

Council on Aging
Room 135, 18 Jacobs Road
Minutes Thursday, March 30, 2023

Present: Victoria Burrington, Margaret Freeman, Lyra Johnson-Fuller, Donna Hyytinen, Sue Lively, Cathy Tallen.

Meeting called to order at 1:31 p.m.

Review Agenda: add grants for automatic doors.

M/S/P Sue, Cathy, unanimous: to approve the 3-16-2023 minutes as amended.

Senior Program Coordinator Report:

- Foot clinic now well underway with a full roster of appointments.. It was agreed to add an extra half hour at the end of the day. Wells grant about to be submitted.
- April flyer was commended by members. Lyra will add time for Needle Arts&Crafts, mystery hour, and note on hot lunch delivery to homebound. She will send note of events to the West County section of the *Recorder*.
- Printing and mailing needs. Approximately 90 seniors do not have email addresses recorded. Discussion ensued over how much money COA has in what accounts and easy access to it. Sue will talk to Hilma for clarification. Transportation chart will be added to April flyer mailing. Lyra will check with Hilma re printing.
- On the next agenda: teaming up with library for computer help drop-in times.

Square Dance: 40-50 attended, with \$82 in COA donations. More water needed; less snacks. Donna will ask two people to contribute snacks for the April 15 dance, pending no construction underway at the Community Hall. Victoria will get more water.

Hot lunch April 19: Date will be changed later to fourth Wednesday of the month if Chef Alice agrees. Enough dishes and flatware now in cafeteria; glasses, tablecloths, and napkins still to be purchased. Lyra agreed to contact people from the senior volunteer list for 4 to serve and 4 to clean up.

Age-Friendly Community: Meg Ryan outlined the program and invited us to participate.

M/S/P Margaret, Donna, with 1 abstention: to ask the Select Board to write a letter of intention to participate in the Age-Friendly Communities program. Margaret will send an email indicating COA support in writing the letter of intention.

Senior Activities and Needs: License for the smart tv was postponed to another meeting. Discussion ensued over adding more exercise opportunities like yoga and outdoor events when weather improves. It was decided to start a conversation at the April hot lunch to encourage seniors to approach COA with requests and suggestions for activities.

Grants for Automatic Doors: Sue requested that we start looking for grants to provide doors with handicap access to the building at 18 Jacobs Road.

Other Business: Victoria noted that we are underusing possible resources, such as Meg Ryan's availability for talks on health and dementia. She mentioned Tim Kelleher's willingness to talk about funeral planning, and members suggested additional activities, such as educational talks of general interest, herbs, gardening, and flower arrangement.

Next meeting Thursday April 13 at 1:30 p.m.

M/S/P Margaret, Cathy, unanimous: to adjourn the meeting at 3:00 p.m.