

COA Minutes for Meeting August 30, 2017

Present: Linda Avis Scott, Jean Footit, Melissa Makepeace-O'Neil, Susan Millinger, David Wheeler (had to miss beginning of meeting). **Guest:** Mary Anne Antonellis

Meeting called to order at 5:30 p.m. by Linda Avis Scott

1. July 12 minutes approved 4-0

2. Discussion of the September 15 dinner at the Athletic Club. Topics discussed:

- Advertisement: a flier in the Town newsletter; also Linda will post it on Nextdoor Shutesbury. Regular A.C. notices about the week's events will include it.
- Confirmation that the A.C. will be open at 5 p.m.; Brad will be there to let us in.
- Confirmation of menu and assignments. Melissa will make the pasta. She will provide a gluten-free choice. There will be two sauces: Sally will be bringing a sauce; David D and Sandy are bringing pesto. David D is also bringing garlic bread; Susan and Jean will each make a salad; Susan will bring three different salad dressings. Linda and David W. will be bringing cookies.
- We will need to bring serving utensils (each for her/his own dish), plates and napkins; we can use the A.C.'s silverware.
- Melissa will check to see if coffee and tea will be available at the bar, and whether we will be able to use their oven.
- Timing confirmed: dinner begins at 6; speaker at 7.

3. Discussions of and Allocations of Grant for FY 2018

A. Preliminary discussions:

1. Discussion of the proposed change in foot clinic fee.

The change proposed is a new fee structure: \$40 for a new client; \$35 for a returning client. This fee structure will be in place for two years. In FY 2017, \$1000 was allocated from the grant to cover the difference between what individual clients paid and the cost of the program to COA. \$350 was spent from the grant.

-It was moved and approved to accept the proposed fee structure and allocate \$500 from the grant to make up the difference between client donations and the charge to COA. The increased allocation is because of the popularity of the clinic.

2. A new program for seniors for which our support was requested.

Guest, Library Director Mary Anne Antonellis joined us to ask for consideration of a new program, "Strong and Sure: An Introduction: Strength Training for 50+." It will consist of an introductory lecture Oct 3, and four classes, Oct 12 & 26 and Nov 3 & 9. 9-10 a.m. on Thursdays in Town Hall. The leader is Kathy Sward, an exercise and stress physiologist with 20 years of experience teaching strength training. The cost of the program is \$375.

3. Review of allocations and actual expenditures in FY 2017.

- Programs: A total of \$821.89: \$650 was spent on yoga and \$171.89 was a donation of books to the Library
- \$1,000 was allocated to the foot clinic: \$350 was spent
- \$2,000 was allocated to the med ride program, \$2,441.90 was spent.
- \$600 was allocated for the newsletter, \$565.82 was spent

In addition to the grant, COA has a \$200 expense line: that was used in FY17 for dues to MA COA

B. Grant allocations for FY 2018: (Total allocation for FY 2018: \$4500.) The following allocations were moved and approved after discussion.

- **Programs: \$750:** including \$200 for fall yoga and \$75 for strength training. It is expected that COA will also provide \$200 for spring yoga, although that was not moved in this meeting. It was agreed that it is desirable to keep some funds available which can be used for programs that may be developed later in the year.
- **Med ride: \$2650.**
- **Foot Clinic: \$500**
- **Newsletter: \$600**

3. Updates:

- The Med Ride program is status quo.
- On Village Neighbors: the subcommittees are working hard; the Steering Committee is providing good leadership, and is working especially towards non-profit status. An update on Village Neighbors will be given on Sept 15 before the talk on hospice.
- COA's web page: David W expects to be able to move forward with this soon.

4. Announcements:

- The 3rd annual Senior Health and Safety Expo, sponsored by Charlene Manor and the Franklin County Sheriff's Office Triad Unit, is being held on Sept 12 from 10-2 at the Schuetzen Verein Grounds in Gill. No one was free to attend.
- The next community potluck is Sept 5. It was suggested that those attending invite others to attend the potlucks.

5. Other discussion

- a. The question was asked: *How is COA regarded by the Community?* Partial answers: The Foot Clinic is full every month, with a waiting list; Med rides are in demand; yoga draws a large group; several people have heard positive comments about the newsletter.
- b. Suggestions for the newsletter:

- that a sample of individuals receiving the benefits of COA's programs be asked to provide brief descriptions of what the program they participate in means/meant to them
 - that Sally interview Catherine Hilton on her community-building/emergency preparedness program
 - that Sally interview Jean Footit about a new animal companion loss support group.
- c. Suggested topics for future discussion: in the next meeting if possible:
- A logo for COA: do we want to have a contest for one?
 - Evening potluck
 - Annual Report
 - Possible presentation on the topic: how does one deal with practical matters after being left alone. (Perhaps a speaker from Hospice?)

NEXT MEETING: September 13 at 5:30

Adjourned, 6:58 p.m.

Respectfully submitted, Susan Millinger, Secretary pro tem