

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

**Committee Members Present:** Mary Kelley, Karen Mayo, Lois Smith, Deb Smith, Maureen Booth

**Members absent:** Anne Hartzler

**Staff:** Jason Lamoreau

**Guest:** Louise McCleary

**I. CALL TO ORDER**

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

**II. APPROVAL OF AGENDA**

The Agenda was approved with the addition of Diana Mosher Needham Class by Mary Kelley.

**III. APPROVAL OF MINUTES**

The minutes of February 10, 2025 were approved.

**IV. STAFF REPORT**

Jason reported on the following:

- The town office is closed on March 24
- The FEMA grant application has been approved. A request of \$50,000 was made to perform a feasibility study on the BRIC (yellow building by the waterfront). The study will include research on any flood plain issues, septic issues, and options for use.
- Maine Health Access Foundation funds for the Community Paramedicine program have been received. The next step is to contact consultant Rick Petrie or to contact MEHAF for referrals if Rick is not available to assist.
- The new Library entrance is open, with an accessible ramp and handrails.
- Jason has submitted the budget Recreation and Age Friendly for review by the Finance Committee and Selectboard. The total amount budgeted for AF is the same, although a couple of items were adjusted. The reserve remains at \$6,600.
- Two classes, Basket Weaving on April 11, and May Day Flower Arranging on May 2, are scheduled. After some discussion on possible cost to participants to attend, the group decided to ask for donations rather than a fixed dollar amount.

- The Spectrum Generations-hosted program, Living Well for Better Health, is scheduled for April 29. Ten registrations are required to conduct the program. Monica Hawk will attend the Thursday luncheon to announce this free class.

## **V. Client Growth Strategies for Bowdoinham Community Connections**

Maureen presented in Carol Lenna's absence.

Group events are being planned, possibly including an oral history program involving residents and students from the high school. This will most likely not happen until the fall because of the need to involve teachers. Another idea is to partner with MaineHealth to bring the Midcoast Community Outreach program to Bowdoinham. MCO offers classes, including art, cooking, Tai Chi, and others. The requirement is ten people. There is strong interest in this program, but as yet, there have been no steps taken. One possible venue would be Bowdoinham Estates.

Discussion turned to Bowdoinham Estates. Jason has made progress in establishing an on-going relationship with management, namely new employee, Mitch. Maureen and BCC have begun developing a program of events at Bowdoinham Estates to happen on a monthly basis. The goal is to develop community spirit and broaden connections to include the wider Bowdoinham community. The first program will be a BCC "Meet and Greet" luncheon

Currently there are 12 BCC volunteers. It has proven difficult, however, to consistently record data on the volunteers' activities. The Rideshare software proved difficult, and an app developed on Google proved challenging to some as well. The group asked Louise if she knew of any other communities who had similar struggles. She recommended more volunteer training, and making use of the Digital Coastal Maine program that is already in place at our Library. Discussion followed on ways to record the data. One idea was to make use of the already-scheduled volunteer meetings. A designated scribe might record information while volunteers discussed.

Louise went on to remind the group that there are funds available for family caregivers through Spectrum. The Digital Equity Center also has funds available to provide electronic devices to individuals and organizations. Louise is sending the contact information for Mary Ellen Varnes. Kate Cutko, Bowdoinham Librarian, should also have information on this.

## **VI. By-Laws Changes**

A draft of the by-laws, as adjusted by Maureen and Mary, was distributed for review. The draft, however, did not highlight all changes made, and Jason

reported that the Selectboard requires all changes to be noted. Discussion was tabled until the April meeting, when a draft of the document that includes all changes will be available.

### **VII. Report from Richmond Senior Summit Meeting**

Six towns were represented, approximately 16 people attended. Towns represented were: Richmond, Manchester, Gardiner, Wiscasset, Bath, Litchfield. Everyone shared their calendars, ideas, helpful suggestions. There were many positive, well attended events, and also some challenges, echoed by all. Events include breakfast on Mondays in Richmond, a “people in your neighborhood” speaker series, Valentine’s Day evening meal, and Lunch n’ Learn. Others include drive-thru supper. 50-50 events are more successful than a base charge.

Litchfield has a band that might be available,

The biggest challenge was how to reach people, - transportation was also a concern.

As part of the Lifelong Richmond initiative, Laurie mailed a survey - to every household in Richmond (about 1700). There were 60 respondents from the mailing - the surveys were either dropped off at the Town Office, the Library, or the Senior Center.

### **VII. Setting Priorities for 2025 Workplace**

- Maureen distributed a document which listed various priorities and strategies that has emerged from our February discussion. The group assessed the importance and feasibility of each strategy in an effort to prioritize our goals for 2025. The results will be tallied and reviewed at the April meeting.

