

Council on Aging Minutes for Virtual Meeting of November 8, 2023

Approved at the meeting of December 13, 2023

The meeting was called to order at 5:37 p.m. A roll call identified those present: JoAnn Bernhard (JB), Martha Favre (MF), Janis Gray (JSG), Susan Millinger (SM) and Jeanette Stockton (JS)

Minutes of the Meeting of August 9, 2023: *Motion to approve these minutes as presented was made and seconded; the motion was passed unanimously in a roll call vote.*

Minutes of the Meeting of October 11, 2023: *Motion to approve these minutes as presented was made and seconded; the motion was passed unanimously in a roll call vote.*

Business:

Financial Update:

Funds from FY23: \$1,778.43

EEOA Grant: \$7,994.00

Total Funds Available for FY24: \$9,772.43

Expenditure expected in FY24:

Foot Clinic \$2,304.00

MCOA dues: \$265.00

Library Fitness classes: \$3,000.00

Village Neighbors grant: \$1,000.00

Smartphone classes: \$100.00

Geezette (for two issues: \$800.00

Total: \$7 469.00

Amount Remaining available for additional expenditure: \$2,303.43

It was agreed that our goal in spending these funds is to get Shutesbury seniors *together in person*.

Foot Clinic: Discussion of the possibility of LifePath's paying for Foot Care for those of its clients receiving home care who use Shutesbury's version of FootCare by Nurses. Do we want to explore this possibility to reduce COA expenditures for Foot Care? We don't know if any of our clients are LifePath's clients. Would privacy regulations forbid us finding out? SM volunteered to ask the FootCare nurse whether she can tell us if any of her Shutesbury clients fall into that category. Also relevant: LifePath pays on a sliding scale, and only if funds are available!

Wrap Up on the Smartphone Skills Workshops: MF described the workshops. Five attended the morning and five the afternoon session. Positive comments about the workshops were received. MF created a follow-up survey, asking if a follow-up class was desired, and what suggestions people had for future programs. JB and MF sent a thank you to the teacher; MF asked the Town Accountant to initiate a check for the teacher.

Peace of Mind Binder: MF is working on a revision.

Programming Ideas: There was a lengthy discussion of what programs might appeal to Shutesbury's seniors. Mentioned:

- Bingo
- An old movie event with make your own ice cream sundaes
- Music event: a group playing music to sing-along to, perhaps together with a meal at the Athletic Club (AC) (It was pointed out that an indoor sing-along event might not be well attended with COVID on the rise.)
- Program on Dementia, inviting perhaps someone from LifePath or Village Neighbors? MF will look into; JB also will follow up with LifePath about this.
- Program on balance (as an example of what we could do in the Senior Lounge when we again can use it.)

Where would we have this event? More info needed about a meal at the AC. Would people come to one? Could someone cooking a meal allow us to combine it with a program? Or perhaps bring a food truck? MF will talk to the AC about options and days. Would we be able to have a daytime event there on a weekday?

Could we ask people to pay a small amount to help with the expenses of a program?

Given the COA's past experience with lack of turnout for many programs, the final decision seemed to be to start small, probably in the big room at Town Hall, with an old movie and ice cream

The problem of our inability to use the Senior Lounge in Town Hall was brought up. JB will talk with the Town Administrator about our need to be able to use what is supposed to be our space.

Next Geezette Issue: One important aspect of sending out a newsletter is developing a mailing list. Our previous co-chair, Linda Avis Scott, took care of this, so the current membership lacks experience, though JB helped her. JB said that the Town Clerk runs a list of about 700 people. However, the members of couples are listed separately; identifying couples lowers the cost of the mailing. Also needing to be identified and removed from the list: people who have moved out of town or have died. Linda will give us written instructions for compiling the mailing list.

-Possible Contents of the next issue:

- The police chief's current or planned outreach to seniors
- Emergency responders and services for seniors
- Interview with the new public health nurse (MF)
- Interview with the FootCare Nurse (SM)
- Peace of Mind "binder" (MF)
- Advertising the Movie Afternoon
- Something about Transportation?
- Something about Dementia?
- Services of LifePath and/or of Village Neighbors

Unanticipated Items:

-Website Developments: JSG talked about her work on tabs, including a discussion with the chair of the Web Communication Committee. JSG suggested a limited number of tabs was most effective. She suggested the most useful tabs. The committee agreed with her suggestions.

-Possible Grant Application for a grant from MCOA and/or a State Community Transportation grant.

-The importance to this COA of better communication with Shutesbury Seniors.

Next Meeting: December 13 at 5:30 p.m.

Motion to adjourn the meeting was made, seconded and passed by a unanimous roll call vote. The meeting was adjourned at 6:57 p.m.

Respectfully submitted, Susan Millinger, Secretary