

MINUTES
Advisory Committee for Age Friendly Bowdoinham
April 13, 2026

Committee Members Present: Mary Kelley, Lois Smith, Maureen Booth, Colleen Crowley, Laura Arnold, Bill Small, Deb Smith, Karen Mayo

Member absent: Pam Buffington

Staff: Jason Lamoreau

I. CALL TO ORDER

Maureen recognized the quorum and called the meeting to order at 1:30pm.

II. APPROVAL OF AGENDA

The agenda was approved with an addition to discuss lifestyle management under Status Reports.

III. APPROVAL OF MINUTES

Minutes of the April 9, 2026 committee meeting were approved without change.

IV. STAFF REPORT

Jason reported on activities during the time since our last meeting:

- The Town Office will be closed on Friday (April 15) to clean out the attic and on Monday (April 18) in recognition of Patriot's Day.
- Two additional kayak racks have been installed at the Waterfront.
- A proposal has been submitted to fund a 20x20 foot scenic lookout at the terminus of an accessible trail to the Waterfront.
- A proposal for a Land and Water Trust Conservation Grant has been submitted which includes the construction of a Pavillion and additional parking.
- Yvette Meunier, the Town's Planning Director, has again submitted a successful proposal to the DOT (US Rural and Tribal Transportation solicitation) in the amount of \$750,000 to design and plan for the construction the Merrymeeting Trail from 1/2 mile south of Bowdoinham to Richmond. The Committee asked to congratulate Yvette on her amazing work to develop accessible trails and amenities at the Waterfront.

V. DANCE AND LIFESTYLE MANAGEMENT

Lois, Mary and Bill met to discuss arrangements for sponsoring a dance workshop by Laura Karlin. Key features of their recommendation include:

- A **one-time workshop** for adults of all ages and abilities. A key purpose would be to assess community interest in a future dance classes that Laura would sponsor and the Committee will assist in promoting.
- **Free** to attendees. Donations welcomed
- Preference is to hold the workshop in **May or early June**. Karen agreed to contact Laura to finalize a date and confirm availability of Merrymeeting Hall.

- It was assumed that the **sound system and music** would be the responsibility of Laura Karlin; Karen was to confirm.
- Laura K provided a **flyer** that could be modified for the event; Jason to edit and print out.
- **Promotion** should include the usual lines of communication in Bowdoinham (website, Bowdoinhammer, Friends & Family, flyers for distribution), Richmond Health Care Center, MaineHealth Senior Care/Brunswick, press release). Maureen will work with Karen to promote the event once flyer is available.
- Lois asked for someone to serve as a **champion** for the event. Karen agreed to contact Laura to finalize the date; confirm and schedule MMH; work with Jason to secure a contract with Laura not to exceed \$120; work with Jason on development of flyer; and identify other actions needed to proceed with the event.

VI. VOLUNTEER DRIVER TRAINING

Maureen briefed the group on growing concern around safety issues for both drivers and disabled riders in the Rides in Neighbors Cars program. Jason shared that he has been in contact with John xx, of xx and Todd Lamoreau, a physical therapist, about a possible training for the twelve drivers. Discussion followed on the challenges of transporting the disabled and the possibility of opening a future training to the larger group of caregivers and family members. There may be a grant available.

VII. HANDY BRIGADE

In an effort to organize and grow the Handy Brigade program, town resident Paul Tabor has agreed to manage the program, including organizing volunteers, evaluating potential projects, procuring materials, etc. Discussion followed about the need for a storage area that could house materials.

VIII. BYLAWS AND ELECTIONS

Elections are in July. Although the by-laws mention a vice-chair position among the officers, there is no description of their duties nor history of electing a vice chair. Maureen recommends that we consider electing one given the size of the committee and opportunity for succession.

IX. STATUS REPORTS

A. Luncheons - There were around 50 attendees at the April luncheon. Expenses are currently being met by donations. Additional volunteers are needed for the clean up, as some work has been left unfinished. Discussion included the need for a checklist, and designation of one person to ensure that everything is done. Deb volunteered to develop a checklist and to work with Maureen to implement a process for cleanup.

B. May Day Baskets — A flower arranging class led by Laurie Saunders is scheduled for April 24 from 12-2pm. Ten participants are necessary to hold the class. Two have signed up to date. Jason can assist at the class. Jason also reported that there will be no basket weaving class this year.

C. Echo Dots - Maureen met with the Center on Aging and reported that a 48 page operational manual for installation and ongoing support is being developed. There are 2-3 homes waiting to begin.

D. Mah-Jong – No report was presented about this proposed program as Pam was unable to attend the meeting.

E. Lifestyle Management – Lois reported that the Dance Workshop Task Force did not recommend combining a program on lifestyle management with the dance workshop but did recommend that Lois, Mary and Laura A continue to discuss options and move forward with an informal opportunity for people to benefit from Laura A's experience and expertise.

F. Website Redesign - Maureen is looking for an intern, as the high school idea has not been successful. Laura's husband is sending information about his experience with web site maintenance. Lois volunteered to help Maureen and Pam continue the process.

PUBLIC COMMENTS:Volunteers are needed to assist on Bulky Waste Day.

Adjournment

The meeting adjourned at 3:22 pm.

Approved by:

Maureen Booth, Chair

Date

Jason Lamoreau, Older Adults Services Coordinator

Date