

**MINUTES**  
**Advisory Committee for Age Friendly Bowdoinham**  
**June 08, 2026**

**Committee Members Present:** Mary Kelley, Lois Smith, Maureen Booth, Colleen Crowley, Laura Arnold, Bill Small, Deb Smith

**Staff:** Yvette Meunier

**Other:** Jay Hodde

**I. CALL TO ORDER**

The meeting was called to order at 1:30 pm. Maureen noted that there was a quorum present.

**II. APPROVAL OF AGENDA**

The agenda was approved as presented.

**III. APPROVAL OF MINUTES**

The minutes from the May meeting were approved with the addition of Laura being present.

**IV. STAFF REPORT**

The staff report was presented by Yvette in Jason's absence.

a.) Town office hours are amended to 10am-2pm on June 9 to accommodate preparations for the town meeting. June 18 office hours are 8:30am-12:30pm for employee appreciation day. June 19th the office is closed for Juneteenth and July 3 closed for the Independence Day holiday.

b.) The Annual Report was distributed. Yvette referenced Article 8, which must be passed at a town meeting before the grant application for the waterfront improvements can proceed. June 30 is the deadline for the application. Yvette asks that the AFB committee provide a letter of support for the application assuming its submittal is approved at Town Meeting.

**V. BCC Pilot** - no report this month.

**VI. TAKE AWAYS: LIFELONG OF MAINE CONFERENCE**

Jay, Colleen, Deb and Maureen attended the Lifelong Maine conference on June 1. Maureen made an observation that many AFB committees in the state are focusing on education, contrasting with our emphasis on services and social activities. Group discussion referred to the well-attended session that Laura Arnold held on Lifestyle Management as an example of an educational offering. Maureen asked the group to consider if we wish to include more educational offerings as we plan our 26-27 goals.

**VII. HOME ASSESSMENT**

As we have been notified that the application for the AARP grant for development of the home assessment program has been approved, Maureen and Deb brought the group up to date on progress and next steps. Two occupational therapists will crosswalk

the existing AARP home fit guide with other known falls prevention guidelines to develop an abbreviated home assessment tool targeted at safety and ease of living. Collaboration with the Handy Brigade will assist with any home modifications that are proposed. The grant also provides for the purchase of frequently used materials to support minor repairs and modifications. A major component of the grant is for our OT consultants to train volunteers to use the guidelines to assess, along with the homeowner, areas of a home that could benefit from modification.

## **VIII. NEXT MONTH: REVIEW OF 25/26 PRIORITY GOALS AND OBJECTIVES**

We will be discussing the 25/26 goals and objectives at the July meeting. Yvette will send us the comprehensive plan for review prior to the meeting, which is scheduled for July 13. Maureen noted that the data used in the comprehensive plan is from the 2020 census and may be outdated. Going forward, we may wish to consider a survey as a way of learning more about what the town wants. We might also work with the CDAC committee to find out their perspective.

## **IX. STATUS REPORTS**

**A. Lifestyle Conversations** - Laura Arnold reported that 12 people attended the first session of Healthy Lifestyle Management, which focused on food. The next session is scheduled for August 7

**B. Laura Karlin Dance Workshop** – About ten people attended. Most attendees reported that they would attend a second session and that they would be willing to pay to attend. Karen will be talking to Laura Karlin. Maureen will follow up with Karen.

**C. Luncheons** -Sam Hayward has decided to cook for another year. There was not enough seating at the May luncheon, and some had to be turned away. The luncheon has been drawing residents from Richmond, Topsham and Brunswick in addition to Bowdoinham and Bowdoin. Approximately 20-25% of attendees are from towns other than Bowdoin and Bowdoinham. The group discussed how to manage attendance, as the fire station maximum capacity is 60. Suggestions include maintaining a first come, first serve policy, advanced registration, or registration (guaranteed seating) for Bowdoinham and Bowdoin residents only. The attendees will be polled at the June luncheon to see where they are from. A new policy will be implemented in September.

**D. Volunteer Driver Training** - Paul Lamoreau will offer training on best practices for transfers to all volunteer drivers in the Rides in Neighbors Cars program

**E. Next Month Elections** -Elections are held at the July meeting. We will be electing President, Vice President, and Secretary.

**F. Celebrate Bowdoinham** - The group decided to form a sub committee to organize for Celebrate Bowdoinham, held on September 12-13. Mary, Deb and Laura volunteered.

**PUBLIC COMMENTS:**None

**Adjournment**

The meeting adjourned at 3:02 pm.

**Approved by:**

\_\_\_\_\_  
Maureen Booth, Chair

\_\_\_\_\_  
Date

\_\_\_\_\_  
Jason Lamoreau, Older Adults Services Coordinator

\_\_\_\_\_  
Date