“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:

5 year Progress Report
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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. 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 designed multiple projects, activities and events that promote varied opportunities to engage our neighbors. We partnered with existing organizations and non-profit agencies to maximize access to supports that enhance the resilience of our older adults.

As a member of the Network of Age-Friendly States and Communities, we have benefited greatly from the support of AARP and AARP Maine, through in-kind and financial resources, along with partnerships with every other Maine Age-Friendly Livable Community and throughout the United States. Age-Friendly Sullivan has been recognized as a leader in community engagement and program implementation, as we have over 100 individual volunteers, and have interacted with nearly every adult in Sullivan.
**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 14.4% of Sullivan’s population. How can we keep them safely thriving at home? According to the 2018 ACS demographics, our total population increased as follows: 2000-2018: 13.5% increase to a total of 1343; and our age 65+ population increased 44.5% to a total of 228. Our older adults age 50+ represent 42.9% of the population and age 65+ represent 17% of our population.

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. Our AFS Facebook page was created to highlight resources and events, as well as encourage residents to engage in various activities and meetings.

Age-Friendly Sullivan is totally comprised of volunteers – 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 & municipal leaders attend meetings and are active in our projects and programs.
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. During the pandemic, monthly guest speakers shared information via ZOOM. When we resumed meeting in person, we changed our format to a social half-hour, followed by an hour-long meeting with guest presentation.

At the onset, we developed our confidential survey in “SurveyMonkey”, optimized for mobile electronic use and printed forms were mailed to every residence, with collection boxes at the Town Office and Frenchman Bay Library. Survey results were presented to the community at a public event “Sullivan Listens”. 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”.

As we developed our 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 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. These partners include: Friends in Action, Eastern Area Agency on Aging, WindowDressers in Rockland, University of Maine RSVP, MDI/Ellsworth Housing Authority, Hospice Volunteers of Hancock County, Downeast Community Partners, Island Institute, AARP/ME, Maine Community Foundation, New England Grassroots Foundation, and every non-profit and municipal committee in Sullivan.
Our Action Plan ACTIVITIES follow……..

DOMAIN: Outdoor Spaces and Buildings

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

OBJECTIVE: Schoodic Scenic Byway annual roadside clean-up

OUTCOMES: In 2018, 40 volunteers collected 250 bags of trash on 6 miles of US Route 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. We paused in 2020, due to the pandemic; and resumed in 2021 & 2022 with over 50 volunteers actively participating in this annual event.

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

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 along with installing a border fence to keep out the wildlife. 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. In 2020, our garden provided outdoor experiences to socialize and contribute to the greater community throughout the pandemic. Excess produce was donated to the new community pantry in the Sorrento-Sullivan Recreation Center. In 2021, we received additional grant
funding to add 2 additional raised beds, a storage shed, additional tools and soil amendments. The local high school donated their used hoop house and tools, as their garden site was commandeered during the construction of the new middle-high school facility. In 2022, we added 2 more raised beds, and engaged additional master gardeners to volunteer in our lovely garden.

We plan to continue this project, encouraging volunteers to join in the fun. There is current discussion by the newly formed Parks & Rec Committee to access the remaining field behind the garden for a community baseball / soccer field, which will necessitate moving the hoop house.

NEW OBJECTIVE: Sponsor and create a new accessible Walking Trail for residents of any age or mobility. As this project was created during the pandemic, it is designed for group activities in safety (8’ wide), flat surface with culverts and stone-dust top.

OUTCOME: During our initial Community Meeting in June 2018, a number of projects were identified for our “100 day Challenge” project. A walking trail received the most votes, however, we knew completion would be impossible within that timeframe. Because of the anticipated expense, we did not include this project in our original Action Plan. In response to a request for traffic calming measures on town roads, this walking trail was proposed by the Sullivan Select Board and endorsed by the Sorrento-Sullivan Recreation Center at their September 2020 Board meetings. Land is owned by the Recreation Center and the Town agreed to maintain the facility after construction. Grant-writing and fund-raising ensued, with a proposed completion date of November 2021. However, labor and material shortages caused by the pandemic pushed completion to June 2022. This trail is adjacent to the children’s playground, basketball hoops, and skatepark, and is being utilized by residents and visitors of all ages. Recently, Healthy Acadia held a snowshoe demonstration on the trail, which encouraged us to NOT plow the trail during the winter, but allow folks to use it for snowshoe and XC skiing opportunities. Frenchman Bay Library and Healthy Acadia have plans to use this trail for Story Walk activities throughout the year.
**DOMAIN: Transportation**

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

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

**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 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. Although we no longer track utilization, this partnership continues today with continued recruitment on an annual basis for new volunteer drivers.

