

Minutes, Advisory Committee for Age-Friendly Bowdoinham (ACOA)
January 13, 2020

Present: Rachelle Tome, Gracia Woodward, Patricia Oh, Alice Pollis, Maureen Booth

Absent: Diana Mosher

Staff: Missy Halsey

Visitors: Judith Bean, Martha Cushing

Topic	Person responsible
A quorum was established	
Maureen has been sworn in, Peggy is in Washington State and has not been sworn in yet.	
The December minutes were approved.	
<p>Committee Updates:</p> <p>1. program and activities.</p> <p>a. Missy tried to get hold of Evening Star Cinema without success. According to their website, they give about a two week notice of upcoming films.</p> <p>b. We are planning to send a group to the Region 10 Thursday meal. Missy will put this on the weekly update that goes out via email and snail mail.</p> <p>c. Missy and Rachelle both tried to reach bowling alleys but didn't get any information. Candlepin bowling might be more accessible for older adults, with lighter balls</p>	Maureen will call the bowling alley Bolo's
<p>2. Wellness</p> <p>Plans for flu shot clinic. We need to make a reservation for flu shot with CHANS. Could we tie it in with Celebrate Bowdoinham? Maybe do it at the food pantry, too. They do a clinic at the Town Office Building in the fall as well. They don't generally provide the super dose. At Hannaford they provided the super dose to everyone until they run out. If you are older or are having any health issues that might compromise your immune system, it will be important to get the super dose. We need to find out if they will give shots to children.</p>	Missy will call CHANS and see if they would do it at Celebrate and the food pantry and if they will give shots to children
<p>3. Public Relations. We need a writer for the March/April town newsletter issue. We had talked about focusing on RIDES .Inc. (Rides in Neighbors' Cars)</p>	Maureen will work with Diana on an article about RIDES Inc. Due Feb 1.
<p>4. Call check ups. Only two people signed up to get calls. In Gardiner they made it a social two-way conversation and got people who are already engaged in the senior center. People Plus has a call in program – if you don't call in, someone follows up. Patricia said successful programs start with calls to notify people of what is going on and they gradually segue into more social conversations. Meals on</p>	

<p>Wheels provides social interaction and a check in as well as providing a meal. SEARCH locates and keeps contact with isolated elders. Participants are identified by family members, by themselves, by a church program.</p>	
	<p>Patricia will compose a blurb about the 2020 census for the town newsletter.</p>
<p>Discussion 1. Crosswalk update: Rachelle and Patricia met with Nicole and a rep from the Bicycle Coalition of Maine, Angela. She suggested turning the intersection (Rt 24 and Main St) into a four way stop and painting a sidewalk that goes all the way down to the river. It would go along the Credit Union building, Merrymeeting Art Center the food pantry. Step one is Nicole talking to Tom Woodin to find out the process, and then we approach the select board. We would need to put in more stop signs and change the yellow blinking light to red. The signs need to say four way stop.</p>	<p>Patricia will make sure we hear from Nicole.</p>
<p>2. Martha Cushing a. CPR recertification. We did the class several years go. Our ambulance comes from Topsham, which takes 15 minutes. It would be good to get an AED for Merrymeeting Hall. They cost about \$1000. Good topic for a grant. Why don't we funnel CPR recertification through the rec dept? ACOA could present the idea to rec dept. Missy thinks that Allen (rec dept director) provides some kind of CPR training to coaches. Maybe Merrymeeting Adult Ed might provide such training.</p>	<p>Missy will check with Alan to see if he does a training that might be open to more than just coaches. She will also ask Fudd Frizzle (fire chief) if he knows about grants for AED's.</p>
<p>b. Merrymeeting Triad is a group that meeting once every month or two. Police and social service agencies are members. Brunswick police, Bath police, Sagadahoc sheriffs, attend. We can get someone to speak to us about Triad. ACOA used to have a regular participant and would host it sometimes. They do fraud prevention, safety, morning check in calls.</p>	<p>Gracia is interested in going and will call RIDES Inc for a ride. Meeting is at Avita at 89 Admiral Fitch Ave at the base, 9:00 -10:00</p>
	<p>Missy will send Martha copies of ACOA minutes</p>
<p>3. 2020 Census People will be invited to participate in the census and will be told they can do this on line, by phone or in person. There is a possibility of fraud in the on line submissions.</p>	<p>Patricia will ask Becky about a job for Gracia in the census.</p>

<p>The people who are most overlooked are young people, rural people and older people. We could arrange to make announcements before the senior luncheons about how important it is and how it will be done. It affects any federal money we get. Flyers at the community brunch would be helpful.</p>	<p>Patricia will send the archives of the Age-friendly telephone call about the census</p>
<p>4. Diana was going to look at access to the recycling center. We are putting that off until the next meeting since Diana could not attend this month.</p>	<p>Diana will check out the recycling center if she hasn't already done so</p>
<p>5. Revisit community accessibility Places we might want to check for accessibility Merrymeeting Hall Ice at the recycling barn in front of the doors – Diana will check on this Patricia has a list of places we checked out early on We could publicize age-friendly businesses in the town newsletter. Patricia handed out info about applying to be an age-friendly business or organization.</p>	<p>Patricia will bring us a list of area businesses we wanted to check out. Patricia will send us a longer application with a check off list of what constitutes an age-friendly business or organization Everyone: think of other buildings or organizations we might want to check</p>
<p>Next meeting of senior center directors will be about how to reach out to older adults isolated in their homes. Feb 7 in Richmond. 9 am at Richmond Senior Center.</p>	<p>Missy and Gracia will attend this</p>
<p>Age Friendly call this Wednesday. If you want to get notices of AARP calls, give Patricia your email</p>	
<p>Peggy has a financial advisor who is very concerned and informed about scams that entrap older adults.</p>	<p>Gracia will see if we can find possible dates for him to talk to a public meeting</p>
<p>Judith reported on an article she read about why older adults have trouble with short-term memory. Article says people of all ages have this same problem.</p>	

Judith would like to be called for individual projects, but not to join the committee. She does best with people one to one. Missy will make copies of Judith's article and send it to us	
200 th birthday of Maine. Many ideas exist. A lot of communities are collecting individual's histories. And/or partnering with an organization that is already doing something. We will table this until Feb 10 th .	
Adjourned at 4:30	

Upcoming meetings:

- February 10
- March 9
- April 13
- May 11
- June 8