

Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, January 15, 2026

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

Meeting called to order at 1:34 p.m.

Review Agenda: none.

M/S/P Cathy, Donna, unanimous: to approve the 11-20-2025 minutes as amended.

Follow-up Notes: No response has been received so far from Rowe COA. Lyra has been sending our flyer and will reach out again. Margaret will continue social cafés on Saturdays. Agreement made to move flyer and other pictures to the top; Lyra will consult with Pat on how to edit website.

SPC Report: [see attached] Lyra will contact Lynne Feldman to invite her to the February or March meeting. Simonne's painting workshop scheduled for April. Rol and Lynn's Galapagos trip may be March after senior meal.

Finances - Some issues from the meeting with Hilma, Sue, and Lyra: 1) recommendation to combine a couple of accounts (needs ATM approval); 2) Account numbers: Lyra has spoken with the town treasurer and will take the next step to meet with the town accountant.

Snowplowing - members should give name to Lyra if notified of need.

Homebound seniors - Lyra has updated list from the Board of Health. Will talk with Kathy Stosz re visiting those who want it; Lyra will check if she needs a CORI check. Agreement made to honor Ruth Johnson at January's senior meal; Sue has invited the new town coordinator to meet seniors at the meal.

Vacation time - Lyra will leave the day before the June senior meal and make the necessary preparations beforehand. Members will see to setting and clearing up.

Patio grant proposal: Pat McGahan has offered to write the grant to LifePath to cover excavation and concrete pad. Waiting to get estimate for concrete pour.

Nurse position: With possible controversy over need, consensus made to write the Select Board urging regular replacement after current town nurse retires, with following points: 1) Town location; 2) # of seniors; 3) serves entire town; 4) need for daily presence; 5) house visits every week; 6) one-on-one encounters with person and family; 7) ER/ambulance calls avoided. Margaret will preliminary draft letter for Sue to revise. *COA meeting to approve letter before senior meal at 11:00 am January 28.

Planning for Community Safety Fair: Sue will ask Sheila Lichfield to set up the planning group meeting.

Action Plan, Domains 5-8: Additions were suggested, with final draft to be approved at the February meeting. Members to send Sue more details on how to apply domain points.

Next meetings: Thursday, February 12, 2026 at 1:00 pm; Thursday March 19 at 1:00 pm.

M/S/P Margaret, Cathy, unanimous: to adjourn the meeting at 2:55 p.m.

Council on Aging Report, January 2026

Lynne Feldman from Lifepath reached out to offer to attend a COA meeting to share information and updates with us, answer any questions, and meet COA members. I'd like to make a plan to invite her to an upcoming meeting.

Upcoming programs: A winter walk with Bill Lattrell is planned for Sunday, February 8th at 10:00, with a weather date on Feb. 9th. Fridays don't work for Bill's schedule at this point. If there's snow we'll be able to learn about tracking animals, in addition to forest ecology. I wanted to do a workshop in March but decided against it because of several library mosaic workshops planned throughout March. We will likely plan the beginner's painting class for April. There's also a slideshow and casual talk being planned by Lynn & Rol about their Galapagos Island trip, and they may use the senior center to present it. Plans are not complete so I'll keep you updated, it will be sponsored by the library (and maybe the COA?).

Grants: We received the application for the Fred Wells Trust grant for the foot clinic. The COA was awarded \$280 from the Heath Cultural Council for the painting class with Simonne.

Finances: Working with the treasurer and the accountant to make sure all accounts are in order. Sue and I will work on and submit a budget planning worksheet to the Select Board. We plan to ask to consolidate a couple of accounts as advised.

Other: There has been an offer of free snow plowing for seniors from Heath resident Leslie Evans.

Follow up with Kathy Stocz: I will contact her about the list of people who may like a visit, we received an updated list of seniors. Kathy had mentioned that Ruth J. might be interested in coming to a senior meal (and she could bring her). If Ruth would like to go, it would be great to honor her for her 97th Birthday at the January meal.

Victoria made me promise I wouldn't miss another senior meal, but the timing of when we go on vacation makes it difficult in June, and now we have a good routine going with the meals. If I get everything in place before I leave, are you o.k. with me missing the senior meal in June? (asking now so I can make camping reservations, thanks!)

Submitted by Lyra Johnson-Fuller