### **XII. Status Report**

- The 2025 AARP Flagship Grant application is completed and submitted.
- Discussion on a prototype for a possible print version of our monthly calendar was tabled until the April meeting.
- Recruit Volunteers: Maureen will be distributing a link to a video provided by Anna Guest.
- Shade Canopy cover swatches were distributed by Jason, and the group offered opinions.
- Mary introduced the idea of a Needham-making class by Dianne Mosher. The group agreed that it is a good idea, and a date of a Friday in June at 2pm was discussed. AFB will cover Dianne’s expenses, and solicit donations from participants. Mary will contact Diane.

**XIII. Adjournment**

The meeting adjourned at 3:47 pm.

**Approved by:**

\_\_\_\_\_  
Maureen Booth, Chair Date

\_\_\_\_\_  
Jason Lamoreau, Older Adults Services Coordinator Date

**ATTACHMENT**  
**Setting Priorities**  
**2025 Age Friendly Work Plan**

In February 2025 we reviewed our long term goals and 3-year priorities and strategies. While goals and objectives generally remained the same, several recommendations for new strategies emerged from our discussion. Please assess the importance and feasibility of the following strategies for 2025 on a scale of 1 to 5 (1= less important or feasible and 5= most important or feasible). Strategies where ranking is boxes are highlighted mean that commitments have already made and are basically non-negotiable and should not be ranked. Remember, this is to set priorities for 2025.

**1. Implement a “no wrong” door approach for residents seeking access to services.**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Implement BCC pilot</u>		
<u>Develop pilot sustainability plan</u>	<u>5.0</u>	<u>2.2</u>

**2. Assist residents conduct home assessments and make improvements.**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Adopt AARP Home Fit Guide</u>	<u>3.8</u>	<u>2.6</u>
<u>Meet with Nate Drummond on UD opportunities</u>	<u>4.5</u>	<u>4.2</u>
<u>Seek grant funds for OT to work with residents</u>	<u>3.6</u>	<u>3.0</u>

**3. Work with State to expand in-home supports for older adults**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Advertize state funds for caregiver support</u>	<u>4.8</u>	<u>5.0</u>

**4. Promote emergency alert system in Sheriff's Office**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Expand promotion; meet with Sheriff to determine barriers</u>	<u>5.0</u>	<u>3.3</u>

**5. Identify and correct hazardous crosswalks in Town**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Continue partnership with CDAC</u>		

**6. Rate the level of difficulty & accessibility of trails**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Continue partnership with Town Planner</u>		

**7. Expand local sidewalks**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Continue partnership with Town Planner</u>		

**8. Develop guidelines for public meeting accessibility**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Develop policy and work with Town to implement</u>	<u>4.3</u>	<u>4.3</u>

**9. Develop and promote UD Guide**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Work with Planning Bd to adopt incentives</u>	<u>3.0</u>	<u>3.4</u>
<u>Work with developers of housing for older residents</u>	<u>3.3</u>	<u>3.3</u>

**10. Work with Library on improving digital literacy**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Work with Kate to identify/remedy barriers</u>	<u>3.5</u>	<u>3.0</u>

**Develop program for regular contact with isolated residents for reassurance.**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Promotion of BCC</u>		
<u>Increase opportunities for connection (eg., ribbon cutting event for shade canopy)</u>	<u>5.0</u>	<u>3.8</u>

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**11. Reach out to at-risk populations to understand needs for support**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>BCC pilot</u>		
<u>More extensive outreach to area providers re unmet needs.</u>	<u>5.0</u>	<u>3.3</u>

**12. Expand adoption of UD principles in home renovation and construction.**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Work with Town Planner + MaineHousing about incentives to adopt UD.</u>	<u>3.3</u>	<u>2.3</u>

**13. Investigate shared housing options**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Review Nesterly video</u>	<u>3.5</u>	<u>3.5</u>
<u>If a go, promote locally</u>	<u>3.3</u>	<u>3.7</u>
<u>Build awareness of ADU laws</u>	<u>4.0</u>	<u>4.3</u>

**14. Encourage safe driving thru voluntary evaluations**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Assess value of AARP driving course</u>	<u>3.8</u>	<u>3.3</u>

**15. Develop system of car pools and scheduled rides to popular places**

<u>Strategies</u>	<u>(1 = less important/feasible and 5 = most important/feasible)</u>	
	<u>Importance</u>	<u>Feasibility</u>
<u>Increase number of volunteer drivers</u>	<u>3.8</u>	<u>2.0</u>

**Existing 2025 Commitments**

- BCC Pilot
- Community Paramedic Feasibility and Operations Plan
- Sustainability Plan for B CC
- Volunteer Recruitment
- Maintenance of weekly activities and luncheons
- Maintenance of support services: Handy Brigade, Rides, Equipment Loan