

Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, January 11, 2024

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

Meeting called to order at 1:30 p.m.

Review Agenda: Fiscal Year 2025

M/S/P Cathy, Donna, unanimous: to approve the 12-07-2023 minutes as written.

Follow-up Notes: Meg Ryan has a dementia program ready, with diabetes and hypertension still to be developed. The SPC will contact Meg Ryan to set up dementia training. The Pioneer Valley Hospice and Palliative Care has a Grief Support Group program, and have been requested to possibly set one up in Heath. With a new Bereavement Coordinator appointed, it will take some time. The COA Chair is not opposed to holiday meals for 2024, but has some concerns, which the Council will discuss at a later time. There is not much material so far for the proposed memory book to feature past people and events. The question is whether we want to invest in creating a history for Heath that people can consult. Sue offered to work with the town records after she retires from the Select Board. The Council decided not to make it a formal project until we understand what would be involved.

Senior Program Coordinator Report:

- The Senior Room has now been inventoried and cleared of extraneous material.
- 80 clamshell containers have been ordered for senior meal takeouts.
- The following events have been scheduled: Tech time February 8 at 10 a.m.; Brownbag lunch February 14 (Valentine's Day with special decorations and activities); Gentle Yoga begins Wednesdays for 5 weeks at 10:30 a.m., with the need raised for a more challenging workout. Donna and Sue volunteered their services for the senior meal on Wednesday January 24. Next month's *Heath Herald* will include a request for COA volunteers and a plea for donations.
- *Future projects:* A plan is underway for a handmade spiral-bound books and journals session. Contact has been made with an instructor for a needle-felting session to be held possibly on the second Wednesday of March. The Young at Heart Chorus has been invited by the Library through a Cultural Council grant. A poetry and music evening has been scheduled for March 8 at 5:00 p.m. The possibility was raised for creating a Bingo event with popcorn.
- *Grants:* The Select Board has indicated support for replacing the Municipal Building's front doors. Jonathan Diamond has agreed to approach Paul Mark for a possible grant. The deadline for the Fred Wells grant is earlier, with two items of information to be provided.

Fiscal Year 2025 Budget: After a motion about making the same request as in 2024, it was amended to raise the Foot Clinic amount to \$1,500 to cover extra attendance.

M/S/P Margaret, Cathy, unanimous: to approve the FY25 motion as amended.

Age-Friendly Application: It was decided that Council members will suggest at the next meeting names of people not currently serving on Boards and Committees for the Action Plan team.

Next meeting: Thursday February 1 at 1:30 p.m.

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