

**Bowdoinham Advisory Committee on Aging
Meeting Minutes: March 19, 2018, 2:30-4:00 PM
Coombs Municipal Building, Graduates Room**

Meeting called to order at 2:30 PM by Kathy Pszczolkowski
A quorum was established

In Attendance: Kathy Pszczolkowski, Diana Mosher, Alice Pollis, Rachelle Tome, Rachel Evans

Absent: Joan Smith, Joanne Savoie, George Oliver, Patty Melander

Town Representatives: William Post, Town Manager, Melissa Halsey

DISCUSSIONS (*Note: this portion of meeting was conducted first because there was not yet a quorum*)

- **Name Change:** Discussion of possible name change to reflect mission to serve all ages. Suggestions: Committee for a Livable Bowdoinham, Committee for Living Well in Bowdoinham; Committee for an Age Friendly Bowdoinham. This will be discussed at the April 9 meeting and the committee will make a decision. Members are advised to review the by-laws with respect to this change.
- **Senior Luncheon Donations:** Discussion of disposition of the donations that continue to be collected at the monthly senior luncheon. Those were originally to help defray expenses for the Baptist Church but this is no longer relevant because the lunch is now held at the Fire Station. The committee didn't want to ask people to not donate because most people like to feel they are contributing toward the lunch cost. Donations to date are being kept at Town Office. Suggestions to use: get something for fire station, i.e., new microwave; put it back into programs fund that town provides; or use it for a special event.
- **[Note: After a quorum was present, a motion passed to buy a microwave for the Fire Station. There will be money left so decisions about the disposition of the rest of the money to date (and on-going donations) will be made at a future committee meeting.]**
- **Committee Officer Terms:** The terms for two committee offices are expiring and will need to be filled. The Chair and Secretary have both served two terms. The committee will be accepting nominees and volunteers for these offices.

APPROVAL OF MINUTES

A motion was made and seconded to accept the February minutes as corrected. Minutes accepted.

SPECIAL EVENTS REPORTS

- **Spring Fling:** The Spring Fling committee (George Oliver, Alice Tollis, Rachelle Tome, and Kathy Pszczolkowski) have proposed and the committee has approved a Spring Ball at the Town Hall on Saturday, May 5. There may be live music and people to teach dances. There is also a plan to recruit volunteers from the community such as boy scouts and girl scouts to help clean the Town Hall for the event to encourage all age participation. A potluck dessert is planned and the Town Hall will be decorated. In addition, information about historical Bow-

doinham Spring Ball events will be sought. The event will be highlighted in the May Bowdoinham newsletter.

- **AARP Regional Meeting in Yarmouth** (Rachelle, Rachel): Fire safety presentation was particularly compelling, highlighting the brief time in which people can exit house after a fire has started and how this can impact elderly and others with mobility issues. The Maine Fire Chief emphasized that, while aging in place is important, aging in place *safely* is more important. There were other presentations such as fraud prevention and adaptations to homes for aging in place with information useful for the Bowdoinham community: Suggestions included: Do “lunch and learn” on some of these topics (the presenters provided a thumb drive with the presentations that would be useful in developing the presentations locally); have a fire prevention day to replace the wellness fair (in September to also provide flu shots), working with the Bowdoinham Fire Department. Might have this on a weekend day so that more people could come. ACOA needs to set up an ad hoc committee for this. There was also a session on recruiting, maintaining, and preventing volunteer burnout. Some recommendations relevant for Bowdoinham included volunteer recognition. The committee discussed various ways this might be incorporated into the Spring Ball, such as listing volunteer names prominently.

REGULAR COMMITTEES AND ACTIVITIES REPORTS

- **Cribbage** (Diane): Cribbage Tournament was held and was a success. Cribbage group wants to set up a Wednesday evening cribbage group (as well as Thursday am). Kathy expressed concern that the decision to have the Wednesday evening cribbage group was not brought to the committee for approval. If it is an ACOA sponsored activity, the committee needs to know who will be in charge. We can't just leave fire station open. There seems also seems to be confusion between what activities fall under Recreation Division and which fall under ACOA because the cribbage contact asked whether the Recreation Division should be contacted about Wednesday evening cribbage. When people want to set up ACOA sponsored activities, they should come to the committee. The committee should develop a protocol (standard operating procedure (SOP)) for setting up activities sponsored by ACOA. Add as an addendum to by laws. There are other SOPs that should be added as well, such as an application for a new activity. The committee might want to develop a book of such SOPs. The committee decided that March 28th will be an organizational meeting of the Wednesday pm cribbage group then the new activity will be brought to the committee for approval.
- Monthly trips (Diane):
 - Region 10 Cafe this month.
 - Tea with Harriett next month
- **Resource Guide** (Rachel): The ad hoc committee (George, Kathy, Rachel, Rachelle) has met twice. Domain assignments have been made and the Word Template has been set up as Google document so it can be accessed by ad hoc committee members. Kathy reported working 6 hours on the Community Support and Health domain and coming up with a lot of questions about what resources to include, i.e., which hospitals and other health resources should be included, since there are few that are specific to Bowdoinham. It was decided that Bowdoinham EMS, Ambulance, and Fire Department would be consulted about what information they felt would be most important to include. It was also decided that the ad hoc committee would compile questions such as these and bring them to the larger committee for resolution. Finally, input from the larger community will be sought by having a table at the Town Meeting for mem-

bers of community to provide input (if approved by Town Clerk); seeking input via the Town Webpage (which is being revised to allow better input) and ACOA Face Book pages.

- **Yoga (Diane):** Last yoga session will be April 29. There will be no yoga over the summer. The instructor will be out on maternity leave and the group does not want to start with a new instructor in the interim.

Town Manager: Intern will be available to help with Resource Guide after Memorial Day. ACOA can define what goes in and where the information is located then intern could help pull together the guide. The Town is taking names for people who would like raised beds. These raised beds will have a cost, but the more people buy them, the cheaper the cost will be.

Next meeting:

April 9

(April 16 is town holiday (Patriots Day))