**DOMAIN: Housing**

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

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

**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. All detectors were distributed. In 2020, AFS purchased 20 combination detectors and in 2022, AFS purchased an additional 10 combination 10-year detectors for distribution to Sullivan residents.
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. “SAND BUCKET BRIGADE”

OUTCOME: In winter 2018-19, the Sullivan Town Office identified residents who would benefit from participation in the bucket brigade. 22 residents received buckets with covers and scoops. They would call the Town Office for refills as needed. In winter 2019-20, George Fuller was recruited as volunteer coordinator and buckets were delivered to prior year recipients, and additional residents as identified by the Town Office. When needed, steps and walkways were shoveled by volunteers delivering sand bucket refills. This program continued through the pandemic and as of today, 29 homes receive sand buckets and refills as needed. In the summer of 2021, a team of young volunteers from the Monroe Congregational Church, Monroe, CT, joined our Bucket Brigade to fill, refill and deliver sand buckets to every recipient on our active list. Since then, our program has been maintained by 2 older adults who refill buckets and shovel steps & walkways as needed.

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

OUTCOME: In 2019, Kit Lane presented information to Age-Friendly Sullivan on participating with the WindowDresser program. WindowDressers is a volunteer-driving non-profit dedicated to helping northern New England residents reduce heating costs, fossil fuel consumption, and CO2 emissions by lowering the amount of heat loss through windows. Rather than create a separate build project in Sullivan, we opted to participate with the Ellsworth project. St. Joseph Church, Ellsworth hosted the WindowDresser build program for 10 days in September. 4 Homeowners ordered window inserts and 8 Sullivan residents volunteered at least 32 hours toward building inserts. The project was paused by WindowDressers in 2020 and resumed in 2021. Age-Friendly continues to advocate for Sullivan residents to participate as volunteers and order window inserts for their homes.
NEW OBJECTIVE: To partner with MDI/Ellsworth Housing Authority to expand Comfortably Home renovation services to Sullivan & Sorrento residents.

OUTCOME: In 2021, Allie Nolan Bodge, MDI/Ellsworth Housing Authority Operations Manager reached out to expand their Comfortably Home services to Sullivan & Sorrento residents. After a community presentation in September, Age-Friendly distributed informational flyers to residents, and advocated through our communication outlets for eligible homeowners to seek assistance in small renovations. As of January 2023, 3 homes have been renovated, 2 homes were referred to other agencies for services, and 1 intake completed and waiting for a cancelled home visit to be rescheduled. The MDI/Ellsworth Housing Authority has been challenged by the labor shortage facing every other business in Hancock County and nationwide.

DOMAIN: Social Participation

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

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.

After submitting our action plan, we integrated the goals & objectives for social participation with the domain of respect and social inclusion, as there is incredible crossover and synergy.
OBJECTIVE: To increase community activities and celebrations that create pride in our town and opportunities for social participation.

OUTCOMES:

• In 2018, Age-Friendly coordinated and expanded Memorial Day observance in May, partnered with Hooper Lodge to host a Veteran’s Day breakfast 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. Each year, the community comes together to support “Wreaths Across America” as they pass through town.

• In 2019, Age-Friendly and the Town of Sullivan purchased a sound system for use at outdoor events and large gatherings, including the Annual Town Meeting at the Recreation Center, to encourage participation by those with hearing challenges. At Sullivan DAZE, Age-Friendly hosted a plant sale to benefit the new community garden, and hosted an outreach table to educate attendees about Age-Friendly, and brought goats for a petting zoo. Memorial Day & Veteran’s Day events were again held with community partners.

• In 2020, our community uniquely came together throughout the pandemic. Age-Friendly immediately purchased a ZOOM account, holding weekly check-ins with anyone in the community. Neighborhood FaceBook groups were created, to facilitate communication among neighbors needing rides, food and pharmacy pick-ups, assistance or social contact. Our Town Manager decorated the gazebo in the park each month with a new theme and lighting. Youth and adults posted messages of encouragement on the doors of the fire station, town office, mailboxes, etc. As soon as possible, we resumed celebrations outdoors, including our Memorial Day event. Special displays were set up in the park to honor our graduating seniors.

