

COA Minutes for September 12, 2018

Present: David Dann, Melissa Makepeace-O'Neil, Susan Millinger, Linda Avis Scott. Unable to attend: David Wheeler. Guests, Kathy Sward and Sally Fairfield, editor of *The Geezette*.

Meeting called to order at 5:37 by David Dann..

Business, both new and old

1. Discussion with Guest, Kathy Sward, about possible program sponsored by COA

In order that the guest might be able to leave as soon as the possible program had been discussed, the meeting began with this topic. Kathy Sward described the classes she is leading this fall. When asked, Kathy expressed interest in an additional presentation; perhaps on a weekend day, in which she would talk about what seniors can do on their own, through movement, to improve their health. This would include breathing and stretches. There should be an initial session, a workshop with demonstration and audience involvement, and a later follow-up session with opportunity for questions. The program would be aimed at seniors not currently participating in Kathy's classes.

After discussion about possible dates, it was decided to have the initial workshop in January, so it could be advertised in the December *Geezette*. Kathy will email a brief description and some dates to Sally for the newsletter.

Additional programs: there was enthusiastic discussion about starting a walking group (walking on the school track); Kathy will also send a description of this for the newsletter.

Finally, a special class on balance and fall prevention was discussed.

2. Schedule for next issue of *The Geezette*, discussed with its editor

The newsletter will come out in early December. The editor plans to attend the November meeting on the 14th with what she has written to that point; materials drafted subsequently will be read and commented on via email.

The Folding party will be Nov 28.

Linda gave Sally information about pieces she should expect for the December newsletter.

3. Review of Preparations for Senior Medicare Patrol program.

The Senior Medicare Patrol program will take place on Wednesday, September 19. The program will begin at 6:30 p.m.; light refreshments will be available from 6 p.m.; COA members should be there by 5:45.

4. Minutes of August 15, 2018

A motion to accept the minutes of August 15 was seconded; the minutes were unanimously approved.

5. Proposed use of money given to Ageing in Place by the Shutesbury Education Foundation.

Village Neighbors wants to make available reimbursement for mileage for transportation of members. \$.25/mile was suggested, but Linda thinks it may be necessary to pay the federal rate. David Dann will check with Gail about this. The Education Foundation made a grant to the Ageing in Place Task Force of

which about \$800 remains. To use this money for an ageing in place purpose, David Dann suggested that COA disburse this money for mileage reimbursement.

Updates: We needed to end the meeting so that members could get to other events, so there was no time for detailed updates. David said that all the programs are okay.

Announcements:

LifePath sent information about remaining coupons for farmers' markets. Melissa will see if she can find someone who might use them.

-Jessica Carlson-Belanger has informed us that that the 6th graders are interested in meeting with us. It was suggested they be invited to the November 13 Community Lunch, since that will have a special program (honoring Med-Ride drivers and retired COA chair, Marilyn Tibbetts.) Parents could bring dishes as their children's contributions to the potluck

NOTE: The Next Meeting will be on the THIRD WEDNESDAY, October 17th, 5:30 p.m.

Meeting adjourned, 6:49 p.m.

Respectfully submitted, Susan Millinger, secretary