Age-Friendly Sullivan Livable Communities, **AGENDA**
Wednesday, January 8, 2025, 9a-10a, at **Sullivan Town Office**

	Topic	Discussion	Action
8:30am	Refreshments / Social	Meeting will begin at 9am; Trudy Lunt, Diana Gazis, August Storr, Tom Storr, Marie Vandergriff, Stacey Brown, Misty Gleason, Candy Eaton, Don Snoke, Nadine Murphy, Beth Graham, Sharon Grippon, Bonnie Spars, Hugo Diaz, Jeanne Edwards, David Wildes, Danielle Nelson	Regrets: Christina McGowan, Larissa Heansler
9am	Guest Speakers: Stacey Brown, Sullivan Home Instead stacey.brown@homeinstead.com FMI: 207-404-2529	Stacey - Home Instead — non-medical; CRMA; Personal services, companionship, meal prep & home helper, transportation, hospice support includes: light-housekeeping; Sullivan to Rockland, MDI, DI/S - services to wide variety Dementia to Parkinson to Huntingtons, cognitive delays; assist in every day life, as a companion, as friend, dignity, people-centered care, not focused on dx, focus on person - meal prep, transportation, enjoy building bond with clients, monthly training (variety topics), required to take 8 hr class - PSS certified; in-person dementia training annually; foster relationships; Stacy visits monthly to assess experience; resources needed?; stay at home to keep independence - huge!; sometimes help when move into assisted living; 31 years; 11 years franchise owner; (Mom - early onset dementia); (35-40 in our franchise) 3 other franchises; Does not accept MaineCare;	https://youtu.be/JaNfWem0Oxg?feature=shared VA insurance Medicare / private insurance
	Marie Vandegriff, Loving Care Maine PO Box 104 134 Smithville Rd. Steuben, ME 04680 207-546-2446	Marie - Loving Care (14 years ago) - Narraguagus Bay Care; EMT; walk you through process of choosing home-care services; not everyone can afford home-care services; good quality care; various programs - volunteers (HS kids shovel driveways); insure homes are safe, care centered around you, active in roles, during pandemic - COVID, privately owned (personal history: stroke/ brain aneurism - surgery - learning experience); geographic statewide; works well with hospitals/doctors; (60 employees); $33.80/hr MaineCare; $40/hr private pay/private insurance - negotiable;	VA insurance Mainecare / Medicare Private Insurance

	Danielle Nelson Blessing Hands of Maine 4 School St., Milbridge 207-546-0583	Danielle Serving: Hancock/Washington/Penobscot counties: in-home (non-medical) care; ADL personal care (bathing, dressing, body care, med reminders, assist with eating/simple exercise); IADL light-housekeeping care; (can't do wound care/injectables); help them in your home/safe is ultimate goal (mandated reporter); respite services; listing payments type; worked with EAAA - respite care; Hancock/Washington/Penobscot Counties; Adult Day program in Milbridge - respectful, age-appropriate services; health & social program - nutritious menu, medications, massage therapy 1/month; foot soaks; M-F 9-3, full-lunch; care for diabetics; two have diabetes training; may participate 1-5 days/week. (Private pay/Mainecare) RN will do Maximus assessment (formerly known as Gould assessment) - looks at abilities (walk on own, move in bed, shower by self, stand to cook, ADL, IADL) - determine #hours/ week; depends on client needs and available staff. Sometimes individuals are not truthful about their needs - in-home supervisor - may need home; Jeanne Edwards: Comfortably Home program - living in situations that are not healthy - assess whole house;	VA insurance Mainecare / Medicare HBSS: Section 63 grant Private LTC Insurance EAAA Respite grant
	RSU#24 opportunities: Megan McOskar mmcosker@rsu24.org 207.422.4794	https://rsu24.maineadulted.org/classes/ Megan McOskar speaking on upcoming tech classes Thursday - in-person workshops - 1 hour to learn about something; CANVA; photoshop; Artificial Intelligence; energy use; help with devices; file management; equipment; organizing email accounts; presentation/workshop time - ideas for future topics (spreadsheets?; cloud sharing? Smart homes?); access to NorthStar educational platform; Page 9-10 of RSU24 catalog) https://ellsworth.maineadulted.org/	RSU24 Free Training: Scam Alerts 1/24/25 10-11am Additional listings in catalog Online National Digital Equity classes - p.10
	Current Discussion & Project Updates:	Misty - Community Connector Transportation - volunteer drivers needed Sand Buckets - 2 volunteers deliver as needed Food Boxes - home deliveries are available 1st Tues/month	

	Financial	Donations in memory of Andrea St. George Jones	
	Community Organization Updates:	Frenchman's Bay Library - open Mondays & Saturdays 10-2p; Tuesdays & Thursdays 1-5p; Book Club 1/15; Sorrento-Sullivan Historical Society - History of Sullivan Falls 1/14/25 via ZOOM; Info on ships, granite shipping, see website Sullivan-Sorrento Recreation Center - Ellsworth American article; interior renovations;	FBL Soup/Chili - 2/2/25 SSHS History Hour - 1/14/25 7pm - sign-up on website
	Civic Engagement:	1/07: 5pm Select Board meeting 1/21: 5pm Select Board meeting https://sullivanmaine.org/calendar-events/	
	Announcements/Updates	1/07: EAAA Food Distribution - applications at Town Office 1/21: Birthday Cards - 11:45a Town Office Tues/Thurs: 10:30-11:30 Bone Builders - openings available	
	Next meeting (in-person):	02/07/25: American Red Cross	