

MINUTES
Advisory Committee for Age Friendly Bowdoinham
September 08, 2025

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

Staff: Jason Lamoreau

Guests: Sally Cluchey, Laura Arnold, Jay Hodde

I. CALL TO ORDER

Maureen established a quorum and called the meeting to order at 1:34pm.

II. APPROVAL OF AGENDA

The agenda was approved as distributed.

III. WELCOME NEW MEMBER

The group welcomed Colleen Crowley as a new committee member.

IV. APPROVAL OF MINUTES

The minutes of the July 14, 2025 meeting were approved with the correction of the spelling of Carol's last name.

V. BOWDOINHAM COMMUNITY CONNECTIONS

Sally provided a wrap-up on the first year of BCC. She reminded the group that by providing one on one support and facilitating the use of available resources, BCC's goal was to meet the needs of residents who were not able to find help on their own. Over the course of the year, 11 volunteers participated. Bi-weekly meetings provided a forum for volunteers to share experiences and support for each other. Sally found that volunteer recruitment was easier than expected. Residents that used the BCC services came through multiple channels, including networking, weekly office hours, referrals and phone-ins. The type of services offered fell into four broad categories:

- a.) One-to-one support for those with a high need level, smilier to what a case manager might provide.
- b.) Assistance with sign-ups for various existing state and regional programs.
- c.) Group activities, including luncheons at Bowdoinham Estates.
- d.) Special projects, including Bulky Waste Day and a collaboration with SAD75 involving students and residents providing oral histories.

Sally mentioned that the weekly e-mail newsletter, *Bowdoinhammer*, was also an important resource that BCC had provided funding for.

Looking forward, Sally envisions further defining the process around establishing clear boundaries and communication of BCC's role and services to participants. Additionally, the need for local, small-scale assistance to those that are not being helped by state resources has been identified.

VI. ASSESSMENT OF YEAR ONE OF BOWDOINHAM COMMUNITY CONNECTIONS

In an effort to better direct the program's next steps, Mary and Lois are in the process of meeting with Sally and the volunteers to gather information about their experiences. Participating residents will also be contacted and offered the opportunity to provide feedback.

VII. STAFF REPORT

Jason reports a personnel change at **Bowdoinham Estates**. Mitch, the manager, has been replaced by Aziza Perkins. The fire department will take up discussion about access with her.

Jason and Yvette are pursuing funding for a **handicap accessible trail** at the waterfront under the Maine State Parks and Lands initiative. The new trail would provide access from the trailhead to a new observation platform. Age Friendly will write a letter of recommendation.

There have been many improvements to the **waterfront park**, including parking lot paving, curbing and interpretive signage on the yellow trail.

Renovation of the **Town Hall** is almost complete, with activities scheduled in October.

A new position at Sagadahoc County Emergency Management Agency (SEMA), called "**Community Navigator**", has been filled by Mark Hymbaugh. Mark has agreed to attend a future meeting and discuss his role.

Phil from SEMA has agreed to bring his dog, Chaos, to the October luncheon. Phil and Chaos will also be at Celebrate Bowdoinham. Chaos is a crisis support canine.

October 4 is **Bulky Waste Day**. The BCC pilot will again be advertising the availability of trucks and assistance to help households dispose of items.

The **Senior Health Expo**, sponsored by Peoples Plus, is being held on October 9 at the Rec Center in Brunswick. Mary and Colleen agreed to stop in.

The **October AFB meeting** will meet on Oct 20, as the normal meet day falls on Indigent People Day.

Celebrate Bowdoinham - AFB's booth is organized and ready to go, thanks to Mary and Karen. There will be display racks for various folders and brochures.

There will be three separate displays:

- 1.) ECHO DOTS - There will be a sign up sheet for free training on the system.
- 2.) Window Dresser will have a display and volunteer to demonstrate the service that they provide.
- 3.) SEMA - will provide emergency supply kits and introduce Chaos, the crisis support canine.

Bowdoinham Community Connections will also be in attendance. Ice water, fruit, and healthy snacks will be offered. Set up is around 10. Volunteer schedule is: Karen from 9-noon, Lois from 2-4, Mary, Maureen, and Deb will be available all day.

IX. MONTHLY LUNCHEON PLANS

George is preparing stuffed peppers for the September luncheon. Deb is making salad and blueberry cake. Linda Labbe is donating flowers. Colleen, Bill and Jay will assist with clean up around 12-1.

X. HEARING ACCOMMODATION

Maureen polled the group to determine interest in pursuing a grant to improve hearing accessibility at town meetings. Possible aids include an interpreter, closed captions (for small meetings) and an Assistive Listening System, which involves uses a transceiver, microphone, and multiple ear buds, which has been adopted by the town of Monmouth. After learning more about Monmouth's program, the committee agreed that the Assistive Listening System could be a valuable aide to accessibility. Maureen and Mary will work with Patricia at UMaine on appropriate grant funding.

XI. STATUS REPORT

Oral History:After Sally gave a status update on the project, a question arose about how the project is benefiting our residents. Sally suggested that it is a way to build community, involving residents that might not otherwise engage in community activities.

Website: Lois and Maureen had a meeting and determined that the next step is to discuss the project with the town to ensure that we are not duplicating efforts, etc.

Community Paramedicine Program: Jason reported that Lisbon has moved in a different direction, meaning that Bowdoinham will need to re-frame efforts to further the program and make use of the \$8500 of funding that is in place. One idea is to survey local PCP's to gather information and gauge interest in PCP's providing referrals to a community paramedicine program. Visitor Laura Arnold, a retired physician, provided feedback.

Monthly Printed Calendar: The calendar will continue. Sally recommended that Lois reach out to Rodney of the *Bowdoinhammer* to assist with content.

PUBLIC COMMENTS: None.

Adjournment

The meeting adjourned at 3:25 pm.

Approved by:

Maureen Booth, Chair

Date

Jason Lamoreau, Older Adults Services Coordinator

Date