

**Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, August 22, 2024**

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

Meeting called to order at 1:31 p.m.

Review Agenda: none.

M/S/P Cathy, Donna, unanimous: to approve the 07-22-2024 minutes as written.

Follow-up Notes: Cathy looked up the LifePath/FrCog documents of Health and Legal issues. She will ask to have them available within one category on the website. The Action Plan team will be asked to consider method for informing town of document availability.

Senior Program Coordinator Report:

- Sue Draxler suggested three future workshops: easter egg decoration, silk painting, leaf printing. Needle Arts&Crafts resumes September 3 and 23. Tech time with Pat McGahan now offered by appointment only. Cynthia Johnson has offered to facilitate a Grief Support group, location privacy determined by group choice.
- A Farmers Market can be set up at the Senior Meal with the proviso for excess produce with COA donations only. Farmers need Select Board approval to set up a for-sale market. It was suggested that Pat McGahan be contacted for advertising produce in Heath Connects.
- A follow-up to Alice's meal survey was discussed, with two points suggested: content and size of meals and how to distribute survey. Margaret and Donna will ask Lyra for a copy of Alice's survey and draft one and share it with Alice for the next meeting. It was decided to distribute it at the October meal, checking off people who filled it out.
- Money still needs to be raised to meet SPC hours and Senior Meal salary. Lyra will check on the status of the LifePath grant (due August) for Alice's salary. The idea of sending out a donation letter was raised.
- M/S/P Margaret, Anne, unanimous: to create a donation letter for general delivery.
- Re dementia workshop: The Action Plan team will consider how to support and train caregivers in their report. Meg Ryan has agreed to do another workshop on heart and health issues.
- Lyra and Cynthia Johnson attended a Mass Aging symposium with Lisa White and connected with the head of COA for Massachusetts. Lyra will email her notes to COA.
- Future grant possibilities: AARP Community Challenge; Mass Government on Aging; Cultural Council. Lyra will talk with Representative Natalie Blais and perhaps invite her to a Senior Meal.
- Lyra and Dena Briggs will do the AARP course work for certification of ADFC.

Foot Clinic Appointments: M/S/P Margaret, Cathy, unanimous: to schedule every 25 minutes.

Personal Assignments: Determination was made on individual members' responsibilities as follows: Sue-finances & meetings; Margaret-Open Hours, Action Plan, & minutes; Cathy-LifePath & FrCog; Donna-supplies & phone calling; Anne-grants. Members to coordinate with Lyra on needed coverage.

Future meetings: Third Thursday of each month.

Next meeting: Thursday September 19 at 1:30 p.m.

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