

**Council on Aging  
Cafeteria Meeting, 18 Jacobs Road  
Minutes Thursday, April 21, 2022**

**Present:** Victoria Burrington, Margaret Freeman, Donna Hyytinen, Sue Lively, Cathy Tallen.

Meeting called to order at 2:00 p.m.

**Added to the agenda:** Approval of the COA FY2021 report.

M/S/P Cathy, Donna, unanimous: to approve the 04-07-2022 minutes as amended.

M/S/P Cathy, Donna, unanimous: to approve the COA FY2021 report.

**Volunteer polling:** Some responses (from Cathy and Sue) are already in, with some agreeing to make phone calls with information about events, etc. to a select group of people they know who don't have internet, and some offering to help with events. Both responses depended on dates and time availability.

**Activity Planning:** The Select Board is maintaining mask-wearing policy for the foreseeable future. Margaret noted that she would start a "Thursdays" outdoor social activity, weather permitting, at JR each week starting in May from 12-2:00 p.m. Cathy reported from her meeting with a representative of Healthy Living Workshops that two programs—Healthy Eating for Successful Living for Older Adults and A Matter of Balance: Managing Concerns About Falls—could be brought to Heath. Both these and other workshops will be provided on zoom starting in June. Cathy also spoke with Jayne Trosin at the YMCA. They would like to partner with us by having an enhanced fitness class (also moving for better balance) in the gym with a large screen twice a week for 16 weeks. Subsequent classes would be \$35 per person. Cathy will speak to Kate Barrows about having a table outside the JR library during Election Day and Town Meeting (May 6-7) for people to pick up the various brochures on all available activities. Margaret suggested creating a flyer for the fall schedule. It was noted that it is cheaper to have the Prison do them. The Council decided it would be better, with summer coming, to start active programming in the Fall, with a Town Open House to kick it off.

**Room 135:** It became clear that nothing will happen about clearing the room until after Town Meeting. Margaret shared her thoughts about space usage, with a wall-mounted screen for viewing and comfortable chairs for meetings at the carpeted end, art program by the sink, and a welcome desk on the right of the entry. Victoria noted that Eileen Lively has resigned from the Art Program and will check if four artists would be willing to commit to leading a class each month, either weekly or bi-weekly. Some discussion over the Foot Clinic led to Victoria agreeing to talk further with Eileen and check whether the nurse at Trailside Treasures in Charlemont is foot-care qualified and may be interested in working for Heath.

**Further Business:** Sue noted that the Select Board is finalizing the line budget as follows: \$500 for senior center operations and \$1250 for COA stipends that includes \$1000 toward financing a senior program coordinator. A line item is also included for \$1200 for the Foot Clinic. The Life Path Grant discussion was rescheduled for meeting in May. We also agreed not to attend the MCOA meeting in May. There was some discussion over the nature of the tai chi program being offered. The next COA meeting: May 12 at 2:00 p.m.

M/S/P Sue, Cathy, unanimous: to adjourn at 3:20 p.m.