

***“A compassionate community of neighbors supporting / welcoming young and aging residents to thrive in a diverse and sustainable Sullivan.”***



# Sullivan, Maine

## Age-Friendly Sullivan Action Plan

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## Executive Summary

**Sullivan** is a rural, coastal town in Hancock County, one of 37 towns within the County. Ellsworth is the service center and county seat for Hancock County. As a small community, Sullivan is frequently combined with neighboring towns or the entire county for various initiatives; from the 9 community Regional School district, the 6 community Schoodic Peninsula Chamber of Commerce, all of Hancock County, the Down East region of Hancock & Washington counties, the Eastern Maine region of Hancock, Washington, Penobscot & Piscataquis counties, or even the entire State of Maine.

Age-Friendly Sullivan provided an opportunity to put a laser-focus on our town, our assets, our relationships, our partnerships and our people. Sullivan embraced the framework of the Age-Friendly initiative early in 2018. Engaging with existing resources, the community set out to make Sullivan a better community for residents to grow old, safe and happy. A community survey and focus group informed municipal leaders and the Age-Friendly Sullivan team of the assets our community enjoys, and the specific challenges facing older adults as they age in their current residences.

Recognizing that Sullivan residents are diverse in their interests, experiences and strengths; Age-Friendly Sullivan has designed multiple projects, activities and events that promote varied opportunities to engage our neighbors. We have partnered with existing organizations and non-profit agencies to maximize access to supports that enhance the resilience of our older adults.

The municipal leaders recognize the importance of engaging all residents in community planning. Several of our Age-Friendly Sullivan leadership team members have been appointed to the Comprehensive Planning Committee, and will bring forth the work of this plan.

## Community Profile

**Sullivan** is a rural, coastal town in Hancock County, Maine, that has a distinct winter population with an increased summer population. We are situated between Acadia National Park on Mount Desert Island and Acadia National Park at Schoodic Point. As of the 2010 census, our year-round population was 1,236; estimated to be 1,250 presently.



Once home to abundant granite quarries, the town of Sullivan is now a residential community for nearby Ellsworth and Mount Desert Island. Located along U.S. Route 1, Taunton River, Hog Bay, Frenchman Bay and Flanders Bay; Sullivan is home to a reversing tidal falls and many scenic turnouts that dot the Schoodic

National Scenic Byway along the Upper Schoodic Peninsula. Flanders Pond, Sunrise Trail, Schoodic Bog Preserve, Little Tunk Pond Preserve, and Baker Hill Preserve are all public recreational opportunities within Sullivan.

Sullivan is one of nine communities within RSU#24, and is home to Mountain View School (K-8); Sumner Memorial High School; RSU#24 Adult and Community Education, and RSU#24 District Services. In 2019, member towns of RSU#24 voted to build a new Middle and High School facility on the same site as the existing SMHS. The Town Office and RSU#24 Adult & Community Education are now housed in the original Sullivan High School built in 1910.

**History of Sullivan** (from *A Bicentennial History of Sullivan, Maine* compiled by the Sullivan-Sorrento Historical Society, 1989, and *Sullivan and Sorrento Since Seventeen-Sixty*, by Lelia A. Clark Johnson, 1953)

When it came time for the early settlers to choose a name for their town which was about to be incorporated, they decided to honor their Revolutionary War hero Daniel Sullivan, who died in 1782. Thus, on February 16, 1789, "Plantation Number Two on the East Side of Union River in the County of Lincoln" was incorporated "into a Town by the name of Sullivan." The Town included areas that later became Hancock and Lamoine in 1828 and Sorrento in 1895.

As Maine became settled, shipbuilding rapidly became a major industry along the coast. The boundaries for the Frenchman Bay Customs District extended from Schoodic Point to Blue Hill Bay and included the island of Mt. Desert. The Custom House, located at the Mill Pond in Sullivan registered vessels, whaling & fishing licenses, inspected, listed and weighed cargo, paid light house keepers, recorded shipwrecks, retained trademark information, and kept passenger/crew member lists. Available records show over 82 vessels were built in Sullivan from 1798 to 1874; the largest was a 130 foot Barque titled "Gladiola" built in 1861. Several vessels and cargoes were lost at Sullivan Falls over the years.

Following the Civil War, the granite industry expanded rapidly in Maine, due to industrialization and the "phenomenal growth" of the cities, which increased the need for good roads and streets. Paving blocks made of granite became the most popular form of street paving materials in many cities, because of their resistance to wear and low maintenance costs. By the early 1870s, there were 4 major quarries in Sullivan employing a total of 165 men. The decline of the Sullivan granite industry was directly related to the development of the automobile and the demand for smoother roads.

Sullivan during the late 1800s was quite a busy community. The silver mines and granite quarries along Taunton Bay brought in new people and new prosperity. The old stone store in Sullivan Harbor seems to be the oldest in town. It was called the Old Salt Store, as salt brought from England was stored there to be used by the fisherman along the coast. Tradespeople opened shops and stores, while peddlers brought dry goods, meat and fish to area homes several days each week.

Four new hotels were built in the 1890s, for a total of nine operating in the area. When telephones were installed in Sullivan, the central office with its two operators was housed in the Granite Hotel.

The gay nineties were as gay in Sullivan as elsewhere. They were colorful and happy, perhaps the most prosperous. Hospitality was the watchword. Unexpected company was so welcome. Our summer people gave much dash and color to the scenery.

With no modern conveniences, the morning chores were finished early. Housewives washed on Monday, ironed on Tuesday, mended on Wednesday, churned on Thursday, cleaned house on Friday and cooked on Saturday (enough for the next week). The whole family went to church on Sunday. Afternoon calls were made from neighbor to neighbor. Quilting bees and husking bees were a lot of fun, usually winding up with a kitchen "hoe-down".

All the men had good cellars to store their supply of fruits and vegetables. They cut their wood in the winter, kept livestock so that their families be well fed, and they were frugal that their families be well supported.

Each of the four areas that made up the Town of Sullivan had its own social life. Town meeting seems to have been the main occasion for mingling community-wide, though the Sorosis Society, Knights of Pythias, Masons and later the Grange certainly had members from all areas of town. Many of those early families still live here.

