

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

Present: Anne Emmet, Margaret Freeman, Donna Hyytinen, Sue Lively, Cathy Tallen.

Absent: Lyra Johnson-Fuller.

Guest: Dena Briggs (Action Team).

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

Review Agenda: Update on Holiday Fair; New neighbor as cook.

M/S/P Anne, Cathy, unanimous: to approve the 11-21-2024 minutes as written.

Follow-up Notes: Lyra to send Cathy the draft of the *Heath Herald* article by January 5. *Article on the agenda for final approval for January 22 meeting.

Senior Program Report: Attached.

- Anne noted she had \$240 in hand for table rental and will contact Lyra for which COA account to place it in. Notes on the Craft Fair COA luncheon to be used for planning next year.
- *Senior outreach mailing on the agenda for next meeting.
- Lyra now has dates for the Needle Crafts group meetings.

M/S/P Cathy, Margaret, unanimous: for Margaret to buy cleaning supplies for the Senior Room.

SPC description: After discussion on suggested changes, *Margaret will type up the final draft for the next meeting for formal vote and recommendation for Select Board approval.

A&FDC grant possibilities: *On the agenda for the next meeting.

New Neighbor as Cook: Cathy informed COA that her new neighbor is a cook who plans to convert his little house as a certified kitchen to create food for sale. May be possible to relieve Alice on Senior Meal if needed.

Town Survey. Sue to meet with the Select Board next week to inform them of town survey results. Dena used the tv overhead to outline what the survey results and completed tally showed us about Heath residents: She covered all survey results, with deep dive on question 17 indicating existence of depression, questions 12-18 for Seniors only (65+), and questions 10, 11, 20 & 21 by age group. She identified in particular the existence of a good split between male and female respondents; self-identification of residents' good health; lack of affordable housing and assisted living; that 25 responded positively for future need to care for others in household; and that particular attention needed to be paid to the existence of depression among residents.

**On the agenda for next meeting:* How to approach the survey results and grant possibilities for Heath.

Next meeting: Wednesday January 22 at 1:30 p.m.

M/S/P Margaret, Cathy, unanimous: to adjourn the meeting at 3:00 p.m.

Senior Program Coordinator's Report for December 2024

Recent Happenings:

- The holiday Senior Meal on Dec. 4th seemed to go quite well. We received several comments on how delicious the meal was.
- Lunch Sale at the Holiday Craft Fair on Dec. 7th: The COA did not make a profit, but it's a nice service to those who were there. We could make note briefly of what worked and what we'll do differently next time.
- Winter Solstice Celebration on Dec. 21st (Co-sponsored with the Library): It was a beautiful celebration and well attended by all ages. We honored five beloved Heath women lost this year.

Upcoming Programs: The grief support group will begin on Jan. 31st at 10:30 in the Senior Center with Cynthia Johnson facilitating. The arts programs with Sue D. & life story scrapbooking with Eileen L. will be planned for Feb., March, and April. We could possibly have another health presentation with Meg Ryan when she's available (in March). The next senior meal is on January 22nd.

Senior Outreach: I hope to make more calls to seniors in the next weeks, and look for those who don't use the internet but might need the FRTA ride service info. I'd like to make a plan to do a large mailing of senior information for February (in late January).

Other: Heath Herald deadline is coming soon, please give me dates for the Needle Group, etc. for February and March. I hope to interview Alice T. in time to put an article with photos and her recipes together for the next issue.

I'll be doing the required Conflict of Interest Training this week.

Request: Could we please get a cheap broom, dust pan and brush for the senior room? I don't have access to cleaning supplies in the building and am bringing things from home.

Grants: -The COA was awarded the full amount requested from the Heath Cultural Council for Arts classes with Sue D. and Eileen L.

-I just received the Fred Wells application for the foot clinic, which is due in March.

-Shelburne Falls Fire Chief John Taylor is applying for a fire safety grant for area rural seniors, he came by to explain and I signed up. If it is received, Heath could be eligible for free smoke alarm installation/checks and other services. John Taylor will let us know in the next few months.

~Lyra Johnson-Fuller 12/29/24