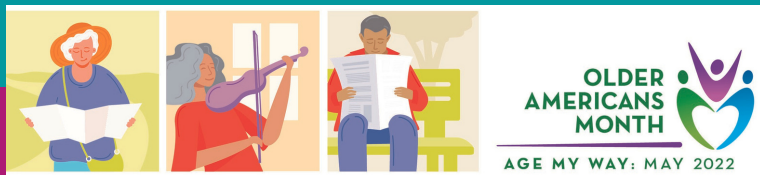




Eliot Aging In Place
Committee

ELIOT AGING IN PLACE NEWS & INFORMATION

April/May 2022



MAY IS OLDER AMERICANS MONTH

Eliot Select Board, comprised of Richard Donhauser, William Widi, Lauren Dow, and Robert MacPherson, proclaims May 2022 to be Older Americans Month!



A Proclamation **May is Older Americans Month**

Whereas, Town of Eliot includes a growing number of older Americans who contribute their strength, wisdom, and experience to our community; and

Whereas, communities benefit when people of all ages, abilities, and backgrounds are welcomed, included, and supported: and

Whereas, Town of Eliot can work to build an even better community for our older residents by

- Planning programs that encourage independence.
- Ensuring activities are responsive to individual needs and preferences.
- Increasing access to services that support aging in place.

Now, therefore, the Eliot Select Board do hereby proclaim May 2022 to be Older Americans Month. We urge every resident of the Town of Eliot to recognize the contributions of our older residents, help to create an inclusive society, and join efforts to support older Americans' choices about how they age in their communities.

The Town of Eliot joins the Administration for Community Living (ACL), an agency under the US Department of Health & Human Services, in marking May as Older Americans Month. This year, ACL has selected "Age My Way" as the month's theme to focus on how older adults can age in our communities, living independently for as long as possible and participating in ways we choose. While Age My Way will look different for each person, here are common things everyone can consider:

Planning - Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement - Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access - Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection - Maintain social activities and relationships to combat social isolation and stay connected to your community.

What are activities or services you think would benefit Eliot as an age-friendly town? Share with us via email AIP@eliotme.org or write AIP at Eliot Town Hall, 1333 State Road, Eliot ME 03903. Join us for our monthly meeting, the third Thursday, 4:00pm, in the Town Hall meeting room.

Join Eliot's Aging In Place Committee as a Board Member

Aging In Place serves to make our town age-friendly for every age, especially older residents. Our projects have included installing benches in Eliot public spaces to promote getting out and being active, organizing Creative Connection groups to provide important connection and dialogue, and so much more as advocates and a voice for the concerns, interests, and needs of Eliot's older residents. We welcome your ideas and perspective as a board member. Please join us. Contact Chair AIP Ellen Ceppetelli at aipellencepp@gmail.com.

Follow AIP on social media!

Facebook: facebook.com/aipeliot

Instagram: [aipeliot](https://instagram.com/aipeliot)

ELIOT AGING IN PLACE NEWS AND INFORMATION



York County Commodity Supplemental Food Program *Free monthly food boxes for eligible Eliot residents aged 60 and older*

The York County Commodity Supplemental Food Program (CSFP) is a senior food-assistance program provided by the USDA and Wayside Food Programs. The food boxes are distributed at the York Community Service Association Thrift Store & Pantry. This is not a one-time distribution but a recurring monthly food box to help you keep your kitchen stocked with staples.

Food Box Content

Each food box contains a variety of canned fruits, vegetables, meat, fish and poultry, pasta, rice, peanut butter, juice, shelf-stable milk, cereals, and cheese.

You Must Apply but it's easy

You may access the application online at <https://waysidemaine.org/senior-food-boxes-csfp>. Hard copies of the CSFP application may also be picked up in the lobby at Eliot Town Hall, Monday-Thursday, 8:30am to 3:30 pm. The application requests your monthly income, but income is not a criteria for eligibility. In other words, you are eligible because you live in Eliot and are at least 60 years of age.

Pick-up of Food Boxes

Food boxes may be picked up on the first Wednesday of each month between 9:00 am to 3:00pm at York Community Service Association Thrift Store & Pantry, 855 Route 1, York Maine.

Help Available for Pick-up of Food Boxes

If you are unable to pick up your monthly food box, you may identify someone, a proxy, to pick it up for you. AIP volunteers are available to serve as proxies. To set up a proxy, please contact us at AIP@eliotme.org or call Town Hall at (207) 439-1813.



Friday, May 6, 9:30am to noon **Help Tidy Up Walking Paths at the Boat Basin**

Grab your gardening shears and gloves and help AIP tidy up walking paths at the Boat Basin. Eliot DPW will collect cuttings. Meet Nedra down by the waterfront!



Sunday, May 8 **Mother's Day**

Celebrating our mothers, grandmothers, and all the wonderful women in our lives.



Saturday, May 21, 9am to noon **Eliot Garden Club's Annual Plant Sale**

Saturday, May 21, 9 AM to noon
Hammond Park, State Road
Cash and checks accepted



Spring and summer **Eliot Pickle Ball**

Experienced pickle ball players are invited to join current Eliot players who meet at Frost Tufts Park to play the fun sport and socialize. The group is informal and welcome experienced players to join them. Contact Diane at dicullen23@yahoo.com to join.



AIP featured in Brennan & Rogers March newsletter

To read the full piece, go to Archived Newsletters - Brennan & Rogers, PLLC (brennanrogers.com)



Receive Town Hall Emails

Receive meeting agendas, alerts, and other information from Eliot Town Hall to your email by subscribing online at eliotmaine.org/subscribe



Aging In Place is an Eliot town committee, serving our community.

Web: eliotmaine.org/aging-place-committee

Facebook: facebook.com/aipeliot

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

Email: AIP@eliotme.org