### Age-Friendly Sullivan Livable Communities, **MINUTES** - Wednesday, August 2, 2023, 9a-10a, Sullivan Town Office

<table>
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<th>Time</th>
<th>Topic</th>
<th>Discussion</th>
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<td>8:30am</td>
<td>Refreshments / Social</td>
<td>Meeting will begin at 9am: Don, Nadine, Candy, Maria, Diana, Cynthia,</td>
<td>Regrets: Jeanne, Christina,</td>
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<td>9am</td>
<td>Guest Speakers:</td>
<td>Maria Staples, Penquis, speaking on their Foster Grandparents program. Penquis Foster Grandparent Program provides tutors/mentors to children. Foster Grandparents serve in public/non-profit locations. They are also a role model and mentor. Volunteers must be 55 or older and meet income guidelines. They receive a tax-free stipend and mileage reimbursement for income eligible (S: $29,160; 2: $39,440; 3: $49,720; 4: $60,000) that will not affect Social Security, SSI, Rent Subsidies, LiHEAP or any other benefit. Covers 14 counties, part of AmeriCorps Seniors - opportunity to help/tutor kids win schools or non-profit; literacy or social/emotional need; life experience to offer; reinforce values, 5-15-20 hours/week; background checks; training. Builds relationship for older adult with schools, benefits both sides of age-spectrum. Serve children birth to 21. “I have many things in my life for which I am grateful. One of the things for which I am most grateful is the Penquis Foster Grandparent Program”. This program gives me the means to stay active and help children academically, socially, and emotionally.” Grammy Carol, Farwell Elementary School. Volunteers help children in their communities develop academic and life skills critical for future success. On-site program. Site must establish plan. Must have a supervisor.</td>
<td>Schools sign MOU; Current Fund-Raiser - “Tiller &amp; Rye” this month “round-up” Post video on AFS webpage with contact info. Application form: <a href="https://www.penquis.org/volunteer-opportunities/foster-grandparent-application/">https://www.penquis.org/volunteer-opportunities/foster-grandparent-application/</a></td>
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| Current Discussion & Project Updates: | * Dementia Inclusion Downeast: [https://www.alz.org/media/Documents/Healthy_Brain_Initiative_Road_Map_2023_2027.pdf](https://www.alz.org/media/Documents/Healthy_Brain_Initiative_Road_Map_2023_2027.pdf)  
* 2 large boxes of cards donated, Orrington, ME & South Carolina (previous donors contributed again).  
* New AFS Logo discussion - larger print (reduce white space more) larger heads on icon, across generations (reinforces AF) specific to AFS, Sullivan ❤ Cares used on Sand Buckets, food distribution; much larger heart; make-up 2 sets (both tag lines)  
* Volunteers needed: EAAA food distribution back-up  
* UNE Food Security Project in September - additional information at Thursday’s UNE meeting. | New Dementia Inclusive cookbook to be added to webpage.  
Finalize 2 logos  
Sunday, 9/17 Photo-op, UNE Food Security project - receive 10 cases of 34 pkgs of beans & rice |
| Financial | AFS Budget $5000; AARP grant $3000 (AED); UNE UMO COA grant $1500 (Dementia Inclusion partnership with FBLibrary) |  
| Community Organization Updates: | * Frenchman’s Bay Library - no update  
* Sorrento-Sullivan Historical Society - no update  
* Sullivan-Sorrento Recreation Center - lull this month, channel efforts toward Sullivan DAZE; work on building; State Fire Marshall inspection - more improvements; higher alarms, auto open exit doors, fire suppression systems — file restraining order (stealing, damage); Norm working with security system; |  
| Civic Engagement: | 8/10: Planning Board meeting  
8/14 & 8/28: 5pm Sullivan Select Board meetings |  
| Announcements/Updates | 8/05: 8a-11a Community Garden volunteer work day, if available  
8/05: Sullivan DAZE - all day, parade, games, vendors, cookouts, car show, musicians, fireworks  
8/08: 7-10a EAAA Monthly Food Distribution  
8/12&13: Farmstead Barn, 10-4 Mary Laury, Mavis Davis  
8/17&18: Farmstead Barn, 10-4 Multiple artists  
8/15: 11:45a Birthday Cards for next month - open to everyone  
Tues/Thurs: 10-11:30 Bone Builders (has openings) Town Office  
Tues/Thurs: 9-10 Yoga @ Rec Center |  
| Next meeting (in-person): | September 6, 2023: Debra Chalmers, EAAA Medicare Advantage Plans  
October 4, 2023: Alice Noyes, Friends of Taunton Bay, meeting to be held at Gordon Wharf | ? Maine’s new Medicare Savings Program |