Between 1890 when the Census reported a population of 1,290 and 1920, when it was only 916, the town went through a change of pace. The mines had closed and only a few quarries were left in operation. The Hancock Sullivan bridge, which replaced the century old ferry on the Atlantic Highway Route 1, opened to traffic on 1926. The "super-structure" rested on 5 concrete piers, with an operable swing span to allow vessels and other craft to pass through the bridge. The coming of the bridge brought another convenience to Sullivan and surrounding towns in the form of electric lights by way of two steel towers on each side of Falls Point. Electric lights were first used in 1925 and the users had to buy stock in the company.

By 1940, just as WW2 was beginning to affect the United States, Sullivan's population was down to 801. Higher taxes and low employment had sent many young men and women in search of better jobs or into military service. Tourism began to grow in the 1950's and there were many small restaurants and cabins to accommodate this influx. The area's economy began to prosper once again.

During the 1960's and 1970's, a new group of young people began to buy quarries and wood land in the town. Many were known as "hippies" and the area felt their impact. Rebellion against the Vietnam War and the status quo brought a new kind of dweller and town meetings were enlivened by their presence. Idealists, they tried subsistence farming, much as the earlier settlers did. They lived frugal, non-materialistic lives. Soon they had families of their own and became active in organizations and municipal boards in town. Their influence began to be felt. By 1980, the population had risen to 967.

Between 1970 and the 1980's, a new phenomenon had appeared: the "Retirees". Many of the old family homes were claimed by descendants of the original families, as newcomers discovered the beauty, friendliness and quiet of Sullivan - Sorrento living. Throughout both communities, homes that had only been occupied in the summer were being winterized and lived in year-round. The era of the "Bed and

Breakfast" arrived in the 1980s and homes that had taken in summer visitors in the 1920's and 1930's were again being put to use.

For many years, the little schoolhouse which served North Sullivan, also served the community as a place to hold church services. In 1885, the townspeople decided that it was time to build a more desirable house of worship. This building remains, yet has been converted to a single-family residence. The Ashville Community Church is a small, white stately steepled church setting on a terraced knoll on Old Route 1 at the outskirts of Sullivan. Prior to the fall of 1951, the Sullivan Baptist Church had only a summer ministry. Since 1958, the church has had an ongoing ministry with worship services Sunday morning and evening. The book, "Seven Steeples:" by Margaret K. Henrichsen, recalls a story of a woman who ministered seven United Methodist churches on the Maine coast, including the North Sullivan, East Sullivan and Ashville Community Churches, among others.

The earliest record of organized sports is around 1890. A team composed of North and West Sullivan boys/men engaged in playing teams from neighboring towns. There was usually only one new baseball to start the games, which caused a lot of delays in the playing. When a ball was hit into the woods, and this happened fairly often as the playing field was surrounded by woods, the game was stopped and a large part of the spectators joined the players in a search for the ball.

In 1915, a ball game in West Sullivan was broken up and everyone went to a fire in North Sullivan that destroyed the Hooper & Havey store. This was an exceptionally large 3-story building. As Sullivan had no fire department at the time, it was simply a case of everyone going to the fire to watch it burn!

The Sullivan Volunteer Fire Department was incorporated May 4, 1959, while a Women's Auxiliary was organized in 1977. Unit #1 was a 1953 Jeep purchased from the Civilian Defense Program and housed in the garage of James Dickins Filling Station until the #1 Fire Station was built in West Sullivan. In 1980, the #2 Fire Station

was built in East Sullivan. In 2019, the Town of Sullivan purchased the Brian and Gail Hasting's Farm with the intent of building a modern Fire Station and Municipal Building across the street from the existing Fire Station #1.

In 1989, the Town came together to celebrate the Bicentennial anniversary of the Town of Sullivan. After the parade, residents gathered at Sumner Park to play old-

fashioned games, enjoy a lavish cookout, and watch a fabulous fireworks display manufactured and lit by North Sullivan resident Dave Buell. The "Sullivan Daze" tradition continues on the first Saturday of each August, sponsored by the Town and Sullivan Volunteer Fire Department.



In 2007, Sullivan became one of the initial six communities participating in the Schoodic International Sculpture Symposium held at the Schoodic Education and Research Center campus, at the Schoodic section of Acadia National Park in Winter Harbor. There is now a trail of 34 sculptures throughout the Downeast region.

## Introduction to the Plan

In the fall of 2017, a group of Sullivan residents gathered at the Frenchman Bay Library to discuss creating additional supports for older adults. Brainstorming ideas included a drop-in coffee house, senior housing, challenging transportation issues, health and wellness resource fair, plus expanded activities and workshops.

Sullivan's demographics supported the urgency of this focus. Between 2000 and 2010, the US Census reported that Sullivan's population increased by 4.3%, yet our population of residents 65 or older increased by 12.2%. In those 10 years, our median age went from 38.4 to 44.7 years old, an increase of 6.3 years! In 2010, our older adults comprised 14.% of Sullivan's population. It is projected that older adults will be 25% of our community by the year 2025. How can we keep them safely thriving at home?

Sullivan became the 46th Age-Friendly community in Maine on January 30th, 2018. A new page was added to the Town website to inform the community about the Age-Friendly framework, publications and resources available, and documents pertinent to the initiative. A new AFS Facebook page was created to highlight resources and events, as well as encourage residents to engage in various activities and meetings.

Our leadership team is comprised of volunteers – leads for each of the domains were matched to volunteers based on their area of interest and expertise. Membership is open to any and all. Representatives from the Frenchman Bay Library, RSU#24, Sorrento-Sullivan Recreation Center, Sullivan-Sorrento Historical Society, Sullivan Volunteer Fire Department, staff from the Town Office and local faith community attend meetings and/or are on the email distribution list. In addition to our project committees, we have a volunteer serving as a legislative liaison to keep us updated on proposed legislation and regulations of interest to older adults.

Supported by the Town of Sullivan, with funding from AARP Maine and the Maine Community Foundation, AFS designed, issued, collected and tabulated our community survey. To keep our community volunteers engaged in projects and activities while we awaited survey results, we developed an Earth Day roadside clean-up event, and re-energized the Memorial Day observation event.

