

Age-Friendly Sullivan Livable Communities, Minutes
Wednesday, December 6, 2023, 9a-10a, at Sullivan Town Office

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Don, Cyndi, Trudy, Anne, Christina, Rob, Candy, Ray, Judy, Cynthia P, Darla, Diana, Myra, Barbara, Jeanne, Andy	Regrets: Nadine,
9am	Guest Speaker: Noël Bonam, AARP Maine Director	<p>Noel - intro/delighted to be in Sullivan; recognized nationally and internationally; now 89 AF communities in Maine; 2nd highest # AF communities; Approach is sustainable, inclusive, very grassroots, strong AF effort; amazing support from municipality; very strong factor in success; video went viral internationally, small things that have a huge impact, showing up repeatedly; 2023 Beacon Community Award (3rd award) - peer-reviewed award; only in Maine; \$1000 award for Picnic in the Park with music</p> <p>Brief AARP issues priority; social security/medicare; advocacy caregiving, utilities, housing, broadband, fraud ,(core 8 staff); statewide volunteers 600 advocacy volunteers, 2000 AF volunteers, prescription pricing - big win - negotiate pricing; paid FMLA passed in Maine; several 1000's call/write Governor; caregiving challenges (leave job/ pay cut) inequity; LT/home care services; most want to stay home; all aspects of caregiving major issue; worked closely with PUC negotiate utility costs; older folks should not have to make tough \$\$ choices; education on utilities front; CMP/Versant - distribute/maintain lines, not generating power; sustainable energy costs - how to balance costs — do they still need a subsidy? Speak to your local legislators; they cannot escape you. If they don't hear from you, they make decisions based on what they know</p> <p>Broadband - HS internet, \$30 discount; scheduled to end in April 2024; contact provider - important to address social isolation; conduct online business; telehealth;</p> <p>Housing - advocating for reforms; ADU legislation passed; home-sharing funded through Maine State Housing - in place by 2024;</p> <p>Fraud — big thing! Train volunteers to speak on topics;</p>	<p>Thank you Jane — Fraud Watch</p> <p>Advocacy /</p> <p>Team — available to help on any issues</p>

	<p>Tax Aide program - signup / volunteer</p> <p>Social events - coffee events - several areas around Maine, monthly</p> <p>Online Yoga - chair yoga</p> <p>Kitchen table chats with local legislators</p> <p>Free movies - 12/19th & 12/20 — offer in Bangor, tickets sell out quickly</p> <p>Social inclusion / isolation - local impact initiatives;</p> <p>Driver safety programs - nationwide; # of sessions offered by trained volunteers; can save up to \$15/month on auto insurance - only virtual; \$40k grant to Saco for new transportation program (infrastructure projects)</p> <p>Heating assistance - Noel - Commission on Housing; DCP/EAAA; funding available for home repairs; need good contractor to work with MSHA; some are age-related/income-related; tax rebate programs;</p>	<p>Tax Aide - FB Library</p> <p>Distribution of info;</p>
Current Discussion & Project Updates:	<ul style="list-style-type: none"> * 12/3 Santa @ Gazebo: First Sunday in December - Thank you! * Giving Tree (former Angel Tree) in town office - some children, primarily older adults * Sand Buckets / Smoke Detectors - Rob will add neighbors to list - if benefits to sand steps/porch; no restrictions; volunteers * Dementia Inclusion Downeast project - social media continues * Bone Builders - Tuesdays / Thursdays 10:30-11:30 * Garden — Community Food Security Workshop 	<p>Thank you!</p> <p>Mittens & Gloves for Giving Tree</p>
Financial		
Community Organization Updates:	<p>Frenchman's Bay Library - 12/30, 10-noon: Song Circle</p> <p>Sorrento-Sullivan Historical Society - meeting working on winter ZOOM programs; first in January, monthly</p> <p>Sullivan-Sorrento Recreation Center - hosting special events in the community room; collaborating movies 3rd Sundays - Wednesdays during school vacation; New Year's dance "Downeast Cowboy" BYOB doors open 7; 8-12:30; tickets on sale; capacity 200; Cyndi interested in AARP driver safety training;</p>	<p>12/30, 10-noon: Song Circle</p> <p>Hancock Church Xmas Pops concert at 4pm 12/14th donations</p>
RSU#24 opportunities:		

	Civic Engagement:	11/30: 6pm Sullivan DAZE planning meeting 12/07: 6pm Parks & Recreation Committee meeting 12/11: 5pm Sullivan Select Board meeting 12/14: 5pm Planning Board meeting	
	Announcements/Updates	* 12/5: EAAA Food Distribution * 12/19 Birthday Cards - 11:45a Town Office	
	Next meeting (in-person):	1/3/24: Dan Rayner, RSU#24 Community Ed 2/7/24: Sherry Billings, Exec.Dir., Habitat for Humanity 3/6/24: Kathy Baillargeon, Exec.Dir., Hospice Volunteers H.Cty.	