

MINUTES
Advisory Committee for Age Friendly Bowdoinham
April 14, 2025

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

Staff: Jason Lamoreau

Guests: Carol Lenna, Bill Small

I. CALL TO ORDER

Maureen established a quorum and called the meeting to order at 1:30pm. The meeting was held at the Fire Station.

II. APPROVAL OF AGENDA

The Agenda was approved as distributed.

III. APPROVAL OF MINUTES

The minutes of the March 10, 2025 meeting were approved.

IV. STAFF REPORT

Jason reported on the following:

- The town office is closed today, April 14 for power upgrade and door replacement. It will be closed on April 21 for Patriot's Day.
- The Town has been informed by UMaine that Year 2 of the BCC Pilot was approved which will include a stipend for the Coordinator. Sally Cluchey has agreed to continue to serve as Coordinator at her current level.
- The 2025 AARP Challenge Grant application was approved for \$20K to support the purchase of waterfront benches, bicycle racks and picnic tables. The remaining \$5K of our request is being awarded through UMaine for the AF web site and a pop up tent but will also be shared with BCC in year 2 of the pilot for non-stipend related expenses.
- Jason has made contact with the Maine Emergency Management Agency Director, regarding the yellow building by the waterfront. MEMA is managing the grant for FEMA at the state level. To review, the town was awarded a BRIC, Building Resilient Infrastructure and Communities, Grant by FEMA with \$50K to do a feasibility study which is underway.
- Additional MEMS, Maine Emergency Medical Services, requirements have delayed progress on the Community Paramedicine feasibility study. Jason is working with Lisbon Emergency to explore a possible

regional program as an alternative. One requirement is that a physician act as Medical Director. The status of consultant Rick Petrie is still undetermined. Jason continues to pursue solutions to complete the feasibility study under terms of the Maine Health Access Foundation grant award..

- The budget approval process is progressing smoothly. Final approval by the Selectboard is slated for the end of April. The town meeting is June 11.
- The Handy Brigade is working on a construction/repair project in Bowdoinham in conjunction with Harpswell Aging in Place. The request came through BCC. By working with the Harpswell group, useful information on how to better operate our local Handy Brigade will be learned.
- UMaine has provided 15 Echo Dot system packages to be distributed to residents of Bowdoinham. The package includes an Echo Dot, smart home devices, and more. Jason has been trained on how to operate the system, and will be scheduling a class to train others. Residents will need a smart phone, wi-fi, and an Alexa account to make use of an Echo Dot.

V. Client Growth Strategies for Bowdoinham Community Connections

Carol Lenna updated the group with details of the upcoming luncheon and program at Bowdoinham Estates. Carol showed the group invitations to the sit-down luncheon on April 28. Committee members may be called upon to help during the luncheon. Midcoast Hospital Community Health Partners will promote their offerings designed to address the challenges of aging, including Nutrition, Art, Tai Chi and Balance. There will be brochures, staff on hand for questions, and sign up sheets. These classes can also be offered to the community at large at a later date. Jason reports that attempts to offer exercise classes in the past have been unsuccessful due to lack of interest.

Carol is also pursuing the development of an Oral History project in conjunction with Mt Ararat High School for the fall. Students will interview Bowdoinham residents. Carol is looking for interested residents, and asks that if committee members have any ideas, to share with her, Sally or Maureen.

VI. By-Laws Review and Future Elections

Revision to existing by-laws, as proposed by Maureen and Mary, was distributed for review, along with a copy of the original by-laws and a copy that tracks the changes made. The group had a general discussion of the changes, and approved the draft version. Elections will be held at the beginning of the next fiscal year in July. The next step is to receive approval from the SelectBoard on April 22. The

group also voted in Maureen and Lois as acting President and Secretary, respectively, for today's meeting, per the proposed By-Laws.

VII. Preliminary Rankings of 2025 Priorities

The group engaged in lively discussion about various priorities, ideas for moving forward, and challenges to be faced. After today's review, the next step is to develop an implementation strategy for those items prioritized. This will be on the agenda for the May meeting.

Some items that had previously been defined as of low feasibility were determined to be of high feasibility. Goals of the highest importance and feasibility now include:

1.) Develop pilot sustainability plan. Regarding the BCC pilot, Jason reported that funding for the next 2 years has been secured, provided partially by UMaine and partially by an anonymous donor. Members agreed that an important next step is to develop a sustainability plan for BCC to move forward beyond UMaine funding.

2.) Adopt AARP Home Fit. The group had several ideas on how to move forward, including using the Guide to conduct home walk-throughs with an Occupational Therapist. Another idea was to have committee members go through the process on their own homes to gain first-hand knowledge. The program could possibly be integrated with the Community Paramedicine Program.

3.) Work with Kate on increasing digital literacy. After a review of the potential benefits of a digitally literate community, and reference to the grant for IPADs that the Library has received, the item was moved to the High Importance/High Feasibility group.

4.) Recruit volunteer drivers for Rides Inc. The issue of potential for liability when volunteers work with residents, particularly using vehicles, was touched on.

5.) Work with Sheriff's Office to promote emergency alert registrations. The RAVE Alert system needs more promotion and will remain a top priority.

VIII. Volunteer Recruitment. Volunteer recruitment surfaced as the most important of challenges to be addressed. Mary gave a comprehensive summary of Lifelong Maine's "Finding and Mobilizing Volunteers" video. Various ideas to encourage volunteerism include the sharing of personal experiences and celebrating successes. Barriers include the meeting time (days.) Mary suggested that the first celebration of our successes should be a pot luck/meeting at her house on June 9. At that meeting, the committee will address volunteer recruitment in detail.

IV. Status Report

a. Printed Age Friendly Calendar - Lois distributed a prototype for a printed monthly calendar. Discussion followed, including distribution methods and associated costs. The group approved of the design and content of the calendar, and Lois volunteered to produce it, beginning in May. Jason will proofread and print approximately 100-150 copies. He will also be distributing at the Town Office, Library, Bowdoinham Estates, through BCC, Thursday luncheon, post office and some snail mail.

b. Luncheons after June - The current chef will no longer be available after June.

c. Basket Weaving - The second class will be held April 25. Jason is looking for ideas for additional small monthly workshops. 'Small quilts' was suggested.

d. The Living Well for Better Health workshop has received little interest and will be canceled unless more people come forward this week.

Public Commnets

Bill Small commented that we are doing good work.

Adjournment

The meeting adjourned at 3:42 pm.

Approved by:

Maureen Booth, Chair

Date

Jason Lamoreau, Older Adults Services Coordinator

Date