

Age-Friendly Sullivan Livable Communities, Wednesday, June 1, 2022, 9a-10a, Sullivan Town Office Minutes

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Cyndi, Nadine, Don, Candy, Raina, Diana G, Andy, Christina, Jeanne	Regrets: Trudy L.,
9am	<p>Guest Speaker: Al May, Maine CDC Downeast PH District</p> <p>Andrew Sankey, Hancock EMA</p>	<p>Al May, Public Health Liaison, Downeast Public Health District, Maine CDC - focus on keeping healthy as you age; describe someone aging well; long-term plans; despite medical issues - stay involved; independent; community connections; resiliency - acceptance of what is happening;</p> <p>Health keys to success: continue physical activity, reason to get up in the morning (mini-goals); mental activity; wholistic approach; stress-management; learning something new; healthy diet; sufficient sleep - success for chronic disease / Alzheimer prevention</p> <p>Dementia / Alzheimer - brain degeneration (connections) / micro-vascular changes; cognitive function of brain; Mediterranean diet; Maine (next 10 years) 30% of residents will get Alzheimers' (require complete care), plasticity of brain, keep brain stimulated, stay active/ physically fit;</p> <p>Know someone with memory loss? 1/9 age 45 or older report confusion or memory loss, 50% report activity limitations, health care providers are afraid to speak with patients about memory loss, lot of education with PCPs; think about prevention!!! Think possible treatment, care planning, management of chronic conditions (Stanford U program), caregiving needs.</p> <p>Homework (fitness log)</p>	<p>Future topic: Health literacy</p> <p>Handouts: "Keys to Success for Aging" "AARP Interest Survey 2012 - top 10 interests" "Know Someone with Memory Loss?" "Fitness Log"</p>

		<p>Andrew Sankey, HEMA - resilience; public health component; AI May most valuable resource for public health locally; Dixon Advisory committee; financially stable - recruit providers; Board of Meadow View Apts - needs regional representation; full presentation at Frenchman Bay Library 6/23 @ 5:30pm; natural risks, tech risks, human caused risks - resilient households = resilient communities</p> <p>Bottle water - replace when expired Wood shed</p>	<p>Handouts: FEMA “Preparing Your Pets for Emergencies Makes Sense” FEMA “Preparing Makes Sense for Older Americans” FEMA “Preparing Makes Sense for People with Disabilities, Others with Access & Functional Needs & the Whole Community” DHS “Emergency Supply List” Maine Prepares “make a plan, stay informed, help others”</p>
	Funding & Finance:	No updates	
	Community Organization Updates:	<p>Frenchman Bay Library Sorrento-Sullivan Historical Society Sullivan-Sorrento Recreation Center</p>	No updates (no time)
	Legislation / Civic Engagement	<p>https://sullivanmaine.org/election-information/ June 7th 6:30p Candidate Forum, Sorrento-Sullivan Rec Center June 14th Maine primary election, RSU24 referendum, local Select Board and RSU24 Board elections June 27th Annual Town Meeting at Rec Center</p>	

Current Discussion & Project Updates:	Welcome to Sullivan tote bags for new residents - done Sullivan Community Garden - Hoop House Walking Trail - gravel complete Bone Builders - in-person/hybrid/ZOOM ? 7/22 Movie in the Park ?	
Announcements/Updates	Schoodic Scenic Byway update	
Next meetings (in-person):	NO JULY MEETING August 3, 2022: ? Grand Opening: Walking Path ? 8/6 Sullivan DAZE	