



## 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 19, 2023

### 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 4:04 pm.

### II. Roll Call

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

### III. Approval of Minutes

The December 2022 meeting minutes were reviewed and approved.

### IV. Order of Business

#### A. Treasurer's Report

The December treasurer's report was reviewed and approved.

#### B. Chair Update

The Chair told members that the Eliot Comprehensive Plan Committee's (EPCP) town survey was out and for members to help promote it and promote residents completing it. She asked the Committee when they would like to meet in a special meeting to discuss and plan for an event or events for May 2023 as Older Americans Month in Eliot. The Committee decided on February 15, 2023, 2:30pm at Town Hall. The Chair said she would like to discuss the AARP Community Challenge at the end of the meeting.

#### C. Creative Connection

As Maureen was not in attendance, Ann used this time to briefly update members on her EPCP subcommittee for Parks and Recreation, telling members that as her co-members discussed opportunities for recreation in Eliot she added to make those opportunities accessible for residents who are older, in wheelchairs, and need assistance walking so that they may also enjoy and benefit from Eliot's natural spaces. Ellen wondered if an AARP Challenge Grant might be a good fit for helping to pay for the costs of leveling walking trails.

#### D. Transportation Domain

Tom Reinauer, Director of Transportation, for York County Community Action (YCCAC), addressed the Committee to inform them on YCCAC's transportation programs that might benefit Eliot residents. Following Mr. Reinauer's present, members asked questions. Discussion centered on finding volunteer drivers, vetting volunteers through background checks, and insurance coverage. This opportunity was a good information-gathering opportunity on potential local transportation options.

#### E. Old Business

Melissa told members she had created a Google Drive account for AIP documents and had emailed everyone the link to load up their documents into it so all AIP work was in one place and accessible by all. Jenny added that there is a free workshop through Kittery Adult Education on Google groups.

Melissa reported that the magnets from AARP are not ready yet but in the works.

Members agreed to meet on Thursday, February 2, at 2:30pm at Town Hall to discuss planning for May as Older Americans Month in Eliot. Members were directed to bring their ideas.

#### F. Educational Opportunity

Shellie Jenkins PT, MSPT, from Reform Physical Therapy in Eliot Commons presented to the Committee what she and Reform PT would like to offer the community in terms of workshops in fall prevention and improving balance which they have presented successfully in Kittery and at Baran Place. She told members about Reform PT's free 15-minute evaluation to help identify possible issues for individuals.

#### G. Communications Domain

The Committee reviewed the content of the January/February AIP newsletter. Ann asked for ideas for the upcoming February/March AIP newsletter. Members talked about the Birthday Card project.

#### H. Public Comment

There was no public comment.

#### Adjournment

The meeting was adjourned at 5:35 pm.

Ann Lukegord  
Secretary

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



*Eliot Aging In Place  
Committee*

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### **Treasurer's Report for January 2023 to be reviewed February 15, 2023**

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

Balance: \$1724.72

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

Balance: \$1141.84

**Total: \$2866.56**

Submitted by: Melissa Layman, Treasurer