

MINUTES
Advisory Committee for Age Friendly Bowdoinham
October 20, 2025

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

Staff: Jason Lamoreau

Guests: Sally Cluchey, Laura Arnold

I. CALL TO ORDER

Maureen established a quorum and called the meeting to order at 1:33pm.

II. APPROVAL OF AGENDA

The agenda was approved as distributed.

III. APPROVAL OF MINUTES

The minutes of the September 08, 2025 meeting were approved.

IV. BOWDOINHAM COMMUNITY CONNECTIONS

Sally provided a brief summary of BCC accomplishments during the first year, including Bulky Waste Day and lunches at Bowdoinham Estates. After identifying a need for home repairs in the community, year two plans include developing a relationship with the Handy Brigades of Bowdoinham and Richmond. Sally is searching for a volunteer “Handy Brigade Liaison” to find and connect with new sources of help.

V. ASSESSMENT OF YEAR ONE OF BOWDOINHAM COMMUNITY CONNECTIONS

Mary reviewed the results of the interviews of the BCC volunteers that she and Lois conducted recently. Volunteers were consistently complimentary of Sally and the program. They appreciated the provided training. They also found that establishing boundaries with participants was a challenge. Eager to continue the work in year two, they had thoughtful ideas on how to build upon the first year’s accomplishments. Mary will attend the next volunteer meeting, scheduled for November 7, to discuss ideas for the coming year.

Participants are yet to be interviewed. The current plan involves mailing a survey, along with a postage-paid return envelope. Sally will provide mailing addresses to Maureen.

VI. STAFF REPORT

a.) The Town Hall renovations are almost complete, and the building will be ready for November events.

b.) CA\$H for Maine has announced the tentative dates for the 2026 tax preparation clinics as February 28 and March 17. Another tax preparer may be needed, but United Way covers all other volunteer needs. United Way also provides flyers to announce the event.

Although shredding services have been offered in the past, United Way was not able to fund it last year. Jason will ask again for 2026. He will also research the cost of hiring a private company.

Sally asked about having a Consumers for Affordable Health Care representative available to talk about the Medicare Savings Program.

c.) An elderly resident has asked for help for his spouse while he is away. His request is for daily phone calls or visits to check on her. Sally will ask a BCC volunteer.

d.) The Ice and Smelt Festival will be the weekend of February 27, 28 and 29. Events for this year include a movie at the Town Hall. Several volunteers, including Karen, Lois, Deb, Pam and Colleen will work with Jason to build on the current ball field events. Ideas included inviting high school students or another youth group to be involved in some way. The group will also host cookies and cocoa at the ball field. A campfire was suggested as a way to create a focal point, provide some warmth and to increase participation in ball field events.

VII. AFB inclusion in Holiday Events

Yvette has asked if AFB is interested in being involved with events during the upcoming holiday season. AFB currently participates in the Giving Tree, which appears at the Town Office. The group agreed that having a presence is important and that we have enough volunteers to do so. With discussion, it was determined that the Thanksgiving Farmers Market was a good choice. AFB can provide cocoa/hot drinks. Donations will be requested, proceeds going to The Giving Tree. The Artisans Guild Fair is also of interest. The Giving Tree would accompany the display at this event. BCC is planning on attending the School Craft Fair. Laura will inform Maureen of the contact person for the Artisan Fair and Maureen will follow up to confirm plans for an Age Friendly presence at the event. Maureen and Lois will work on the display booth. Maureen will talk to the town about the timeline for the Giving Tree roll out.

VIII.

a.) **Senior Health Fair** was attended by Mary and Lois. This annual event is sponsored by Peoples Plus and held at the Brunswick Recreation Center at Brunswick Landing. The event was well attended, and there was a wide variety of vendors, including Harpswell at Home. Harpswell at Home is familiar to our committee, as they have attended our meetings in the past. The group agreed

that it may be beneficial to us to invite them to attend again, to share more about their highly successful volunteer-led activities.

b.) Celebrate Bowdoinham. AFB's participation at Celebrate Bowdoinham in September went well. Our booth was well placed and received many visitors. Members suggested minor cosmetic upgrades to create a more polished presence for next time. Fun activities that might be planned for next time included a Dog Eating Pie Contest similar to one in Damariscotta, or an event involving blenders and smoothies that Jason has been part of.

c.) Echo Dots. The Echo Dot devices, which were provided by UMaine, have proven to be more difficult to implement than originally thought. The problem is not in the device, but in the host home being a "Smart Home." This includes Internet, WI-FI and a hand-held device like a tablet or phone. Pam offered to lend her tech expertise and work with Jason to learn more about the issues and possible solutions.

d.) AARP Luncheon. AFB is scheduled to receive the AARP Beacon Community of Maine Award for 2025 at the Oct 24 Annual Meeting in Freeport. Bowdoinham will be well-represented, with several members car pooling, piloted by Deb Smith.

e.) AFB Luncheon. The September luncheon, provided by new chefs Sam, went very well. Donations covered costs, although it was noted that this month's luncheon was less costly than most. Phil, the SEMA representative, and his support dog, Chaos, scheduled to attend, were unable to. They plan to attend the November luncheon.

f.) AFB Web Site. Maureen and Lois will meet before the November committee meeting to determine next steps.

g.) Assistive Hearing Devices. Grant funding for this project is not available. There is a possible opportunity, however, to pursue the committee's goal of better utilizing the AARP Home Fit Guide. Maureen has talked with an Occupational Therapist in Bowdoinham about helping with home assessments. Bethel Age Friendly has undertaken a similar project. Discussion about how to implement these assessments followed, and Maureen offered to follow up with Bethel to learn more.

The Winter Home Safety Kits were also discussed. Although there is currently no grant funding available to purchase materials, funds are available from a private source. Jason suggested that Phil from SEMA may be a resource to help sort out and will follow up with him.

III. WELCOME NEW MEMBER

The group welcomed Pam Buffington as a new committee member. Introductions were made, and Pam shared some of her personal and professional skills and interests, including 40+ years in education. She is most interested in STEM-

related programs focusing on rural schools. Pam is retired, but still does some consulting, along with fly fishing and pickleball.

It was also mentioned that Laura Arnold recently submitted her application for membership, and awaits approval from the Select Board.

PUBLIC COMMENTS:

Lois updated the group on plans to organize a Needlecraft group, perhaps at the Fire Station bi-weekly, Monday afternoons. Jason will contact Nancy Curtis about leading an initial session. He also mentioned that there is interest in a second “How to Make Needhams” class and a second basket weaving or wreath class.

Adjournment

The meeting adjourned at 3:40 pm.

Approved by:

Maureen Booth, Chair

Date

Jason Lamoreau, Older Adults Services Coordinator

Date