During the brainstorming sessions, we recognized that many Sullivan residents did not know what resources already exist and how to access them. Age-Friendly Sullivan initiated monthly meetings with guest speakers from regional social service agencies open to anyone, followed by a potluck lunch. This speaker series will continue.

We developed our confidential survey in "SurveyMonkey", optimized for mobile electronic use and printed forms to be mailed to every residence, with collection boxes at the Town Office and Frenchman Bay Library. Our librarians offered to read and input responses for those with visual or literacy challenges. Our survey results are included in the Appendix.

Attendees then came together to develop a vision statement and adopted the following: *"A compassionate community of neighbors supporting / welcoming young and aging residents to thrive in a diverse and sustainable Sullivan"*.

The final activity that day was to choose a "100 day Challenge" project based on suggestions generated by the survey. Attendees were given 3 dots to vote. At the annual town meeting 2 days later, attendees were also allowed to vote. The Community Garden solicited the most votes, yet was deemed impossible to complete within the 100 day framework (considering we were at the end of June).

The Friendly Caller project was second in popularity and required fewer resources to execute; so a committee was identified, materials designed and outreach

commenced. The Garden Committee also began their work, understanding that the project would be targeted for 2019.

As we developed our draft action plan, many projects and activities could be categorized under several domains. Age Friendly Sullivan decided that those projects which “ticked-off multiple domain boxes” would have priority. This approach then engaged more volunteers and input as events / activities / desired outcomes had buy-in from a greater segment of the population.

As an organization that does NOT want to “reinvent the wheel”, AFS has encouraged existing community organizations to partner and support various projects and activities. This included monthly home delivery of CSFP food boxes, volunteer transportation partnership, Friendly Caller program, Health & Wellness Resource Fair, a Resource Directory, Veteran’s Breakfast, Pies and Games during Sullivan Daze, and renovated Community Room at the Rec Center.

In 2019, the Town initiated a sand bucket brigade, Bone Builders exercise program, and the community came together to build the Sullivan Community Garden. Changes in the administration of the town included accepting debit/credit cards for payment of taxes and registration fees. Sullivan developed a tax club for payment of real estate taxes, which allows residents, who do not have tax delinquencies, spread their current annual real estate tax liability over 8 monthly payments without interest or penalty.

Our Action Plan follows.....

**DOMAIN: Outdoor Spaces and Buildings**

**GOAL:** To increase the accessibility and availability of outdoor spaces and buildings.

**COLLABORATING ORGANIZATIONS AND PARTNERS:** (WHO) Town of Sullivan, RSU24, Frenchman Bay Library, Maine Department of Transportation, UMCE Master Gardeners, Frenchman Bay Conservancy, Schoodic Scenic Byway Committee; local professional gardeners and farmers

**OBJECTIVE: Schoodic Scenic Byway annual roadside clean-up**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Recruit volunteers, assemble teams, assign territory, host cookout at completion.	Volunteers, Maine DOT will pick up trash bags, Town will supply safety products & signage, AFS will provide lunch	trash bags, safety vests tongs & long-handled grabbers, gloves, roadside mile markers, pickup/drop-off supplies	Safety concerns for youth, weather safety	# volunteers # bags trash
2019-2022	Evaluate prior year & improve				

**DOMAIN PARTNERSHIPS:** Communication & Information, Social Participation, Respect and Social Inclusion, Civic Participation, Health Services

**OUTCOMES:** In 2018, 40 volunteers collected 250 bags of trash on 6 miles of US Highway 1. Most of our volunteers were over the age of 50, several were in their 70’s. At the cookout following the clean-up, residents from various neighborhoods bonded through their shared experience.

In 2019, over 50 volunteers, including teams from Sumner Memorial High School (RSU24) and their parents, joined the clean-up.

**OBJECTIVE: To build a community garden to provide fresh produce, increase food security and create healthy outdoor activities.**

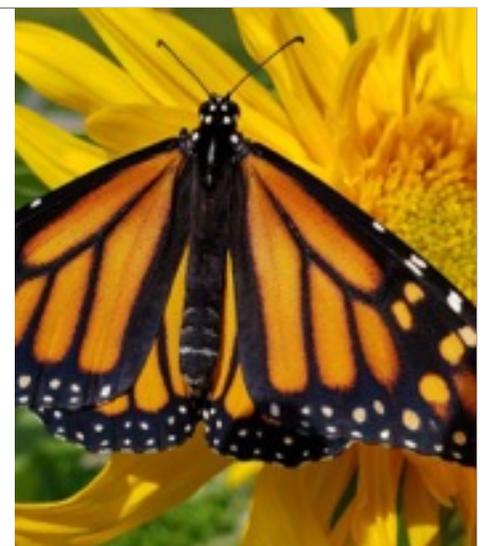
Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Assemble committee, assess resources and funding opportunities, develop policies; develop budget and seek funding	Master Gardeners, Hancock Community Garden experts	New England Grassroots Fund Maine Community Foundation	Location - alternative uses for field behind town office	
2019	Recruit volunteers, gardeners, BUILD GARDEN	Town donated land & will provide water.	Water, Raised Beds, Loam, Nutrients, Fencing, seeds/ plants	Weather (ground frozen until May; underwater until June)	# volunteers # private gardeners # food distribution
2020	Assess and improve				
2021-2022	Expand to include fruit trees, fruit bushes				

DOMAIN PARTNERSHIPS: Communication & Information, Social Participation, Respect and Social Inclusion, Civic Participation, Health Services

OUTCOME: In 2019, 2 grants were submitted and funded. As we encountered a late spring with high water tables, our garden plan was revised to create 16 raised beds. Half were rented by community members and half became the community garden. In the Town Office a "Take It Or Leave It" table provided residents the opportunity to help themselves to fresh produce if they had need. Prolific gardeners in Sullivan brought in their excess produce (trading cucumbers for tomatoes). Ron & Marie Simon, owners of Simon's Farms, donated 10 cases of squash, tomatoes, cabbage, and assorted other vegetables at the end of the season. Fresh produce was included with monthly home delivery of senior commodity food boxes.



# Age-Friendly Sullivan Community Garden



**DOMAIN: Transportation**

**GOAL:** To increase the accessibility and availability of transportation by those who do not drive or own a private vehicle.

