



DECEMBER HAPPENINGS

AIP listens to Eliot residents

On December 10th, AIP members Ellen Ceppetelli and Ann Lukegord met with several residents of Baran Place to explore how to engage residents in the AIP activities planned for the new year. All five women were delightful hosts who listened to future AIP opportunities and then readily shared their perspectives on aging in this unique environment. Each emphasized the value of staying as physically active as possible amid the challenges of remaining safe and healthy throughout the unending COVID pandemic. This conversation led to concerns about the cancellation of podiatry services that had been held at Baran Place every three months and available to all Eliot residents. Not only was this service convenient, accessible, cost-effective and health promoting, it helped to minimize social isolation, so essential to remaining healthy. Although all residents have access to Wi-Fi and the Internet, very few use it. Hard copies of the AIP November Newsletter were distributed with plans to deliver more each month. Ann and Ellen left with plans to arrange body movement classes on site and to strategize how to reactivate the podiatry services. Hopefully this meeting is just the beginning of AIP's partnership with Sandy Burkett and friends to create a more age-friendly Baran Place.



Left to right: Judy Newton, Jean Place, Linda Nielson, AIP Chair Ellen Ceppetelli, Sandy Burkart, and Joy Emery



AIP meets new Town Manager Mike Sullivan

On December 15th, Ann Lukegord and Ellen Ceppetelli met with Mike Sullivan, Eliot's new town manager, and Jeff Brubaker, town planner. The purpose of the meeting was twofold. First, to welcome Mike and second, to collaborate with him and Jeff in continuing AIP's efforts to improve public spaces in town. Jeff's comprehensive plan to improve walking and biking safety is the blueprint for one key step in this direction. Mike enthusiastically supports AIP's vision for an all-inclusive community that sustains a rewarding quality of life. His expertise and extensive experience made this conversation exciting! AIP's accomplishments have depended upon strong support from the town manager, multiple town officials, and the Select Board. We were assured this would continue under Mike's leadership. AIP looks forward to collaborating with Mike and Jeff to implement all aspects of the AIP Action Plan. For now, AIP's focus will be improving walking and biking safety and the facilities at Tufts Frost Park.



Ellen Ceppetelli, Mike Sullivan, and Ann Lukegord outside Town offices.



Eliot's Nancy Perkins honored for her poem "Aging In Place"



Nancy Perkins (right) was presented with a certificate of special recognition from AIP for her poem "Aging In Place" which she submitted to AIP's The Benches Writing Contest this summer. The contest served to celebrate the five benches installed by AIP at the Eliot Boat Basin and the Fogg Library. Nancy was the oldest resident to participate in the contest. She read her poem beautifully to the gathering. Enjoy Nancy's poem to below.

Aging In Place

*Ah, I see a public bench
to rest my weary bones
overlooking the Piscataqua River
from Dead Duck, Eliot, Maine.
Tide is out, at this moment,
folks in squat beach chairs,
youngsters digging in the sand
not allowed to swim
as current is too strong.
Boats, all sizes, launched or reloaded
a cop slowly drives by
and waves as he passes by.
Oh my, there's a neighbor
who waves with a friendly smile.
I'll come here more often
to sit on this public bench.*

- Nancy M. Perkins



Salt and Sand Available (207) 475-7339

The Salt and Sand Project headed by Amanda Ouellette of Meals on Wheels provides salt and sand to older residents who live on their own and are homebound. Buckets of salt or sand will be delivered to your door for you to use to reduce the chance of slips or falls. This project does not include shoveling, but if shoveling is needed, Amanda may be able to find help. You may reach Amanda at (207) 475-7339.

Heating Assistance (207) 324-5762

Maine's Home Energy Assistance Program (HEAP) can help pay part of your annual home heating costs, based on several factors, including your household size, income, and home energy costs. You must apply for HEAP and call for an appointment. Contact the York County Community Action Corp in Sanford - Phone: (207) 324-5762 Toll Free: (800) 965-5762 For more information online: mainehousing.org and select HEAP Fuel Assistance under Programs and Services.

JANUARY DATES OF NOTE



Martin Luther King Day

Saturday, January 15
Observed Monday, January 17

National Cursive Writing Day

Sunday, January 23

National Compliment Day

Monday, January 24

National Hot Chocolate Day

Monday, January 31

Planning Winter Events

AIP board member Melissa Layman attended the AARP webinar on planning and hosting safe, warm winter activities. Communities shared their successful, fun winter events. Clearly, key to any winter event is having a lot of hot cocoa on hand! AIP is looking into such events for Eliot. At its December meeting, AIP members picked up a copy of AARP's Winter Placemaking Guide. It was agreed that Eliot's ice skating rink provides a perfect venue for winter activities. If you have an idea for a fun, safe winter event that will engage members of our community of all ages, please email it to AIP at AIP@eliotme.org or mail it to us at Aging In Place Committee, Town Hall, 1333 State Road, Eliot ME 03903.



Aging In Place is a Town of Eliot committee, serving our community.

Web: eliotmaine.org/aging-place-committee

Facebook: facebook.com/aipeliot

Instagram: [@aipeliotme](https://instagram.com/aipeliotme)

Email: AIP@eliotme.org

Eliot Aging In Place
Committee