

MEETING MINUTES  
Town of Heath  
Council on Aging  
Outside Community Hall/Senior Center  
September 4, 2020

**Called to Order at 2pm** with Eileen Lively, Gloria Fisher, Liz Scalzo, Victoria Burrington, and Donna Hyytinen in attendance.

**Review Agenda:** An announcement about the foot clinic was added to the agenda.

**Review Minutes of August 21, 2020.** Liz motioned to approve the minutes as written with a second by Victoria. The motion carried unanimously.

### **Grab 'n Go Meals**

Eileen began the discussion on how we can help our seniors in Heath, especially those who cannot easily get meals. She also knows of at least 6 women who have expressed an interest in getting together at the Senior Center. We have to wait till the building is officially opened with the Select Board approval and then ensure certain rules are followed. Shelburne Falls has a successful Grab 'n Go Meal program. Discussion ensued on what we would need to put a Grab 'n Go Meal together. Individual containers are readily available at BJ's. Victoria is well versed in all the guidelines and reviewed the proper use of "wearing gloves". We could have 2 people in the kitchen preparing the meals, and then slide the food out to 2 others to box up. Perhaps we could have a drive thru. Eileen suggested trying to do something like this in early November. She recommended a turkey sandwich with the fixings on the side so people can make their sandwich the way they like it. All agreed that this would be a good start for the Council on Aging (COA). Victoria will look at an alternative kitchen if the Senior Center is not available. We will continue to discuss this at the next meeting.

### **Wellness Calls**

Eileen talked about a contact list of seniors that is used by the Emergency Management Center (EMC) and the Board of Health (BOH). These seniors should be checked on during and after emergencies. The EMC director and BOH asked Eileen if the COA would take over this call list. The COA in Buckland does this. During the start of the pandemic, Eileen made over 40 calls a week; some people enjoyed the call, others said they were fine and had their own internal check amongst their friends and family. Eileen emphasized that we could make it more than what it has been; it's a great way to build a sense of community. She has a set of questions that she could share with the COA. If there were any concerns of a medical nature, we could contact Victoria who is the per diem town nurse. If there was a specific senior need, Eileen would be notified. These wellness calls should be seen as "neighbors helping neighbors". After the above discussion and concerns addressed, Victoria moved to have the COA take over the call list; Gloria seconded and the COA voted unanimously. Eileen will contact the EMC Director and the BOH Chair to share the confidential list with the COA.

### **SHINE Appointments** (Serving the Health Insurance Needs of Everyone) (Medicare Counseling Program)

Eileen mentioned that Cathy Tallon is the counselor for Heath. She is requesting a Chrome book (tablet) be made available for our Heath Residents and would be happy to meet with people. The Senior Center has sneeze guards available and other protective plans once the Center can be open for appointments. Gloria will check with the Select Board to see if this service can be provided now since the Town nurse currently has appointments scheduled in the Senior Center.

### **Needs Assessment Survey**

Eileen suggested we send out a survey. We should have about 5 questions and include a self addressed stamped envelop to encourage more responses. She asked the group to come up with questions at the next meeting.

### **Planning for Future Events**

Postponed till next time once we know the availability of the Senior Center. Gloria shared information for the BOS meeting last night. There are going to be students in need of online learning through Nov and DSL is not readily available. The BOS will be looking at building availability that may affect future COA events as well.

### **Construction at Senior Center/Community Hall**

Gloria spoke about the Green Community Grant that is finally going through. This will be taking place sometime in from October, November and December. They will be weather stripping, insulating and replacing the furnace so that the building will have 2 separate furnaces. This will allow the heating source on both floors to be managed independently

### **Organization of Space/Clean Kitchen**

Since construction may begin, the COA will wait on this project. We do need to clean out some of the leftover items however. Perhaps we can get permission to enter the building for a quick look at the kitchen area. Victoria has already started an inventory list.

### **Foot Clinic**

Eileen was pleased to announce that for the FOURTH TIME in a row, Heath has been approved to receive a \$1,500/yr grant for the next 2 years. This is unprecedented; typically a grant is only approved twice. Congratulations Eileen and thank you for your hard work. The Foot Clinic is available to anyone 60 and over in Heath. Eileen has scheduled the next clinic to be held on Sept 15 and 16 under tents at 18 Jacobs Road. In the past she would hold it on the 3<sup>rd</sup> Tuesday of each month but given the current situation, she has it scheduled for 2 consecutive days. The COA should try to inform all Heath Residents 60 and over of this wonderful and valuable opportunity. Victoria will look into finding a place for the foot clinic when the colder weather sets in.

### **Next Meeting**

Eileen concluded the meeting by saying this COA is a new group, we want to make this work for everyone and we are all in a learning curve. Gloria mentioned that everything is in flux at the moment and the School Districts need to make their decisions. The next meeting will be held on Friday, October 9<sup>th</sup> at 10:00 am. Eileen moved to adjourn the meeting with a second by Victoria. The vote was unanimous and the meeting adjourned at 3:00.

Respectfully submitted,

Elizabeth Scalzo  
Secretary, Heath COA