

Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, March 21, 2024

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

Absent: Victoria Burrington.

Meeting called to order at 1:32 p.m.

Review Agenda: Masseuse enquiry

M/S/P Cathy, Donna, unanimous: to approve the 02-29-2024 minutes as written.

Follow-up Notes: Dena Briggs has been asked to coordinate the work of the Action Plan team. Donna checked into Shelburne's and Colrain's application experience. She identified Julie at Shelburne (625-2502) and Amy and Ritchie Herzig in Colrain with knowledge of the application process. Margaret will check the Massachusetts Healthy Aging Collaborative website for further details. Lyra is still playing phone tag with the gentle dance instructor and has given contact information for Meals-on-Wheels enquiry.

LifePath workshops: The tv is now working with the computer so that we have scheduled two workshops for the Senior Room on April 24 and May 7. Lyra will create flyers and work with Margaret on improving wording for the April 4 event. Margaret noted the April 4 time conflicts with taiji so Lyra offered to work with the computer.

Masseuse: COA agreed to put the proposal on a later agenda once we have some idea of interest. It will be raised at the Senior Meal and possible instructors located.

Birthday Cards: After some discussion the following motion was approved:

M/S/P Margaret, Cathy, unanimous: To send birthday cards from COA to 85+ elders and any people known to be living alone.

Senior Program Coordinator Report:

- Rowe, Colrain, and Charlemont have all been invited to the March 29 workshop on diabetes and hypertension. An email will be sent to seniors inviting them to the Rowe April 18 workshop on LifePath Services from 10:30–noon, refreshments provided.
- The Senior Meal March 27 will feature Fisherman's Pie and an English Custard pudding. It was decided that a sign-up sheet for volunteer help will be provided at the incoming check-in desk and a call put out in the *Heath Herald*.
- The Needle-Felting workshop received good reviews. The library is looking into providing felting wools for future, and will advertise meetings once materials are available. It was suggested that the workshops could be included with the Needle&Crafts group. Lyn Perry has offered to provide her expertise and Lori Wheeler is willing to continue as instructor.
- Other workshops: Gentle Yoga will start up again on Wednesdays in May. There is still one Claris tablet available for the April 4 Tech Time workshop.
- Bake Sale at ATM: COA agreed to run future bake sales at the Heath Annual Town Meeting, and Lyra will speak to Hilma about the possibility:

M/S/P Margaret, Donna, unanimous: For COA to organize the ATM bake sale if the Select Board wishes.

- Postage needs: M/S/P Cathy, Donna, unanimous: To provide a petty cash fund to be used at the SPC's discretion. Lyra will talk with Victoria to arrange the amount.

Next meeting: Thursday April 18 at 1:30 p.m.

M/S/P Cathy, Donna, unanimous: to adjourn the meeting at 2:42 p.m.