

Council on Aging Minutes for Virtual Meeting of June 12, 2024

Approved at the meeting of July 10, 2024

Meeting called to order at 5:46 p.m.

A roll call of those present: Martha Favre (MF), Janis Gray (JSG), Jessica Makepeace (JM) and Susan Millinger (SM). Guest: Sarah Fiske, public health nurse.

In the opening section of the meeting, our guest, Shutesbury's new public health nurse Sarah Fiske (SF) talked with the COA about what she could do for us and we could do for her. SF said we are always welcome to her programs, and she is happy to do programs for the COA, keeping in mind that Shutesbury only has her one day a week.

Discussion of SF attending the COA-sponsored potluck. Though SF has office hours 9-2 in Leverett on Tuesdays, with notice she can probably attend this summer. Probably not in the fall when she will have other responsibilities.

Possible topics she could present: incontinence and the benefit of pelvic floor/kegel exercises; high blood pressure; the signs of stroke; a MOLST session; summer safety. The COA tells SF about our Peace of Mind "binder" online.

MF is interested in a session on access to medical portals; SF has access to only a few and there are many different ones used by town residents. There's a discussion about a "tech savvy" workshop. SF suggests enlisting the Fire Chief who is also Emergency Manager.

There is general interest in the topics of signs of stroke and kegel exercises.

SF does not get a lot of people coming to Town Hall to speak with her; her main contacts with residents are through phone calls and drop offs at homes. She is eager to attend events where she can meet more people. Her current get-acquainted project is collecting residents' recipes.

Amended at the meeting of 07.10.2024 by the addition of the following:

SM suggested that the COA hold a meet and greet at a lunch or at another event to make the Public Health Nurse more visible to townspeople.

After Sarah Fiske left, the official meeting began with a roll call taking of attendance. Those listed above were present.

Minutes of the Meeting of May 8, 2024: *A motion was made to approve the minutes of the April 10, 2024 meeting. It was seconded and passed unanimously by a roll call vote.*

Business:

Financial Update: as of June 11, 2024

Funding remaining:

Unspent: \$984.43

EEOA grant (second half): \$3997.00

Available to spend: \$4981.43

Anticipated expenses (previously budgeted):

Footcare: \$1,112.00

Fitness Classes: \$1,500.00

Geezette: \$800.00

Total anticipated \$3422.00

Balance of unbudgeted funds:

\$4981.43

-\$3422.00

Balance: \$1559.43

New Balance for anticipated expenses as of April 2024: \$1974.32

FootCare Clinic (May) -\$ 290.00

New balance for anticipated expenses \$1684.32

Balance unbudgeted funds:

\$1559.43

Expense: Sidewalk Sign to advertise COA events

-\$ 199.95

New balance for unbudgeted expenses:

\$1359.48

Possible additional expenditures during the current fiscal year:

MF talked with the Library Director about unfunded Library needs. As in the past, the Library would like help purchasing museum passes.

Magic Wings: \$420 would provide 32 adults free admission (these are good for a year.)

Mass MOCA: \$275 provides entry for 2 adults and 2 children (good for how many different entries? Not known.)

Total: \$695.

A Motion to approve giving to the Library the funds to purchase passes to Magic Wings and Mass MOCA was made, seconded and passed unanimously in a roll call vote.

Other Business

On-going Concern: How can the COA get email addresses for more of the Town's seniors? At the Broadband Committee meeting on Digital Equity that MF attended, it was suggested that the COA send out letters containing postcards to encourage recipients to send us email addresses.

-Could we get a list of those who don't have Broadband? Then the COA would know who definitely needs to be sent regular mail when being contacted. JM said she would inquire.

-A sign-in sheet at Community Lunch is a possible source for email addresses; another possible source is sign-in sheets at the Foot Clinic. MF will mention that to Susan Gomberg, manager of the Foot Clinic.

Update on Footcare: Discussion of what to do in response to an inquiry from a New Salem resident about attending the Shutesbury Foot Clinic. New Salem is changing its source for their Foot Clinic from FootCare by Nurses to a less costly provider, a certified nail technician.

JM suggests we need to know more about the rationale of the person (a former resident of Shutesbury). The COA did in the past for a while allow a person from Amherst to attend the Shutesbury Foot Clinic. Does the COA have a policy which would apply to this situation? If we don't, we need one.

MF will look further into this situation: contacting former chair Linda Avis Scott for her memory of the previous situation; looking at past minutes to see if they addressed the earlier situation; talking to the New Salem resident in question; contacting Clinic manager Gomberg.

Future Plans for Community Lunch: JM introduced the topic of the condition of what is supposed to be the Senior Lounge. It is generally agreed that the Lounge needs to be brought back to its earlier condition: it is very crowded and disorganized: hardly a welcoming environment. JM will draft a letter to the Select Board about this and bring it to the July meeting.

Letter to the Select Board still needed, reminding them of the steps that need to be taken to start the FRTA Call Service Shutesbury is eligible for. JS (Jeanette Stockton) is working on this.

Life Path's Visit to the Select Board to present its Aging Communities Plan: is scheduled for July 2. MF will send us a reminder.

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

Adjournment: *A motion to adjourn was made, seconded and unanimously approved in a roll call vote. Adjourned at 7:01*

Respectfully submitted, Susan Millinger, Secretary