

Welcome to Age-Friendly Sullivan www.sullivanmaine.org

Thank you to the many volunteers in Sullivan who are working together to create a more livable community for residents and visitors of all ages. Our 2018 survey informed the Town of Sullivan about needs and vision for our community. As a result of our “Sullivan Listens” community event in June, we adopted the following vision statement: *“A compassionate community of neighbors supporting / and welcoming young and aging residents to thrive in a diverse and sustainable Sullivan.”*

Using the framework of AARP’s Network of Age-Friendly Communities, we have brought programs and services to our community that address improvements in the following 8 Domains of Livability:

- **Transportation:** Our partnership with Friends in Action provides volunteer drivers for homebound residents to access medical appointments, food shopping and other social activities. Training is available monthly through Frenchman Bay Library.
- **Housing:** Sullivan initiated a sand-bucket program for 28 seniors and others who need a little assistance with sanding walkways. Our Sullivan Volunteer Fire Department provided 39 smoke / carbon monoxide detectors which were distributed to local residents. These have a 10 year lithium battery for ease of installation and ease of mind. The Town Office is maintaining a waiting list for if/when we receive additional detectors.
- **Social Participation:** Our monthly meetings (held on the first Wednesday of each month) are informative, frequently have a guest speaker and offer a potluck luncheon. Age-Friendly members are active in various community events, including Earth Day, Memorial Day, Sullivan Daze, Veteran’s Day and Christmas for Families. In partnership with the Frenchman Bay Library, we successfully received a challenge grant from AARP Maine to renovate the Community Room at the Recreation Center for socialization & activities.
- **Communication & Information:** In addition to our webpage and Facebook page, AFS published a Resource Guide for Sullivan Residents. All publications are available through the Age-Friendly Sullivan page on the sullivanmaine.org website. Printed copies are available through the Town Office and the Library.

- **Community Health & Support Services:** Our first Health & Wellness Resource Fair was held at the Recreation Center on September 19th with 24 vendors providing health screenings, flu shots, and wellness advice. *Save the date* for this year's Expo on October 10th, 2019. In collaboration with Eastern Area Agency on Aging, homebound participants in the Senior Commodity Food Program participants receive a monthly delivery of supplement food to their homes on the first Monday of each month.
- **Outdoor Spaces & Buildings:** Our NEW 50x100 Sullivan Community Garden will be in the field behind the Town Office. We are so excited for the grant support provided by the Maine Community Foundation and the New England Grass Roots Foundation! Residents may rent a private 4 foot x 25 foot private plot to grow their own flowers & vegetables; additional space will be organically cultivated for vegetables to be distributed to seniors experiencing food insecurity.
- **Civic Engagement:** In addition to a significant contribution to our first & second annual Earth Day clean-up events, AFS members are serving on various municipal committees and participating in monthly Select Board meetings. We have also provided copies of all AARP publications to the Comprehensive Planning Committee, for creating a Livable Community using best practices and guidelines.
- **Respect & Social Inclusion:** Through the 2018 survey, we learned that most respondents felt respected. The challenge is to inform all residents in a timely manner about activities, events and opportunities to participate. In addition to the Town Crier, electronic sign and Facebook page, residents may participate in our Neighbor-2-Neighbor weekly call which provides a weekly check-in, as well as informing residents about community updates & services.

For additional information on any of our activities, please do not hesitate to contact me via email candyeaton@yahoo.com or 207.460.1114

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*click on our Age Friendly Sullivan page at www.sullivanmaine.org
Facebook: [Age-Friendly Sullivan](#)*