

Bowdoinham Advisory Committee on Aging
Minutes: March 20, 2017, 2:30 PM – 4:30 PM
The Kendall Room, Bowdoinham Town Office

Present: Bob Curtis, Dick Rose, Joan Smith, Diana Mosher, Kathy Pszczokowski

Staff: Melissa Halsey, Patricia Oh

Visitors: Alice Pollis, Becky Bushey (Clear Captions).

1. Quorum established
2. Presentation by Becky Bushey, ClearCaptions. Phones are available to people with hearing loss at no cost. Qualifications to receive phone: Internet, land line, hearing loss.
Asked for ideas about how to get the word out in Bowdoinham.
Suggestions: Facebook posting, Information in our calendar—distribute electronically and by postal mail, Village Seniors Dinner, Wellness Fair.
2. January minutes accepted
3. Amendments to the agenda—added presentation by ClearCaptions (see above).
4. Introduction of new ACOA member, Diana Mosher
5. April 2017 Calendar approved with revisions.
6. Discussion on ACOA officer's terms.
Decision: Nominations will be made in April, elections in May
7. Discussion on Celebrate Bowdoinham
Decision: ACOA will participate in Celebrate
8. Activity Reports:
 - A. Potential New Activities/Collaborations
 - i. Report of Wellness Committee Meeting—Wellness Committee decided not to pursue Spring Tune-Up for this Spring. Will continue to offer outdoor opportunities through Bowdoinham Outdoors. Decided against offering a new exercise program. Will continue to promote Silver Sneakers in Bowdoin. Will continue offering existing programs—gentle yoga and line dancing. Golf will be offered in the summer.
 - ii. Partnering with SEARCH to expand outreach to isolated residents.
Vet to Vet program requested a volunteer for a veteran. We have recruited a volunteer willing to work, through SEARCH, with the vet.
Decision: ACOA will partner with SEARCH to raise awareness of the program and the need for volunteers.
 - B. Shipmates (Report by Diana Mosher and Melissa Halsey). Discussion of the name “Shipmates”. The name will no longer be included in the calendar. The term “Coffee Café” will be used to describe the Thursday morning gatherings. All will be under the “Aging in Bowdoinham” activities.
Goal: Increase participation of residents in the Thursday morning “Coffee Café”. A member of ACOA will attend each of the weekly meetings. Also adding refreshments. George Oliver has agreed to make a light breakfast on the first Thursday of the month.
 - i. Trips. Discussion of Tea with Harriet trip (March trip).
April trip will be to the Colby Museum in Waterville
Diana spoke with the Downeaster group organizer. She suggested a trip to Saco to visit the mills
 - ii. Cribbage—adding new members.
 - iii. Mahjongg—George has been teaching four people how to play. Plans to offer the lessons ongoing.
 - iv. Lunch with Lynn. Low attendance. Decision: Will work to publicize the Lunches to raise attendance.
 - v. Supplies -coffee, etc., donation jar (trash disposal for special events). Agreed to put out a

donation jar (voluntary). Missy will create and decorate a jar.

Idea to have donation jar at Celebrate Bowdoinham and the Wellness Fair.

C. Special Events and Interest Group Reports-

- i. Line Dancing (Bob Curtis): Tuesday morning and Tuesday evening classes are doing well—very full
- ii. Yoga (Joan Smith): Going well. Good turn outs
- iii. Bowdoinham Outdoors (Dick Rose): This winter, we had four outdoor events. The cold weather was not kind to the group. Plans are to offer hiking and kayaking this summer.
- iv. Bridge (Kathy): Ranging from 7-9 players. We are promoting on FB.

9. Social Media Report (staff): FB page is increasing followers and likes. Promoting activities and providing information about services and activities that may be of interest to older residents.

10. Committee Reports:

- A. Wellness Report- (Kathy): Wellness Fair will be on September 19th. Will include a Shred Truck (paid for by AARP). Will need volunteers to oversee.
- B. Safety and Accessibility (Bob): Tool table was shared at the Age-Friendly Regional meeting in Bowdoinham (March 08).
- C. Publicity and Marketing (Patty and Dick)
 - i. Review of ACOA Brochure: People will send suggested changes to Patricia by April 15

11. Local Age Friendly Services/Programs/Activities

- A. Rides in Neighbors Cars. -(Joan Smith). Joan Smith is the new Chair and will work with new volunteers/new ride participants to enroll them. Pat Walachi is the newly appointed Treasurer. Diana Mosher has volunteered to field all calls for the program. Overall, the program is doing well.
- B. Village Lodge Handy Brigade -(Joan Smith). In the months of February and March , shoveled in Bowdoinham and Richmond. Tried to help with a ramp for a woman in Bowdoinham and another woman in Bowdoin. Not successful yet.
- C. ACOA/BFP (Bowdoinham Food Pantry) Project (Joanne Savoie). No report for this month

12. Other comments from ACOA member:

Kathy suggested participating in World Elder Abuse Awareness Day (June 15). Joanne Savoie has agreed to work on the event, if it is something we decide to do. Recruiting for a committee to prepare. Discussion of the day.

13. Staff Report

14: Age-Friendly Planning: Focus on Domain discussion and Exercise—Tabled for May meeting.

- A. Outdoor Spaces and Buildings: Sand bucket delivery program
- B. Social Participation: SEARCH

15. Reminder Pot-Luck: April 24—first 30 minutes-- 2:00-2:30-- will be a regular meeting, followed by team potluck

16. Adjourn to next meeting: April 24, 2016, 2:00-2:30