**COLLABORATING ORGANIZATIONS AND PARTNERS:** (WHO) Town of Sullivan, Frenchman Bay Library (FBL), Friends in Action (FIA), Downeast Community Partners (DCP)

**OBJECTIVE:** To Increase the number of volunteer drivers through partnerships with Friends in Action and Downeast Community Partners.

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Assess options, recruit volunteers, provide training, collaborate with FIA to train & insure volunteers & coordinate rides	volunteers with vehicles and available time; training location	training, software, insurance	weather, darkness & distance	# volunteers # rides # miles
2019-2022	Assess & improve; provide monthly training & recruit additional volunteers				

**DOMAIN PARTNERSHIPS:** Communication & Information, Respect and Social Inclusion, Community Support & Health Services

**OUTCOME:** In March 2018, we partnered with Friends in Action to recruit additional volunteers for their volunteer transportation program with the intent that Sullivan volunteers would drive Sullivan residents. FIA provides training to anyone interested in becoming a volunteer driver on the 4th Thursday of each month at the Library. In the period April 2018-April 2019, 4 Sullivan residents received 64 documented rides for 1693 miles; 4 Sullivan volunteers provided 51 of those rides. The additional benefit to this partnership, is that Friends in Action allows Sullivan to use their wheelchair van when necessary.



**DOMAIN: Housing**

GOAL: To allow residents to live safely in their own home as long as they desire.

COLLABORATING ORGANIZATIONS AND PARTNERS: (WHO) Town of Sullivan, Sullivan Volunteer Fire Department (SVFD), Frenchman Bay Library (FBL), Downeast Community Partners (DCP), [WindowDressers.org](http://WindowDressers.org)

**OBJECTIVE: To provide combination smoke & carbon monoxide detectors to those in need.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Survey residents to learn status of active smoke & carbon monoxide detectors	SVFD acquired 35 10-year lithium battery detectors for distribution	promotion of availability, waitlist, additional detectors	don't want because of chirping battery	# volunteers # detectors
2019-2022	Assess & improve, repeat as needed.		Budget & purchase additional detectors		# volunteers # detectors

DOMAIN PARTNERSHIPS: Communication & Information, Respect and Social Inclusion, Community Support & Health Services, Civic Participation & Employment

OUTCOME: In 2018, the Sullivan Volunteer Fire Department donated 35 Kidde 10-year lithium battery combination smoke and carbon monoxide detectors to Age-Friendly Sullivan for distribution to those in need. 32 detectors were distributed. 3 are available for distribution. In 2020, AFS will purchase 20 additional detectors using MCF grant funds.

**OBJECTIVE: To provide a 5 gallon pail of salt/sand for aging adults to use on steps and walkways during the winter to increase safety during winter. BUCKET BRIGADE**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018-2019	Fill & deliver 5 gal. salt/sand bucket to adults in need	salt/sand	5 gal buckets volunteers	STRONG individuals to deliver buckets	# volunteers # residents served # buckets & refills
2019-2020	Assess & improve, Recruit volunteer leader to manage project.	salt/sand buckets, lids scoops	Budget & purchase additional supplies	Expand access to salt/sand to all residents.	# volunteers # residents served # buckets & refills
2020-2022	Assess & improve, repeat as needed Town to develop policy for public access to salt/sand.	salt/sand buckets, lids scoops	Budget & purchase additional supplies		# volunteers # residents served # buckets & refills



DOMAIN PARTNERSHIPS: Communication & Information, Respect and Social Inclusion, Community Support & Health Services, Civic Participation & Employment

OUTCOME: In winter 2018-2019, the Sullivan Town Office identified residents who would benefit from participation in the bucket brigade. 22 residents received buckets with covers and scoops. They could call the Town Office for refills as needed. In winter 2019-2020, George Fuller was recruited as volunteer coordinator and buckets were delivered to 2018/19 participants, and additional residents as identified by the Town Office. In 2020, a policy was developed by the Town to allow all residents to access the salt/sand pile when the Transfer Station was open to fill one 5-gallon bucket per storm.

**OBJECTIVE: To partner with the Window Dressers program to create plastic window inserts for residents to improve the comfort of their homes, while reducing cost of heating their residence.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Research Window Dresser program				
2019	Invite Window Dresser representative to inform, recruit volunteers & residents Partner with Window Dresser Community Build in Ellsworth	existing program established in Ellsworth	homeowner volunteers; additional community volunteers	frailty of homeowners or inability to find replacement volunteers to build inserts	# volunteers & hours # homes # inserts
2020-2022	Partner with Window Dresser Community Build in Ellsworth; recruit outreach volunteer to measure windows for inserts.	additional outreach in Spring of each year	same	same	# volunteers & hours # homes # inserts

**DOMAIN PARTNERSHIPS:** Communication & Information, Respect and Social Inclusion, Community Support & Health Services, Civic Participation & Employment

**OUTCOME:** In 2019, Kit Lane presented information to Age-Friendly Sullivan on participating with the Window Dresser program. Rather than create a separate build project in Sullivan, we opted to participate with the Ellsworth project. St. Joseph Church, Ellsworth hosted the Window Dresser build program for 10 days in September. 4 Homeowners ordered window inserts and 8 Sullivan residents volunteered at least 32 hours toward building inserts. We are recruiting 2 local residents for outreach site visits to take window measurements for 2020.

**DOMAIN: Social Participation**

**GOAL:** To Increase social opportunities with friends, neighbors and acquaintances, to improve physical and cognitive health.

**COLLABORATING ORGANIZATIONS AND PARTNERS:** (*WHO*) Town of Sullivan, Sullivan Volunteer Fire Department (SVFD), Frenchman Bay Library (FBL), Sullivan-Sorrento Historical Society (SSHS), Sorrento-Sullivan Recreation Center (SSRC), Frenchman Bay Conservancy, RSU 24 Sumner Memorial High School, David A. Hooper Lodge #201

**OBJECTIVE:** To increase community activities and celebrations that create pride in our town and opportunities for social participation.

