

MINUTES
Advisory Committee for Age Friendly Bowdoinham
November 10, 2025

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

Members absent: Lois Smith

Staff: Jason Lamoreau

Guests: Sally Cluchey, Laura Arnold

I. CALL TO ORDER

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

II. APPROVAL OF AGENDA

The agenda was amended to include a discussion about the Age Friendly luncheons.

III. APPROVAL OF MINUTES

The minutes of the October 20, 2025 meeting were approved.

IV. STAFF REPORT

Jason gave the following report:

- The deadline for the January/February 2026 Newsletter is December 1, 2025.
- The Town Office office hours: closed Veterans Day, Wednesday before Thanksgiving office will be open 8-12noon; closed the Thursday and Friday after Thanksgiving.
- The Re-Opening of the Town Hall will be celebrated 4-7pm on 11/14. The public is invited.
- The **Medical Equipment Loan program** is in need of several devices; wheelchair, shower benches, rollators, transport chair, bariatric chair. The Committee agreed to request approval from the Select Board on the use of our reserve funds from our reserves to purchase the following: 2 wheelchairs; 2 ollators, 2 transport chairs, and 1 bariatric chair for a total of \$775.

V. BOWDOINHAM COMMUNITY CONNECTIONS

Sally made the following report:

- Sally organized a table at the Veterans' lunch with brochures and information about various programs and services available to veterans.
- The BCC October 2025 Report to the Maine Center on Aging addressed major activities, including: continued one on one work with several

participants whose needs are ongoing; assistance to participants needing help completing LIHEAP applications; clarification from CMP on questions regarding notices of termination; assistance to 4 households curing Bulky Waste Day; AARP luncheon awarding Bowdoinham its Beacon Community of 2025; and work with Healthy Peninsula Age Community Connections pilot on the use of the Assisted Rides program for purposes of documenting BCC activities.

Sally reported that the Medical Director of **Sweetser** will address the 11/21 BCC staff meeting on working with individuals with serious mental health disorders. Sally also noted that the **Bowdoinhammer**, which is sponsored by BCC, has been a huge success in getting word out about BCC and other activities in Town that can help connect individuals to events and services. In the past month there have been 150 new subscribers to bring the total to 550.

VI. PARTICIPATION IN HOLIDAY EVENTS

Maureen distributed a **sign up sheet** for staffing an Age Friendly table at the following events: Holiday Farmers Market (11/22. 9-1p); Artisan Fair (12/6, 10-3) and 12/7 10-2); and Craft Fair (12/13. 10-2). Members agreed to serve mandarin oranges at the table to promote healthy eating habits.

Maureen shared a copy of a large placard, designed by Lois, that would be displayed at the AFB table encouraging individuals to volunteer to participate in activities, especially as a driver for the Rides in Neighbors' Cars program.

Members were encouraged to identify older residents who would benefit from a gift as part of the **Town's Giving Tree** initiative. Names and addresses of individuals, along with a suggested gift, should be given to the Town Office staff by December 17. Alternately, individuals can purchase a gift as a donation and bring both the unwrapped gift and name/address of the individuals to Town Office by 12/17.

It was agreed that discussion on Age Friendly's involvement in the **Ice and Smelt Festival** (2/27-29) would await the December meeting. Pam suggested potentially hosting a fishing game using poles and fish with magnets. There was positive reception to the idea.

VII. STATUS REPORTS

- Maureen shared information from Healthy Peninsula regarding their home safety assessments and requested a volunteer to review the information and its relationship to the **AARP Home Fit Guide**. Deb Smith volunteered to review the information with Maureen. Members saw the

potential to consider a home safety assessment as part of a comprehensive Falls Prevention initiative that could include balance classes as well.

- Maureen reminded members that Age Friendly has not been able to make progress on implementing a grant received from Maine Health Access Foundation (MeHAF) to study the feasibility of a **community paramedicine program** in Bowdoinham. Barriers have included the enactment of major changes to state regulations that would be extremely burdensome for small towns and the difficulty in finding partners given the reduction in federal and state grant funds supporting EMS. Maureen and Jason plan to meet with MeHAF regarding these barriers to implementation and determine if MeHAF is open to changing the use of grant funds. Members suggested that one optional use of the funds, if permitted by MeHAF could be the purchase of items for use by the Handy Brigade (railings, grab bars, bars etc).*
- Maureen shared preliminary thinking resulting from a meeting she had with Lois regarding the redesign of the AFB website. In response to concern about the investment required for any redesign, Pam offered to talk to contacts she has at SAD 75 about the potential to engage students involved in a redesign project. Members were excited about the idea, noting that it aligned closely with our interests in creating inter-generational opportunities.

VIII. LUNCHEONS

Karen discussed concern that we are very close to capacity at the luncheons and should anticipate what our procedure should be in the event of exceeding available seating which is estimated at 60. Several options were discussed:

- First come, first served
- Restrict attendance to Bowdoinham residents
- Require advanced registration
- Consider alternative venue assuming Sam ok with increased numbers

Members leaned toward a registration system that combined online and phone options. It was agreed that a fuller discussion would be had with Sam to consider all options.

*After the meeting Jason proposed another optional use for the MeHAF funds which would involve tuition for EMTs to seek advance training and the purchase of equipment for use by the EMS program.

PUBLIC COMMENTS:

Louise inquired about the status of her appointment to the Committee. Jason indicated that her application should be considered at the next Select Board meeting.

Adjournment

The meeting adjourned at 2:30 pm.

Approved by:

Maureen Booth, Chair

Date

Jason Lamoreau, Community Coordinator

Date