

**Council on Aging**  
**Zoom Meeting**  
**Minutes Thursday, March 3, 2022**

**Present:** Victoria Burrington, Margaret Freeman, Donna Hyytinen, Cathy Tallen, Kate Barrows. Guest: Sue Gruen  
**Absent:** Sue Lively

Meeting called to order at 2:04 p.m.

**Review Agenda:** M/S/P Margaret, Donna, unanimous: to add discussion with Sue Gruen, Board of Health, at the beginning of the meeting.

**Board of Health discussion:** Sue Gruen identified several issues that surface during the Board of Health's (BOH) work with concerns facing the elderly and vulnerable members of our community:

1. Social isolation and mental health
2. Food and security
3. Fire safety
4. Lack of transportation
5. Lack of information on available possibilities for assistance
6. Physical and mental check-ups
7. Home-bound and personal care attendance
8. Fear-inducing social media
9. Car safety and inspection
10. Need for emergency preparedness list
11. Personal care needs
12. Knowledge of emergency contact
13. Necessary procedures during COVID with access to testing and vaccination

The BOH has 44 people currently on their list. The discussion ranged over the various problems needing to be addressed in each category. Volunteers with experience working with the elderly and vulnerable are needed to be assigned a group of people for regular check-ups. Contact with FRCOG and Life Path crucial in getting assistance for nursing, vaccine delivery, transportation, etc. Cathy noted she had signed up for the Life Path zoom workshop on Transportation Resources in the area Tuesday March 8, 2-3 p.m. and will report back at the next meeting.

Discussion then focused on how the Council on Aging (COA) and the Library can help the BOH. These included:

- communication within town through internet resources, postings at town buildings, and large print mailings.
- development of topics with invited speakers from police, fire, triage, caregivers, etc. on steps needed for the categories named above.
- volunteering at the Charlemont Federated Church Food Pantry the 4<sup>th</sup> Tuesday of each month.
- setting up network and infrastructure services, such as technology use, and book distribution beyond the physical library.
- Distributing hard copies of the Life Path/FRCOG Health-Friendly survey due March 11.

M/S/P Cathy, Donna, unanimous: to approve the 02/17/22 minutes as written.

**Foot Clinic Grant account:** Victoria is meeting with the accountant next week to go over three-years-worth of grant and donation records.

**FRCOG survey:** Margaret will check with the town coordinator as to whether the survey was sent to all people on the town's email list. If not, she will send to those on COA's survey list and ask Pat McGahan to post on Heath Connects. Victoria will get the hard copies from Sue Gruen and leave them in the Sawyer Hall lobby with a sign encouraging people to send in by the deadline.

**Tai Chi update:** The program started Tuesday with eight people. COA will reach out to have more people contact the instructor, with the possibility of having a second group meet on Thursdays. Donna noted that she and Gail are practicing the movements learned at the session during their walk safe activities in the gym.

**Volunteer polling progress:** Victoria will draft a short list of possible activities people can volunteer for.

**Library cooperation discussion:** Kate questioned whether it was possible to find out how many people have problems accessing the library and whom to contact. Margaret will add a note to that effect on the survey email.

M/S/P Margaret, Donna, unanimous: to adjourn at 3:16 p.m.