

Safety Tips

These tips to reduce the chances of being victimized can be very effective in protecting oneself from becoming the victim of fraud:

- Use *direct deposit* for your pension or government check.
- Never withdraw money from your bank accounts *for anyone except yourself*.
- Never give your money to someone *who calls on you at your home* and identifies themselves as any type of official—bank, IRS, Tax Department, Police, Good Samaritan, etc.
- *Tell all solicitors* that you never buy/give to anyone who calls or visits and to send you something in writing for your consideration.
- Store all valuables in a *bank safe deposit box*.
- Never, never, never give your numbers—credit card, SS number, bank accounts, Medicare or other personal information numbers *over the phone unless YOU initiate the call*.
- Sign up for the AARP Fraud Watch Network to keep aware of the latest con artists' tricks. Forewarned is forearmed.

Bowdoinham Tool table

Featured on the WHO-Age Friendly World and AARP Livable Communities websites

Have you wondered which jar opener will work best for you? Wished you could find an easier way to get in and out of the car or fasten a seatbelt? Wanted a doorbell or fire detector that can be used by someone with a hearing impairment?

The Advisory Committee on Aging (ACOA) has an actual table of tools that offer solutions to those problems and more. The tool table is available for resi-



dents of all ages to look at and try whenever the Bowdoinham Library is open. Come and see more than three dozen items that can make everyday life a little easier.



Tools are available for a three week loan through the library so that you can try them in your own home or car.

Frequently Requested Resources

Area code 207 (unless otherwise noted)

General Information about Resources	211
Non-Emergency Sagadahoc Sherriff	443-8529
Bowdoinham Fire Station	666-5961
AARP Income Tax Assistance	888 227-7669
Adaptive Equipment	
Alpha 1	800 640-7200
MaineCITE	621-3195
Disability Rights Maine	800 452-1948
Alzheimer's Association	800 272-3900
Attorney General (Consumer Assist)	800 436-2131
Bowdoinham Food Pantry	751-7779
Bowdoinham Public Library	666-8405
Brunswick Respite Care	729-8571
Bowdoinham Town Offices	666-5531
Cathance Fitness Center	666-3463
Consumers for Affordable Healthcare	800 965-7476
Dental and Eye Care	
EyeCare America	800 222-3937
Maine Donated Dental	620-8276
New Eyes for the Needy	973 376-4903
UNE Dental Clinic	221-4900
Fairpoint Lifeline program	866 984-2001
Handy Brigade, a project of the Masons	666-5531
LIHEAP Heating Assistance	859-1500
Long-Term Care Ombudsman	800 499-0229
Mediation (Volunteers of America)	373-1140
MaineCare (Medicaid)	287-3707
Medicare	800 633-4227
Midcoast Hospital	729-0181
Midcoast Veteran's Council	406-4103
National Do-Not-Call List	888 382-1222
National Direct Marketing Opt-Out	www.dmachoice.org
Poison Control	800 222-1222
Rides in Neighbors Cars	837-9577
Social Security	800 772-1213
Spectrum Generations	729-0475
State Representative Seth Berry	522-1609
<i>For more resources, contact ACOA</i>	<i>666-5531</i>

BOWDOINHAM GUIDE TO AGE-FRIENDLY ACTIVITIES & SERVICES



Northern New England's *first*
United Nations,
World Health Organization(WHO)
recognized age-friendly community.

Member
AARP Network of Age-Friendly Communities

**Like us on Facebook:
@AgeFriendlyBowdoinham**

Brochure revised 2017

Learn, Create, Serve, and Celebrate In Age-Friendly Bowdoinham

This listing tells you some of the activities and services available in our community to make life a little easier and a lot more fun!

Get Involved with the Arts

- * Laugh, Craft and Learn group.
- * Theatre & Museum Trips.
- * *Loose Ladies* and *Guilt Free* Book Clubs at the Bowdoinham Public Library.
- * Monthly Day Trips to see what Maine offers.
- * Merrymeeting Arts Center.

Expand Your Mind

- * Educational and Information programs.
- * Monthly Activities and Resource Calendar.
- * Weekly one-on-one technology help at the Bowdoinham Public Library.
- * *Bowdoinham News*—bi-monthly newsletter.
- * Bowdoinham Historical Society.
- * Cooking classes.

Serve

- * Bowdoinham Food Pantry
- * Bowdoinham Public Library.
- * Share a Hobby, Lead an Activity, or Teach a Class with Age-Friendly Bowdoinham.
- * Bowdoinham Community School.
- * Volunteer for one of the Town Committees.



Mission Statement

The mission of Age-Friendly Bowdoinham and the Advisory Committee on Aging (ACOA) is to:

- *Partner with local and regional organizations, and volunteer groups to increase services and programs that make it possible for residents of all ages and abilities to thrive in Bowdoinham.*
- *Provide activities geared to keeping people healthy, active and engaged in our community.*
- *Advise the Town of Bowdoinham Select Board about infrastructure and policy that will make it easier and safer for Bowdoinham's residents to live in our community.*

Maine's First Age-Friendly Community

Meet new friends and explore new interests with your friends and neighbors in Bowdoinham!

There is no membership, no annual dues and no cost for participating in most of the Age-Friendly Bowdoinham activities. Join the fun! .

Contact Us

Advisory Committee on Aging

Town of Bowdoinham
13 School Street
BOWDOINHAM, MAINE 04008

Phone: (207) 666-5531, ext. 110

Email: assistantclerk@bowdoinham.com

Find Help

- * Rides in Neighbors Cars: A door-to-door volunteer driver program.
- * Bowdoinham Food Pantry: They deliver!
- * Handy Brigade: Help with home chores and maintenance for residents 60+.
- * Homestead and Veterans Property Tax Exemptions. FMI: Call the Town Office.
- * Tax Club: Monthly Payment of your property taxes.

Stay Healthy and Fit

- * Line Dancing, Yoga, Golf, and Pickleball.
- * Bowdoinham Outdoors: Hiking, Walking, Kayaking, and Snowshoeing with neighbors in Bowdoinham!
- * Annual Wellness Fair.
- * Exercise at Cathance Fitness Center: Silver Sneakers and Zumba Classes.
- * Farmer's Market.



Have Fun

- * Bridge, Cribbage, and Games.
- * Lunch with Lynn and Monthly Luncheons.
- * Social and Special Events.
- * Summer Concert Series.
- * Community Suppers.
- * Celebrate Bowdoinham days.
- * Waterfront Park and Water Access.
- * Ice and Smelt Festival.

The monthly age-friendly calendar with a complete schedule of activities is available at the Town Office, the Town Landing, and the Bowdoinham Public Library. Contact us to receive the calendar by mail or email.