

Age-Friendly Sullivan Livable Communities, **Minutes**  
 Wednesday, March 6, 2024, 9a-10a, at **Sullivan Town Office**

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Diana, Cynthia, Addison (HCPC), Cyndi, Don, Candy, Kathy B, Nadine, Jeanne, Barbara	Regrets: Trudy, Beth
9am	<p>Guest Speaker: Kathy Baillargeon, Exec.Dir., Hospice Volunteers Hancock County</p> <p>207.667.2531  <a href="http://hospiceofhancock.org">hospiceofhancock.org</a>  <a href="mailto:info@hospiceofhancock.org">info@hospiceofhancock.org</a></p> <p>Mission: <i>Hospice Volunteers of Hancock County enhances the lives of those experiencing life-limiting illness, grief and loss, by providing quality, cost-free compassionate support and comfort.</i></p>	<p>Kathy - 1-1/2 yr @ HVHC; prior Androscoggin Healthcare &amp; Hospice; love the mission, provide for patients/families; medical/volunteer/palliative care; partner with NL medical hospice; HVHC provides other pieces (non-medical); companionship / social isolation; really important service; respite care; helping with quality of life for patient and family; can call HVHC directly; MDI &amp; NL palliative care for those patients with life-limiting illness. Medical hospice (6 mos); 40 patients - 50% hospice/50% palliative care; volunteers note signs of decline; home health aide available through medical hospice; palliative team transition to medical team members; grief support — less available counselors; increased need for individual grief support; volunteer training for bereavement support; there is a volunteer hospice in Washington county; medical equipment loaner program (305 served); expanded facility “stock the basement”; accessible from parking lot; community education - groups (Blue Hill/Ellsworth); conversation with doctor; end of life care; life story (15 mins of presentation, followed by discussion); vigil support at end of life; reiki volunteers; how to make referral - see website, medical provider portal; call/email directly; funding: no state/federal funding; grants; municipal appeals; events - Regatta; “dinners for a cause” in Fall; calendar with prizes - November “National Hospice Month”; QR code access; 14 McKenzie Ave, Ellsworth; planning for garden project - dreaming of recreate backyard with seating; how will services change with nursing homes closing - assisted living facilities?; families will be caring for loved ones longer/always; ?Choosing resilience?; Evensong - hospice choir; learning a lot of different songs;</p>	<p>Upcoming:  <b>Music Therapy in Hospice Care;</b>  <b>3/16 1pm with Gary Bushee@ FBL/SSRC</b></p>

	Current Discussion & Project Updates:	<ul style="list-style-type: none"> <li>* 4/20 Earth Day - Schoodic Scenic Byway Cleanup &amp; Cookout — co-chairs/ date of event/volunteers</li> <li>* Picnic in the Park with Music: 7/10, 7/17, 7/24, 7/31, 8/7, 8/14 (noon-1): Confirmed: Bruce Munger, Zelle Harmon, Diana Quinn/Snarky Sisters, Caleb Jolley, Gary Bushee, Doc &amp; Polly</li> <li>* Community Garden: Season planning meeting: 3/9 9am-10am</li> </ul>	Nadine volunteer
	Financial	<p>AARP Challenge Grant: powered lift ambulance \$12,000  Municipal budget request: \$5000, same as current year.  CHEF grant possibility? \$2k-\$10k discussion. 2nd round</p>	
	Community Organization Updates:	<p><b>Frenchman’s Bay Library</b> - 3/07: 10-3 Tax Aide tax prep; 3/16: 1-3p Music Therapy in Hospice Care; <b>FBL 3/23: 10-2p Cabin Fever Book, Bake, Bling sale</b>; 3/28: 10-3 Tax Aide tax prep</p> <p><b>Sorrento-Sullivan Historical Society</b> - 3/12: 7pm “History Hour” - “Mystery Tusk: Searching for Elephants in the Maine Woods” (prehistoric treasurer) <a href="#">Register online for the Zoom link!</a></p> <p><b>Sullivan-Sorrento Recreation Center</b> - 3/17: 5-7p St Patrick’s Day dinner; 3/24: 2-4p “Barbie” movie; ?Easter Egg Hunt; March Programs: Thurs: March 7- 1:PM – Making wax wraps. Beeswax coated cotton fabric for use in place of saran wrap or plastic wrap; Tues: March 12 -1:PM – Tea and Popovers; Thur: March 14-1:PM Information on the upcoming solar eclipse that will be visible on April 8<sup>th</sup> in our area; Tues: March 19 – 2 PM Book Club- Maine woman author; Thur: March 21 -1:PM Indigenous methodologies – Abbe Museum –Penobscot Archology with Chris Sockalexis, Tribal Historic Preservation Officer of the Penobscot Nation; Tues: March 26<sup>th</sup> 1:PM Women in Maine History</p> <p><b>Schoodic Scenic Byway</b> - 4/18 5:30 meeting with Parks &amp; Rec/SSRC/ Friends of Taunton Bay re: grants/projects in Sullivan</p>	
	RSU#24 opportunities:	<p><a href="https://rsu24.maineadulted.org/classes/">https://rsu24.maineadulted.org/classes/</a></p>	

	Civic Engagement:	3/06: 6pm Infrastructure Committee meeting 3/07: 5pm Planning Board meeting 3/11 & 3/25: 5pm Sullivan Select Board meeting 3/13: 6pm Comp Plan meeting 3/14: 5pm Parks & Recreation Committee meeting 3/19: 6pm Sullivan Daze meeting RSU24 Budget meetings: 3/12, 3/26, 4/9 Tuesdays at 6:30pm District Service Building: <a href="http://rsu24.org">rsu24.org</a> 4/18: 2p Info Hearings - ordinances (Town Office/Zoom) 4/29: Special Town Meeting	Transfer Station closed on Easter, 3/31 — special open on Weds 4/3
	Announcements/ Updates	3/05: EAAA Food Distribution - applications at Town Office 3/19: Birthday Cards - 11:45a Town Office Tues/Thurs: 10:30-11:30 Bone Builders - openings available Sand Buckets distributed & refilled	See below for additional workshops
	Next meeting (in-person):	4/3/24: Crystal Hitchings, Director Community Promotion, Downeast Maine National Heritage Area <a href="http://SunriseCounty.org/nha/">SunriseCounty.org/nha/</a> 5/1/24: Bob DeForrest, Maine Coast Heritage Trust 6/5/24: Sherry Billings, Executive Director, Habitat for Humanity 7/3/24: <b>NO MEETING — HAPPY SUMMER!</b> 8/7/24: open 9/4/24: Barbara Shanahan, Schoodic Scenic Byway 11/6/24: Gianna Settin, Sorrento Reiki	

### March: Creatives Ways that Communities are Engaging Volunteers

Discover innovative approaches to volunteer engagement in age-friendly communities. Explore creative strategies that communities are employing to involve older adults in meaningful activities while fostering a sense of community.

When: Mar 12, 2024 from 3:00 PM to 4:00 PM (ET)

Click [here](#) to register or go to <https://events.aarp.org/0Pr9ve?locale=en>

### April: Addressing Housing Issues

Explore practical solutions and initiatives from network communities aimed at ensuring adequate, accessible, and inclusive housing options for older adults.

When: April 9, 2024 from 3:00 PM to 4:00 PM (ET)

Click [here](#) to register or go to <https://events.aarp.org/wrxA7o?locale=en>