



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, November 17, 2022

I. Call to order

AIP Chair Ellen Ceppetelli called the November 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, Maureen Clark, Nedra Sahr, Karen Tomanio, and Mike Thompson, and (remotely) Ann Lukejord. Alternate member Michele Meyer was absent. Eliot resident Jenny Isler was in attendance.

III. Approval of Minutes

The October 20, 2022, meeting minutes were reviewed and approved as amended.

IV. Order of Business

A. Treasurer's Report

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

B. Chair Update

The Chair reminded members about the Town's new reimbursement procedures and to send AIP-approved expenditures to Treasurer Melissa Layman as well. The chair also addressed the letter from Southern Maine Agency on Aging concerning a \$2,000 request for funds from the Town for services rendered to Town residents during the year. It was agreed that the Chair invite SMAA's Amanda Ouellette to an upcoming AIP meeting to discuss how the two organizations can better work together.

The Chair asked if members could assist with distribution of the newsletter as the communications department has no one at this time available to do so. Melissa and Mike volunteered to ensure that printed copies of the Nov/Dec newsletter would be delivered to assigned Town locations.

The Chair informed the committee that Shellie Jenkins MSPT would like to provide Eliot residents with free presentations on aging. She reminded members that AIP has held

presentations at Baran Place on dying with dignity and first aid for the winter. Members commented that it is important to provide a service of information and resources to residents and not to promote businesses, all agreed.

The Chair followed up on an informational email she sent to members from Alieria Chipman at A Helping Voice, a resource that supports community members who are concerned they have witnessed elder abuse. A Helping Voice's website is www.ahelpingvoice.org and phone number is (207) 805-5555.

C. Social Isolation

Maureen reported that she was continuing to enroll residents in her six-week Creative Connections workshops, which will meet on Fridays once a tangible group is convened. Both Maureen and Ellen shared they had connected with a few interested parties at the AIP table on election day. Maureen will follow up on those contacts, and Ellen will email Pam at Eliot Connects.

D. Comprehensive Plan

AIP members Ellen Ceppetelli, Nedra Sahr, and Ann Lukegard reported positively on the first full meeting of the Town's Comprehensive Plan Committee. They informed members about next steps and shared that the Opinion Survey will have valuable information from residents that will be useful to AIP as well as the Town.

E. AIP Logo Stickers

The committee agreed to order 250 stickers and magnets free-of-charge as offered by AARP Maine. The committee has received local requests for the AIP-logo stickers. Melissa will compile appropriate emergency phone numbers for the magnets.

F. 2023-2024 AIP Budget

Members reviewed and discussed the Chair's proposed 2023-2024 budget. The committee approved the budget as amended from \$1600.00 to \$1900.00.

G. Brainstorming

Members brainstormed fun events for older residents the upcoming year. The list included: turkey dinner, public space clean up, events that celebrate May as Older Americans Month (OAM), an annual town dinner, day trips, Congregational Church luncheons, monthly coffee time, welcome to Eliot packets, supporting and promoting Footprints' new building by Walgreens (2024), children and grandparents together, monthly walks, assistance with putting up and taking down holiday lights, explore what other organizations are doing and collaborate, hot chocolate night at the skating rink, open house before AIP meeting during May to mark (OAM), intergenerational events, celebrating people's birthdays by sending them birthday cards, a Fair Day where people could come in and find out more information about Medicare, social security, and other topics of interest to 55+ residents, taping Maine Digital Initiative for local computer workshops, arranging for iPads for older residents, bring UNH students in to help people in their homes with technology, pet photos and a pet show, invite the public to send in their fun event ideas, birdwatching, and transportation assistance. The Chair directed members to consider three aspects of planning: 1.) what have you done, 2.) what can you do better, and

3.) what did you miss. Members thought communication efforts fall under “what have you done,” providing transportation and collaborating with other local groups could be “what can you do better,” and creating a year-long master plan of events would help people see opportunities to volunteer at and participate in as “what did you miss.” The committee revisited the need to update its presence on the Town’s website by updating and correcting information and resources.

Public Comment

Eliot resident Jenny Isler shared with the committee her background and ideas about events. Ms. Isler is interested in becoming a member of AIP. Ms. Isler has served as Eliot’s Energy Commissioner and has experience in managing events and volunteers. She added to the committee’s brainstorming of events the following: baking lessons, antique evaluations, swap shop, show and tell of people’s collections of items, and local transportation options. Ms. Isler shared with the committee her experience with volunteers, noting that it is valuable to volunteers to receive something in return for their time and energy, whether it is being paid or getting feed. She added that getting a better idea of local demographics would be important for AIP as our customers are also our volunteers. The members enjoyed hearing from Ms. Isler.

Adjournment

. The meeting was adjourned at 5:35 pm.

Ann Lukegord

November 18, 2022

Secretary

Date of approval



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Treasurer's Report for November 2022 to be reviewed December 15, 2022

Arts & Humanities Funds:

Balance: \$1724.72

Town Budget Funds:

Expenditure for spring bulbs: - \$44.94

Balance: \$1186.78

Total: \$2866.56

Submitted by: Melissa Layman, Treasurer