

Council on Aging Minutes for January 9, 2019

Present: David Dann, Susan Millinger, Linda Avis Scott, David Wheeler. Guest: JoAnn Bernhard

Meeting was called to order at 5:35 p.m. by David Dann.

Minutes of December 12, 2019: It was moved and seconded to approve the minutes as read. The motion passed unanimously.

Business

New Member Recommended to Select Board. It was moved, seconded and unanimously approved that COA recommend JoAnn Bernhard to the Select Board as a member of the COA

Discussion of the Annual Report

It was decided to include more detail about the different activities COA supported in the 2017-2018 financial year. We co-sponsored with the Library: Gentle Yoga, Strength Training for Seniors and Line Dancing, helping to purchase needed equipment for the yoga and strength training classes. COA also helped the Library purchase museum passes for Historic Deerfield and the Museum of Fine Arts, Boston.

COA also sponsored a special program, an excellent presentation by Senior Medicare Patrol.

Also to be added to the Annual Report: COA's grant from the state of \$1500.

[David Dann inquired whether we have any more information about our grant. Linda will check with Becky.]

The Exercise Programs

Kathy Sward's series of presentations on Exercise are to be held January 12, February 9 and March 23. COA members were reminded that it is important to support these programs by attending and helping with logistics.

Linda will be the responsible party on Saturday, January 12; David Dann for the February 9 event and David Wheeler for the March 23 program.

Linda will advertise through Town Announce; David W will advertise through Next Door. Also there will be plugs for the programs at Kathy Sward's Strength Training and Therapeutic Yoga classes.

New Policy Needed

COA needs to discuss the expected level of participation by members whenever a program, activity or class is sponsored by the Council, as well as expected help with opening the building, preparing the room, etc. A policy is needed setting out expectations.

Updates

Community Potluck. Next potluck on Feb 6. Question was raised whether lack of transportation might prevent any interested persons from attending.

Village Neighbors. Is going to encourage members to come to community events. Question re liability for driver for transportation to an event). A Village Neighbors volunteer driver would be covered.

Currently over 50 vetted volunteers and over 40 members. 1-2 service calls a week. The majority of requests are for rides and household chores. Over 20 people on committees and boards. The Board has increased its members—in order to have back-up for committees and vital activities.

MedRide so far about one ride a month, but will pick up.

Foot Clinic (third Wed) is always full. Regularly gets eight participants. Program described with explanation of fee being whatever the client wants to pay (cost of \$35 to COA.)

Exercise classes: Recreation Committee is handling the current winter classes.

News Flash. Linda presented info on new program described by Lifepath. Franklin Regional Transport has a new med ride program for those needing to go outside Franklin County. Curb to curb. Drivers may help people in and out of car only; drivers cannot handle health-related equipment. Schedule 48 hours in advance. Can bring a helper. No direct fees; 40 cents a mile for non-Lifepath members. (There is a different program for people on Mass Health.)

Proposed Agenda Items:

Possible new programs: Taking library books and dvds to folks who can not get to the Library. Also, since our most successful programs seem to be health related, perhaps additional hands-on health programs (David W suggested several.....) Perhaps a lecture on a specific health issue? A talk on dementia together with a meal?

Could we cooperate with the Library: Friends of the Library to provide the meal; COA the program?

Game Night a possibility.

Partner with another group, say police or fire dept on a joint event.

The meeting was adjourned at 6:50 p.m.

Next Meeting:

Regular February Meeting, the second Wednesday, February 13, 2019 at 5:30.

Respectfully submitted, Susan Millinger, secretary