

**Advisory Committee of Age-Friendly Bowdoinham (ACOA).
October 15, 2018 Meeting Minutes**

Present: Patty Melander- Chair Rachelle Tome- Vice Chair; Alice Pollis,	TASKS	PERSON(S)
Absent: Gracia Woodward, Diana Mosher		
Guests: none		
Call to order: 2:35 PM		
Were the September minutes approved?	Yes-with revisions	
E. Committee updates		
1. Programs and Activities: a. Planning meeting-11-13-18 b. Data-Need to determine which activities are ACOA sponsored. Sponsorship allows fees to be removed. Sponsored activities need to agree to send attendance data to ACOA. Contact information is needed, as well as a communication to update groups.	Prepare list a list of ACOA sponsored activities by 11/13. Compile contact info for all ACOA sponsored activities. Prepare a communication letter, to be sent under Town letterhead.	Missy Missy Rachelle
2. Wellness: There were 23 attendees for the flu shot clinic. Several ideas were shared to expand net year's event. This will be placed in the Parking Lot.		
3. Public Relations: Next deadline for B'ham Newsletter-Dec. 1st. Topic: Monthly luncheons. We'll continue to feature ACOA sponsored activities.	Attend monthly luncheons and prepare a feature for Jan/Feb newsletter.	Patty, Alice
F. Discussions		
1. Parking Lot: Rachelle shared the purpose, which is to save key discussions, ideas so they won't be forgotten. Ideas are added to the end of the agenda.	Complete reading of "Alone and Invisible No More"	All
2. November meeting date: 11/19/18		
3. Senior Summit recap: a. Patty shared an overview of the regional summit held in Gardiner. A key topic was downsizing. Could be a topic for our group. Other potential topics were shared and will be added to the Parking Lot.		

<p>4. Book discussion: Book discussion-Postponed until November.</p>		
<p>Re ACOA calendar: Rachelle is now in charge of it. Changes need to be submitted by the 20th of the month before.</p>		
<p>G. AARP Update</p>		
<p>1. The Wisdom Summit: Rachelle shared an overview from the state summit. Key topics included the state of aging in Maine, a shortage in health providers for an aging community, transportation challenges and thriving in place.</p>		
<p>2. Regional meetings: Cumberland, Sagadahoc and Oxford Counties Meet-Up: November 27, 9:00-11:00: Portland, AARP Maine office Kennebec and Waldo Counties Meet-Up: November 28, 9:00-11:00: Hallowell, Cohen Center</p>		
<p>H. Other Items</p>		
<p>1. Website questions: Possible conflicting information on B'ham Town website</p>	<p>Check Town website for inaccurate links</p>	<p>Rachele</p>
<p>2. Voting: transportation support: Discussion related to providing rides for voting on Nov. 6. Anyone needing rides can call the Town Office. Appropriate referrals are made. Seniors or disabled individuals can also call Rides in Neighbors Cars.</p>		
<p>Next month's agenda/Parking lot:</p>		
<p>2018 Wellness Fair ideas: Community Open House with community services sharing Shredding On Saturday Larger event on alternating years?</p>		
<p>Meeting adjourned at 4:05 PM; Next meeting Nov. 19.</p>		