentation via zoom to the American Nurses Association (ANA) of Maine and sharing with the gathering Autumn Baldwin's poem from AIP's 2021 Writing Contest. The poem received high praise. The Chair talked about an email she received from a York resident asking about home improvement resources. Appropriate resources shared at the meeting were Gene Sanders at Habitat for Humanity, Window Dressings, and Efficiency Maine. The Chair also reported that Lisa Joy is a contact from Patricia Oh who may be interested in joining Creative Connection.

D. Creative Connection

Maureen reported that only two people had shown an interest to date. She will contact Lisa Joy. Maureen continues to promote CC. The dates may change as to the start and finish of the six-week online workshop, but it will remain on Fridays.

E. Age-Friendly Master Class

Ellen, Nedra, and Mike are attending this class. Mike shared that there are age-friendly groups throughout Maine. He noted that it is important to include all ages in events. Nedra shared that she liked the idea of "aging and thriving." She added that it is important to make connections with existing groups and that all events should have a sense of fun planned into them. Toward this end, the committee decided to put brainstorming events as an agenda item at the November meeting. And have "Brainstorming" as the theme of the November meeting. Members will send feedback to Ellen on events they have brainstormed individually for discussion and consideration at the November meeting.

F. Ageism: Language Matters

Maine Council on Aging kicked off its goal to end ageism by 2032 with a website and invitation for people to join their effort and take the pledge. Ellen sent the campaign information to members. This information is online at <https://mainecouncilonaging.org/agepositiveme/>. Members discussed the power of language to communicate a bias against groups of people, particularly language used to refer to people fifty-five and older. The discussion will continue in future AIP meetings.

G. Eliot Festival Days 2022

Members reflected on their experience and lessons learned from the September Eliot Festival Days. Melissa noted that a lower participation number may have been due to the "Taste of Kittery" held the same day in Kittery. It was noted that people come to the festival as early as 8am but then the numbers seem to lessen as early as 1pm.

H. November 8th Election Coverage

Members agreed to have a table at the polls to be available to residents who may not know about AIP or may want to learn more about the committee and its efforts. The table will include sign-ups for AIP activities, information about food support, and the File of Life packets from EFD. The schedule for staffing the table is as follows:

Mike – 8am to 10am
Karen – 10am to noon
Ellen – noon to 1pm
Melissa – 1pm to 3pm
Ellen – 3pm to 4pm
Maureen – 4pm to 6pm

It was decided to close the table at 6pm as foot traffic dissipates after 6pm.

I. Communications

Ann asked that members consider two items concerning our communications: 1.) would a scrolling format as used by the Fogg Library for its e-newsletter better suit the AIP e-newsletter, and 2.) did we want to attach a blog to our AIP FB page where expanded thoughts or information could be written in blog-form. Ann reported that AIP would have to use an online resource for the blog such as Squarespace for \$20 a year and she had not researched if there are any additional costs.

Concerning updating the AIP page on the town website, Melissa and Ann will review what's outdated or omitted and send that list to Ellen so she may meet with Mike Sullivan, town manager, to see if the AIP can be updated and maintained moving forward.

Ellen asked about the AARP magnets. Ellen had sent information to members, and there would be no cost to AIP for 100 of them. Members thought they would be good to have and distribute.

Public Comment

There was no public comment.

Adjournment

Ann motioned and Nedra seconded that the meeting be adjourned. The motion passed. The meeting was adjourned at 5:30 pm.

Ann Lukejord

October 20, 2022

Secretary

Date of approval



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Treasurer's Report for October 2022 to be reviewed November 17, 2022

Arts & Humanities Funds:

Balance: \$1724.72

Town Budget Funds:

Previous Balance: \$1210.07

Newsletter Printing - \$23.29

Balance: \$1186.78

Total: \$2911.50

Submitted by: Melissa Layman, Treasurer