

**Council on Aging**  
**Room 135, 18 Jacobs Road Municipal Building**  
**Minutes Wednesday, January 22, 2025**

**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 Anne, Cathy, unanimous: to approve the 12-19-2024 minutes as amended.

**Follow-up Notes:** none.

**SPC description:**

M/S/P Cathy, Anne, unanimous: to accept and Sue to submit to Select Board for final approval.

**Heath Herald:**

M/S/P: Margaret, Anne, unanimous: to approve Lyra's final copy submission.

**A&FDC grant possibilities:** The town coordinator will pursue a grant to replace the front doors at JRMC.

M/S/P Anne, Cathy, unanimous: to give Hilma and Margaret approval to apply for an AARP grant by February 1 toward appropriate patio expenses.

**Senior Program Report:** Attached.

- Lyra will invite Meg Ryan to meet with COA on depression/isolation issue.
- Couple of typos on COA website to be addressed.
- Lyra to ask Stan for an updated taiji flyer.
- Project Bread: an organization for people with food insecurity to connect with available resources.

**Senior Outreach Mailing:** \*discussion on joint or separate mailings on next meeting's agenda.

**F26 Budget:** proposal due January 29. Expenses: \$250; Operating Account: \$500; COA Stipends: \$1750; Foot Clinic: \$1500. Sue will check with Hilma if \$10,000 the best amount to request for Meals Revolving Fund.

**Town Survey:** Survey items 6,9,11,12,16,22 were removed from consideration. With no meeting scheduled for February, it was decided to designate tasks for members to report at the March meeting.

- Anne will identify items relevant to shared information with Board of Health and Parks&Rec.
- Margaret will work on organizing comments for easier reference to match with questions.
- Sue will draft an article for the Heath Herald thanking survey responders and provide an initial summary of results.
- Cathy and Donna will work to get relevant information from Dena's Excel, with Sue's help.
- Lyra will work on surveys needed for grants, drawing on help from COA members.

Reminder that only information (no comments or discussion) can be shared among members (Senior Program Coordinator excepted). An emergency meeting can be called if needed.

Next meeting: Thursday March 20 at 1:30 p.m.

M/S/P Cathy, Donna, unanimous: to adjourn the meeting at 3:14 p.m.

*\*Note: Asterisks identify items for future agenda.*

## **Senior Program Coordinator's Report for January 2025**

**Upcoming Programs:** Bill Lattrell offered to lead a Natural History walk for seniors in May. Meg Ryan offered to do a health presentation in March. I wondered if we should ask her about support with or a program to address the depression/isolation that was expressed on the survey. The grief support group will begin on Jan. 31st. Taiji beginner's classes with Stan S. will begin on Feb. 5th from 3:00 to 4:30 in the cafeteria. The Scrapbooking workshop is tentatively set for Feb. 7th.

**Senior Outreach:** I've been making calls to seniors regarding the FRTA ride service, other senior programs/services, and giving my contact info, starting with the eldest residents and working my way through the list. I'll drop off transportation info for those who need it, so I would like to hold off a bit longer on a larger mailing. I would like to purchase postage for mailings soon, using the funds provided by the town before the fiscal year ends.

**Other:** I will email everyone the article on Alice for the Herald to review and approve. John Henry has offered to assist Heath seniors with Fuel Assistance related questions and filling out the application. He has experience from working at Community Action, and was already able to help one senior family. Based on the survey, I would like to focus next on what we can do to help with the isolation some of our residents are feeling. I updated the COA page on the town website with Pat's help, and updated our COA info on the Lifepath website. There is information from Project Bread on support for folks with food insecurity in the senior room and outside the library.

**Grants:** No new updates on grants since the last meeting.

~Lyra Johnson-Fuller 1/18/25