

**MINUTES**  
**Advisory Committee for Age Friendly Bowdoinham**  
**February 10, 2025**

**Committee Members Present:** Ann Hartzler, Mary Kelley, Deb Smith, Maureen Booth and Lois Smith

**Members absent:** Karen Mayo

**Staff absent:** Jason Lamoreau

**I. CALL TO ORDER**

Maureen established a quorum and called the meeting to order at 1:06pm.

**II. APPROVAL OF AGENDA**

The Agenda was approved with the addition of administrative issues by Maureen and a brief report on the Senior Summit by Lois.

**III. APPROVAL OF MINUTES**

The minutes of January 13, 2025 were approved.

**IV. STAFF REPORT**

Maureen provided the following update to the group in Jason's absence:

- Maine Health Access Foundation approved a \$10K Community Paramedicine Feasibility study. A paid consultant is included in the funding.
- Funds for the shade canopy have been obligated, working on determining the color.
- The AF's contribution to the Annual Report is due at the end of February. Maureen will develop a draft that the committee will then comment on.
- Lois attended the Senior Summit meeting in Richmond and will distribute a report to committee members.

**V. Review Progress toward three-year Objectives**

As the January 27 retreat was canceled, the group opted to address the three-year review at this meeting rather than schedule another date. A report on the review is attached, labeled "ObjectivesProgressReviewFeb2025."

**VI. Ideas/Level of Interest/Process Related to Challenge Grant Proposal**

Several ideas were presented, including:

- Items are still needed to complete the waterfront project, including picnic tables, bike rack, pergolas, benches and charging stations.
  - This requires no additional commitment by the AF committee.
- A web site dedicated solely to Age-Friendly
  - The Saco Age Friendly group will be contacted to discuss their web site.
- Deck furniture for the newly-constructed library deck
- Use a consultant to conduct a caregiver focus group to understand the issues facing unpaid caregivers, including friends, family and neighbors.

Considering the upcoming deadline of March 5 for the application, the group opted for funding the waterfront items and possibly a web site.

### **VII. Bylaws Review and Revision**

Maureen and Mary have written a draft, which Jason is reviewing. The draft will be distributed to the committee and discussed at the March meeting.

### **VII. Additional Discussion**

- The group discussed the feasibility of having a table and cookies at the upcoming United Way tax prep clinics.
- The Ice and Smelt Festival was well attended, despite the extreme cold. Maureen will talk to Jason about future involvement of the AF committee due to the cold conditions.
- The group opted to not provide a supper at the Summer Concert series. We might set up a table at the Concerts, and/or at the Saturday Markets.

### **XII. Adjournment**

The meeting adjourned at 3:30 pm.

### **Approved by:**

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Maureen Booth, Chair

Date

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Jason Lamoreau, Older Adults Services Coordinator

Date

**REVIEW OF AGE FRIENDLY 3-YEAR OBJECTIVES**  
**(from 2025-2034 Comp Plan)**  
**February 10, 2025**

**GOAL: Expand and promote services and supports to assist individuals to remain in Bowdoinham as they age**

**1. Implement a program with local stakeholders that provides a “no wrong door” for older residents seeking to access health and support services.**

**Progress**

- Convened meeting of potential coalition partners to consider interest and ideas for better serving at-risk residents.
- Established Bowdoinham Community Connections through grant award from state to reduce barriers to accessing services and improve outcomes for at risk residents.

**Impediments/Opportunities**

- Pilot is funded for one year; need a sustainability plan to continue past August 2025.
- Reaching residents that may benefit from the service continues to be a challenge.

**Proposed Action/Changes**

- If funding ends, consider establishing a volunteer-led program in the spirit of BCC or locate a different funding source
- Invite Anna Guest, Program Manager for the statewide Community Connector Pilot, to attend an AF meeting to address volunteer recruitment
- Carol Lenna will join us next month to discuss her ideas for promotion

**2. Assist residents to conduct home safety assessments and to make necessary improvements**

**Progress:**

- Partnered with Richmond to re-invigorate Handy Brigade after the program lost Mason sponsorship; recruited additional members.
- Developed Universal Design Guide to promote safety features among residents and contractors
- BCC intake assessments include home safety evaluation.

