

Age-Friendly Sullivan Minutes, Wednesday, May 1, 2019, 10am-noon + potluck lunch
Sullivan Town Office

Topic	Discussion	Action
Introductions/sign-in	Review agenda / additions / changes	Regrets: Don, Bonnie, Stacy
Announcements/Updates	Thank you to all who participated in the Earth Day cleanup!!! Statehood Bi-centennial 2020 meeting 5/9 at 6:30pm Town Office	
AARP/Age-Friendly Maine	<p>5/01 9am: Tech Call: Partner with Spiritual Organizations 5/22 9:30-2pm: Senior Expo, Husson University Gymnasium, Bangor 6/5-6/6 Building Maine Conference, Lewiston 6/19-6/20 National Rural Workshop, Portland — forward agenda to everyone</p> <p>Candy Meeting with Pat Pinto - President AARP/Maine. Also Aging2.0 which has 8 grand challenges: engagement & purpose; financial wellness; mobility & movement; daily living & lifestyle; caregiving; care coordination; brain health & end of life.</p>	<p>Tech Call: To join by computer: https://zoom.us/j/135854865</p> <p>To join by phone: (669) 900-6833 or (646) 876-9923 Meeting ID: 135 854 865</p>
Previous Discussion	Administration & Infrastructure continued - ground rules Sullivan Comprehensive Plan — vision for Sullivan — notice in PO	
Funding & Finance:	Maine Community Foundation — interview	
Legislation / Civic Engagement	Don Snoke - updates Distribution of AARP info/Rx Greed postcards & script	

<p>Current Discussion & Project Updates:</p>	<p>Friendly Caller Program (Andrea/Bonnie) Updates — position to take in more calls — Bonnie talking with one person. Perhaps going through the churches.</p> <p>Brandi - Rock Church? Safe Link — info to Town Crier Have someone at the Health Fair Library Jeanne & Andrea to offer a couple opportunities at Library / Community Room</p>	<p>Jeanne to meet with Randy Chamberlain. Andrea to meet with Norm Banford</p>
	<p>Housing (Jeanne): May baskets for Golden Acres (40 residents) former Amando's is new facility; Golden Acres - facility Fremont Corner; off Morancy Rd. (8) ; Co-housing — zoning laws, nothing in Sullivan to interfere</p>	
	<p>Transportation (Christina) - updates 5/23? Training for Volunteer Drivers at FBLibrary</p>	
	<p>Outdoor Spaces: Sullivan Community Garden (Durin)</p>	
	<p>Health Services: U Maine RSVP Bone Builders program</p>	<p>MOU signed 5/24.</p>
	<p>Social Participation / Community Room @ Rec Center (Myra) — Community at the Library open same hours as library; games; starting 5/7th first Tuesday of month “Saving & Sharing our Stories” ; family legends; how to pass them on if Sullivan families — add to SSHS family files. Interesting. Jeanne will help FBL with genealogy info</p>	
<p>Future Project Activities:</p>	<p>2nd Annual Health & Wellness Resource Fair — confirm 10/10? Funding? Star 97.7? Bone Builders — need volunteer trainers Nadine: Handicap access to park — refer to Comprehensive Planning / Sumner Park Committee</p>	<p>Andrea - to comprehensive plan Home Depot provide labor & resources.</p>

<p>Guest Speaker:</p>	<p>Lucinda Sargent, owner of 7 Angels LLC 32 years; 2004 - 2 group homes intellectual disabilities; 32 employees; 6 vehicles; MaineCare provider care for elderly Section 96; hospice end of life; going into people's homes; safety; adaptive equipment; spending \$ on walkers shower chairs wheelchairs attends ; physician orders for medical equipment; assessment of home; slip rugs; lighting is another challenge; get up during the night; day program - Community Integration - bring them to eat; shopping; Debbie's Blueberryware (next to Ruth & Wimpy's) — community program during the day; by the end of June, drop in — fill circle of elderly / folks with disability; feels good to help someone, connect someone. It takes a village — want to be involved. We go to Post Office every day. Medication compliance confusion. Could get help in home. In homes - 3 in each home; before that happens — prevention. 2 apartments upstairs. 15 folks living in own homes; 2 people 24/7; Anybody can stop into the Hancock community center; respite care — going through application process for MC reimbursement; 7agnels07@ licensed through state People don't want to ask for help — All staff are DSP, CRMA, PSP, rectified; has nurse consult hospice has cellar of adaptive equipment; depends Word of mouth referrals for projects;</p>	<p>422.9112</p>
	<p>Rob update: Earth day - incredible success — 51 volunteers; AFS valuable commodity in Sullivan Meeting about Tennis Courts - Nationally ranked — teach beginners FREE class; class for those who play; Discussion about Tennis Court area — only can add 1 tennis court; no additional activity in field. If 2nd court; hard surface, add 2 pickle ball courts. Opportunity for young kids to have beginner lessons. Memorial Day : 5/27 similar activities Additional flags for more poles; Requested date of 5/22nd 5:30-8:30 Visionary Statement — here in Town Office. Participants are welcome to attend who are willing to focus (not recreate wheel);</p>	<p>5/22 Comprehensive Plan postponed indefinitely — HCPC not available. 5/25 Tennis Opportunity 5/27 Memorial Day Observance</p>
<p>Next meeting:</p>	<p>June 5th, 2019, 10am-noon Regular AFS meeting; followed by potluck - guest speaker: Doug Kimmel, SAGE</p>	