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Free community events to celebrate neighbors and our town.	Sumner Park gazebo; SSRC, Town Office facilities Volunteers	food, decor, entertainment, sound system	weather	# participants
2019-2022	Assess & improve, repeat as desired.	above Sound System	Budget & purchase supplies.	weather	# participants

**DOMAIN PARTNERSHIPS:** Communication & Information, Respect and Social Inclusion, Community Support & Health Services, Civic Participation & Employment, Transportation

**OUTCOME:** Prior to 2018, the following community events were hosted within the Town of Sullivan: Souper Chili on the last Sunday in January, Winterfest in February, Sullivan Daze in August; and the Tree Lighting in December. In 2018, the community developed and participated in Earth Day roadside cleanup in April, Memorial Day observance in May, Veteran’s Day in November, and Christmas for Kids party after the Tree Lighting. The Library sponsored a “Pie & Games” activity at the Rec Center on Sullivan Daze. In 2019, Sullivan purchased a sound system for use at outdoor events and large gatherings at the Rec Center to encourage participation by those with hearing challenges.

**OBJECTIVE: To renovate the Community Room at the Sorrento-Sullivan Recreation Center to increase opportunities for social participation.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Renovate Community Room @ SSRC.	space volunteers furnishings	paint, flooring, electric updates, cabinets/counter	SSRC approval	# activities # participants
2019-2022	Encourage activities in CR whenever FBL is open.	space, puzzles, games	Library oversight		# activities # participants

DOMAIN PARTNERSHIPS: Communication & Information, Respect and Social Inclusion, Community Support & Health Services

OUTCOME: In 2018, with leadership from the Frenchman Bay Library, Age-Friendly Sullivan submitted a proposal to AARP’s Challenge grant program. They were awarded \$2250 towards a renovation project that cost \$5858 including donated labor. This community room is now used weekly for card games, knitting groups, bake sales, AA meetings, committee meetings, drop in visits etc. In 2019, the SSRC acceded responsibility for room use & scheduling to the Library.

**OBJECTIVE: To host a monthly potluck lunch following Age-Friendly meetings & presentations to increase opportunities for social participation.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Potluck lunch following monthly AFS meeting & speaker series	space volunteers furnishings	paper products, beverages		# lunches # participants
2019-2022	Assess & improve, repeat as desired.	same	same		# lunches # participants

DOMAIN PARTNERSHIPS: All domains

OUTCOME: 10 months each year, AFS welcomes the community to stay after the monthly speaker for a potluck lunch. About half of the attendees participate.



## **DOMAIN: Respect and Social Inclusion**

**GOAL:** To Increase opportunities for older adults to be more connected to the community and their neighborhood, while remaining safe at home.

**COLLABORATING ORGANIZATIONS AND PARTNERS:** (*WHO*) Town of Sullivan, Sullivan Volunteer Fire Department (SVFD), Frenchman Bay Library (FBL), Sullivan-Sorrento Historical Society (SSHS), Sorrento-Sullivan Recreation Center (SSRC), Frenchman Bay Conservancy, RSU 24 Sumner Memorial High School, David A. Hooper Lodge #201

**OBJECTIVE: To create a Friendly Caller program to check in on neighbor safety, inform of upcoming events and opportunities.**

**OBJECTIVE: To create a Circle of Friends (including Friendly Caller) program to identify protective factors and create resiliency.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Research & design program. Recruit volunteers Recruit participants	volunteers	volunteer training, outreach materials	pride, independence	# volunteers # participants
2019	weekly call to self-identified individuals to check on safety, inform upcoming events, connect to resources.	volunteers	volunteer training, outreach materials	"I don't need someone checking on me"	# volunteers # participants
2020	Research, design, develop and implement Circle of Friends	volunteers event spaces Town Crier	paper products food, greeting cards	funding	# volunteers # participants # events
2021-2022	Assess & improve, repeat or modify as desired.	above	above	above	# volunteers # participants # events

**DOMAIN PARTNERSHIPS:** Communication & Information, Community Support & Health Services, Housing, Transportation

**OUTCOME:** In 2018, 4 volunteers were trained to be Friendly Callers. No one signed up to be called. In 2019, 1 community member asked to receive a weekly call. This person became more active within the town, attending AFS meetings and programs, volunteering to deliver meals, and joined our new Bone Builders program. Going forward, we want to retain this program, and explore other options for outreach and inclusion. Advocate for other organizations to reach out to isolated populations, including older adults, veterans, newly bereaved and new residents.

**DOMAIN: Civic Participation & Education**

**GOAL:** To Increase opportunities for older adults to engage in municipal leadership, take pride in place, and volunteer for the many non-profit organizations within Sullivan

**COLLABORATING ORGANIZATIONS AND PARTNERS:** (WHO) Town of Sullivan, RSU 24 Adult and Community Education Frenchman Bay Library (FBL), Sullivan-Sorrento Historical Society (SSHS), Sorrento-Sullivan Recreation Center (SSRC), Sullivan Volunteer Fire Department (SVFD)

**OBJECTIVE:** To engage and recruit residents to serve on municipal boards and committees, including select board, RSU24 school board, planning & appeals board, harbor committee, budget committee and the new comprehensive planning committee. To engage and recruit residents to serve on governing boards for local non-profit agencies including FBL, SSRC, SSHS and SVFD.

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018-2022	Identify opportunities & recruit volunteers	volunteers	volunteer training,	time, knowledge	# volunteers # participants

