

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

Topic	Discussion	Action
Introductions/sign-in	Review agenda / additions / changes	
Announcements/Updates	12/7 Tree Lighting @ Gazebo & Party at Rec Center 12/8 Wreathes Across America at Town Office (9ish)	Cookies to Rec Center Saturday
AARP/Age-Friendly Maine	12/17 TriState webinar - Isolation 12-1pm 12/18 Tech Call: MSHA working to make aging at home safer & more comfortable 1/14: Hard Conversations 12-1 1/21: TriState webinar - Grandparents raising grandchildren	Tech Call info: Zoom: https://zoom.us/j/402975246 Dial in: 1-646-876-9923 Meeting ID: 402975246
Previous Discussion	UM Center on Aging — special training for communities participating in the Livable Communities “Fellows” partnerships on sustainability of AF work — succession planning / exit strategy — how to imbed in Comprehensive Plan, Finance, volunteer liability issues	9-11am Date will be 1/28 OR 1/30 poster to follow
Funding & Finance:	1/15 MCF mini grant \$2500 max (2nd of 3 years) 2/15 MCF community building grant \$10K max New AARP toolkit — placemaking available; PDF online/our website order 10 copies for reference State Plan - DOT, DHHS, DOL, MSHA, Gov Office; 2 Vistas	
Future Project Activities:	Maine 200 — ?bean supper 3/14 or 3/15? Myra has Map of Hancock County that dates back to 1860ish	Andrea will contact Jeanne to see if SSHS will take lead on this event

<p>Legislation / Civic Engagement</p>	<p>Don Snoke - updates — not much happening yet. Press Release AARP disavowing Susan Collins advertising. Only participate in ads are policy oriented. OADS — caregiver survey AF Coastal - monthly clinics on Money Management; Senior Expo, Husson College 5/21 12/13 Medicare class 9-11 AARP Maine updates - State Plan advocacy — voter engagement after Maine legislative session ends (starts 1/8) 1. Livable Communities - LongTerm Supports / age in place 2. Financial Security - retirement savings for those without retirement plan at work Continue monthly webinars; quarterly newsletter; quarterly AF meet-ups; partner with “Build Maine” June 2020 conference</p>	<p>December Scam Alerts posted to AFS webpage</p>
<p>Current Discussion & Project Updates:</p>	<p>Friendly Caller Program (Andrea/Bonnie) Updates (2) getting advantage of calls - slow but steady; possible mailer David Hooper Lodge - contact Churches EAAA Senior Food distribution (additional supports)</p>	<p>Committee mtg review in January</p>
	<p>U Maine RSVP Bone Builders program (Christina/Andrea) - closed class to new participants — wait list only. Pretty good attendance. RSU24 add to catalog.</p>	<p>Tai Chi on Tuesdays 11am; donation suggested \$5</p>
	<p>Housing (Candy): Update on Window Dressers program / volunteers - need 1 more for computer input during Spring/Summer; Sand Bucket brigade — expanded to 30; Smoke / CO detectors — Home Depot request reduced prices</p>	<p>Candy to follow-up on HD request</p>
	<p>Transportation (Christina) - updates — 1 person trained (result of Health Fair) Training for Volunteer Drivers at FBLibrary — January</p>	<p>Call 422-2307 FMI & to signup</p>
	<p>Communication & Info — 100 new Resource Guides to be printed by AARP Maine (free to us)</p>	<p>Insert additional housing resource card</p>

	<p>Social Participation: (Myra/FBL) Very nice program 11/13 - remembering WW2, families, canteen - 40's style food, socially successful, program excellent Wrap & write 12/9 - open 4-7, hot cider & donut holes, extra Xmas cards— Programs — ideas to Myra for Monday nights; PJ Storytime on Saturday, dozen houses, 1pm January: Soup & Chili 1/26 noonish - variety of chili & soups & casseroles</p>	
<p>Guest Speaker:</p>	<p>Sue Summer with the Iris Network & Andrea Treadwell, Maine DOL (vision supports) Esther Butler, rehabilitation mobility / orientation. Statewide - DOL, Bureau Rehab, Voc Rehab, Division of Blind & visually impaired; Andrea - Independent living counselor case management; Esther - mobility & orientation; Sue contracted to go into homes to teach ADL in home (accessing mail, writing checks, toothpaste on brush), services funded by federal/state taxes - not income based, no payment required (donations accepted) Andrea - independent living program (not working or school); meet in home, caregiver/friend/relative also there. No cost service. If devices recommended - try it, if useful - can you comfortable with donation (not required) Eligibility — difficulty with doing things in your home, self-refer/friend-refer (no wrong way to refer)— call Andrea. Intake callback within 48 hours. Lighting improvements; Changes to environment; When medically non-treatable; this team steps in to make things better for them. Visual field - peripheral; functional limitation to navigate within their environment. 5 leading causes: cataracts, glaucoma, diabetic retinopathy, macular degeneration, retinitis pigmentosa Meeting folks in their home/where they are at... Vision Rehabilitation Services when medical intervention is not warranted. Andrea - intake, creates bond with client, what notice about person, what are you struggling with?, complete/sign application & releases; 60 days to determine eligibility (usually less), create plan / referrals, Sue demonstrated visual aids & adjustments - basic changes; marking stair treads with safety tape;</p>	
<p>Next meeting: NOTE date change</p>	<p>January 8, 2020, 10am-noon Regular AFS meeting; followed by potluck - guest speaker: Rose Honders, DCP At Home program</p>	