

Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, September 19, 2024

Present: Anne Emmet, 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 08-22-2024 minutes as written.

Senior Program Coordinator Report: Attached.

- M/S/P Cathy, Donna, unanimous: to write a HHC grant for a Life Story Scrapbook for Seniors. Lyra to work with Anne.
- Life Path grants: to come from Church Street funds. Lyra to check on them and whether they are yearly.
- Senior Meal: Alice to determine whether an early December date will work.
- Mailings: Lyra to give Margaret current email list. Suggestion made that seniors be given a description of who we are, what we offer, and would like to keep in contact, and ask how best to contact them. Margret will check with Adams delivery for availability and costs. Letter to be approved at the October meeting.
- Healthy Living workshop: Lyra to send information to seniors.

Follow-up Notes: included in Senior Meal review. The Consumer Fraud Prevention workshop possibly to be scheduled for November. Lyra to check with Anita Wilson.

Senior Luncheons Review: The Council agreed that its primary purpose is for socialization, fun, and enjoyment, and strategies needed on how to appeal to a wider audience. Four steps to take were added:

1. Lyra to talk with Alice concerning breakdown of original survey.
2. Include senior meal in general letter to be approved at the next meeting.
3. Invite people to Senior Room for talk and games after each senior meal.
4. Consider items for future survey.

Senior Program Coordinator Review: It was agreed that a major SPC function is outreach to seniors, and to add the word “services” to Q1, bullet 2. Sue to check with Hilma on final Select Board–approved SPC description. Concrete suggestions invited for next meeting on the following items: Question #1, bullets 1-5, #2, #7; An additional bullet concerning outreach and advertising. Further items included:

- voting on the question of providing bottled water at the next meeting
- whether the Foot Clinic should be addressed in the description
- outreach to new people in town
- coordination with other committees to offer age-and-dementia friendly information to seniors.

Next meeting: Thursday October 17 at 1:30 p.m.

M/S/P Anne, Cathy, unanimous: to adjourn the meeting at 3:29 p.m.