**DOMAIN PARTNERSHIPS:** Communication & Information, Respect & Social Inclusion, Social Participation

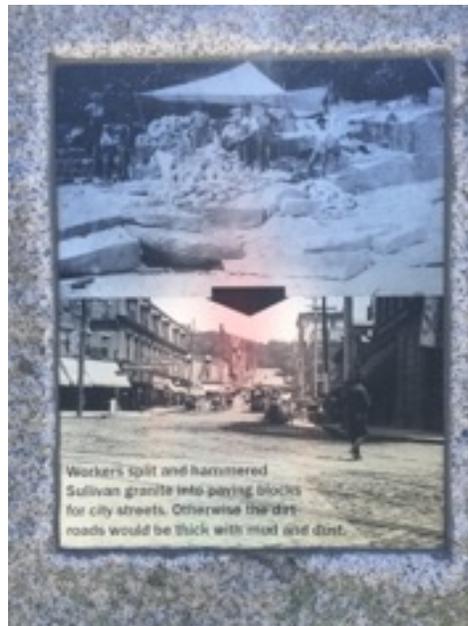
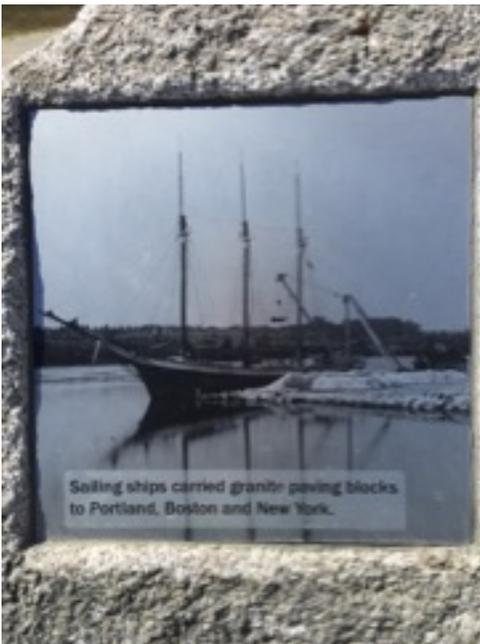
**OUTCOME:** In 2019, older adults won positions as select board and RSU24 school board. Several adults volunteered to serve on the new Comprehensive Planning Committee, and others were elected to the Frenchman Bay Library and Sorrento-Sullivan Recreation Committee.

**OBJECTIVE:** To encourage RSU24 Adult and Community Education to create workshops and seminars of interest to older adults in the community.

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018-2022	Advocate for educational, physical health, enrichment & technology classes	space, infrastructure, catalog	instructors & materials	time, transportation fees	# classes available # participants

DOMAIN PARTNERSHIPS: Communication & Information, Respect & Social Inclusion, Social Participation, Community Support & Health Services, Outdoor Spaces & Buildings, Transportation

OUTCOME: RSU24 Adult & Community Education has always offered a variety of enrichment workshops and classes. Since the advent of Age-Friendly Sullivan, they have expanded their offerings to include additional health & wellness classes (walking, senior fitness, Tai Chi, cooking classes); computers & technology (senior computer series, iPad basics); and specialized workshops including "6 Feet Under", "Hospice Myths Debunked", Estate Planning basics, Maine Death with Dignity Act, etc. Several of these will be presented during our regular AFS monthly meeting speaker series



Kids Quest site

Gordon's Wharf, Sullivan

Schoodic Scenic Byway



**DOMAIN: Communication and Information**

**GOAL:** To improve information dissemination to all residents through traditional media and incorporating new technology.

**COLLABORATING ORGANIZATIONS AND PARTNERS:** (WHO) Town of Sullivan, RSU 24 Adult and Community Education Frenchman Bay Library (FBL), Sullivan-Sorrento Historical Society (SSHS), Sorrento-Sullivan Recreation Center (SSRC), Sullivan Volunteer Fire Department (SVFD)

**OBJECTIVE:** To encourage Town Manager / staff to update the monthly Town Crier; create & update website & Facebook pages; utilize electronic sign to keep residents informed of events throughout town. Encourage non-profit entities to create/update their own websites & Facebook pages.

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018-2022	Issue updated monthly Town Crier / print color colors; update FB to inform residents of activities at schools, town office, non-profit agencies & business community.	Municipal staff and budget Electronic sign website Bulletin Boards	volunteer assistance	time, technology knowledge (FB & websites)	Resident satisfaction; increased participation in activities
2018-2022	Encourage organizations to promote town activities and partnerships.	websites & Facebook pages Bulletin Boards	volunteer assistance posters	time	Increased participation in activities

**DOMAIN PARTNERSHIPS:** all domains

**OUTCOME:** In late 2017, the Town purchased & installed an electronic sign on US Route 1, in front of the Town Office / RSU24 Adult & Community Education building. The Town designed a new website and Facebook page, which tumbles to the website. In 2018, Age-Friendly Sullivan added a page to the website to inform the community of meetings and publications of interest to building a more livable community, with a new FB page which tumbles to the webpage. The monthly Town Crier has been revamped to include color photos and articles about residents and businesses. This publication continues to be mailed to every residence.

**OBJECTIVE: To create and publish a Resource Guide for Sullivan residents highlighting available resources for all eight domains.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Research and create a Resource Guide; print; post PDF to website	volunteers, knowledge of resources	publication	time and financial support	# Guides printed (100)
2019	Update Guide, publish additional copies	volunteers, knowledge of resources	publication	time and financial support	# Guides printed (100)
2020-2022	Update & republish as needed	above	above	above	above

DOMAIN PARTNERSHIPS: all domains

OUTCOME: In partnership with Frenchman Bay Library, members of Age-Friendly Sullivan researched and created a Resource Guide for the residents based on the 8 domains of a livable community. In 2018, AARP Maine published 100 copies and provided a PDF for the website. The Town Office and Frenchman Bay Library distributed printed copies to local residents who were not comfortable using technology. In 2019, AARP Maine published an additional 100 copies for Sullivan.

## DOMAIN: Community Support and Health Services

GOAL: To improve access to health and social services to benefit all residents.

COLLABORATING ORGANIZATIONS AND PARTNERS: (WHO) Town of Sullivan, RSU 24 Adult and Community Education Frenchman Bay Library (FBL), Sullivan-Sorrento Historical Society (SSHS), Sorrento-Sullivan Recreation Center (SSRC), Eastern Area Agency on Aging (EAAA), Northern Light Maine Coast Hospital and Rehabilitation (NLMC), Walgreens, Friends in Action (FIA), U Maine RSVP, Community Health & Counseling (CHCS), Birch Bay Retirement, The Next Step, Beth C. Wright Cancer Resource, other non-profit social service and health service agencies. Invite wellness providers.

