

Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, February 29, 2024

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

Meeting called to order at 1:31 p.m.
Review Agenda: 2023 Annual Report.

M/S/P Cathy, Donna, unanimous: to approve the 02-01-2024 minutes as written.

Follow-up Notes: a diabetes/hypertension informational meeting is scheduled for Friday, March 29, 11-12:30 p.m. with a LifePath representative. Dealing with inclement weather is under control. Senior meal attendees need to let Lyra know beforehand if they can't attend. A committee of three, with Dena Briggs, Gale Hubley, and Cynthia Johnson, has been formed to work on the action plan for Heath becoming an Age-Friendly community. They have received the nine-page outline for application, and Margaret will contact Dena to set up a preliminary meeting with Cynthia and online with Gale. Lyra will get the contact information for the person volunteering to run a gentle dance program.

LifePath materials: Cathy has been distributing announcements of programs run by LifePath. Victoria suggested using the smart tv with a computer to offer the online programs in Room 135. Margaret will contact Bill Fontes and possibly Doug Wilkins to work out how to set it up.

Fire Grant: The Shelburne Fire Chief John E. Taylor has received a Fire Safety grant for seniors for multiple towns, with safety information to be distributed. He will contact Lyra in the next few weeks with more details.

Y Program in Shelburne: The library has a copy of the flyer announcing that an exercise program for seniors has started at Mohawk Regional High School Mondays, Wednesdays, and Fridays at 10 a.m., and Lyra is emailing it and contacting seniors interested in participating.

Senior Program Coordinator Report:

- The following dates have been scheduled for upcoming events: March 7: tech time (with one tablet still to be taken); March 8: poetry reading at the library; March 13: needle-felting workshop; April 17: spiral bookbinding with Victoria.
- Future possibilities include: a visit with Robert Rotenberg, criminal defense lawyer and murder mystery writer some time in May; a beeswax wrap class in June with Victoria; Lori Wheeler will offer another felting class (with donations); Maureen O'Malley has suggested a ukulele group; Alice Thompson has indicated interest in offering a cooking class; a natural dye-for-wool workshop was suggested.
- The Foot Clinic needs approximately \$4,200 to operate. Application for a Fred Wells grant has been hand-delivered, and an opportunity for additional support for the Foot Clinic through LifePath is being explored.
- Senior Meal: Pam Porter has offered a mid-size coffee machine with filter. More to-go containers are needed.
- John Henry is unable to continue volunteering as a driver through Life-Path, but has become friends with the neighbor who reached out for help. COA cannot take responsibility for transportation requests, but people can respond informally.
- An inquiry from an anonymous isolated senior to receive meals has been received, and Lyra will contact LifePath to provide meals-on-wheels.

2023 Annual Report: A draft of COA's 2023 report was distributed, discussed, and amended. M/S/P Cathy, Donna, unanimous: to approve the report as amended. It was then forwarded to the town coordinator.

Next meeting: Thursday March 21 at 1:30 p.m.

M/S/P Cathy, Donna, unanimous: to adjourn the meeting at 3:02 p.m.