**Impediments/Opportunities:**

- AARP Home Fit Guide and resources offer a structured approach to assessment by owners or contractor/volunteers.

- Lack of qualified volunteers to conduct assessments and develop improvement plan.
- Have conducted limited promotion of available resources to public. Need to get the Universal Design brochure to the correct audience at the correct time

#### **Proposed Action/Changes:**

- Meet with Nate Drummond, chair of Planning Board to discuss improving communication, possibly providing financial incentive for utilizing Universal Guide components
- The AARP Home Guide is an option for use by residents. We can distribute the brochure in public-facing settings like the luncheon, and ask an AARP volunteer or other expert to be on hand to discuss.
- Possibly seek grant funds to support occupational therapist to assist residents conduct in-home assessment.

### 3. Work with State pilot and demonstration programs to expand in-home supports to older adults.

#### **Progress:**

- Participation in Cabinet on Aging Pilot

#### **Impediments/Opportunities:**

- Have done little to build awareness of state programs that expand reimbursement for caregiver support by family members.

#### **Proposed Action/Changes:**

- Let households know that there are state funds available to pay caregivers of qualifying households

### 4. Implement a system with Sagadahoc Sheriff's Office to support older adults during emergencies (e.g. storms, power outages)

#### **Progress:**

- Winter kits, outage buddy program
- Met with Sheriff's Office; Town signed up for RAVE system of automatic alerts to residents in event of emergency.
- Town promoted RAVE in Newsletter

#### **Impediments/Opportunities**

- Limited awareness/uptake of RAVE

#### **Proposed Action/Changes**

- In addition to promoting on Facebook and email, utilize printed materials distributed and possibly mailed to households
- Follow-up with Jason and Sheriff's office regarding lack of general awareness about RAVE.

**GOAL: To enhance the accessibility of services, buildings, events and the physical environment**

**1. Identify and address hazardous crosswalks in town.**

**Progress:**

- Participated in a pilot to solicit community feedback on crosswalk at Main/Rte 24.
- Worked with Comp Plan/CDAC to access grant funds to conduct study of traffic flow in Village Area.
- Worked with CDAC in selection of contractor, site visit input and public hearing

**Impediments/Opportunities**

- Work is proceeding in partnership with CDAC.

**Proposed Actions/Changes**

Continue to support Town Planning Committee and CDAC

**2. Rate the level of difficulty and accessibility of trails and post signage to inform users**

**Progress:**

- Worked with Town Planner to secure grant funding for consultation and signage at trails.
- Provided testimony at Public Hearing with contractor stressing importance of plain language and universal design of signage

**Impediments/Opportunities**

- Work is proceeding in partnership with CDAC

**Proposed Actions/Changes**

Continue to support Town Planner,

**3. Expand local sidewalks**

**Progress:**

- Worked with Town Planner to secure funding for sidewalk expansion stressing their importance to safety and wellbeing of older residents.

### **Impediments/Opportunities**

- Work is proceeding in partnership with Town Planner

### **Proposed Actions/Changes**

- Continue to support Town Planner.

4. Develop and implement guidelines for assuring that everyone can fully participate in public meetings without barriers.

### **Progress:**

- No action taken on our intent to develop guidelines for adoption by the Town; action limited to specific meetings/events (e.g., parking/seating at Celebrate

### **Impediments/Opportunities**

- Resources are available for reference; time has not been allocated.

### **Proposed Actions/Changes:**

- Develop a policy designed to remove barriers from public meetings; work with town and Select Board to implement

5. Develop Guidebook on Universal Design for residents, builders and Town Officials to increase accessibility for everyone.

### **Progress:**

- UD developed and published by AARP
- Copies distributed at local events and to contractors

### **Impediments/Opportunities**

- Original concept was to link this work to Town Housing Committee efforts to develop affordable housing; no further work done in this area.

