

Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, February 1, 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: none.

M/S/P Cathy, Donna, unanimous: to approve the 01-11-2024 minutes as written.

Follow-up Notes: Victoria is in the process of setting up a plan with Meg Ryan for dementia and diabetes/hypertension training. Lyra noted that she has placed a notice in the *Heath Herald* to identify level of interest in the programs.

Inclement Weather Operation: Discussion ensued over the possibility of developing a general policy for cancellation or rescheduling in bad weather. The Senior Meal and the Foot Clinic were the two programs that would be mostly affected. Victoria will check on possibilities with the chef; Lyra will do the same with the foot nurse.

Age-Friendly Committee: It was felt that 3-5 members would be sufficient for the application process. Margaret noted that Gale Hubley has agreed to serve, and is meeting with her and Dena Briggs on February 10. Lyra will ask Cynthia Johnson if she is interested and Victoria will reach out to Larry Sampson if not.

Senior Program Coordinator Report:

- Salt and pepper shakers are needed for the tables at Senior Meal. COA will purchase salt and pepper to fill the shakers already in the cafeteria cupboards.
- More bottled water is needed to replenish current supply in the Senior Room.
- Two people are needed to count donations while the SPC is delivering homebound meals. COA members agreed to ensure two people are always available at the end of each meal.
- A reminder to provide a compost bucket was noted.
- The February flyer is being printed. Tech time is scheduled for February 8 with a Digital Tech guy available. COA has received an offer from a Charlemont resident to offer Gentle Dance for Seniors. It would be supported by donation, and the SPC will find out if there is sufficient interest and what time would work.
- The workshop for creating wire-bound journals, sketchbooks, etc. is scheduled for Wednesday, April 17 at 1:00 p.m. It can possibly include work on the COA memorial binder.
- A ten-person limit is set for the needle-felting workshop on March 13. Slots will be offered to non-residents if not filled by Heathans.
- Jonathan Diamond is offering a morning show of Dragon Feathers at 10 a.m. on February 9 for seniors and elementary students. Regular shows are February 9th and 10th at 7:30 p.m.
- Gentle Yoga is continuing and getting good responses.

Next meeting: Thursday February 29 at 1:30 p.m.

M/S/P Cathy, Donna, unanimous: to adjourn the meeting at 2:24 p.m.