

Age-Friendly Sullivan Minutes, Wednesday, September 4, 2019, 10am-noon + potluck lunch
Sullivan Town Office

Topic	Discussion	Action
Introductions/sign-in	Review agenda / additions / changes	Trudy, Mike, Jeanne, Anne - regrets
Announcements/Updates	9/24/19: 6th Annual Wisdom Summit, Augusta Civic Center - Igniting Aging Activism.	Register & Info: mainecouncilonaging.org
AARP/Age-Friendly Maine	<p>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</p> <p>Ask Age-Friendly tech calls: 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</p>	<p>If interested I will forward the link to sign-up for the 10/15 meeting & training.</p> <p>Tech Call info: Zoom: https://zoom.us/j/402975246 Dial in: 1-646-876-9923 Meeting ID: 402975246</p>
Previous Discussion		
Funding & Finance:		
Legislation / Civic Engagement	<p>Don Snoke - updates — see attached - 2/3rds deferred to next session; special session LD1162 expanding transparency in drug pricing — watered down so much, nice title — only provides 2 years annual report MSRP top 25 drugs by volume, top 25 drugs by cost; special session dealt with bond issue - only passed skinny transportation; RCV passed - waiting for Gov signature / veto. Don learned of another scam (April, May, June) — bank will encourage you to go paperless, elderly recipient passed away, SS reverse deposit; freeze account, disconnect from the online bank account; wrestle with bank \$2800 legal fees, to active account; removed assisted care facilities from allowable medical expenses; \$59K in limbo; file motion in Circuit Court — banks impound \$ and charge inactivity fees. In name of family trust.</p>	<p>Invite attorney to speak on this challenge (Andi - to invite someone from Jeff Jones)</p> <p>Legislative update list separate document.</p>

Current Discussion & Project Updates:	Friendly Caller Program (Andrea/Bonnie) Updates — Bonnie spoke with social worker at Gouldsboro clinic.	
	<p>U Maine RSVP Bone Builders program (Christina/Andrea) - info meeting 9/11/19 Town Office 9am-11am. Still need additional volunteers as substitutes. Classes will be held Monday & Wednesday 1p-2:30pm at the Sullivan Town Office every week.</p> <p>Andi & Christina attended Milbridge BB group to observe & do the exercise. Nice cohesiveness. Going again tomorrow. Trained personally 9/10; Saturday 9/14 all day training in Bangor. Milbridge — multiple towns. Not aerobic, strength training - gradual. Open to all surrounding towns. Need 5; Max 15; wait list; About an hour (gentle);</p>	
	Health & Wellness Fair (Candy, Andrea, Nadine, Christina): October 10th, noon-4pm, Rec Center; receiving several reservations from last year's participants — need to review list for additional invites Star 97.7 will be our media partner	
	Housing (Jeanne): Kit Lane, WindowDressers presentation today	
	Transportation (Christina) - updates Training for Volunteer Drivers at FBLibrary 9/26/19 Call 422-2307 FMI & to signup	outreach to churches
	Outdoor Spaces: Sullivan Community Garden (Durin) "Take It or Leave It" table at Town Office;	group photo 9/9/19 4:45pm
	Social Participation: (Myra) (Christina) PJ storytime starts Monday; Book Club 3rd Monday; Susan Shetterly speak on Seaweed Chronicles; Daleys will speak on book in October; November program on WW2 - "canteen experience"; Wrap/write card; Community potluck 12-2pm; TV installation for movie night; Healthy Acadia partner online resources to help seniors - connect electronic resources; sponsor health oriented programs; TaiChi on Tuesdays?; writing "saving our stories" only in summer; writer's playpen every other Saturday 10am; Fred — upgrade website;	10 copies Resource Guide to FBL
Future Project Activities:		

<p>Guest Speaker:</p>	<p>Kit Lane, Hancock County coordinator, Window Dressers program; 2011 save heat church building - custom windows; let's do in own homes; several purposes - reduce heat loss, cut down drafts, save \$\$ & fuel, build community (work together); burn less fuel - helps environment — getting together to “wrap Xmas packages”; heat wrap; assembly line process — really good at one step; everyone is involved in quality control; folks who do the assembly — buying windows, Lion’s Club, churches, volunteers; central office in Rockland - provide expertise, training, all tools/materials (bulk purchase); hand-made tools; created software - measure windows, enter measurements; price, 7000 inserts in 2018; weatherstripping/plastic in bulk. Pricing organized - so that we can give away 20-22% free to low income (self-identify) - up to 10 inserts; donations accepted; any group can sponsor a local workshop; 36 throughout State; Machias Savings Bank - active community workshop in Machias; 3rd Ellsworth workshop / partnered with Blue Hill — 400 inserts this year; custom-measured with laser, slip fit, can last up to 10 years (not in attic - too hot); store upright; Rockland cuts all wood; makes frames in advance; if punctured - \$10 charge to rewrap.</p>	<p>September 18-28th @ St. Joseph church Parish Hall</p> <p>volunteers always needed</p> <p>windowdressers.org Send link to volunteer to team or call Kit</p> <p>sign up: Kit 207-469-9113</p> <p>Future: Develop Sullivan outreach committee - refer & measure windows</p>
<p>Next meeting:</p>	<p>October 2, 2019, 10am-noon Regular AFS meeting; followed by potluck - guest speaker:</p>	