

MINUTES
Advisory Committee for Age Friendly Bowdoinham
March 09, 2026

Committee Members Present: Mary Kelley, Lois Smith, Maureen Booth, Colleen Crowley, Pam Buffington, Laura Arnold, Bill Small

Staff: Jason Lamoreau

Guests: Lauren Karlin

I. CALL TO ORDER

Maureen established a quorum and called the meeting to order at 1:31pm.

II. APPROVAL OF AGENDA

The agenda was approved.

III. APPROVAL OF MINUTES

The minutes of the February meeting were approved.

IV. DISCUSSION ON DANCE OPPORTUNITY

Maureen introduced Laura Karlin, dancer, choreographer, and founder of Invertigo Dance Company. Laura's Los Angeles based dance company focuses on community involvement and neurodegenerative disorders, like MS and Parkinsons. Recently moved to Bowdoinham, Laura has offered to lead a dance workshop, should AFB be interested. There are two options, "Dancing through Parkinsons" and "Dancing through Life." Should a workshop prove successful, classes may follow. First steps are to determine what is of the most interest to the community. Laura suggested that AFB identify a 'community champion', and that the committee determine a location and funding source. She asks for nominal compensation for her time. The group identified Lois, Bill and Mary to meet separately and develop next steps.

V. STAFF REPORT

Jason reported that the deadline for the next issue of Bowdoinham News is April 3. Maureen and Pam discussed preparing an article.

The February tax prep clinic was highly successful, with all appointments filled. BCC volunteers assisted by providing information on the Medicare Savings and other programs. There are still appointments available for the March date.

The yellow building feasibility study is completed. The matter will go before the Selectboard now to determine next steps.

Funds from the community paramedicine program that were not used have now been reallocated to the purchase of new equipment, including a defibrillator and durable medical equipment, including a rollator.

Yvette is asking for a letter of support for a DOT application for traffic calming measures in the downtown area.

Jason asked if we wished to sponsor any classes this spring, such as the basket making or flower arranging done in previous years. Lois offered to provide some advertising materials, Jason said he would take care of logistics and communications with instructors.

VI. ALL TECH MATTERS

Echo Dots

Pam distributed prototype information placards that she has created designed to assist homeowners learning to use their Echo Dots and Smart Home systems. Pam has been working with BCC volunteer Cory Linkel. Going forward, Pam will continue to work on the content, and Cory will concentrate on in-home installations. Promotion of the system still needs to be addressed. There is a meeting scheduled at the end of the month with Maureen, Darren Smart, Patricia Oh and Pam to discuss the feasibility of expanding this methodology to other communities.

Web Site

Chris Hoffman, principal at Mt Ararat, reports that there is little interest amongst the students for a web site project. There will be one more attempt made, however, Pam speculates that we may have to find a different way to get the project completed.

VII. STATUS REPORT

The March luncheon, featuring corned beef and cabbage, is all set for Thursday.

Attendance at the Ice and Smelt festival was low, despite the committee's offering of delicious cookies, coffee and cocoa. A total of eight people visited the table, and a total of \$25 was collected. The group was in agreement that the cold weather was a deterrent for volunteers and attendees alike.

Colleen reported that she talked with Librarian Kate Cutko about a joint Lifestyle Medicine event. Discussion followed on what a workshop might look like. A subcommittee of Laura, Mary, Lois and Bill will meet to discuss possible marketing ties with the Dance Workshop.

The teenage community service volunteer that Mary reported on last month has been helping her neighbor.

Maureen is working with Yvette to determine a date for AFB's sponsorship of a summer concert series supper, in conjunction with BCC.

The Selectboard has approved the AARP Challenge Grant application. It has been submitted to AARP, and a response will be provided in May, with work beginning by June 15.

PUBLIC COMMENTS:

Pam asked if there was interest in starting a Mah Jong group, perhaps at Merrymeeting Hall or the fire station. Peggy Christian is starting a Qi Jong class at Merrymeeting Hall.

Adjournment

The meeting adjourned at 3:22 pm.

Approved by:

Maureen Booth, Chair

Date

Jason Lamoreau, Older Adults Services Coordinator

Date