



ELIOT AGING IN PLACE NEWS & INFORMATION

January 2022



JANUARY HAPPENINGS



Property Tax Assistance for Older or Disabled Mainers

On January 5, 2022, Governor Mills announced property-tax assistance for older and disabled Maine homeowners. She announced that "her Administration is launching the State Property Tax Deferral Program, a lifeline loan program through the Governor's Maine Jobs & Recovery Plan that can cover the annual property tax bills of eligible Maine people who are ages 65 and older or are permanently disabled and who cannot afford to pay them on their own.

"The loan program will allow Maine's most vulnerable community members to age in place and ensure that property taxes are still delivered to municipalities. The program requires repayment of the loan once the property is sold or becomes part of an estate."

The Property Tax Deferral Application on owner-occupied homesteads is a PDF form and may be found online [here](https://www.maine.gov/revenue/sites/maine.gov/revenue/files/inline-files/deferral_app.pdf) and below:

https://www.maine.gov/revenue/sites/maine.gov/revenue/files/inline-files/deferral_app.pdf

There is a deadline: applications are being accepted now and will be accepted until April 1, 2022.



Eliot Receives ARPA Funds

The Town of Eliot is receiving \$729,594.00 as part of the federal government's American Rescue Plan Act (ARPA). ARPA funding requires approval of the Eliot Select Board.

At the January 13th Select Board meeting, Town Manager Mike Sullivan presented his recommendations for use of the funds to the Board. No vote was taken at that meeting. Further discussion will continue at the Select Board's January 27th meeting.

Town Manager Sullivan cited how the funds are to be used per federal guidelines: "for recovery efforts for expansion of healthy and safe ways for communities to expand." He said the Town will be meeting all those standards and that use of these funds will benefit the whole community, serve as important investments, and will be allocated to thoughtful projects. Some of the items include the following:

- \$225,000 for safe pedestrian and cycling pathways as identified in the report by the Town Planner
- \$100,000 for sewer design and technical assistance to benefit affordable housing
- \$15,000 for sewer/septic repairs for underserved neighbors
- \$25,000 for the Fogg Library addition
- \$16,000 for Town Hall employee payroll assistance
- \$85,000 for Eliot Fire Department
- \$75,000 for the Eliot Police Department
- \$60,000 to improve Frost Tufts Park basketball and tennis surfaces and install pickleball courts
- \$35,000 to replace two compactors at the Transfer Station
- \$63,000 for Town of Eliot employee pandemic compensation

The Select Board will continue discussion on Town use of the ARPA funds at its Thursday, January 27, 2022, meeting.

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Instagram: @aipeliot

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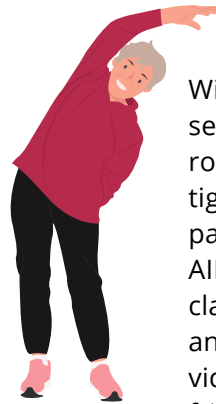
WINTER SELF-CARE

JOIN AIP CREATIVE CONNECTION TO CONNECT AND CREATE



Group meets via Zoom starting Feb 10

Join AIP's successful, fun Creative Connection, starting Thursday, February 10th from 11:30am to 12:30pm. This facilitated zoom-based offering occurs weekly for six weeks. It focuses on using fun art-based activities to promote social connection, rewarding relationships, and thoughtful discussion. Social interaction, mindfulness, and creative expression are key features of this program, modeled after the three successful Creative Circles already sponsored by AIP and the Foundation for Art & Healing. (A group of Creative Circle participants enjoyed the program so much, they continue to meet regularly on their own!) Maureen Clark, an AIP committee member, will facilitate this new group. Older adults are encouraged to join her. Art supplies are provided, and no art experience is necessary. Contact Maureen at maureenliotaip@gmail.com to enroll or to learn more about the meetings. Act now as spots are limited in this popular program. Keep an eye out for the Creative Connection flyer to be posted this week!



SIMPLE STRETCHING KEEPS US MOVING

Winter cold keeps us inside and often sedentary. Simple exercises like shoulder rolls and neck stretches can help loosen tight muscles and lessen neck and joint pain. For residents with internet access, AIP suggests accessing online stretching classes that are free and you can do at any time. Click here for [Yoga In Action](#) videos. AARP also offers some age-friendly videos as well, led by Denise Austin, [here](#). Both options are free.

FEBRUARY DATES OF NOTE

- Tuesday, Feb 1 - Chinese New Year
- Wednesday, Feb 2 - Groundhog Day
- Thursday, Feb 3 - Winter Olympics begin
- Thursday, Feb 10 - AIP Creative Connection begins
- Monday, Feb 14 - Valentine's Day
- February 20-26 - School Vacation Week
- Monday, Feb 21 - Presidents' Day

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.



Eliot Aging In Place
Committee

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

Web: eliotmaine.org/aging-place-committee

Facebook: [facebook.com/aipeliot](https://www.facebook.com/aipeliot)

Instagram: @aipeliotme

Email: AIP@eliotme.org