

# MINUTES

## Advisory Committee for Age-Friendly Bowdoinham (ACOA)

April 13, 2020

Present: Maureen Booth, Diana Mosher, Peggy Muir, Patricia Oh, Alice Pollis, Gracia Woodward

Rochelle Tome

Staff: Missy Halsey

Visitor: Martha Cushing, Lynn Sanford

Topic	Follow-up Action
The meeting was conducted via zoom. A quorum was established.	
<b>Member Check-In</b>	
Members gave a general sense of how they were coping in the lockdown.	
<b>Calendar</b>	
Gracia suggested there might be a need for a calendar of gatherings being held in town via Zoom during the pandemic. Members were not aware of any calendar but did note that a zoom notice for the next Ladies Book Club was on the calendar.	No follow up noted
<b>Post Office Mailbox</b>	
Gracia noted that a letter written by Peggy was sent to the post office requesting that a mailbox be installed that would allow for mailing items without leaving a car. No official response has been received but Peggy learned that there must be sufficient space for cars to turn around an exit which may be a problem.  Peggy raised concerns about the lack of masks or gloves used by letters carriers or in the Country Store.	Peggy will write a follow-up letter to Post Office on status of the mailbox.
<b>Home Safety Checklist</b>	
Maureen reported that the Accessibility Task Force met to begin their work on a home safety check list. The Checklist may be part of a broader program that would also identify resources in the community to assist residents make home improvements and a process to recognize "age friendly" businesses and organizations in Town.	Task Force to report on Home Safety Checklist at May meeting
<b>Action Plan for Pandemic</b>	
<i>Volunteer Drivers</i>	
Missy sent a notice of ACOA's mailing list notifying people that help was available if they needed groceries or wished to get check-in calls. Only one response was received. Diana noted that younger	No follow-up

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volunteers were available to assist with transportation if needed.	
<i>Outreach Programs</i>	
<p>Peggy Muir noted her concern about elders in the community who were isolated. Similar to a power outage, Peggy raised questions about what we should do to assure safety of residents at times like this. Patricia Oh shared information about strategies used in other communities, such as a buddy system, where folks could check in on one another.</p> <p>Patricia shared information from other towns about approaches being taken to secure the safety of residents, especially seniors.</p> <ul style="list-style-type: none"> <li>• Hallowell invited residents over the age of 50 to register to become phone buddies. Twenty-six matches were made. Matched individuals decide the frequency of phone calls and the level of support they need. It was unclear how matches are made.</li> <li>• Another town developed “a postcard project” encouraging school age children to write to an older person in the community. Members expressed concern about how work would get out to seniors about how to participate and that it would add one more task onto parents who are already struggling.</li> <li>• Alice mentioned an effort she used in class which involved a paper doll which you would write about and photo graph in different places and share with someone else who would do the same.</li> </ul> <p>Members tended to favor the pen pal concept but wondered how best to inform people. Missy offered to send out a notice via mail and Facebook notifying people of the program. People would be asked to let Missy know (via phone or email) if they would like to participate.</p>	<p>Patricia offered to draft a letter and flyer for Missy to notify members of Pen Pal program and to put in right format for posting on B’ham Friends and Families.</p> <p><b>NOTE:</b> Subsequent to our meeting, Patricia sent around a flyer from Sagadahoc County Emergency Management Agency about a program developed in response to the pandemic. The program offers daily check-ins to persons who register. It is aimed at persons &gt;65 or those who are immunocompromised or chronically ill. Response from some members was that we should discuss this initiative at our May meeting before proceeding with the Pen-Pal program.</p>
<b>Items on Hold</b>	
Gracia proposed that several items that had previously been on ACOA’s priority be put on hold during the pandemic: scholarships for ACOA events; flu shot clinics; CPR classes; presentation on fraud; access to recycling barn; and census party.	No follow-up action

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<b>Other Business</b>	
Lynn asked whether it was okay to store a kayak on the town rack without this year's sticker. Missy indicated that would not be a problem since new stickers have not been printed and the Town Office is closed.	No follow-up action
<b>Next Meeting</b>	
Gracia indicated that she would be in touch with Tom prior to the next meeting. .	Gracia to contact Tom about liability issues if we get groceries for residents.