

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

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

Guest: Dena Briggs.

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

Review Agenda: none.

M/S/P Cathy, Sue, unanimous: to approve the 03-21-2024 minutes as amended.

Follow-up Notes: April 24 Life Path workshop cancelled. Margaret still to reach contact re masseuse.

Action Plan Report:

- Dena Briggs reported on progress for the Age Friendly- and Dementia- Community (Henceforth AFDC) application.
- A subcommittee including Dena Briggs, Cynthia Johnson, and Gale Hubley was formed to work on the action plan.
- No deadline is needed, and application for becoming an AFDC can be submitted before the action plan.
- Data will be used from the 2019 survey and what we know/don't know will be garnered from the AARP survey standards. Focus for Heath will be on community and service-type social activities. A dementia workshop with Meg Ryan from FRCOG is scheduled for July 26. A subsequent check shows that 269 surveys were distributed with 187 returns, giving a percentage of 69.52.
- Dena will draft the application letter and bring to the next meeting for COA approval before sending to the Select Board.

Senior Program Coordinator Report:

Ideas for future workshops:

- Beeswax wraps (with fabrics from Allie Thane) scheduled for June 12.
- Felting with Laurie Wheeler. Need to check her schedule.
- Open Art time – “Art as Play” with Eileen Lively. Date to be decided.
- Repeat of successful spiral and bookbinding. Sign-ups needed to provide needed supplies.
- The Life Path diabetes-hypertension workshop with Meg Ryan went well with a Dementia workshop now scheduled for July 26.

COA agreed to help publicize a Church concert and reception with light refreshments to be held from 2-3 p.m. No date given as yet.

Eleven people have already volunteered to provide food for the bake sale at the ATM May 11.

Finances:

- Foot Clinic funds are low with more people now signing up. Information for the Wells Foundation grants should be available in May. COA will apply for a Church Street grant that opens April 20 to start in October.
- Senior Meals are getting good donations, although more is needed.
- More attention is needed for general funding. Discussion scheduled for a later time, perhaps including a Benefit to increase funding to reach out to all Heath residents.
- The SPC and COA chair will meet with the accountant to do some needed transfers.

Next meeting: Thursday May 16 at 1:30 p.m.

M/S/P Cathy, Sue, unanimous: to adjourn the meeting at 2:50 p.m.