Age-Friendly Sullivan Livable Communities, **Minutes**
Wednesday, December 4, 2024, 9a-10a, at **Sullivan Town Office**

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am: Don S., Misty G, Nadine M, Candy E, Ann Delaney, Gary & Jeanne, Barbara, Diane, Cynthia, Larissa H	Regrets: Trudy L., Beth & Ray G, Christina M,
9am	Guest Speaker: Megan Smith; megan@bethwrightcancercenter.org https://www.bethwrightcancercenter.org/.	Megan is Program/Volunteer Coordinator for Beth C Wright Cancer Resource Center - cancer patient navigation; hope knowledge & support; founded 20 years ago, Beth C Wright diagnosed at age 24, developed Choose Life Foundation (passed away August 2000); which became the Beth C Wright Cancer Resource Center. Now serving Washington, Aroostook, Hancock Counties and "unabridged" islands. Patient navigation — partner with PALS, fly folks to Dana Farber Cancer Center in Boston, work with all Cancer hospitals in Maine (help find hotel rooms), offer many programs - reimagine beauty (wigs); complementary therapies (Reiki, reflexology, Qi-Gung, Yoga and massage) - open to all community members FREE; support groups - facing cancer together; facing grief together; home-cooked healing meals (5 meals organic/week up to 8 weeks/ medically tailored to individuals); working with 25 patients hands-on; lots more call for info/resources; 2023 - 2035 meals served; only have 5 volunteer cooks right now (4-5 patients). "Wright" cancer conversation - caregivers month; different topic surrounding cancer; lots of well-being programs (workplace); "Tools for Well-Being" with Jen Harry every 3rd Friday; WA County Downeast area / Marianne Moore also does a support group in the Calais area; also assist patients to apply for support services, mode of care	2025 programs calendar distributed Looking for more home-cooks to make healing meals. Also looking for drivers to deliver meals. Additional volunteers to answer phones, resources Many programs available via ZOOM.

	Current Discussion & Project Updates:	Misty - Community Connector: amazing information shared through the Town Crier, receiving lots of requests for assistance (HEAP heat assistance, tax prep, service, smoke detectors, carpet cleaning) loving position; discussion about receiving outreach LiHEAP; Caregiver Resource Listing — list of caregivers, next month's meeting; becoming more complicated with state regulations; financial questions; Trades Guide — updating monthly; easy to get assistance Volunteers transportation - seeking paperwork; data entry;	
	Financial	Mini-grant project - Music Equipment for Sumner Park events	$4700 awarded
	Community Organization Updates:	Frenchman's Bay Library - open Mondays & Saturdays 10-2p; Tuesdays & Thursdays 1-5p; 3rd Tues "Huck Finn" = book club 2pm; Sorrento-Sullivan Historical Society - available online, by appt., working with individuals researching millstones (15-20); Frank Carlton, barber in Sullivan Harbor, who may have written the words to the "Old Mill Stream"; always looking for volunteers; Urann House; ZOOM History Hours during the winter; historic district tour? Misty to follow-up Sullivan-Sorrento Recreation Center — more ground work around building, filled in swamp, increased parking area, driveway around building wider, improved drainage in parking lot, put up new street lights, working with DOT/HCPC/Byway grant applications — HCPC staffing warming centers; Byway $$ opportunity available; developing fiscal LT plan, warming center for water/heat/electric; EAAA: Upcoming Tools for Caregivers training (see notes)	FBL Sale 12/14/24 SSRC: Craft Sale 12/14/24 Angel Tree - town office
	RSU#24 opportunities:	https://rsu24.maineadulted.org/classes/ https://ellsworth.maineadulted.org/	
	Civic Engagement:	12/03: 5pm Select Board meeting 12/17: 5pm Select Board meeting https://sullivanmaine.org/calendar-events/	

	Announcements/Updates	12/03: EAAA Food Distribution - applications at Town Office 12/17: Birthday Cards - 11:45a Town Office Tues/Thurs: 10:30-11:30 Bone Builders - openings available	
	Next meeting (in-person):	01/08/25: ***2nd Wednesday (Jan 1st holiday).*** *Caregivers - local*	