

**Bowdoinham Advisory Committee on Aging**  
**Meeting Minutes: October 16, 2017**  
**2:33PM to 4:34PM**  
**Coombs Municipal Building, Kendall Room**

Attendance:, Rachel Evans, Alice Pollis, Joan Smith, George Oliver, Patty Melander, Joanne Savoie

Absent: Diana Mosher, Bob Curtis, Kathy

Staff: Melissa Halsey, William Post,

Guests: Betsy Steen & Tom DeForeest of Bowdoinham Historical Society, Rachele Tome, Community Guest.

1. The meeting was called to order at 2:33PM by George Oliver, Vice Chairman.
2. Quorum was established.
3. A motion was made and seconded to accept the September 18, 2017 meeting minutes as corrected. Minutes accepted. George Oliver expressed a desire to look back at meeting minutes and follow up as needed on projects. Joanne Savoie said she has started a list of ongoing agenda items which is given to the chairman monthly. She can bring it to the meetings.
4. Members of the Bowdoinham Historical Society (BHS) announced that their offer to purchase the old Merrymeeting Grange on Main St. was accepted. They are soliciting ideas for use of the building and request that ACOA consider how the building may be of use to ACOA for our meetings, office space, events. BHS is planning to charge \$500/month rent. The committee decided to add this to the November agenda and write a recommendation to the Select Board. Bill Post advised that the budget considerations have to be in by Jan. 31, 2018. There was general enthusiasm for a Community Center with all age groups using the building.
5. Activity Reports
  - a. Coffee Cafe/Village Elders Lunch— George Oliver reported 18 attended a breakfast at the Fire Station October 5. The first Village Senior Lunch will be Oct. 26.
  - b. Yoga—Joan Smith-Reported that nine attend regularly and there are new people.
  - c. Data Report ( Bridge, Yoga, FB usage)- Rachel Evans is gathering data, collating it and will be getting a template from Patricia Oh.
  - d. Line Dancing— George Oliver reports numbers good with 3 new local people.
  - e. Resource Manual—Rachel Evans reports ongoing work on the manual.
  - f. Safety and Accessibility— No report
  - g. Publicity—

1. Patty Melander reported on publicity for the Wellness Fair.
2. She also said that she was asked by many why ACOA was not at “Celebrate Bowdoinham.” Several members thought we should have a presence there. It will be added to the list for future discussion.
3. An Audience Preference Survey was discussed re: Weekly Calendar e-mails. It will be added to the next agenda.
4. Rachele Tome asked how we advertise and how people find out about ACOA and other events/groups around town. We reviewed access points especially for new retirees who already live in town. and don’t get the “Welcome Packet.”

#### 6. Special Event-

a. Wellness Fair report given by Missy Halsey: 61 guests, 51 providers. Evaluation Survey done. The Shred Truck was very successful.

b. Raised Beds Grant— Joanne Savoie updated the progress of the grant which will end Oct. 31. All aspects of the grant are on track. Bill Post will do the after report. Bill Post and Joanne Savoie will do a presentation of the grant and the timeline/activities at the Village Senior Luncheon Oct. 26. Bill will also have a raised bed there. We discussed the possibility of continuing this program in some capacity in future years.

c. Poland Spring, the Gilded Age—Joanne Savoie reported 26 people attended the well received event.

#### 7. Local Age-Friendly Services-

a. Rides in Neighbors Cars—Joan Smith said they are very busy and drivers are needed. Missy Halsey wondered if there was an age limit. The committee said to refer all volunteer offers to Diana Mosher.

b. Village Mason’s Handy Brigade— Joan Smith reports a busy month.

c. Bowdoinham/Richmond Collaboration Committee Report—George Oliver reports there is nothing new.

d. Food Pantry— Joanne Savoie- notes that BFP continues to serve 22 families/month.

e. Bowdoinham Outdoors—No news.

#### 8. Eight Domains- Monthly work on the Action Plan

a. Pg. 16 Goal 4— Bill Post described the new Sand Bucket Brigade which starts this season. Citizens can call the town office if they need a bucket of sand but are unable to get one themselves. The Bowdoinham Fire and Rescue Department will deliver the buckets which were sold to us at cost by Bowdoinham Hardware. Refills can be obtained through Fire and Rescue. The program will be well advertised. Secretary will send a thank you note to Bowdoinham Hardware.

b. Alice Pollis led a brainstorming of pg. 16 Goal 3— Suggestions were: an arts and crafts presentation and a stamp collection presentation.

9. Additional discussion— Joanne reported for Kathy Pszczolkowski that she would like to discuss in November our agenda and meeting format with the idea of streamlining it and putting it into use at the December meeting.

10. Agenda items for the November meeting:

a. Merrymeeting Grange — Discuss possible use by ACOA and pen a recommendation to the Select Board. Rachel Evans may have information on an Age-Friendly Community Center.

b. Decide on Audience Preference Survey for weekly e-mails and implement.

c. ACOA Meeting Agenda/Format— Discussion to streamline.

d. Ongoing Domain work

e. Presence at “Celebrate Bowdoinham”

11. Discussion of Patricia Oh’s Appreciation Event: Ice Cream Social Oct. 24 at the Fire Station. It was decided to purchase a gift certificate for \$200 at a local nursery. Bill Post will get it and do a certificate of appreciation for Patricia. ACOA will write a note of appreciation too.

12. The November Calendar was reviewed and corrected/amended.

13. The meeting was adjourned at 4:30PM. The next meeting is Nov. 20 at 2:30PM at the Coombs Municipal Building, Kendall Room.

Respectfully submitted,

Joanne Savoie