**OBJECTIVE: To create and offer a Health and Wellness Resource Fair at the Sorrento-Sullivan Recreation Center for Sullivan residents.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Invite regional provides of health & social services to a 4 hour health & wellness fair at the	SS Rec Center, volunteers, tables, relationships	financial support, lunch, promotion / signage rent donation	date/time interest (what is it?)	# vendors # participants
2019	Assess and repeat; expand promotion to neighboring towns	above	above	vendor staffing shortages	above
2020-2022	Assess and repeat	above	above	above	above

DOMAIN PARTNERSHIPS: all domains

OUTCOME: Our first four hour Health & Wellness Resource Fair was held September 19, 2018. 27 vendors set up displays and provided health screenings or wellness activities. Attendees accessed free flu shots, balance screenings, posture screenings, blood pressure screenings, etc. They also learned about healthy eating options, social services available, and wellness activities, including chair massages. On October 10th, 2019, we repeated the event for 3 hours, with many of the same providers, and a few new providers as recommended by local residents. Walgreen’s reported a 30% increase in the number of flu shots administered. 20 providers attended with other agencies sending printed materials for the Information Table. We look forward to repeating this event on an annual basis.

**OBJECTIVE: To partner with Eastern Area Agency on Aging to deliver CSFP (Commodity Senior Food Program) monthly food boxes to homebound residents in Sullivan.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Meet Good Shepard truck, load car, deliver boxes of food to eligible recipients	Partnership agreement; background checks	volunteers with transportation	Ability to carry 30#	# volunteers # participants
2019-2022	Assess and repeat	above	above	above	above

DOMAIN PARTNERSHIPS: all domains

OUTCOME: As we assessed transportation needs, AFS identified several individuals who needed rides to pick up their monthly food boxes. Instead of arranging several round-trip rides, we decided to deliver boxes directly to those eligible. We began with four individuals in Sullivan, and expanded delivery to 3 in Hancock & 3 in Sorrento. 2 Franklin residents pick up their boxes from the Sullivan Town Office, as that is a shorter trip than the regional Ellsworth delivery/pickup site.



Urann House (circa 1800), US Route 1, owned by the Sullivan-Sorrento Historical Society

**OBJECTIVE: To partner with the University of Maine RSVP program “Bone Builders” to Sullivan and area residents.**

Timeline	Activities	Available Resources	Needed Resources	Potential Barriers or resistance	Metrics
2018	Research evidenced-based program requirements & space availability	volunteers space	trained leaders weights program structure	time, commitment by participants	# trained leaders # participants
2019	Recruit & train leaders Recruit participants Start program 9/28/19	above	above	above	above
2020-2022	Assess and repeat	above	above	above	above

DOMAIN PARTNERSHIPS: Communication & Information, Social Participation, Respect & Social Inclusion, Transportation

OUTCOME: In 2019, 2 volunteer lay leaders were trained, and 12 participants enrolled in the program which meets Mondays & Wednesdays, 1-2pm. In early 2020, 2 additional volunteer lay leaders were recruited & trained, and we reached our maximum capacity of 15 participants. Participants are strength-training with weights and balance exercising to strengthen their bodies to reduce falls and osteoporosis. Residents report improvements to balance and health, as well as a joyful social experience. Participants are carpooling and checking on each other when someone misses a session.

**Contact Information:**

Town Manager: Rob Eaton, 1888 US Highway 1, Sullivan, ME 04664; 207.422.6282;  
[sullivantownmanager@yahoo.com](mailto:sullivantownmanager@yahoo.com)

Select Board: Russell Gordon, Ray Daley Jr., Roger Wakefield; 1888 US Highway 1, Sullivan,  
ME 04664; 207.422.6282

Age-Friendly Sullivan Coordinator: Candy Eaton, PO Box 264, Sullivan, ME 04664;  
207.460.1114; [candyeaton@yahoo.com](mailto:candyeaton@yahoo.com)

Website: [www.sullivanmaine.org](http://www.sullivanmaine.org)

Facebook page: @townofsullivan



2019 Earth Day Volunteers



Town of Sullivan  
1888 US Highway 1  
Sullivan, Maine 04664

January 26, 2018

Ms. Patricia Oh  
AARP Maine  
53 Baxter Blvd. Suite 202  
Portland, ME 04101

On behalf of the Town of Sullivan, I write you to express our dedicated support to truly become Age Friendly Sullivan! This opportunity to participate with WHO and AARP as an Age Friendly Community is both exciting and encouraging.

Our community is aging rapidly. From the 2000 to the 2010 census, our population grew 4.3% while our 65+ population grew 12.3%. We must be proactive and vigilant in our effort to find effective ways to reach out and partner with our seniors so they may thrive and age gracefully in their homes. Rural isolation, loneliness, in-home safety and lack of public or personal transportation are just a few of the struggles that we feel compelled to address.

Our Age Friendly Sullivan task force already has 11 volunteers and they are scheduling workshops and informational meetings to encourage broad support and participation from citizens of all ages in this most worthwhile and necessary effort. The Select Board of Sullivan is thankful for the opportunity to become the Age Friendly Community our citizens and leadership envision.

Sincerely,

A handwritten signature in cursive script that reads "Russell Gordon".

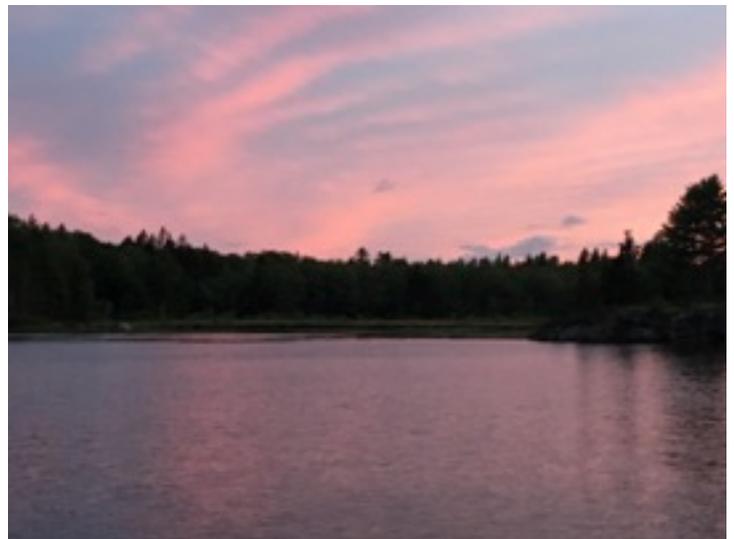
Russell Gordon, Senior Selectman  
Town of Sullivan  
1888 US Highway 1  
Sullivan, Maine 04664

**Demographics** as of the 2010 Census:

The town has a total area of 29.62 square miles, of which 26.67 square miles is land and 2.95 square miles is water.

