

NOTICE OF MEETING TOWN OF HEATH
Council on Aging
JRMC, Rm 135
January 15, 2026 1:30-3:00 p.m.

AGENDA

Call meeting to order

Review agenda

Review and approve minutes 11/20/25

Follow up notes: Rowe program; social café schedule; COA website

SPC Report

Patio grant proposal

Nurse position

Planning for Community Safety Fair (COA representative)

Action Plan Domain 5-8 revisions

Other Business That Could Not Be Anticipated 48 Hours in Advance

Next meeting

Adjourn

NOTE: Any of the items of business listed above or other business that could not be anticipated at the time of posting may involve decisive action on the part of the Council on Aging.

The listing of matters is those reasonably anticipated by the Chair which may be discussed at the meeting. Not all items listed may in fact be discussed and other items not listed may also be brought up for discussion to the extent permitted by law.

Posted on Tuesday, January 13 at 10:30 a.m. by Margaret H. Freeman

**Council on Aging
Room 135, 18 Jacobs Road Municipal Building
Minutes Thursday, October 16, 2025**

Present: Anne Emmet, Margaret Freeman, Lyra Johnson-Fuller, Donna Hyttinen, Sue Lively, Cathy Tallen.
Meeting called to order at 1:28 p.m.

Review Agenda: Action plan moved to end. Request for webpage; tarp.

M/S/P Anne, Cathy, unanimous: to approve the 9-25-2025 minutes as amended.

SPC: Lyra cannot open Room 135 for Men's Group meeting Friday Oct 17 at 10:30 am. Anne agreed to do so.

Veterans Day Celebration: Tuesday November 11 at 1:00 pm. Open to all other towns. Lyra will attend and try to create list of veterans. Sue, Anne, and Margaret agreed to help with refreshments.

Community Safety Fair: It was decided to set up a committee of five people to organize a board-wide community safety fair to be held in the Spring. Each organization will be responsible for their programming. Sue has already contacted Sheila Litchfield (Board of Health), Police, and Fire Departments, and will check with Hilma re Select Board permission for committee if needed. *The COA representative will be decided at the next meeting.

Fire Department grant: There was some confusion over two possible grants being prepared by Colrain (Anne) and Shelburne Falls (Lyra). They will contact the respective fire chiefs for clarification and mention it at the Senior Meal to get the word out if everything is OK.

Rowe invitation: to exchange information and possibly collaborate on activities. Date is Wednesday Nov. 12, no time given, but probably 3:00 pm (Lyra to check). Heath prepared to share activities we do (talks, arts, projects, etc.) and join Rowe walks. Donna and Margaret will attend if the meeting is in the afternoon.

Heath Holiday Craft Fair December 6: Ladies Aid will have their bake sale at the church. COA will provide chili (8 oz. containers), bread (no-knead, cornbread), egg salad rolls, two sheet cakes (Donna: chocolate and carrot). Anne will prepare cookies to go. Donations accepted. *On agenda for next meeting.

Requests by Pat McGahan: 1) to add material to COA town website. The Council agreed upon approval: *on agenda for next meeting. Lyra will contact her and *invite her to the November meeting. 2) to place tarp over garden area where daffodils have been removed. COA decided not to place tarp down until Spring.

Action Plan, Draft 2: Domain 1 complete; waiting for results. *Domains 5-8 on next meeting agenda.

Next meeting: Thursday, November 20 at 1:30 p.m.

M/S/P Cathy, Anne, unanimous: to adjourn the meeting at 3:05 p.m.

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

To Heath Select Board

From: Margaret H. Freeman (COA) and Pat McGahan (Parks&Rec)

Date: November ?

