

**Council on Aging  
Room 135, 18 Jacobs Road Municipal Building  
Minutes Thursday, September 25, 2025**

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

Meeting called to order at 12:00 p.m.

12-1:15 pm Webinar. From Resources to Relationships: Why Councils on Aging Matter. ***How can your municipality partner with your local Council on Aging?***

Review Agenda: Planning for a Community Safety Fair – \*on October agenda. Members to contact individual groups for interest (so far - Anne: Fire; Margaret: Health & town nurse).

M/S/P Anne, Donna, unanimous: to approve the 7-31-2025 minutes as written.

**SPC:** Lyra was congratulated for her work on the Fair exhibit. SPC report attached.

**Men's group:** Jon Clark to organize, with Will Emmet, Steve Thane, John Henry. Anne Emmet to provide food.

**Veterans Day Celebration:** Gene Garland to organize, with COA sponsoring. \*On next agenda: Gene's plans, cake and hors d'oeuvres, etc.

**Holiday Senior Meal:** December 3.

**Open Hour Activities:** Donna suggested adding Mah Jong and will follow up.

**Age and Dementia Friendly Program:** Sue and Lyra to complete report.

M/S/P Margaret, Donna, unanimous: to request funding from Heath Cultural Council for Simonne's art program.

**Health Care Proxies:** Margaret to check on MA forms and contact town nurse and Board of Health for advertising and setting up signing sessions for town residents.

**Action Plan:** Anne presented her notes on the domains and Sue her draft (both attached). *Domain 1:* Hilma has submitted grant request to the Commonwealth for entry doorway and outdoor cement/curb work and is waiting for approval. *Domain 2, Action 1:* Cathy will review to update brochure; *Action 3:* Anne recommended a similar brochure to include all domains. *Domain 3:* need summary of support available and how to distribute information. \*On next agenda: brochure for all resources available, and work on plan for Domain 4.

**Mass gov. transportation:** skip for now.

**Christmas Bazaar:** December 6.

Next meeting: October 16 at 1:30 p.m.

M/S/P Cathy, Donna, unanimous: to adjourn the meeting at 2:58 p.m.

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

## Senior Program Coordinator's Report for Sept. 2025

### Upcoming Programs:

- Hike with Bill Lattrell this Friday at 10:00.
- Men's group beginning on Oct. 17th at 10:30.
- Veteran's Celebration on November 11th- I'd like to discuss this more at the meeting.
- A Combined Holiday Senior Meal will be on Dec. 3rd, similarly to last year.

### Groups/Open hours:

Grief support: My mom and I have decided to discontinue the grief support group, as many of the previous attendees are frequently unable to attend in the last few months. One senior is doing much better and has a new social circle for support and keeping busy.

Margaret had the idea to start playing games like Cribbage and Scrabble after the brown bag lunch and on Saturday morning open hours. I will advertise for next month.

**Grants:** I signed off on the two Lifepath grants that were renewed, with the new cycle beginning on Oct. 1st. These grant renewals are such a blessing!

I'll be requesting funds from the Heath Cultural Council in October for COA programs. I'd like to request funds for Simonne to offer her beginner's painting class, if that sounds ok.

**Other:** The Veteran's Program on Sept. 8th with Gene Garland went well, and was attended by three veterans and two spouses (and Margaret and me).

Thanks again to you all, (plus my mom and Ed) for your contributions to the COA display at the Heath Fair! In our comments box we received a new person's contact info, in addition to a few positive comments I will share with you.

There's another Age-Friendly survey to complete, due in October.

~Lyra Johnson-Fuller 9/22/25

## Action Plan

### Domain 1: Outdoor spaces and Buildings

#### Goal 1: Improve (or upgrade?) Heath Municipal Building ADA accessibility

Action 1 Seek grants to install automatic doors at the main entrance

Action 2: Repair curb in front of main entrance handicapped parking area

Step 1: Request to Select Board

Step 2: Assist in seeking funding for work

### Domain 2: Transportation

#### Goal 1: Seek solutions for existing transportation challenges

Action 1: Review, revise existing pamphlet for accuracy

Action 2: Identify ways to disseminate to all residents needing transportation assistance

Action 3: Meet with other local communities to see how they have addressed this issue

### Domain 3: Housing

#### Goal 1: Assist residents to age in place

Action 1: Gather information about different support programs to help seniors remain in their homes

Action 2: Format the information in an easy-to-read reference guide

Action 3: Distribute information to local seniors

### Domain 4: Social Participation

#### Goal 1: Offer socializing activities that meet the current needs of town seniors

Action 1: Identify needs and interests of current residents

Action 2: Create a schedule of activities for the coming year

#### Goal 2: Offer intergenerational activities through work with other town entities

Action 1: Continue the collaboration with the Heath Free Public Library

Action 2: Reach out to other town groups such as Union Church, Historical Society, Agricultural Society, etc.

#### Goal 3: Explore the need for isolated seniors to receive regular contacts for a neighbor or Heath resident

### Domain 5: Respect and Social Inclusion

### Domain 6: Civic Participation and Employment

### Domain 7: Communication and Information

### Domain 8: Health Services and County Support

### **CoA Action Plan Notes**

9/25/25 - Anne Emmet

Most actions are going to hinge on communication with and info about seniors. Do they have phones (reverse 911)? Do they have internet and read emails; one told me on 9/24 that she doesn't read her email much? Other issues - Do they drive? (Should they drive?) Do they have special needs? Do they not want people to know their needs, even at the cost of having services? Do they use available services?

Shelburne Senior Center has many activities and, I think most of the same problems. They also have a staff, so maybe we should meet with them for their methods and solutions.

### **Domain 1. Outdoor Spaces and Buildings**

#### Action 1.

Add bench inside door at Jacobs Road. Pat McGahan offered to have Park and Rec put in outside benches if needed ; we probably could get them to do this.

## **Domain 2. Transportation**

Action 3. Shelburne Senior Center shares this problem. I believe they have just lost the driver of the van they used for transporting seniors to appointments, etc. (Are there insurance issues associated with volunteers driving through a CoA program?)

## Domain 3. Housing

There are people in Heath who provide services such as rides, errands, cleaning for a charge. There is an advertisement for one on bulletin board at Jacobs Rd.

## **Domain 7. Communication** (Applies to Domains 2 and 3)

Action 2. A trifold Pamphlet/letter listing services and how to reach them. Large print. Available at Post Office, Community Center, Jacobs Road, Churches, Emergency Room in Greenfield. Notice in Heath Herald that information exists with examples, and says where it's available. I could make a template. Use colored paper - yellow or orange. Action 3. Medium sized Bulletin Board labelled **Senior Information** or something, at Sawyer Hall and Jacobs Rd. Would include box with pamphlets. Advertisements for services, schedules, contact information. There's a big bulletin board at Jacobs Road, but it's cluttered, out of main site, and covers lots of topics.