There were 1,236 people, 528 households, and 332 families residing in the town. The population density was 46.3 inhabitants per square mile. There were 806 housing units at an average density of 30.2 per square mile. The racial makeup of the town was 95.6% White, 0.2% African American, 0.6% Native American, 0.3% Asian, 0.8% from other races, and 2.5% from two or more races. Hispanic or Latino of any race were 1.0% of the population.

There were 528 households of which 25.9% had children under the age of 18 living with them, 49.6% were married couples living together, 8.5% had a female householder with no husband present, 4.7% had a male householder with no wife present, and 37.1% were non-families. 25.8% of all households were made up of individuals and 8.4% had someone living alone who was 65 years of age or older. The average household size was 2.34 and the average family size was 2.81.



The median age in the town was 44.7 years. 19.9% of residents were under the age of 18; 6.8% were between the ages of 18 and 24; 24% were from 25 to 44; 35.3% were from 45 to 64; and 14.1% were 65 years of age or older. The gender makeup of the town was 48.8% male and 51.2% female.

## 2018 Sullivan Age-Friendly Community Survey – 106 surveys returned

94.3% live in Sullivan year-round

6.6% over age 80

51.9% age 65-80

28.3% age 50-64

13.2% less than age 50

70.8% have a pet or pets

17.0% are veterans

16.0% are disabled

### Housing

84.9% own their own home

79.2% live in a single-family frame dwelling

1.9% live in an apartment

11.3% live in a mobile home

4.7% live in extended family home

28.3% live alone

8.5% are the primary caregiver for someone else

53.8% have a 911 address at the end of their driveway

84.0% have a working/active smoke detector on each floor

52.8% have a working/active carbon monoxide detector

91.5% indicate their home is warm enough in the winter

12.3% need help paying for fuel

17.9% need help with home chores (yard, snow, lightbulbs)

8.5% need help with storm windows and/or banking house

6.6% need help bringing firewood into home

2.8% need help shoveling after a snowstorm

5.7% need help with heavy work, minor repairs, major repairs

*and at least 1 person needs all the help they can get*

- 81.1% want to age in their own home
- 16.0% will need modifications to stay in my home as I get older
  - 7.5% want to move in with family
  - 7.5% want some to move in with them
  - 5.7% want to move to an apartment
- 10.4% want to move to a senior community
  - 5.7% want to move to an assisted living facility
- 17.9% want to move to a warmer climate

### **Transportation**

- 92.5% drive themselves
- 25.5% have spouse or partner drive
  - 9.4% have family or friends drive
- 13.2% walk
- 2.8% ride a bike
- 1.9% use special services (SunRide, Friends in Action)
- 1.9% are homebound
  
- 2.8% need rides
- 6.6% get rides, but don't like to ask
- 1.9% use wheelchair, walker or oxygen
- 6.6% have difficulty seeing, hearing or other physical conditions
- 6.6% don't like to go out
- 6.6% don't like to go alone
- 25.5% find weather conditions to be a barrier
- 15.1% don't like to drive after dark

### **Civic Participation & Employment**

- 8.5% would like to teach a class or lead a skill workshop
- 24.5% are willing to participate in local government (boards, committees)
- 34.9% are willing to participate in community organizations / activities
- 56.6% are willing to participate in single-day events
- 13.2% offered other ideas (child-friendly opportunities, cook for events, rides for others, church)

### **Communication & Community Information**

- 82.1% use a computer, tablet or smartphone
- 63.2% have sufficient internet access
- 97.2% read the monthly Town Crier
- 53.8% read the Town sign
- 28.8% read the Town website ([www.sullivanmaine.org](http://www.sullivanmaine.org))
- 37.7% read the Town Facebook page (Town of Sullivan)
- 20.8% read posters
- 2.8% learn what's happening through church
- 73.6% find out what's happening in Sullivan through word of mouth

### **Social Participation**

- 45.3% would like to be more social
- 49.1% would like more opportunities for solitary activities
- 34.0% would like to participate in more group activities
- 44.3% would like to attend lectures, workshops or skill-building classes
- 30.2% would like to play cards, cribbage, board games, bingo, arts & crafts
- 38.7% would like to participate in morning coffee, potlucks or group meals

### **Community Services & Health**

- 13.2% would like to participate in a daily phone check-in
- 14.2% need help filling out forms
- 10.4% need help with food shopping
- 17.9% would access a food pantry, if available
- 15.1% would access the pet food pantry
- 0.9% need help making an appointment with health provider
- 7.5% need transportation / assistance getting to appointment
- 3.8% need assistance with medication and/or medical equipment
- 34.9% have an Advanced Medical Directive
- 50.9% would attend a Health & Wellness Resource Fair

## **Community Spaces & Buildings**

82.1% walk unassisted

7.5% walk unassisted with difficulty

6.6% use a cane or walker

0.9% use a wheelchair

7.5% identified the Recreation Center for improvements (ramp in back is difficult to access; library/recreation bathrooms; thrift store)

4.7% identified the Town Office for improvements (handicap parking/ramp)

0.9% identified Dollar General needs wheelchairs

2.8% identified Sumner Park access – seating at the parks, uneven surfaces, very uneven and few places to sit

0.9% identified the ocean for public seating

1.9% identified Taunton Drive for walking safety (speeding drivers)

0.9% identified that they do not get out much

14.2% identified they would like community-raised bed gardens in Sullivan

7.5% identified they would like butterfly or wildflower gardens in Sullivan

29.2% identified they would like walking paths – (some specified flat, paved, exercise, nature, connecting Sumner Park to Gordon's Wharf, off-road stroller accessible)

7.5% identified all or any of the above

2.8% identified they would like a fenced dog park

1.9% identified they would like a pool or beach

0.9% identified they would like bicycle paths on all roads

*There are 64 additional comments about our community listed as the ONE thing that would improve Sullivan for the survey respondent.*

## **Respect and Community Inclusion**

50.9% feel that older residents are respected in Sullivan

35.8% feel that older residents are respected in Sullivan some of the time

