Age-Friendly Sullivan Livable Communities, **AGENDA**
Wednesday, August 7th, 2024, 9a-10a, at **Sullivan Town Office**

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Mike Carroll; Candy Eaton, Abby Miller, Trudy Lunt, Eleanor Jones, Diana Gazas, Gary & Jeanne Edwards, Christina McGowan	Regrets: Cynthia Perkins; Andy Jones; Don Snoke
9am	Guest Speakers: Healthy Acadia	Eleanor Jones, Food Programs manager Hancock County, gleaning initiative, support food insecurity / sovereignty programs, food pantries, meal sites, April food drive.; Healthy Acadia (H/W counties - Ellsworth & Machias office - healthy equitable communities (7-8 programs) Movement - Tai Chi program (open classes, taught remotely and in-person) QR code/website; Prevention/Recovery Inspire program (Ellsworth); food insecurity - sticky note questionnaire; access to food, reach out to resources, sending school children home with backpack; free school lunch; inability to cook food; USDA definitions; in US: 44 million food insecure (13 mil children) 100% counties in US have a group of people who are insecure; 49 million turned to food programs in 2023; nearly 50% who are food insecure are not eligible for SNAP; people of color are disproportionately impacted; Maine 13%; Hancock 12.7%; Washington 17.1%; 52% Mainers are not eligible of SNAP; 1 in 3 in Maine struggle to meet basic needs; helping residents to access and improve relationship with food; food sovereignty - local agriculture, connect to local food system (culturally appropriate); Maine Food atlas (online); Gleaning initiative - refrigerated sheds, redistribute to food security organizations, support Families First, early headstart, Healthy Peninsula, Welcome table, Common Good soup kitchen; 3000 # gleaned so far (last summer 30-40k);	Brochures distributed https://healthyacadia.org/ Food Resource Guide on website and distributed.

		Abby Miller, Snap-Ed Nutrition Educator, teaching classes this Fall through RSU24, in schools & adult ed; take the basics and make it into a meal; classes in community centers (all ages), specialized curriculum with students, history of family farming in 1900's changed to industrial farming; convenience food; latest generation doesn't know how to cook from scratch; introduce kids to fruits/vegetables, "my plate", kids need to hear from someone about other food that "Mom" doesn't like. Abby does classes at the food pantry, cooking courses very curtailed to the people taking the class. What foods you like, dietary restrictions, everybody has challenges. Restrictions through life challenges, how to pivot in cooking for ourselves; ie: gluten-free, salt restrictions, allergies. "How to make food for you" - that celebrates your culture, what is going on in your life today. Medical / philosophical / kosher changes; class for 9 participants - adjusting for each participants restrictions; nutrient dense ingredients. Doesn't feel like a classroom, fun way to cook, sourced locally; within low budget; cook along with Abby (not watching demo); Loaves & Fishes teaching kitchen;	RSU24 class in the fall; sign-up directly with RSU24 Adult ed
	Current Discussion & Project Updates:	* Music in the park series Weds 8/07 Caleb Jolley & 8/14 Snarky Sisterz * **Vaccination Clinic Weds 10/09 9am-noon**, SSRC - few volunteers requested * Welcome to Sullivan tote bags	
	Financial	Community Connector pilot project $20k - start Sept 2024 Supportive grant: $9000 UMaine Community Connector	
	Community Organization Updates:	Frenchman's Bay Library - open Mondays & Saturdays 10-2p; Tuesdays & Thursdays 1-5p; 1st & 3rd Mondays: 9:30a-10a Pre-school Storytime; Kid Zone; 8/12 10:30 Rebel without a Cause, 8/19th 1pm story time; 8/29 book discussion "Road to Dalton" - popular book; Interlibrary loan restarting next week; exhibiting new art exhibit "Tatiana Tadenev" Sorrento-Sullivan Historical Society - 8/14 Sorrento Library 7:30; Chief Justice Fuller by Douglas Rooks FMI: https://www.facebook.com/events/801898676481415 3?ref=newsfeed Sullivan-Sorrento Recreation Center - no update Farmstead Barn Art Show: 8/24 & 8/25 Show 10a-4p;	Carl Little 8/23 3:30 Farmstead Barn (sold out)
	RSU#24 opportunities:	https://rsu24.maineadulted.org/classes/	

	Civic Engagement:	8/07: 6pm Infrastructure Committee meeting 8/08: 5pm Planning Board meeting 8/12: Select Board meeting 5pm 8/14: 6pm Comp Plan meeting 8/15: 5pm Parks & Recreation Committee meeting 8/26: Select Board meeting 5pm	Sullivan Comp Plan survey due 8/31: https://www.surveymonkey.com/r/VSHRZP8
	Announcements/ Updates	8/06: EAAA Food Distribution - applications at Town Office 8/19: Birthday Cards - 11:45a Town Office Tues/Thurs: 10:30-11:30 Bone Builders - openings available	
	Next meeting (in-person):	9/4/24: Barbara Shanahan, Schoodic Scenic Byway 10/2/24: Open TBD 11/6/24: Gianna Settin, Sorrento Reiki	