

Age-Friendly Sullivan MINUTES, Wednesday, August 7, 2019, 10am-noon + potluck lunch
Sullivan Town Office

Topic	Discussion	Action
Introductions/sign-in	Introductions / guests Review agenda / additions / changes; Myra report early	Regrets: Jeanne Edwards, Terry Cusick
Announcements/Updates	www.safelinkwireless.com Blueberries: Durin — best in the land! Thank you to everyone who participated in Sullivan DAZE! (Team Andrea/Chappe; FBL; Terry booth; Community Garden plant sale; Jeanne & Gary Edwards - grand marshals	
AARP/Age-Friendly Maine	10/15 Hancock County Age-Friendly Meet-up 1-4pm at YWCA MDI, 36 Mt. Desert St., Bar Harbor; 90 minute orientation to age-friendly community development & 90 minute updates from community partners. open to all Ask Age-Friendly tech calls: 8/28 USDA will speak on ways to partner with local AF efforts 9/25 Bicycle Coalition of ME will talk about partnerships with AF efforts 10/23 Liability 101 - protections for AF committees 12/18 MSHA working to make aging at home safer & more comfortable	If interested I will forward the link to sign-up for the 10/15 meeting & training. Tech Call info: Zoom: https://zoom.us/j/402975246 Dial in: 1-646-876-9923 Meeting ID: 402975246
Previous Discussion		
Funding & Finance:	Plant Sale at Sullivan Daze: \$258 Thank you BETH FULLER!!!	

	<p>Outdoor Spaces: Sullivan Community Garden (Durin) Thank you to DURIN! (Master Gardeners, Community members (Matt Masse, Jeff Larkin, Marc Chappe, Todd Fuller, Kevin Barbee, Greg Ring)</p> <p>sign & photo op for the funders \$3500 grants, \$250 plot rentals; loam, original plan to till 5000 sq ft; good choice raised beds; 400 sq ft community beds; 5 private beds; community hunger initiatives; Sam - plants; Kevin Barbee - 15 yds. loam; discuss distribution; what to plant for fall harvest; ? engage HS students to build similar beds; nearly done with infrastructure;</p>	<p>Committee break-away:</p> <p>Harvest / distribution Planting Watering Schedule Responsibilities</p>
	<p>Social Participation: (Myra) Library events Great response from volunteers - set up tent, spend time, several kids interested in checkers, aim library to do more games during fall/winter; next year "Old Coots Games"; teaching sessions; Canasta on Friday mornings; 2 programs: 8/12: Laurel Huber - Velveteen Daughter @ 6pm; 8/19: Hawk Henries at 6pm; Collaboration with Historical Society - guests with WW2 songs; focus potluck as "canteen"; antique 40's pamphlet (cookbooks) from WW2; 9/16: Susan Shetterly will be guest; continue to collect for schools; classrooms need boxes of tissues; hand sanitizer, pencils / crayons; single subject notebooks, glue sticks,</p>	<p>collecting until end of month</p>
<p>Legislation / Civic Engagement</p>	<p>Don Snoke - updates since June meeting Approved, yet not funded; expansion of MC up to 70K low-income people; participation rate lower than expected approved housing bond for seniors spouses may serve as paid caregivers telemedicine expansion to caregivers regulation health insurance cover hearing aids up to \$3K - private ins. program subsidize drugs for elderly - details not published expanded homestead exemption for property tax surplus after funding rainy day fund</p>	

<p>Current Discussion & Project Updates:</p>	<p>Friendly Caller Program (Andrea/Bonnie) Updates great idea, high need perceived; calling program may be referred by family members; outreach? short-term need; dedicated incoming telephone #</p> <p>Dedicated page for AF?</p>	<p>Need brochures Ad in Town Crier? contact social workers at the hospital - Bonnie will connect with SW at Clinic</p>
	<p>U Maine RSVP Bone Builders program; met with Danny Moreshead, signed up for training (reschedule); run through exercises; attend class in Milbridge; workshop in September (3rd Sat); 9/11 at Town Office to sign-up attendees; research proven using weights / exercises - work-up building strength; FREE; must have signed medical certificate to participate; for m/w</p> <p>Christina & Andrea have begun training — need additional volunteers as substitutes. Classes will be held Monday & Wednesday 1p-2:30pm at the Sullivan Town Office every week.</p>	<p>Program will begin: mid-October</p> <p>9/11 sign-up/enrollees - limited to 15</p>
	<p>Health & Wellness Fair (Candy): October 10th — anyone want to work on committee? Star 97.7? Myra reported that Rec Center is only charging AFS \$100 rental for H&W Fair. Committee: Nadine, Andi</p>	<p>photos for Rec Center website to Don</p>
	<p>Housing (Jeanne): no update</p>	
	<p>Transportation (Christina) - updates Training for Volunteer Drivers at FBLibrary 9/26/19 Call 422-2307 FMI & to signup; not getting response from posters or FB</p>	<p>outreach to churches informational flyer to handout;</p>
	<p>Health: EAAA Senior Food Distribution update (Candy)(apples, frozen blues); request for paper towels</p>	<p>outreach to churches for paper goods</p>
<p>Future Project Activities:</p>	<p>9/11: Bone Builder's Info meeting 9am-11am, Town Office 10/10: Annual Health & Wellness Fair, noon-4p, Rec Center</p>	

<p>Guest Speaker:</p>	<p>Casey Harris, Director for The Eagles' Nest Clubhouse, 190 Main Street, Ellsworth 04605; Matt Coffin - member</p> <p>partnership - staff/member; rely on membership to build clubhouse; mental health treatment model upside/down; Director is not the boss; responsible for outcomes; shared responsibility; work side-by-side. Matt - shared personal story of how he connected with the Clubhouse. complicated; 2012 dad died; 2016 mom died; left alone (isolated); referred by therapist. Attends nearly every day - very active. Casey described the many activities available for members, as they focus on relationships in a structured work setting called the "work-ordered day". Relatively new, 10-12 members, open weekdays/ holidays if desired by members. Any adult with a diagnosed mental illness and has MaineCare is eligible to join as a member. Volunteers are encouraged to complete an application & background check in order to provide programs or assist as needed.</p> <p>Eagles' Nest Clubhouse is a peer based mental health recovery program designed to empower its members toward individual and shared goals through relationships and participation in operating the Clubhouse.</p>	<p>207.389.3300 charris2@ohimaine.org</p> <p>FB: www.facebook.com/EaglesNestClubhouseMaine</p>
<p>Next meeting:</p>	<p>September 4, 2019, 10am-noon Regular AFS meeting; followed by potluck - guest speaker: Kit Lane speaking about the Window Dressers (window inserts) project in Maine</p>	