

Bowdoinham Advisory Committee on Aging
Minutes: January 09, 2017, 2:30 PM – 4:30 PM
The Kendall Room, Bowdoinham Town Office

1. Quorum established
2. Accepted November minutes
3. Amendments to the agenda-
 - a. Theresa requested to address the group. She is renovating her home and is ill so has decided not to continue participation in ACOA activities. She has requested that someone take leadership in Rides, INC and that someone assist her with the Activity Planning group.
4. February activity calendar was approved with amendments
5. Team Building Discussion—Reschedule potluck for April (Date: April 24—first 30 minutes-- 2:00-2:30-- will be a regular meeting, followed by team potluck).
6. Recruitment of new members for ACOA.
 - a. Suggestions made by members
 - b. Will approach and invite to attend a meeting
7. Discussion of Schedule for planning meetings
8. Activity Reports:
 - a. Potential New Activities/Collaborations
 - i. Spring Tune-Up—Suggestions include:
 - Breakfast/Lunch (“tea” with a famous person in Bowdoinham History—collaborate with Bowdoinham Historical Society?)
 - Activities: cooking demo/lunch, fly-tying, croquet, drying/preserving veggies
 - Contact Midcoast for Cancer Prevention or Health Topic, Fashion Show
 - DECISION: Kathy will discuss with the Wellness Committee and they will decide if this idea is worthwhile/feasible.
 - b. Shipmates
 - i. Trips: November approximately 8
 - ii. Cribbage: 6-8
 - iii. Senior Lunch: 32
 - iv. Lunch with Lynn: 10
 - v. Supplies -coffee, etc., donation jar. Has not been established
 - vi. Wii report—unable to get it working. There is interest in a wii league. Chief Frizzle is looking into the technical difficulties (not working with the monitor).
 - c. Special Events and Interest Group Reports-
 - i. Line Dancing (Bob Curtis):Attendance varies. For the November morning class George had 7 people; for the evening class, it was about the same. For the December morning class, we had 8; for the evening class, we had 12. For the January morning class, we had 5. George is hoping the class will build as we go. The ones that come are enthusiastic and we hope will convince others to join. There is a core of about 6 people who come a lot. The others are catch as catch can, or in some cases, one-time visitors, as in the case of the December evening class. Still, the fact that people drag their visitors and visiting family along suggests that it has positive feedback.
 - ii. Yoga (Joan Smith): Yoga is going well. Attendance Jan. 5th. was around eight. Lina does an excellent job and we all enjoy her.
 - iii. Bowdoinham Outdoors (Dick Rose). Snow shoeing at Wolfe’s Neck. Hoping to schedule more.
 - iv. Bridge (Kathy P).

- Martha Cushing continues to lead the group. 13 Bridge players are on the e-distribution list.
- September: 3 meetings, attendance varied from 5-8
- October: 5 meetings, attendance varied from 4-8
- November: 4 meetings, attendance varied from 4-7
- December: 2 meetings, attendance varied from 5-8

9. Social Media Report

- a. We have permission to start a Facebook page with the name ACOA chose for the initiative.
- b. Group agreed to pose for a picture for the page

10. Committee Reports:

- a. Wellness Report-
Indoor Walking: Tues & Thurs 6-7:15pm. Starts tomorrow 1/10/17 and ends mid March. Dates will be posted at the school.
- b. Resource Connection-
No update
- c. Safety and Accessibility-
Discussion of winter safety.
Side walks—what is town policy—resident or municipal responsibility to clear?
- d. Publicity-
No updates

11. Local Age Friendly Services/Programs/Activities

- a. Rides INC. – Giving regular rides
- b. Village Lodge Handy Brigade –No calls for shoveling. Discussion of need to publicize
- c. ACOA/BFP (Bowdoinham Food Pantry) Project
Increase in the number of older adults using the food pantry.
At the community Thanksgiving, they distributed food. Trying to get permission to leave some food at B-EST.

12. Other comments from ACOA members

13. Staff Report:

- a. Transportation Survey results will be shared with Select Board tomorrow night.
- b. Domain discussion and Exercise.

14. Request for Agenda Items for Next Meeting

- a. Sending a member to each Select Board meeting/ EMS

15. Adjourn to next meeting: February 27, 2016, 2:30 to 4:30