

Council on Aging Minutes for November 7, 2018

Present: David Dann, Melissa Makepeace O’Neil, Susan Millinger, Linda Avis Scott, David Wheeler.

Meeting called to order at 5:36 by David Dann.

Minutes of September 12, 2018: It was moved and seconded to approve the minutes as presented. The motion passed unanimously.

Announcement: The editor of the Gazette needs to take a break from *The Geezette*. David W. may be able to put out a fall/winter event-focused issue.

Business

1. Luncheon recognition of MedRide Drivers and Marilyn Tibbetts on December 4

It was agreed to hold this recognition on December 4, at the Community Lunch. The drivers will be invited by phone by David D.; Melissa will invite Marilyn and Walter. The presents have already been purchased. The invited guests will not be asked or expected to bring food, so COA members need to bring extra.

2. Special Recognition for Marilyn

Marilyn will be made an honorary member of the Council on Aging.

3. MedRide drivers and CORI checks.

A discussion occurred about whether COA should have a policy asking for regular CORI checks of MedRide drivers. The discussion concluded with a *motion being made, seconded, and unanimously approved, that the COA is establishing a policy to redo the CORI checks of MedRide drivers every three years, in the fall.*

When David Dann calls the drivers to invite them to the Recognition Lunch, he will also ask whether they wish to continue as drivers. Those who do wish to continue need to provide updated insurance information. David will also inform them about the new CORI policy, and send a form granting permission for the CORI check for their signature.

4. Discussion about Kathy Sward’s proposal for COA-sponsored presentations on exercises seniors can do on their own.

a. Discussion of Kathy Sward’s proposal for two or three exercise presentations/workshops in the winter. The group liked Kathy’s plans, and decided (if we could afford them) to sponsor all three Saturday morning events. The second Saturdays in January, February and March seemed the preferable dates, and Kathy is available then—at least in January and February.

b. *David Dann* is to contact Kathy to confirm that she will be available on the second Saturdays, and to ask her for a price.

c. The group checked the budget to see how much was available for these programs.

MedRide is allotted \$1800; Foot Clinic \$500; Newsletter \$800; Membership dues \$200; Program activities \$1700 (of which \$500 is allotted to Fall 2018 programs) (Total budget: \$5,000)

d. There will be a special COA meeting on November 28 at 5:30 to finalize dates and the cost of the programs. When the dates have been confirmed, Linda will check with Becky to reserve the Town Hall basement.

e. If the programs are approved, we will send out a 2-page flyer (folding to take place on December 12th). Its contents: a cover page and a page which with information on the programs

as well as the piece Kathy sent us, "Exercise as Medicine: A Prescription for Health and Healing." *Melissa* will format the materials we received from Kathy to fit on the back and front of one piece of paper; *David Wheeler* and *Susan* will read the material for possible minor revisions. The flyer will also contain a note asking people to register: "If you'd like to help us plan, please register by calling the COA phone, 259-3796 or emailing coa@shutesbury.org

4. General Updates

MedRide program has been very slow. Discussion of some aspects of MedRide.

-Is there a conflict between MedRides and Village Neighbors volunteers giving rides to medical appointments? No, said David Dann. Shutesbury is currently the only town with MedRides, so Village Neighbors will be providing an important function in the other towns.

-Some questions about what kinds of medical-type appointments MedRide can and can't be used for. It can't take people to adult day care, unless prescribed by a physician [?]; it can take people to get flu shots IF the shot is given in a doctor's office, especially with an appointment.

-On using Task Force on Ageing money to pay mileage for MedRide volunteers. Gail is to be asked if the money can be used for that purpose, and if so, what the rate per mile should be. There will need to be a signature from a member of COA as well as the driver. David D will bring a form to the next meeting.

Foot Clinic continues successful, with 7 to 9 people every month. A question was raised whether we should have two clinics a month; David D said no, because of the cost; also because the nurses say that every other month appointments are recommended for most people.

Report on Senior Medicare Patrol Program

The program was excellent: Scott was a great presenter, and a lot of good information was provided. However, attendance was low (three from COA plus the *Gezette* editor.) This was disappointing, given the attention COA had paid to publicity. Perhaps the focus on fraud of the publicity materials the Patrol had provided was not attractive to Shutesbury residents?

-This led to a brief discussion of **how we can get more people to COA programs?** How can we reach people? One suggestion: *Creation of a COA email-address group*. It was noted that an email group would be a useful way to reach people. It could be used for timely notifications of information which would benefit seniors. It was suggested that we discuss it further at the December meeting

Next Meetings:

Special Meeting on November 28, 5:30 p.m.

Regular December Meeting, Dec 12, 5:30 p.m., will also be a Folding Meeting (for flyer)

Meeting adjourned, 7:02 p.m.

Respectfully submitted, Susan Millinger, secretary