

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

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Diana, Myra, Candy, Monica, Maureen, Sue, Don	Regrets: Andrea Treadwell, Andy, Lensa & Macy, Cyndi, Beth & Ray, Trudy, Christina
9am	<p>Guest Speakers: Monica Mitchell & Maureen Army, DOL Division for the Blind & Visually Impaired & Sue Summers, Iris Network</p> <p>Monica Mitchell, DOL Rehabilitation Counselor; 1.888.545.8811 monica.L.Mitchell@maine.gov</p> <p>Maureen Army, DOL Orientation & Mobility Specialist; Low Vision Therapist 207.816.2088 maureen.army@maine.gov</p> <p>Susan Summers, the Iris Network, Vision Rehabilitation Therapist, 207.774.0679 www.theiris.org</p>	<p>Maureen - DOL assists blind, low vision - mobility & living instructor Sue - homes, vision conditions, retrain DLS Monica - (Andrea Treadwell) DOL Independent living program, DLS, vision challenges, Monica/Sue - Vocational rehab program, job seeking Referral (self/other): Andrea/Monica - intake; interview/assessment; medical; with clients what services want / benefit; Maureen/Sue - training - sometimes when lose vision, mental map is lost also; teach long white cane or other devices, guide dogs/supportive services, can be lengthy training; stairs/streets/sidewalks terrifying; work with families/staff techniques re: sighted guide in any environment; low-vision therapist re: vision loss; classes re: eye physiology / diseases; assessments for glare shields; assess all aspects of room/space; including community space; Andrea's contact info: Bangor - first person to speak with; also apply online; Technology: Alexa devices; emergency device; shopping list; guy stuff online; APPs for navigation / scan document & read / Apple Watches tell you when to turn; contract with assisted technology; low-vision: "C-pen" talking / scan pens (\$130-\$300); person conduct assessment / training - which would benefit client; call DOL for advice; Challenges re: transportation, bill paying, electronic banking; access to wifi; Functional vision loss (ie stroke): processing info slowly; Discussion re: individuals not acknowledging vision loss; client needs to agree to a discussion;</p>	<p>Contact Andrea Treadwell, 45 Oak St, Suite 1, Bangor 04401-6664; 207.561.4020</p> <p>andrea.S.Treadwell@maine.gov</p>

		<p>Counselor meets with client (assessment); bring examples of how they can help; work with usable vision; client mind-set; family members get a lot of pressure / responsibilities; grieving loss of vision (same as death); no cost to clients; address other issues Universal - supportive services for families; helpful to have family member to follow-thru, reinforce lessons / solidify skills; support groups for vision-impaired individuals;</p> <p>VA - technology assessment; smart phone; Alexa items; thermostat connected; knowledge; Apple built-in accessories; voice-over; navigate through screen; magnifier;</p> <p>Need referrals / medical records; caseload nearly 0 in Hancock; don't have low-vision eye doctors (closest Casco Bay); electronic magnification; staff trainings / Golden Acres; children with cognitive / physical disabilities; dementia support person; contrast is important;</p>	Caregiver support group???
	<p>Current Discussion & Project Updates:</p>	<p>AARP Liability Insurance Coverage - have you signed up yet?</p> <p>April 22 EARTH DAY Schoodic Scenic Byway Cleanup and Cookout Need volunteers to serve on road crew, food, preparation of supplies</p> <p>5-year Age-Friendly Sullivan celebration and next steps; 5 year progress report has been accepted by AARP & UMaine Center on Aging: 6/28/23 at Walking Trail, Rec Center reserved, FBL Story Walk demo; ?children's bike parade?; AARP ME Noel Bonam guest speaker; dedicate trail, dedicate bench - Peg Walker</p> <p>Bone Builders has openings - meets Tues / Thurs 10:30-11:30 EAAA: Bingocize interest? Tai Chi interest? Community Garden needs volunteers</p> <p>Hancock County Meet-up with other AF LC on 5/10 1pm-3pm at Bucksport Senior Center</p>	<p>Sign-up for Earth Day - 207.422.6282</p> <p>4/1 Annual BB Leader training</p> <p>Sign up with Candy</p>
	Financial	AARP \$3000 grant submitted for AED, Town Office - June decision Funding request to Town of Sullivan	

	Community Organization Updates:	Frenchman Bay Library: Women’s History Month; programs noted below; 2nd soup&conversation held with SSHS - wild seeds / seed library; 3rd conversation in March - books; Sorrento-Sullivan Historical Society Sullivan-Sorrento Recreation Center: Thrift Shop 3/4, 3/11 big sale - big room; dinner 3/17; RSU24 3 afternoons/evenings 3/15, 3/22, 3/29 - dog training;	
	Legislation / Civic Engagement	Sullivan SB nomination papers available 3/20; Due back 4/27; Election 6/26;	
	Announcements/Updates	3/2 AARP Tax Aide - free tax prep 4 appointments 422-2307 3/9 AARP Tax Aide - free tax prep 4 appointments 422-2307 3/15: SSHS History Hour - 7pm ZOOM 3/17: St. Patrick’s Day 5-7 dinner @ SSRC 3/18: FBL Cabin Fever Book & Bake Sale 3/21: 11:30a Birthday Cards for next month - open to everyone 3/25: Pre-contact life (pre-European) of the Wabanaki People in the Sullivan Area, Julia Gray from Wilson Museum 1-3pm FBL/SSHS @ SSRC, refreshments	Maureen - sensory wildflowers, vision friendly
	Next meeting (in-person):	April 5, 2023: Joanne Parkinson, John Lindquist Friends in Action (rescheduled from January 2023) May 3, 2023: Rose Honders, EAAA Community Services Director June 7, 2023: Meet at Taunton Bay Education Center September 6, 2023: Debra Chalmers, EAAA MaineCare Advantage Plans	