Monthly Meeting Minutes
Age-Friendly Sullivan Livable Communities
Date/Time: Wednesday, March 3, 2026 **Location:** Sullivan Town Office

Attendees: Kimberly Brooks*, Misty Gleason*, Caroline King*, Scott Guillenault, Don Snoke, Trudy Taylor,* Diana Gazis, Nancy Roberts, Cynthia Perkins, Barbara Mitchell*, Beth Graham*, Karen Houston*

* indicates CPR attendance

Time	Topic	Discussion
8:30	Refreshments/Social Time	
9:00	Guest Speaker: Caroline King Red Cross	Caroline discussed the Be Red Cross Ready program which is designed to help households prepare for emergencies. More information about the program can be found at https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html?srsltid=AfmBOoo4QPeqGncttB9Dr0AXeLYAX4GJ-NS8JheoXE5jNaZ5KwgikVGJ
	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 Library by Susan Orlean., Poetry Club: Last Saturday of every month, 10am. March Featured Artist - Wendilee of Who Paints March 14 - will have a table at the Thrift Store Yard Sale - 9-2 March 21 - Cabin Fever 10-2, Tea Scones & Silent auction. March 19 - Tax Prep day - 1 appt left. Call the library to schedule. **Bone Builders**-Tues & Thurs 10:30-11:30 **Ladies out Lunching** Second Friday Monthly - March 13th 12:00 -1:00 at Tracey's Seafood **Coffee House -** (1st and 3rd Fridays each month) for everyone 10:00 am - noon at the Town Office - February 6 & 20 **Earth Day Clean Up - April 25th**. Need help with clean up and lunch.
	Civic Engagement	**Sullivan Select Board Meetings** Monday 3/2 5:30 pm, Monday 3/17 5:30pm **Volunteer Opportunities:** Contact Kim Brooks or Misty Gleason to be added to our Sullivan Volunteer Registry
	Next Meeting	**April 1-** Jason Parent, CEO of Community Action of Aroostook, Washington, and Hancock Counties.
10:00	Adjourn Meeting	
10:30-11:30	Bonus Session	Caroline King offered a Free - Hands Only CPR Course. This non-certified class addressed the critical life-saving skills we can use to help in an emergency.