• In 2021, we expanded our holiday celebration to include a cookie-exchange, along with hot cocoa, which encouraged more older adults to participate in the tree-lighting and Santa appearance. These activities all continued in 2022 and we anticipate forevermore.
OBJECTIVE: To renovate the Community Room at the Sorrento-Sullivan Recreation Center to increase opportunities for social participation.

OUTCOME: In 2018, in partnership with the Frenchman Bay Library, Age-Friendly Sullivan submitted a proposal to AARP’s Challenge grant program. We were awarded $2250 towards a renovation project that cost $5858 including donated labor. This community room was 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. The pandemic paused use of the Community Room by the public from March 2020 to September 2022. The space is now available for rental by the general public and use by the Library & Historical Society.

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

OUTCOME: Beginning in March 2018, AFS combined their meeting with a guest presentation from a local non-profit agency of interest. Prior to the pandemic, AFS welcomed the community to stay after the monthly speaker for a potluck lunch. About half of the meeting attendees participated. Throughout the pandemic, these meetings continued via ZOOM, with additional weekly check-ins (no agenda) until we were able to reconvene in-person. The benefit of ZOOM meetings included the opportunity to expand our programs to guest speakers from Southern Maine, including the Alzheimer’s Association of Maine, along with Age-Friendly leaders from around the State. Meetings resumed in-person in January 2022, with a slight change. Meetings are now an hour earlier, only an hour long, with a social half-hour prior to the meeting.

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

OUTCOME: This project was identified as our 100 day Challenge Project at our initial Community “Sullivan Listens” event in June 2018. 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. Additional isolated community members have asked to participate in this program, especially as the pandemic continued. Going forward, we plan to retain this...
program, and explore other options for outreach and inclusion. Our volunteers continue to advocate for other organizations to reach out to isolated populations, including older adults, veterans, newly bereaved and new residents.

**NEW OBJECTIVE: To celebrate all adult birthdays of Sullivan residents.**

**OUTCOME:** In January 2020, many participants in our Bone Builders program decided to form the “Sullivan Circle of Friends”, to generate good-will and reach out to engage more adults in activities. Their initial idea was to have a monthly birthday party, to celebrate all birthdays in that month (of any age). A secondary idea was to send a birthday card to every adult in Sullivan. Because of the pandemic, the birthday party never happened; however, the birthday card was the perfect response to engage and recognize everyone in isolation. Tremendous 2022 news coverage by the Ellsworth American and NewsCenter Maine & NBC, have generated nationwide donations of cards, stamps and money.

**NEW OBJECTIVE: To offer a “Movie in the Park” experience for all families.**

**OUTCOME:** On August 11th, 2021, Age-Friendly Sullivan sponsored their first “Movie in the Park”, offering the family-friendly movie “Raya and the Last Dragon” at Sumner Park, using a large inflatable screen, professional sound system, and popcorn. 4 local businesses sponsored the movie, each contributing 25% towards the $450 SWANK movie licensing fee. Approximately 40 kids and adults enjoyed this film, even as the fog rolled in. On July 22, 2022, AFS sponsored “Jungle Cruise” at the park, while approximately 30 attendees fought the mosquito invasion to enjoy another movie in the park. Again, businesses and individuals sponsored the movie licensing fee. Going forward, we may encourage the newly formed Parks & Recreational municipal committee to collaborate on this project.
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.

OBJECTIVE: To engage and recruit residents to serve on municipal boards and committees, including select board, RSU24 school board, planning & appeals boards, 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.

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. During the pandemic, AFS facilitated Select Board meetings, town manager interviews and other meetings via ZOOM. Since our Action Plan was submitted, there has been a complete change in municipal leadership, with 3 new Select Board members and a new Town Manager engaged in governance and partnership with Age-Friendly Sullivan. In 2020, one of our active Age-Friendly Sullivan members recommended the Select Board develop a Broadband committee and he offered to Chair. In 2022, several active older adults agreed to serve on a newly-formed municipal Parks & Recreation Committee.

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

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 were presented during our regular AFS monthly meeting speaker series.
DOMAIN: Communication and Information

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

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.

