

Age-Friendly Sullivan MINUTES, Wednesday, April 4, 2018, 10am-noon + potluck lunch
Sullivan Town Office

Topic	Discussion	Action
Introductions/sign-in	Review agenda / additions / changes	5 new attendees
Announcements/Updates	AARP grant received — survey, community vision day New Age-Friendly Sullivan Facebook page — automatically feeds to our Age-Friendly webpage at www.sullivanmaine.org	
Survey Review & Distribution	Survey is live, online at https://www.surveymonkey.com/r/5LTGBR9	
Guest Speaker / presentation	Melissa Smith, Eastern Area Agency on Aging, Resource Center Information & Assistance Specialist; msmith@eaaa.org ; 207.941.2865; spoke on the many programs and services available through EAAA for older adults, people living with disabilities & their caregivers. She reviewed Nutrition Related Services, Family Caregiver Services, Community Services for State Health Insurance, Medicare & Veterans Independence Services, Wellness Programs, Independent Community Living, plus other services available in the Bangor area only. Extended conversation about 3 food programs that we might offer in Sullivan: Community Cafe, 3D Catering and the Commodity Supplemental Food Program. Some programs are income-based eligibility. Meals on Wheels has waiting list, available only for homebound residents. Participants expressed interest in attending training sessions to offer wellness programs in Sullivan, plus offer Medicare 101 1:1 counseling, and other “Clinics of Expertise”. Transportation to medical appoints only age 50+; total \$250 RT. EAAA has Goodwill coat vouchers, 1 winter coat/individual (no age or income restrictions); Amish Heater (energy efficient electric heater) program for those who have applied for LiHEAP & pay a portion of own heat. Partners with Maine Center on Aging - Project Generation socialization	Cyndi Stanley will inquire about training for Medicare 101 & Fall Risk Assessment Candy Eaton will contact Tom Kenney, Nutrition director re: developing programs for Sullivan re: commodities, community cafe & 3D catering for those ineligible for Meals on Wheels Contact EAAA if homebound, want Meals on Wheels — learn if income eligible.

<p>Project Management (looking for volunteers)</p>	<p>Steering Committee -Chair/Co-chairs — still need Community Health & Supports Civic Participation & Employment</p> <p>Events: 4/10/18 FBL: Aging & Loss — Hospice 6 week workshop 4/21/18 Sullivan Roadside Cleanup 6/23/18 Community Visioning event @ Rec Center — committee</p> <p>Additional discussion: Link to Adult Ed re: Handyman Class; Apprenticeship programs for how to do jobs around the house safely; Potential program on Keeping Medications Safe; tech Participation in Sullivan Daze — Andrea will host info table 211 Maine — participants to review info online</p> <p>Rob Eaton, Town Manager, spoke about the following: Recruiting multi-generational teams for 4/21 cleanup; Boston Post Cane;</p>	<p>Signup immediately if interested in Aging & Loss.</p> <p>Signup with Town Office for Earth Day cleanup & cookout</p> <p>Contact Candy if want to serve of 6/23 committee</p> <p>Andrea will host AFS table in am; has table; needs umbrella or canopy. AARP will provide table banner</p> <p>211maine.org</p>
<p>Age-Friendly Regional Meeting:</p>	<p>Thursday, April 5, 2018, 9am-2pm - Brewer Pre-register online: https://www.surveymonkey.com/r/2018RegionalMeeting Link & Poster online www.sullivanmaine.org - age-friendly page</p>	<p>Myra, Cyndi, Andrea & Candy to attend — separate report to follow</p>
<p>Next meeting:</p>	<p>May 2, 2018, 10am-noon + potluck lunch Sullivan Town Office</p>	<p>Candy to invite DCP to present program.</p>