

Age-Friendly Sullivan AGENDA, Wednesday, January 8, 2020, 10am-noon + potluck lunch
Sullivan Town Office

Topic	Discussion	Action
sign-in	Introductions Review agenda / additions / changes	
Announcements/Updates	Thank you to all who contributed to making the holidays brighter for our Sullivan neighbors. 1.26.2020 Annual Souper Chili Luncheon, FBL @ SSRC 12noon-ish; salads, desserts 2.15.2020 WinterFest at Flanders Pond - 7th Annual	
AARP/Age-Friendly Maine	January Scam alerts on AFS webpage AF Maine communities updates (pass around) 1.15.2020 Ask Age Friendly tech call: Becky Boober, Census 2020, will speak on the changes to data collection and what we can do to ensure that everyone in Sullivan is counted. Additional online training (see end of agenda)	Tech Call info: Zoom: https://zoom.us/j/402975246 Dial in: 1-646-876-9923 Meeting ID: 402975246
Previous Discussion	AF Sullivan Action Plan DUE 1.31.2020 to AARP	
Funding & Finance:	1/15 MCF \$2500(max) grant deadline 2/15 MCF \$10,000(max) grant deadline Spring 2020 AARP challenge grant	Pop-up Placemaking Tool Kit booklets

<p>Legislation / Civic Engagement</p>	<p>Don Snoke - updates 2nd session started today; 600 bills passed by both houses, yet not funded. \$175 million surplus; only 20% of carried over bills get a hearing; 290 bills held by Senate (DC); 10 year economic development plan (similar ; streamlining business regulations, workforce development - pushing medical providers; leverage push on high speed internet (telemedicine); Skype appointment with WH doc; Health care & infrastructure; Ideas from other Age-Friendly Maine Organizations: Indoor charging stations for battery powered wheelchairs Hand helper program Purchasing groups Medical Equipment loan programs</p> <p>Jean Girmscheid - RSU24 updates: Adult, Senior Fitness, Yoga continues Hospice myths; Driving for over 55; IT assistance Tai Chi for Beginners (1/25-3/7) \$35 Saturdays Death with Dignity (3/4) 6-7pm Six Feet Under (4/1) 10:30-noon - AFS regular meeting Estate Planning Basics (3 weeks) Tim Stanley SMHS, Feb/March</p>	<p>RSU24 Catalogs available in print & online</p>
<p>Current Discussion & Project Updates:</p>	<p>Friendly Caller Program (Andrea/Bonnie) Updates - new person Connected with Asheville Church - present Friendly Caller program; transportation program Weekly coffee / games in the Library — Thursdays date TBD</p> <p>Market - month guest speaker / program event as Forum to expand audience; perception about meeting; discussed having meeting 1st; break; speaker so that folks could attend speaker series without attending meeting “Speaker Series; town crier - questionnaire; 5 mins - Quick recap of activities</p>	
	<p>U Maine RSVP Bone Builders program (Christina/Andrea) — 2 more folks joining us — full max. New Chairs to be ordered(?)</p>	
	<p>EAAA Senior Food distribution (additional supports) — Terri Cusick and her brother will take over the delivery program.</p>	

	Housing (Jeanne): Update on Window Dressers program / volunteers / participants Sand Bucket brigade — Seniors or homebound adults Smoke / CO detectors — Home Depot request ignored	
	Transportation (Christina) - updates Training for Volunteer Drivers at FBLibrary - 4th Thursday	Call 422-2307 FMI & to sign up
	Social Participation: (Myra/FBL) January: Soup & Chili 1/26 noonish - variety of chili & soups & casseroles SMHS will also host a chili cook-off in March(ish) Maine200 activities— Jeanne re: 200?	
	Community Garden: 2020 Garden update & plans RSU24: Gear Up for Gardening (4/4) BE Moore School RSU24: Grow Your Own Organic Garden 4/8 6-9pm Sullivan	? training session on raised bed — pallets
	Sullivan Community Resource Guide Update (100 more copies)	Need to add insert for Leonard Lake Housing
Additional online training:	Tri-State (ME/NH/VT) Learning Collaborative on Aging (free to join) https://agefriendly.community/webinars-alphabetical-listing/ 1.14.2020 12-1pm online “Digging Deeper into Difficult Conversations” 1.21.2020 12-1:30pm online “Starting Over: Grandparents Raising Grandchildren” 1.30.2020 9am-10am online Lifelong Communities Webinar: “Sustaining Your Lifelong Communities Work Strategies for Embedding the Work in your Community” Register (no cost): https://tinyurl.com/vk96ekz (pass around) Marie Zwicker sent info on 1/15 webinar “How to Help Cats in Your Community”	Candy to send out info

Guest Speaker:

Rose Honders, AtHome project Manager, Downeast Community Partners

rose.honders@downeastcommunitypartners.org

3 months, Social Worker/teacher working with 0-20 age population; ready to work with older adults; truly address isolation; AtHome working with Y in Blue Hill - add senior center; younger adults not involved with older adults; GSA International program (jrs/srs) - baking, stuffing envelopes, shoveling, social interaction

AtHome (7 yrs old); membership packet; volunteering packet; Core services - transportation (huge); volunteers; building positive relationships with members; nurse visits (2ce/month) vital signs & emotional status; grocery shopping; added Admin Asst 20 hrs/week; Janelle (Blue Hill area); add friendly caller program; send out Bday cards; library book delivery; clean houses; service providers go through background check;

Volunteer folder / application, info

Member folder (instead of client/patient) pay annual fee/year or monthly/quarterly - sliding scale; \$150/year - \$3000/year - 4 rides/month; mileage reimbursement; resistant to in-home help;

Solely supported by membership & fund-raising; grant-shares; goal = \$60K fund-raising (annual appeal, fund-raisers)

medical model; organizational support; only look at income; additional services needed; care plan - approved caregivers;

members? 45 Peninsula & MDI total

volunteers? MDI 12 members / lots of volunteers; BH 25 active driving volunteers; list of 200 people

SW helps with Rx expenses; Coastal Med Care supplies;

Volunteer training handbook; donated volunteer time/resources;

Volunteer Matters - calendar lists member, where going, what services they need.

How to attract this service to our community; document volunteers through church; Independent - ask for help/purchased service

Investment in service;

2018: transportation 1301 medical appointments; 1500 grocery trips;

1976 errands - bank, hair, grocery; 364 visits to members;

transportation 2700 hours ; 46700 personal vehicles; foster

independence & quality of life

Next meeting:	February 5, 2020, 10am-noon Regular AFS meeting; followed by potluck - guest speaker: Allie Nolan, Ellsworth/MDI Housing Authority	
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