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 www.sullivanmaine.org 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 and a copy is posted to the website monthly for electronic viewing and download. Printed copies are available in the Town Office, at the Library, and are mailed to residents as requested.

At the onset of the pandemic in March 2020, Age-Friendly Sullivan immediately purchased a professional ZOOM account subscription for use by all community organizations, and encouraged residents to develop neighborhood FaceBook groups to facilitate offers and requests for help by any resident who might be homebound by illness or circumstance.

Age-Friendly Sullivan provides an update at each Select Board meeting, and provides an annual report to be included with the Town of Sullivan Annual Report each year.

OBJECTIVE: To create and publish a Resource Guide for Sullivan residents highlighting available resources for all eight 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. Following the pandemic, Age-Friendly Sullivan revised the Resource Guide – nearly every entry needed updates. In 2022, AARP printed 100 copies of this revised Resource Guide, 50 of which were included in our new Welcome to Sullivan tote bags, and a new PDF version is posted to our webpage.

**NEW OBJECTIVE:** To create a “Welcome to Sullivan” tote bag to include resources, community and local business information for new residents in Sullivan.

**OUTCOME:** In partnership with our Town Office, members of Sullivan’s Circle of Friends created a “Welcome to Sullivan” tote bag with information for new residents in the summer of 2022. With a small grant from AARP Maine, we purchased 50 tote bags from the Sorrento-Sullivan Historical Society, and filled them with information from every non-profit agency and organization in town, along with business cards, flyers and informational brochures from local businesses, conservancies, Schoodic Scenic Byway Kids Quest, arts and cultural organizations, etc. The Town Office maintains these tote bags, and provides one to each new family as they stop in the office to register a vehicle or dog, register to vote, or pay their real estate taxes.

**DOMAIN:** Community Support and Health Services

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

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

**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 while others sent materials for the Information Table.

We paused this event in 2020 and 2021, due to the pandemic. We did offer a Walgreen’s Flu Clinic at the Sullivan Town Office on September 28th, 2021, with 28 participants. We engaged in some initial planning to resume our annual Health & Wellness Fair in 2022; however, when we inquired about participation by vendors, most non-profit agencies, medical facilities and all pharmacies indicated they did not have staffing capacity to participate. We will explore this opportunity again in 2023.

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

**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 in our region. While participation fluctuates, we deliver boxes to 7-10 homes in Sullivan, Sorrento, Hancock & Franklin each month, along with additional fresh produce from Good Shepherd and our Sullivan Community Garden since early 2018 to-date.

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

**OUTCOME:** In 2019, 2 volunteer lay leaders were trained, and 12 participants enrolled in the program which met twice each week. In early 2020, 2 additional volunteer 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. They carpool and check on each other when someone misses a session. Classes were paused at the beginning of the pandemic in March 2020, and resumed in-person with a smaller class size March 1st, 2022, meeting Tuesdays & Thursdays, 10:30-11:30 each week. Funding from the Maine Community Foundation allowed us to purchase a Meeting Owl to facilitate hybrid opportunities for additional participants from home. We continue to offer hybrid classes, for anyone uncomfortable participating in person, or due to COVID exposure, or because of high gas prices.
**NEXT STEPS:**

We plan to....

- Celebrate our first five years during the summer of 2023

- Continue our partnerships with Friends in Action, Eastern Area Agency on Aging, MDI/Ellsworth Housing Authority, University of Maine Center on Aging & RSVP, Frenchman Bay Library, Sorrento-Sullivan Recreation Center, Sullivan-Sorrento Historical Society, Sullivan Volunteer Fire & Rescue, Healthy Acadia, Schoodic Scenic Byway Committee, RSU24, UM Cooperative Extension Master Gardeners, Friends of Taunton Bay, Schoodic Arts for All, Maine DOT, Maine CDC, Northern Light Health, Downeast Community Partners, Hospice Volunteers of Hancock County, Community Health & Counseling, and seek new opportunities for collaboration and partnership whenever possible.

- Resurvey our residents to evaluate our existing program outcomes and seek input for continued activities.

- Share our new Action Plan with the Comprehensive Planning Committee, and most importantly.............

- Develop a leadership succession plan and a formal operations / procedures manual.
APPENDIX A: MEDIA STORIES:


- [https://mainecenteronaging.umaine.edu/home/stayhealthy/](https://mainecenteronaging.umaine.edu/home/stayhealthy/)
