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

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Misty, Larissa, Jeanne, Christina, Gianna, Candy, Don Snoke, Elaine/Brooklin	Regrets: Beth Graham
9am	Guest Speaker: Gianna Settin, Sorrento on Reiki Contact: reikidancer@gmail.com 970.685.0008	Supporting aging/speciality - speaking on complimentary health; clinical community psychologist (outreach, champion of underdog); stress - bad/good - creates trouble for body/mind/ spirit; workshop to learn how; Trish Riley worked for EAAA; AFS community focus; hospitalist in NY, BMHI/Dorothea Dix - program on aging; funding for outreach geriatric population; clinician must deal with insurance; Reiki - simple, straight-forward, effective for spiritual confusion, emotional imbalances, something that is easy to learn; International Center for Reiki Training trainer; many schools of Reiki / many different practitioners; continues - Reiki helps during difficult time; peace & tranquility - manage anxiety; massive media misinformation/aggression; easy on-going process - largely promoted for stress-management; speeding of healing; really amazing effect for mental health adjustment; subtle energy; electro-magnetic energy; balance & harmony; breathing meditation; learning self-help methods to deal with mental/health challenges;	Workshop - 11/16 9-4:30, Sorrento, 970-685-0008 (flyer) Reiki: The Mystery Teachings" - Kidwell & Settin Meditation handout
	Current Discussion & Project Updates:	12/01 Holiday Tree Lighting / Cookie Swap **4-5pm** Transportation volunteers - recruit drivers Veteran's Day cards & activities Trade Resource Listing 10/09 Vax Clinic (73 attendees)	Cookie Sign-up Sheet
	Financial	Mini-grant project - Music Equipment for Sumner Park events	11/15/24

	Community Organization Updates:	Frenchman's Bay Library - open Mondays & Saturdays 10-2p; Tuesdays & Thursdays 1-5p; 12/14 annual book sale/bake sale cookies; book club growing 2nd Tuesday monthly 1:30p; knitting club every Monday 10:30; 11/23 Gary Bushee Music @ Library Sorrento-Sullivan Historical Society - annual meeting Friday ZOOM, will still have history hours this winter; Sullivan-Sorrento Recreation Center - Thanksgiving Dinner; working with Byway application for National funding Schoodic Scenic Byway - Letter of Support approval?	Letter of support - adjust Walking Trail phase 1
	RSU#24 opportunities:	https://rsu24.maineadulted.org/classes/ https://ellsworth.maineadulted.org/	
	Civic Engagement:	11/05: **ELECTION DAY** 11/06: 5pm Select Board meeting *(note, rescheduled date)* 11/06: cancelled 6pm Infrastructure Committee meeting 11/07: 5pm Parks & Recreation Committee meeting 11/13: 6pm Comp Plan meeting 11/14: 5:30pm Planning Board meeting. 11/17: 1pm Comp Plan Transportation & Recreation @ Rec Ctr. 11/19: 5pm Select Board meeting 11/26: 6pm Communications Committee meeting	Ongoing Absentee application - age 65+
	Announcements/Updates	11/05: EAAA Food Distribution - applications at Town Office 11/19: Birthday Cards - 11:45a Town Office Tues/Thurs: 10:30-11:30 Bone Builders - openings available	
	Next meeting (in-person):	12/04/24: TBD 01/08/25: *2nd Wednesday (Jan 1st holiday)*	