

Age-Friendly Sullivan MINUTES, Wednesday, October 3, 2018, 10am-noon + potluck lunch
Sullivan Town Office

Topic	Discussion	Action
Introductions/sign-in	Review agenda / additions / changes	
Announcements/Updates	Update/notes from AF Network meeting 9.01.18 RSU24 Six Feet Under 10/20; Ordered Roadmap #5; Where We Live	
Previous Discussion	September Health & Wellness Resource Expo (Candy) - Thank you to the many helpers! Myra, Christina, Cyndi, Rob recommendations for improvements Add faction of housing, weatherstripping, pass out materials, volunteers to help with projects, Save the Date — move into October for flu shots; free goodies; own logo bags; feedback	10/10/19 next year
Current Discussion & Project Updates:	Friendly Caller Program (Andrea); has internet phone #; pullout brochure - tear-off; slow start; keep to Sullivan residents; texted Ryan Daley role of EMT/FD - will try Ben Gilley next; protocol, key, call steps, other ideas; get together to brainstorm contingencies; Start December 1st; large font, simple to follow; what should callers do/not do;	Jeanne, Andy, Christina, 10:30 am at Library brainstorming; aging & loss group - start, pilot
	Community Garden (Durin) - soil samples submitted to USDA/UMCE	
	Community Room @ Recreation Center AARP Challenge Grant Matching Fund (Myra) - Memorandum signed by Town Manager, money should arrive this week; project must be completed by 12/31/18; thoroughly cleaned; someone will purchase (at cost) & install free;	
	Resource Guide (Candy)	Complete by 10.31.18

	Update: Jeanne UCC Hancock; coffee klatch; Thursday 9-12; conversation; it will be going as of January 2019; Communication Energy Star appliances — rebates; mail rebates; stores do not always share the information.	
	Transportation / Commodity Food	

<p>Guest Speaker:</p>	<p>Jody Wolford-Tucker, Executive Director, Hospice Volunteers of Hancock County conveyor belt of care; caregiving roles, advance directive work; ensure conveyor belt doesn't get out of hand; Quality of life, happily as possible; make sure individuals' choices are - provide support how to record and communicate wishes; Open Health Fair to more (FLA); family foundation in CO largest sponsor for 15 years; Patient Care Services, independent / partner with medical hospice programs in area; predated any other program; holistic approach; provide care & support independent of others, go in earlier, stay longer, extremely well-trained & supported volunteers, caregiver needs, pain needs, Volunteer trainings poster - skills development, readiness, comfort for service; 30 hour training; Bereavement Support; Aging & loss; Community outreach - value of community coalition work; partner with FIA, Beth C Wright, EAAA, Healthy Acadia, Healthy Peninsula — all bring different resources, needs, 2 year focus, strategic plan, invite community & individual members - stigma/fear about term "Hospice"; caring with families with Dementia; individual caregivers become isolated, sees where they can fit into area of need; expand aging of loss awareness; dementia journeys can last for 10 years; bringing in community experts on topic (stages), specific skills on what works/doesn't work; come earlier / benefit longer from support available; advanced directive conversations; Choices that Matter — AF Coastal Communities / Healthy Peninsula — call and get support for family / individual Shining Light poster - Evensong; Equipment sharing; Hospice / partnership with churches & veterans-serving organizations; special circumstances for vets/families — committed to serving with grief support Aging with Dignity — 5 wishes; could be tailored - 1 time shot, 4 hours FIA; options; set aside 90 mins for folks to fill them out, most took the documents with them; 2 session - initial night of education & awareness / 2nd night filling document; Alheimers workshop potential</p>	<p>Book; Extreme Measures; Zitter (sponsored by ethics committee of MCMH)</p> <p>Poster for volunteer training</p> <p>Poster for support group & workshops; aging & loss</p> <p>Poster: All services - Lighthouse;</p> <p>11/12th Being Mortal - 1 hr film, speaking about evolution in understanding end of life issues; bring together panel of folks with different perspectives 6-8pm FBLibrary</p> <p>Advance Directives should be reviewed annually, bi-annually vs. 5 wishes - invites dialogue with loved ones</p> <p>Recommended A.D. labeled, put with magnet on refrigerator</p>
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	Request year 2 support groups — figure out who you are by yourself; “now it is year 2” what to expect pamphlet; Advance Directives - review every few years.	
Future Project Discussion		10/23 Winter Preparedness training HCCC EMA Tuesday 6-7pm New Hours: FPL 4-7 Mondays November thru March
Next meeting:	November 7th, 2018, 10am-noon Regular AFS meeting; followed by potluck - guest speaker	