

Age-Friendly Sullivan Livable Communities, Wednesday, October 5, 2022, 9a-10a, Sullivan Town Office MINUTES

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Nadine, Trudy, Cyndi, Don, Candy, Diana, Ander, Jeanne,	Regrets: Christina,
9am	Guest Speaker:	Ander Thebaud, Director RSU24 Adult & Community Education - RSU24, can join from anywhere, work with students with all skills, (had FT tech) , 5 FT, 1 PT now, National Digital Equity Center, based in Machias / Axiom Technology - bring computer tech to rural ME, 1 hour classes, "Cutting the Cord", reduce internet costs, Intro iPhone, iPad — classes daytime & evening; if NDEC website confusing (RSU can help). (Cyndi- Disconnect with language). # of sites - ZOOM on steroids; instructor can share screen, see all students, Take online at home also; beginner classes; choose classes onsite; facilitator available if needed, instructors explain clearly; Bendable options; Ideas for other classes - lateral thinking; Joyce Strout (new instructor) on networking, creative ideas; advanced writing class this winter; hikes - Dan Raynor - flora/fauna/mushrooms; Kathy Nyborg walking groups; civics/government; local/Maine history; Native American history; lecture series; scholarship programs for workforce training programs, connect with other resources, potential Friends of Community Education	Glossary of terms to Cyndi & Ander 
	Funding & Finance:		
	Community Organization Updates:	Frenchman Bay Library - open, not masks, encourage to wear masks, air purification system, Christina - Chickadee program-reading to after school; 10/25 meet & greet; challenges to books; 2/4/23 Super Chili Sorrento-Sullivan Historical Society - officially closed public hours, open by appt.; Raina returning on 14th/15th; Urann House roof on garage; Tobey Connor Crawford (stipend) be there; History Hour - on ZOOM; couple new Board members Sullivan-Sorrento Recreation Center - bean supper, better than expected, \$800, 80 attendees, hand-delivered left-overs	Drop-in time in the Community Room.  Upcoming events / public and fund-raising events 11/5 Hunter's Breakfast; 11/24 Thxgiving dinner

Legislation / Civic Engagement	General Election: November 8, 2022 8am-8pm, absentee ballots available now Planning Board monthly meeting on website Select Board meeting 10/17 (3rd Mon)	
Current Discussion & Project Updates:	Special TAX edition: Town Crier workgroup “Socks for Sullivan” & Angel Tree 12/3/22 Christmas Tree Lighting, Cookie exchange & Cocoa Walking Trail update (winter use - XC skis, snowshoes, yaktrax)	TC workgroup 10/13 & 10/14
Announcements/Updates	AFS EAAA CFSP senior box home deliveries will be on the first Tuesday of the month, beginning November 2022. Farmstead Barn Art Show - 10/8 & 10/9 Trudy - Pods for milkweed	10/25 tax aid for \$850 extra help
Next meeting (in-person):	November 2, 2022: Guest TBD EAAA Medicare - choices (Concern about Joe Namath - Medicare Advantage - exposure to ads)	

**OATS from AARP: New Report Presents Compelling Evidence for Connectivity**

OATS released a report, “[Fly Like an Eagle: Measuring Transformational Social Outcomes Among Seniors Using Technology](#).” The report details how access to technology devices and innovative training programs can yield transformational social outcomes for older adults and provides a blueprint for cities and communities looking to implement their own digital inclusion programs.

Nearly 22 million older Americans remain on the wrong side of the digital divide, lagging behind the general population by double digits on most measures of technology utilization. The data present a complex portrait of the social dynamics at work, and show several important new findings regarding the potential benefits of technology training (when combined with devices and connectivity) for older adults:

- **Over 50 percent** of the participants in the training group reported making a new social contact via email, social media, or text. This was more than twice the rate of the control group, which did not receive training.
- **60 percent** reported participating in “something new” like an event or social group—more than double the rate of people who did not participate in training.
- Gains in social connectedness to friends and family during the program were approximately **20 percentage points** higher among the group receiving training.
- While both groups reported similar outcomes on improvements in depression symptoms, those receiving training were about **half as likely** to report worsening symptoms, suggesting a possible protective effect.
- **More than half** of the participants in training reported less frequent feelings of loneliness after the program—more than 20 percentage points higher than the control group.