

Council on Aging Minutes for Virtual Meeting on October 13, 2021

The meeting was called to order at 5:34 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 August 11, 2021: Motion to approve the minutes as corrected was made, seconded, and passed by roll call vote, with Bernhard abstaining.

Minutes of the Meeting of September 8, 2021: Motion to approve the minutes was made, seconded, and passed by a roll call vote, with Bernhard abstaining.

Business

Financial Update:

The balance at the end of FY 2021: \$2,256.61

Expenses as of October 13:

\$230: MCOA dues

\$500: Donation to Village Neighbors

\$170: Foot Care by Nurses

Currently, the approximate balance is \$1,356.61

Library Request:

That the COA fund 10 weeks of yoga with Dr. Kathy Sward (from November 4 through January 27, 2022: on Thursday mornings) Cost: \$650.

That the COA sponsor or co-sponsor Zumba classes on Fridays: total cost: \$700; the Library requested that COA pay either part or all of the total.

A motion was made and seconded that the COA fund the Library's request for \$650 to fund Kathy Sward's yoga classes for ten weeks. Comments followed about the value of Sward's therapeutic approach. The motion was passed unanimously by roll call vote.

A motion was made and seconded that the COA support the Zumba classes for \$700. A member asked whether it was appropriate to spend the grant for 2022 which has not yet been received and received reassurance. The motion then passed unanimously by a roll call vote.

Foot Clinic News:

Gomberg reported on a meeting with Sue Miller, Shutesbury's regular foot care nurse. Miller wants to return to Town Hall, hoping that way to serve people who are not participating in the home visits. She reports that when at Town Hall the program served seven or eight people every month, with people on the waiting list. In contrast, only four or five clients each month request home visits.

Gomberg pointed out that the covid virus is still active, even though the Delta variant seems to be in decline. The COA will need to check again with the Board of Health about returning to Town Hall. Gomberg suggests that she survey all the clients who participated when the clinic was in Town Hall. She

points out also that the proposed new pricing structure would come into effect when the clinic returned to Town Hall.

Gomberg was thanked for the thoroughness of her report.

Scott pointed out that the Select Board would also need to be consulted, and must approve. Scott liked the idea of polling the individuals involved, either by telephone or by email for those who use it.

Report on the progress in Shutesbury of Age- and Dementia- Friendly Communities, the program LifePath is sponsoring in Franklin County and the North Quabbin. Scott and Millinger reported on the proposal given to the Select Board, who must send a letter of commitment for Shutesbury to join. Nour Elkhattaby Strauch, who administers the program at LifePath, made a brief but informative presentation about the project and Millinger explained the attractiveness of the program to the COA and the possible benefits to the Town. The Select Board approved joining the program.

Senior Housing Survey Update: Given that the next step for the Age-and Dementia-Friendly Communities program is to conduct a needs assessment (in which Shutesbury will be involved), Scott suggested that we hold further development of our COA survey until we have seen whether the information on senior housing needs we are looking for will be produced by the Needs Assessment instrument.

Member time estimates are due to Bernhard. Bernhard believes that the information will be needed in the same form as last year; she reports that this year's form is supposed to be online, but it not there yet. Members are to send their hours to Bernhard, who will enter them on the form.

Unanticipated Topics:

-Annual request to the Financial Committee: Scott pointed out that the COA's annual request to the Financial Committee for a grant for FY 2023 needs to be determined. She made a motion that the COA retain its expense line at \$200. The motion was then seconded and unanimously approved by a roll call vote.

-Website content discussion:

-Gray reported that she had reduced the amount of information on fraud. Her goal was to add information on getting vaccinated, particularly on getting a booster. She was not able to find relevant information about the booster at LifePath.

-Scott noted that she liked having the information on LifePath at the top of the page. Gray is asked why there are two separate sections on LifePath: can they be combined? Gray tells us that it is very difficult to move items on the page. Scott suggested that if information about LifePath could be removed from the section on Information and Resources, there would be room there for other non-Shutesbury resources, such as the Senior Medicare Patrol.

-Could the links to *The Geezette* be moved? Gail Fleischaker needs to be consulted.

-The bylaw on the COA needs to be changed to reflect the new text.

-Making Free Journals Available: Gomberg reports that MCOA provides free copies of personal health journals: should COA ask for some to put in Town Hall or pass out? Senior Medicare Patrol has a similar journal. ***Tabled until November.***

Motion to adjourn was made, seconded and carried unanimously by a roll call vote. The meeting was adjourned at 6:59.

Next Meeting: Wednesday, November 10 at 5:30 p.m.

Respectfully submitted, Susan Millinger, secretary