

**Town of Bowdoinham**  
**MINUTES Committee on Aging**  
**Agenda May 15, 2017**

Attendance: Kathy Pszczolkowski, Diana Mosher, Joan Smith, Alice Pollis; George Oliver; Rachel Evans; Bob Curtis; Joanne Savoie (present via broadcast)

Absent: Joanne Savoie; Patty Melander; Dick Rose;

Staff: Melissa Halsey; Patricia Oh

1. Quorum established
2. A motion was made and seconded to accept the March and April 2017 meeting Minutes. Minutes Accepted.
3. There were no amendments to the agenda.
4. Alice Pollis and George Oliver were officially welcomed to the Bowdoinham Advisory Committee on Aging..
5. Election of Officers: Nominations and offers to serve were accepted. The following were elected for the Fiscal Year July 1, 2017 through June 30, 2018  
Secretary: Joanne Savoie  
Vice-Chair: George Oliver  
Chair: Kathy Pszczolkowski
6. Activity reports
  - a. Coffee Cafe- This was reported on by Diana Mosher, George Oliver, Melissa Halsey. Numbers are generally increasing. Mahjongg is being taught and Cribbage continues. Bob Curtis reported that 4 people went on the monthly trip to the museum at Colby College.
  - b. Resource Manual was reported on by Rachel Evans. She is working on a promising source to organize the manual around the 8 domains of Age-Friendly Communities.
7. Special events and interest groups report
  - a. W.E.A.A.D. (World Elder Abuse Awareness Day) was reported on by Kathy Pszczolkowski for Joanne Savoie. She gave a review of the agenda for the day and asked that everyone invite people to the event. Bob Curtis said the set up will begin at 8:45 A.M.It was decided to have a Skit Rehearsal on May 18, Thursday, at 10 AM at the Fire Station. Patricia Oh reminded us to save any expense receipts.
  - b. Line Dancing- George Oliver reported on Line Dancing. There is a good core (7) who consistently attend. He feels it is worth continuing because of the numerous health benefits Discussion followed with ideas to increase attendance: Facebook video, discussion and presentation at the monthly Senior Luncheon at the Second Baptist Church.
  - c. Yoga- Joan Smith reported that the group continues to be popular and that some are requesting an increase to 2 times/week. The Committee decided to increase

the classes to 2 times/week and to let the Yoga Group decide which 2 days and times they want.

- d. Bowdoinham Outdoors- Kathy Pszczolkowski reported for Dick Rose. Discussion centered around restarting a Walking Group. Linda Jariz has several walking routes around town of varying degree of difficulty. It would be an informal group. Decision: New Walking Group will meet on Wednesdays at 8 AM at the Fire Station. This will start the first Wednesday of June, the 7th.
  - e. Bridge was reported on by Kathy Pszczolkowski from Martha Cushing. There are 13 on the Roster. 22 participated in April.
8. Committee Reports
- a. Wellness-Kathy Pszczolkowski reported that work is underway for Sept 19 Bowdoinham Wellness Fair. Patricia Oh is contacted 26 providers and 9 have already officially confirmed.
  - b. Safety and Accessibility- Bob Curtis reported there are no changes.
  - c. Publicity- The new brochure "Bowdoinham Guide to Age-Friendly Activities and Services" has been edited. A motion was made and seconded to approve with changes to the new brochure. It was unanimously approved.
9. Local age-friendly services
- a. Rides in Neighbor's Cars- Joan Smith reports that the service is receiving more and more requests and needs more volunteer drivers. Suggestions to get more drivers: Sign up sheet at W.E.A.A.D. event 6/15 with table & handout information.; sign up sheet at the Wellness Fair 9/19; June Bowdoinham Newsletter; Monthly Senior luncheon May and June. Diana Mosher is coordinating rides.
  - b. Mason's Village Lodge Handy Brigade. Joan Smith reported on the increasing numbers of repairs and consults.
  - c. Bowdoinham Food Pantry- Kathy Pszczolkowski reported for Joanne Savoie that there is no new information and Joanne will communicate with Linda Jariz before the next meeting for any updates.
10. Staff report -Patricia Oh
- a. 2 terms are up this year- Rachel Evans and Dick Rose. Rachel Evans will continue for 3 years. Kathy Pszczolkowski will follow up with Dick Rose.
  - b. Budget- We have \$1300 in account. We will get more with the new fiscal year.
  - c. Grants (2)- One grant will not be applied for as another organization in town is pursuing it. The other grant is Maine Charity Foundation and we will be making a proposal regarding the bus the town bought.
  - d. AARP Maine Age Friendly Communities Day at the State House, Augusta, May 16 at 9 A.M. Members are encouraged to attend this opportunity to meet and greet our legislators. Diana Mosher plans to attend.
  - e. The committee went into closed session to discuss collaboration with Richmond Senior Center. The decision was made to form a committee with Richmond to explore the possibilities. Alice Pollis volunteered to be on the committee.

11. Eight Domains of Age-Friendly Communities- A Discussion was led by Patrica Oh working on suggested areas to focus our efforts.
12. The meeting was adjourned at 4:27PM

The next meeting is June 19, 2017 2:30 to 4:30 PM at the Bowdoinham Town Office, Kendall Room

*Respectfully submitted, Joanne Savoie, Secretary*