### **Proposed Actions/Changes:**

- Contact Planning Board about possible incentives for builders to adopt UD principles
- Contact Linda Adams regarding new housing project and potential use of UD principles.

**GOAL: To enhance programs to reduce social isolation and build social connections.**

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1. Work with Library and others to address the gaps and challenges for enhancing digital literacy among older adults.

**Progress:**

- No activity has taken place to advance this objective

**Impediments/Opportunities:**

- While the library has access to tutorials and other resources to assist with learning how use digital devices, we have not met with the Library to see how Age Friendly can better promote those programs.

**Proposed Actions/Changes:**

- Maureen will check with Kate at the Library about the Digital Literacy program. Determine if we wish to continue, discuss other ideas.

2. Develop a program to regularly connect volunteers with older residents to provide reassurance and assistance as needed.

**Progress:**

- The BCC pilot connects with older residents and provide reassurance and support to improve their health and wellbeing.

**Impediments/Opportunities:**

- Recruitment and training of volunteers takes time. Most early participants have been referred through the Ride Program and Food Pantry; beginning January the pilot is building its public awareness campaign to the broader public.
- The pilot is for one year only; a sustainability plan is needed

**Proposed Actions/Changes:**

- Continue to raise awareness of BCC, including at a ribbon cutting ceremony for the new shade canopy.

3. Implement programs that regularly reach out to at-risk residents to better understand and their needs and to offer support.

**Progress:**

- See # 2 above

**Impediments/Opportunities:**

- At-risk residents often have many unmet needs that require access to services that may not be available in the area. BCC struggles to provide assistance but is unable to replace professional staff.
- Possibility of AmeriCorps volunteer to establish on-site presence at Bham Estates

**Proposed Actions/Changes:**

- Network with service providers to learn about ways to address unmet needs.

**GOAL: To develop accessible and affordable housing that promotes independent living**

**1. Expand the adoption of universal design in the renovation of existing homes and the development of new homes through tax and other incentives.**

**Progress:**

- Limited activity on this objective. Code Enforcement Officer has copies of UD Guide to give to potential homeowners and builders.

**Impediments/Opportunities**

- It is not clear what independent action the Committee can do without involvement of the Housing Committee.

**Proposed Actions/Changes**

- Discuss options with Town Planning and Maine Housing about incentives to adopt UD principle

**2. Investigate Bowdoinham's participation in programs to facilities shared housing among older adults.**

**Progress:**

- Participated in an orientation to Nesterly, a shared housing program that is being introduced into Maine.
- Plans to show the Nesterly introductory video to Committee members has not happened.

**Impediments:**

- Competing demands on time.

**Proposed Actions/Changes:**

- Promote the Nesterly program more effectively
- Build awareness of the new ADU (Accessory Dwelling Unit) law, possibly through a program at the Library

**GOAL: TO EXPAND TRANSPORTATION OPTIONS**

**1. Encourage safe driving through voluntary driving evaluations and guidance on driving options.**

**Progress:**

- No activity on this objective

### **Impediments/Opportunities**

- There are various safe driving programs available, through AARP, AAA and others.

### **Proposed Actions/Changes:**

- Check into AARP driving classes (and maybe evaluations as well). Gather more information, including possible costs

## **2. Develop a system for car pools and scheduled rides to popular destinations.**

### **Progress**

- Rides in Neighbors 'Cars has considered this option.

### **Impediments/Opportunities**

- The principal barrier is lack of a car large enough for more than one passenger and all groceries. Sometimes two weekly shoppers can go together but challenging to schedule across four grocery stores.

### **Proposed Actions/Changes:**

- Increase number of volunteers to drive

## **OTHER/INFRASTRUCTURE Objectives**

### **Improve our marketing efforts**

- Build capacity and reach
    - Build capacity with volunteers
    - Consistent messaging - develop brand guidelines
    - Consistent awareness
      - Build recognition of our objectives and activities
      - Develop calendar
    - Consistent delivery
      - Develop list of ways to disperse information, including contact info, deadlines, methods
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