**Monthly Meeting Minutes**
**Age-Friendly Sullivan - Livable Communities**

**Meeting Date/Time:** Wednesday, February 4, 2026 9:00 -10:00am
**Location:** Sullivan Town Office
1888 US Hwy 1 Sullivan, Maine 04664

**Attendees:** Kim Brooks, Misty Gleason, Candy Eaton, Trudy Taylor, Diana Gazis, Nancy Roberts, Marcia Slater, Melanie Dow, Christina McGowan, Meghan Milliard (Presenter), Sandy Abbott(Presenter)

| Time | Topic | Discussion |
|---|---|---|
| 8:30 | Refreshments/Social Time | |
| 9:00 | Guest Speakers:<br>Meghan Milliard<br>Care Coordination Specialist with the Eastern Area Agency on Aging (EAAA).<br><br>Sandy Abbott - EAAA Volunteer and Support Group Facilitator at the Ellsworth Public Library. | Meghan shared an overview of EAAA's Family Caregiver Programs, which provide essential resources for those caring for loved ones. Topics included information and assistance, caregiver respite services, support groups and training provided by EAAA. More information is available at https://eaaa.org/<br><br>Sandy discussed the support groups available at the Ellsworth Public Library for Care Givers and Care Grievers. |
| | Community Organization Updates | **Frenchman's Bay Library**- open Mon & Sat 10-2; Tues & Thurs 1-5p; Mondays 10:30 Knitting; 2nd Tues 2pm Book Club. The Soup and Chili Luncheon was held on 2/1/26. The library will soon be offering a library of things allowing people to check out items for limited use. They are requesting donations of items that could be lent. Suggestions included tools, hiking equipment, kitchen appliances, portable child furniture. |
| | Upcoming Age-Friendly Sullivan Program Events | **Bone Builders**-Tues & Thurs 10:30-11:30<br><br>**Ladies out Lunching** Second Friday Monthly - February 13th 12:00-1:00 at The Black Sheep<br>March 13th 12:00 -1:00 at Tracey's Seafood<br><br>**Coffee House -** (1st and 3rd Fridays each month) for everyone 10:00 am - noon at the Town Office - February 6 & 20<br><br>**April 25- Earth Day Clean up.** Many volunteers will be needed. Contact Kim Brooks or Misty to Volunteer. |
| | Civic Engagement | **Sullivan Select Board Meetings**<br>Monday 2/2 5:30 pm<br>Tuesday 2/17 5:30pm<br><br>**Volunteer Opportunities:** Contact Kim Brooks or Misty Gleason to be added to our Sullivan Volunteer Registry |

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|---|---|---|
| | Next Meetings | **March 4** -Featured Speaker Caroline King from the Red Cross to discuss Be Red Cross Ready program for emergency preparedness. Bonus Session: Caroline will lead a free hands only CPR Class.<br><br>**April 1-** Jason Parent, CEO of Community Action of Aroostook, Washington, and Hancock Counties. |
| 10:00 | Adjourn | |