

ACOA Minutes, February 11, 2019

Present: Diana Mosher, Alice Pollis, Rachelle Tome, Gracia Woodward, committee members

David Compton, Guest

A quorum was established	Tasks	Person Responsible
January minutes were amended and approved		
Committee Updates		
Program and activities planning meeting 3/12 @ Coombs Building 9 am		
<p>Wellness Committee</p> <p>Rachelle has joined Southern Maine Advisory Committee on Aging and was trained in “Healthy Steps for Older Adults” which includes an assessment of risk for falls and exercises that can reduce your risk. Can be done in one 5-hour session or two 2-hour sessions. Rachelle will participate in a few sessions of this. We will aim for 2 sessions. Do we want to serve lunch? Break for lunch? Would the school be a better, more accessible location? Mason’s is a possibility. Town Hall could be warmed up in May</p> <p>Do we want to put on a wellness fair?</p> <p>No, it was poorly attended last time we did it (2 years ago) so last year we just did flu shots.</p>	No tasks assigned	
There was a brief discussion of the support group for care givers		
<p>Public Relations:</p> <p>May/June newsletter will cover the Garden Club and Rachelle will write it.</p> <p>July/August newsletter – what are possible summer activities.</p> <p>There is a group in Richmond playing mah jong once a month. George Oliver taught a class in this. We should be thinking about activities to discuss next month. Richmond has a game day once a month.</p>	<p>Article about the Garden Club for the Town Newsletter</p> <p>Think about activities to discuss next month</p>	<p>Rachelle</p> <p>Everyone</p>
<p>Celebrate Bowdoinham</p> <p>Last year we had a table with pamphlets. Did not do the tool table. Had our resource manual. Patty chatted with everyone who came by – she knows</p>	No decisions made	

<p>lots of people from her days teaching elementary school. Maybe a photography contest? Or photographs of people involved in various ACOA activities. Richmond Senior Center took pictures of their various activities and used the photos in a calendar.</p>		
<p>AARP/ Senior Summit updates Concinnity Pub in Bath visible from Reny's parking lot. They are trying to resurrect regional meetings with guest speakers. Had one Feb 7, 5 pm at Concinnity Pub. First beer was free. They will also schedule other meetings for upcoming months. Go to Facebook and search AARP Maine for upcoming meetings. Next one is May 2. AARP has regional meetings for folks who are on age-friendly committees. Senior Center Summit will take place Feb 21. Good source of ideas. At Wiscasset Senior Center 242 Gardiner Road, Wiscasset. Contact Laurie Saunders for more info 737-2161</p>		
<p>Discussion of Dr. Teal's presentation When do we want to invite Dr. Teal to address an evening meeting? If we choose a date in mid-late May, we could announce it in the Bham Newsletter. We need to check town office calendar and SAD 75 board's budget forum dates. Rachelle will check this. We need to find families willing to try this out. Need to publicize his presentation widely so perhaps folks who come to it would be interested in trying out some of the offerings (monitors, etc.)</p>	<p>Check calendars so we don't schedule Dr. Teal when another even is taking place</p>	<p>Rachelle</p>
<p>Other Items What is happening with the bus Bowdoinham owns? When we ask Bill Post we get put off vaguely. The bus is not handicapped accessible. Could we get a grant for a handicapped accessible bus for our use?</p>		
<p>We have a copy of the Spectrum Generations calendar with a Sagadahoc newsletter inserted. Spectrum Generations offers meals 11 - 12:30 Monday - Friday. These might make good field trips.</p>		

We are going to invite Bill Post to talk about any plans for cleaning the Town Hall, and about transportation issues, including Bowdoinham's bus. Rachelle will invite Bill.	Invite Bill Post to next meeting	Rachelle
Meeting adjourned at 4 pm.		