

Council on Aging Minutes for Virtual Meeting of June 9, 2021 final

The meeting was called to order at 5:33 p.m. Attendance was taken by calling the roll. Present: JoAnn Bernhard, Susan Gomberg, Janis Gray, Susan Millinger, and Linda Avis Scott. Absent, Melissa Makepeace-O'Neil.

Minutes of the Meeting of May 12, 2021: Motion to approve the minutes as presented was made, seconded, and passed unanimously by roll call vote.

Business

Financial Update:

Recent expenses:

\$80 for Gentle Yoga with Jeanette Stockton's substitute (2 sessions at \$40/each)

\$140 for May Foot Clinic (4 clients each give all but \$30, 1 gives all but \$20)

Total April expenses: \$220.

Balance as of May 12: \$3,336 from the grant for FY2021

Library Request: The Library Director asked the COA to consider granting \$670 for museum passes:

\$420 for a pass to Magic Wings which provides 32 adult entries.

\$250 for a pass for Mass MOCHA, useable the whole season, providing entrance to 2 adults and 2 youth.

A motion that the COA give to the Library \$670 to pay for two museum passes was made and seconded. After some discussion, it was passed unanimously by a roll call vote.

Foot Clinic News: Gomberg reported that Foot Clinic Nurse Sue Miller was surprised by the cost (\$120) for the first visit to a new client.

Scott reported the plan to open Town Hall to the public on June 21, to enable people to come in to transact business. Meetings will continue by Zoom at least until September. It is not known when the downstairs room (the Senior Lounge) will be available for the Foot Clinic. Scott will need to discuss this with the Board of Health; Gomberg indicated she would like to attend that meeting. Scott will find out when the two of them can meet with the Board of Health to ask about restarting Foot Clinic in the Senior Lounge.

A motion was made, seconded, and passed unanimously by a roll call vote to extend the current fee schedule for home visits to Foot Clinic clients through July and August. Scott will provide this information to Foot Care by Nurses.

MedRide: No new developments.

Senior Housing Survey Update: The subject now is how to conduct the survey, since the content of the survey was approved at the last meeting. Bernhard looked into using Survey Monkey. The alternatives are a free survey, which is limited to ten questions and forty responses, or subscribing to Survey Monkey for a year or a month. A subscription for a month would be \$99, which would permit an unlimited number of questions and people responding. The Library Director is using Google forms, which is free, and has no restrictions.

Penny Jacques suggested that it is important to standardize the way questions are asked. Bernhard was thanked for her research on survey possibilities. The questions she had for COA were then answered.

-About timing: COA agrees to wait until after the other Town surveys that are under way have been sent and returned. Gray suggests waiting until at least September; the group agrees.

-About revision of the questions, standardizing their format: COA agrees this is a good idea. Bernhard will send us the form with questions using a standardized format.

-About asking the Library Director to help us use Google forms. The answer is yes.

Scott will take the questions about the survey format Gray provided and send them to Ken Adams to see if the format is doable, and if so, ask for a rough estimate of the probable cost.

COA Membership: Scott noted that there is still a vacancy on the COA. Scott also pointed out that Gomberg's term ends June 30, and asked her if she wanted to continue. She does, so the appropriate request for a reappointment will be sent to the Select Board.

Unanticipated business:

Publishing of "How Tos": Bernhard thanked Gray for getting the "How Tos" document into the *Our Town* newsletter, and in a clever format. Bernhard reports she has had good feedback. Scott comments on her happiness that in a pandemic year when COA has been able to provide little to the community, the "How Tos" represent another contribution.

Healthy Incentive Program: Gray reported on CISA's Healthy Incentives Program (HIP) workshop on May 13, which she attended with Millinger, an informative event. Everyone who is eligible for SNAP benefits is eligible for HIP benefits. It doesn't matter how large your SNAP benefit is: the HIP amounts are based on household size. They are not subtracted from SNAP, either. Use your EBT card at participating farm stands and farmers' markets: the program is intended to benefit farmers as well as the consumers who are enabled to buy fresh healthy food. CISA has an online map identifying places that participate in HIP, as does the Department of Transitional Assistance (DTA). One challenge is that participating stores and stands are not always accessible by public transportation. Gray and Millinger suggested that in our area, Village Neighbors (VN) could fill that transportation gap. The CISA representative did not know of VN and was happy to learn of its services.

Website Question: Members of COA are to look at our website and see whether they think we should remove the info on Vaccination information and Vaccination Scams from the website.

Massachusetts State Plan for Alzheimer's Disease and Related Dementias: Bernhard has read some of this lengthy document. She reported that it seems quite helpful and recommended reading the synopsis. Its focus is on what needs to happen. There is currently no one place where people can go for information on the topic; collecting relevant information and making it available in one place is a major goal.

Bernhard raised the question of whether the COA survey should contain a question on dementias, probably asked of caregivers.

Estimates of time worked on COA business in FY 21 will be needed: it's time to draw up our estimates!

Motion to adjourn was made, seconded and carried unanimously by a roll call vote. The meeting was adjourned at 6:45 p.m.

Next Meeting: Wednesday, July 14 at 5:30 p.m.

Respectfully submitted, Susan Millinger, secretary