

Advisory Committee on Aging (ACOA)

*Recognized by the World Health Organization as a member
of the Global Network of Age-Friendly Cities and Communities*

Member AARP Network of Age-Friendly Communities

To the Select Board and Residents of Bowdoinham:

The Advisory Committee on Aging (ACOA) is appointed by the Select Board to provide services and advocacy that enable older Bowdoinham residents to live in their homes for as long as possible as well as partner with other organizations and volunteer groups to provide programs and services geared to keeping older adults active and engaged in the community. ACOA also participates in the AARP-NAFC peer learning network. Three members attended the Annual Age-Friendly meeting in September, 2016.

ACOA can't make Bowdoinham aging friendlier without help from 50+ volunteers and its local partners: Bowdoinham Fire Dept. and EMS, Food Pantry, Public Library, Historical Society, Recreation Department, Rides INC, Mason's Handy Brigade, and Merrymeeting Arts Center.

A few highlights of the year include the *Mardi Gras Festival*, led by New Orleans aficionado George Oliver; a two-part series about the *Constitution*, offered by the ever-popular Peggy Muir; and *Healthy Eating on a Budget*, offered in partnership with the Bowdoinham Food Pantry and Access Health.

The **third Annual Wellness Fair** was a success! We had 21 providers come to share information and services. CHANS provided flu shots, EMS gave blood pressure checks, Head to Toe Physical Therapy provided demonstrations of how to get up after a fall and gave brief balance assessments, and Silver Sneakers offered a free 'try-it' of their exercise program. The crowd that came to watch line dancing was so enthusiastic they had to join the group! Nineteen lucky participants went home with one of the raffle prizes donated by the providers who attended the fair.

ACOA is excited with the new accessible doors in the Coombs Municipal Building! To promote accessibility at home, we regularly share items on the **Tool Table** with other communities. If you are interested in looking at the adaptive tools we have gathered, please visit the Bowdoinham Public Library. Most of the items can be borrowed for up to three weeks so you can try before you buy.

We are excited to continue growing this work in 2017 and are always looking for volunteers like you to join us! For more information, call the Town Office, 207-666-5531 or email: poh@bowdoinham.com.

ACOA Members, 2016:

Kathy Pszczolkowski, Chair
Robert Curtis, Vice-Chair
Joanne Savoie, Secretary
Tom DeForeest
Rachel Evans
Patricia Melander
Dick Rose
Joan Smith
Theresa Turgeon

Summary of ACOA-Sponsored Activities and Programs, 2016

ACOA-Sponsored Activities	Participants
Games: Bridge, Cribbage, and Game Afternoons	57
Exercise and Recreation:	
Golf, Indoor Walking, Exercise with Kathy, Bowdoinham Outdoors, Line Dance, Gentle Yoga	89
Day Trips	38
Craft/Gardening: Laugh, Craft and Learn, Painting with Marge, Garden Forum	28
Special Events: Healthy Eating on a Budget; Mardi Gras; Pottery Workshop, Photography class, Constitution 101 and 102 lectures; Winter Holiday Party	117
Eat and Meet: Lunch with Lynn (Town Landing), Village Seniors Luncheon/ Speakers	103
Wellness Fair	73