

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

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

**Guest:** Cynthia Johnson (Action Team).

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

Review Agenda: none.

M/S/P Cathy, Anne, unanimous: to approve the 10-17-2024 minutes as amended.

**Follow-up Notes:** Alice was pleased to learn about the temporary salary increase in salary.

- Earlier announcement of meal menu requested.
- Additional grant surveys needed for senior meal and foot clinic.
- Meal budget \$4-7 per person; \$350 shopping budget per month; permission given to go over budget for holiday meal.
- Article in next *Heath Herald* to feature Alice and types of meals, with pictures and possible recipe. Pictures at the December meal; Lyra to draft article for next meeting.
- Idea for cooking class: demonstration or hands-on? Numbers and reservations suggested if the latter. Library to lead on organizing to include intergenerational participation.

*Financial news:* Sue was not able to meet with the accountant but spoke with Hilma. Resolved issue on accounts to deposit Church Street grant. Decision made to work with Hilma on financial issues. Need to put in request for change in revolving fund for senior meal at next year's ATM.

**Senior Program Report:** Attached. Alice needs extra help with pots and pans at end of meal. Lyra will reach out for someone to volunteer for tech support.

**Town Survey:** Cynthia and Dena meeting tomorrow to work on spreadsheet. Need volunteers to help collate surveys. Lyra to set up Grief Support Group in the New Year; Cynthia will facilitate.

**Heath Holiday Craft Fair:** Saturday, December 7 from 10-2:00 pm in the Atrium. Anne gave details of arrangements for eleven vendors and Ladies Aid. Needs help at 8:00 am to set up tables and remove afterwards. The Senior Room will be open for luncheon, with donation jar for refreshments. Menu: vegetarian chili and cornbread, ham&cheese wraps and egg salad sandwiches; donuts for vendors, and Ladies Aid Bake sale.

**Patio Update:** Will and Anne Emmet were thanked for helping plant up to 200 daffodils in front of the red fence. Brian DeVriese has been asked to design a patio plan so that materials, costs, and funding can be determined. Steve Thane has agreed to join the group.

**SPC description and Town donation letter:** postponed to future meeting.

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

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

## Senior Program Coordinator's Report for November 2024

### Upcoming Events:

- Holiday Senior Meal on Dec. 4th. I'm asking volunteers, Alice is finalizing the menu now.
- Lunch Sale at the Holiday Craft Fair on Dec. 7th, let's make a plan for that day.  
(on the agenda to discuss)
- Winter Solstice Celebration: Dec. 21st at 3:00 p.m. (Co-sponsored with the Library).
- No Open Hours or Needle Groups in December.

### Recent happenings:

- Sue and I met with Alice T. (on the agenda to discuss)
- The scam presentation with Anita Wilson on Friday was informative and had valuable information I thought.
- Celebrated Don D.'s 90th on Sunday.

### Senior Outreach:

There was a huge turnout on election day, so I was able to connect with many seniors I've never met or see rarely and give them senior fliers and information. I am very glad to have had this opportunity. I also have been able to add more seniors to the email list. As everyone has heard, the survey distribution (and return) was a huge success. A big Thank you to all of the volunteers and sub-committee!

### Other:

Grief support: There has been more interest now in a grief support group. I would like to begin in the new year, likely on a Friday morning once a month.

Tech support: Pat M. may want to retire from her tech support volunteer duties. Any other ideas for tech support people? Doug Wilkins is our back-up. There are up to 4 seniors who need periodic tech support.

Cooking class with Alice: There's interest in a cooking class led by Alice, she would be available in January. We can co-sponsor with the Library, and talk more about details.

Art Group: The Monday Art Group is in need of art supplies. Maybe Nancy can pick these up and the COA can reimburse her?

Thank you to Donna for coming in to cover some of the foot clinic hours and helping at the Brown Bag Lunch this month!

**Grants:** Haven't heard yet about the Heath Cultural Council grant, but will let you know!

We found out from Hilma what accounts to deposit the two Lifepath grant checks into.

There will be more grants available to look into in 2025.

~Lyra Johnson-Fuller 11/18/24