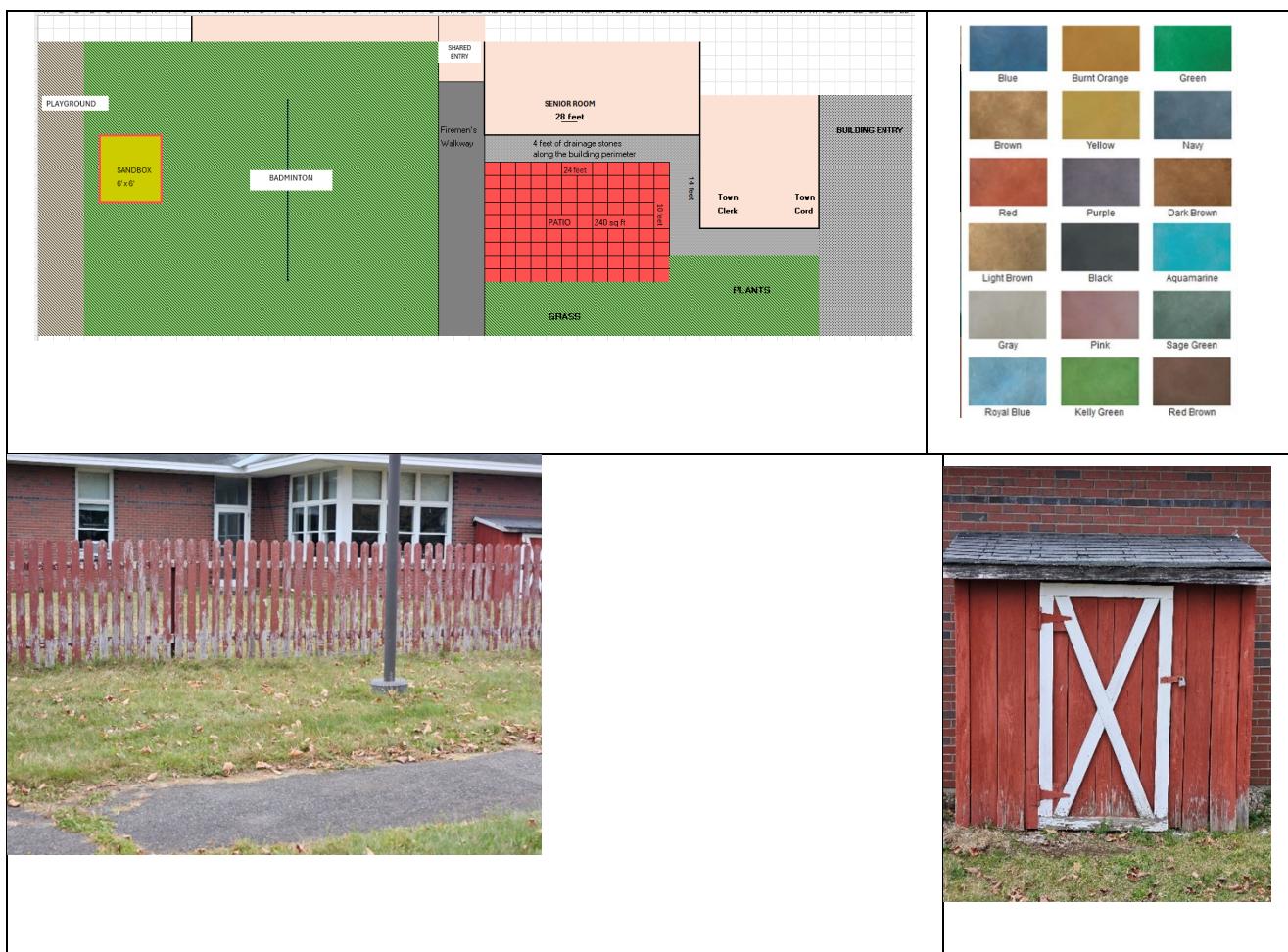
Re: Request for approval

DRAFT
Nov. 14, 2025

COA and Parks&Rec are interested in upgrading the area in front of the Municipal Building left over from the Elementary School years currently occupied by an unmaintained garden, sandbox, storage shed, and wooden fence. We therefore seek your approval to move forward with our plans to seek grants and volunteers to create an intergenerational seating area (in front of Room 135), exercise area (in front of Room 13?), and a new sandbox and storage shed for toys in the playground area.

As a member of the Age- and Dementia- Friendly Community, both organizations are eligible to seek a grant from the current Action Plan under Domain 1, Buildings and Grounds (open for applications in mid-November 2025) to cover the cost of excavating the invasive groundnut from the garden. The lilies and the daffodils have been dug up and will be stored until spring for re-planting in a suitable area elsewhere. The planned patio size is 24' x 10', but could be 24' x 12'. It will have tables and umbrellas for seating and large flower containers for easy maintenance. The plan is to use concrete which would be smooth enough for wheelchairs and walkers, and has many attractive dyes. The exercise area will offer badminton or bocce, both of which are easily played by both seniors and youth.

The rendering of the building front shows the actual measurements along the senior room (suggestion made to move plot further from building to allow drainage on walkway). The other two images are of the fence and the storage shed.



Rowe COA Meeting Report November 12, 2025 (Donna, Margaret)

Rowe COA shared the minutes of their October meeting (copy to Lyra) and spent an hour (3-4 pm) talking with Heath representatives before their official meeting.

Information Sharing:

Lyra will add Rowe Chair rochebj@gmail.com and Secretary nurse@Rowe-ma.gov to Heath email list to send monthly flyers and additional information on activities.

Veterans Celebration: Heath will ask Gene Garland if Rowe can be invited to participate in future activities.

Taijiquan: Heath will ask Stan Swiercz if he would like to start a new beginners class and have Rowe advertise and join.

Transportation: Discussion over common problems with current availability and senior reluctance (BigY demand-response bus; FRTA). Possibility raised of pre-ordering Uber cars to come to the hill towns.

Senior Needs: Agreement over problems with medical care, house needs, etc. Heath noted the provision of many brochures for pick-up for seniors at the JRMC building and Senior Room.

Joint Activities:

Walks: every Monday (weather permitting) from 10-11 at Rowe Town Hall (liability waivers). Invitations to Heath advertised walks.

Social Hours: Rowe coffee hours with planned activities for each: Third Thursday of every month from 10-12. Heath invited to January 2026 Vision Board meeting (individuals need to preregister). Heath social café every Saturday from 9:30-1:30 (coinciding with library open hours). Rowe invited to come.

Candlestick Bowling: Rowe subsidizing bowling in Shelburne Falls for residents every Wednesday from 3-5 pm. Heath invited to join: \$15 shoes provided; \$10 without.

Arts and Crafts: Heath's ongoing workshops (art, needles, felting, etc.) open to Rowe.

FrCog/LifePath/Western Attorney General: Heath noted successful meetings and workshops (dementia; scam alerts, etc.) and suggested we continue joint invitations for future events.

Notes:

Heath to consider adding specific activities (talks, games, etc.) to social meetings to encourage attendance (change Social Hour to Wednesday mornings?). Rowe has limited room for senior meetings. Both towns have problems with encouraging active participation by seniors. Suggestion that we invite Rowe COA to a future Heath meeting.