

Age-Friendly Sullivan Livable Communities, Wednesday, November 2, 2022, 9a-10a, Sullivan Town Office Minutes

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Chris Woodcock, Don Snokes, Nadine Murphy, Cyndi Stanley, Candy Eaton, Cynthia Perkins, Myra Hornberger, Beth & Ray Graham,	Regrets: Christina,
9am	Guest Speaker:	<p>TED Talk: Dr. Lisa Genova on How your memory works — and why forgetting is totally OK.</p> <p>https://www.ted.com/talks/lisa_genova_how_your_memory_works_and_why_forgetting_is_totally_ok?language=en</p> <p>Discussion: Concerns: Names (through alphabet); intentionality; teachers learn names quickly, Recall - writing lists, notes; vs. typing note-taker Medications; sensory limitations, connections, sense of frustration (skills missing); losing words (nouns); Not to be too stressed, all of a sudden not prepared for events (want to be competent, conversation) - deal with stress / calm things down; take a deep breath - helpful / frees up brain; laughter/perspective; input to build memory; Where are car keys vs. what are car keys used</p>	

	Community Organization Updates:	<p>Frenchman Bay Library: \$2000 grant, Native American speaker; full staff; recommending masks; curb side service</p> <p>Sorrento-Sullivan Historical Society: Getting reorganized, 2nd meeting - where are we, programs, with resources; Blaisdell family came from York County - genealogy on Saturday morning (11/5)</p> <p>SSHS/Franklin; professional photography;</p> <p>Sullivan-Sorrento Recreation Center:</p> <ul style="list-style-type: none"> • Craft Fair 11/12-11/13, 10a-4p • Coin Auction 11/18-19/22 evenings • Recreation Committee 6pm • Thanksgiving Dinner, 2pm (in person with deliveries or rides avail) • Craft Fair 12/3-12/4, 10a-4p 	
	Legislation / Civic Engagement	<p>General Election: November 8, 2022 8am-8pm</p> <p>Absentee ballots 7:30a-5p through 11/3/22 ONLY</p>	
	Current Discussion & Project Updates:	<p>Circle of Friends - Ellsworth American story generated donations of holiday cards, birthday cards, \$\$; NewsCenter Maine will be here to film a story on 11/15.</p> <p>Special TAX edition - ready to be mailed</p> <p>“Socks for Sullivan” (see press release below) & Angel Tree</p> <p>12/4/22 SUNDAY Christmas Tree Lighting, Cookie exchange & Cocoa, Santa & Music</p> <ul style="list-style-type: none"> • Date: First Sunday of December • Tree: Isom Sargent (deliver Thanksgiving weekend) • Decorations: Rob • Santa & Gifts: SVFD and Lynn • Refreshments: Age-Friendly • Signage: AFS / Candy • Burn Barrels / Wood (cleanup): Tim Briggs • Garden Club decorate? Music? 	<p>If you receive, and do not need to keep the special tax edition of the Town Crier, please drop it off to the town office for those residents who may not have received a copy by mail.</p>
	Announcements/Updates		
	Next meeting (in-person):	December 7, 2022: Colt Neidhardt, Executive Director, Schoodic Arts for All (tentative)	

November 3, 2022
For Immediate Release

SOCKS for SULLIVAN

Age-Friendly Sullivan announces a special program to support residents in our community, which entails collecting new socks for children and adults. The initial distribution will be to Sullivan's Holiday Angel Tree recipients.

Beginning November 7th, baskets will be placed in the Sullivan Town Office entryway, where donations of new socks for children and/or adults will be collected. This is a very easy way for our community to share a small donation of a pair of socks with neighbors who may be facing financial challenges this winter.

The Sullivan Town Office is located at 1888 US Highway 1, Sullivan, ME and is open 7:30am-5:00pm Monday-Thursday (excluding holidays).

Age-Friendly Sullivan has been a member of the AARP Network of Age-Friendly States and Communities for nearly 5 years. Our vision is *"A compassionate community of neighbors supporting / welcoming young and aging residents to thrive in a diverse and sustainable Sullivan."*