

Age-Friendly Sullivan Livable Communities, **AGENDA** - Wednesday, February 1, 2023, 9a-10a, Sullivan Town Office

| | Topic | Discussion | Action |
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| 8:30am | Refreshments / Social | Meeting will begin at 9am; Nadine, Janet, Trudy, Don, Cyndi, Candy, Darla, Diana G, Christina, Jeanne, Cynthia, Andy, Beth & Ray, Sandy Fortin, Lensa & Macy Neleski | Regrets: |
| 9am | Guest Speaker: Janet Lewis, LSW, Northern Light Health jllewis@northernlight.org | Social work background, 30 years in-home medical social worker H/W county; Northern Light Health, helped to design outreach programs, conduit for questions, keeping SW, discharge planners, RNs informed of community resources, findhelp.org; 211.org; resource directories; direct referrals; Gouldsboro Clinic; social determinants of health screening (wellness check) 9?; one of questions related to loneliness & health; 22% NLMaineCoast impact by loneliness / isolation; 18% loneliness in NLBlueHill; all ages; multi-generational homes; NL access by telephone vs internet; Friendly Caller - need way to identify folks who might benefit; home delivered meals - quick eyes on individuals; Healthy Peninsula & Healthy Acadia weekly soup distribution; Next Step & Homeless; challenging discharges back to the community; organic networks seem to work best; warming center discussion; Gouldsboro can be an emergency center; caregivers - family program thru EAAA; Age-Friendly Healthcare in Maine; Priorities: social determinants of health - home safety; behavioral health with young children; substance use; Narcan distribution through EDs - low barrier thru non-profit organizations; food security. Discussion about applying for grants to purchase AED at reduced rate (SVFD); | |
| | Special Guest: Macy Neleski | Working on citizenship & community merit badge; volunteer; learn more about Age-Friendly; Discussion - we need younger folks to help deliver sand buckets; Discussion about interaction with homeowner when delivering buckets; | Work with Sorrento volunteers to organize sand buckets |

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| <p>Current Discussion & Project Updates:</p> | <p>AARP Liability Insurance Coverage discussion & handouts - local AFS volunteers who enroll as AARP Maine AF volunteers will be covered by the same Volunteer Liability Insurance provided to AARP volunteers. \$500,000/event; \$3,000 excess medical care; \$25,000 life insurance if someone is killed traveling to an event/activity or is killed while volunteering with their local AF initiative. Coverage is only provided for incidents that are related to AF activities, and only during the time when officially volunteering with Age-Friendly Sullivan. Do not need to be a member of AARP</p> <p>Bone Builders has openings - meets Tues / Thurs 10:30-11:30 Bingocize interest? Need 2 volunteers & space 2x/week Community Garden needs volunteers Sand Bucket Brigade needs volunteers (31 homes)</p> <p>5-year Age-Friendly Sullivan celebration and next steps; 5 year progress report has been submitted to Select Board & Town Manager for review. Committee volunteers: Beth & Ray Graham, Christina McGowan, Andy St. George Jones; June 28th at walking path; dedicate bench to Peg Walker; Invite Noel Bonam, AARP ME President; Patricia Oh, Center on Aging/Age-Friendly Guru; others?</p> | <p>Complete form & return to Candy</p> <p>Committee sign-ups Next Steps June 28th?</p> |
| <p>Community Organization Updates:</p> | <p>Frenchman Bay Library - 2/5 Souper Chili; native American presentations; book sale; FREE tax preparation 2/23 & 3/9 Sorrento-Sullivan Historical Society - ZOOM 2/15 War of 1812 in Maine; 7pm Dr. Joshua Smith, Maritime Historian; newsletter soon to be mailed out; connection with Walker family; Sullivan-Sorrento Recreation Center - 2/14 5pm Love & Lasagna; St. Patrick's Day dinner; Warming Center - 2/3&2/4</p> | |
| <p>Legislation / Civic Engagement</p> | <p>AARP "Tuesdays at the State House", to join advocates or learn more, email: me@aarp.org, call 866-554-5380, or visit aarp.org/me</p> | |

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| | Announcements/Updates | <p>2/05: 12-2p: Souper Chili Luncheon to benefit FB Library @ Rec Ctr 2/07 7-11am; EAAA Food Distribution 2/14 Love & Lasagna at SSRC 5pm (also to-go) 2/18 WINTERFEST at Flanders Pond 2/21 11:30a Birthday Cards for next month - open to everyone 2/23 & 3/09 FREE AARP tax preparation at FB Library - call 422-2307 for appointments <i>Save the Date:</i> April 22 EARTH DAY Schoodic Scenic Byway Cleanup and Cookout</p> | |
| | Next meeting (in-person): | <p>March 1, 2023: Andrea Treadwell & Maureen Army, DOL Division for the Blind & Visually Impaired & Sue Summers, Iris Network (and intern) May 3, 2023: Rose Honders, EAAA Community Services Director September 6, 2023: Debra Chalmers, EAAA MaineCare Advantage Plans</p> | |