

Council on Aging Minutes for March 13, 2019

Present: David Dann, JoAnn Bernhard, Susan Millinger, Linda Avis Scott. Guest: Library Director Mary Anne Antonellis. **The Meeting was called to order at 5:38 p.m. by David Dann.**

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

Business

Discussion of the Annual Report: The Annual Report for Fiscal Year 2018 was read and a motion was made, seconded, and unanimously approved.

The Exercise Programs: The third and last of Kathy Sward's Saturday mornings programs will be offered on March 23. Because David Wheeler may not be able to be the responsible COA member for the event, Linda and JoAnn volunteered to serve as his back-up. It was noted that attendance has been very good: 12 for the January program and 14 for the February program.

Grant Discussion: The paperwork for the grant from the state has arrived; Shutesbury COA will be receiving \$5,000 (\$6,000 minus the \$1,000 remaining from the last grant.)

Should COA prepare its own grant in the future, rather than providing the figures to the Town Administrator? After discussion, it was moved, seconded, and unanimously approved that for the next grant cycle, the COA take responsibility for preparing its own grant application. The Chair will inform the Town Administrator,

Updates

Community Potluck: Next potluck on April 2. Susan will take over the necessary preparation and clean-up, freeing Linda and Susie Mosher from those extra duties.

MedRide: Nothing new to report.

Foot Clinic (third Wed): had an unusually low turnout in February. Only three people showed up, while four people cancelled because of sickness and other reasons. 8-9 are scheduled for March. David hopes we will soon have a regularly scheduled nurse.

Exercise classes: Recreation Committee is handling the March classes, which are paid for by the individuals participating.

Village Neighbors: is averaging 1-2 requests a week. About ½ of the requests are for help at home. Some people who can't drive and want to run errands are also looking for companionship. People seem to be using VN volunteers to supplement help they are receiving from relatives and friends.

On Tuesday March 12 (?), Life Path provided a program training volunteers on dealing with people who have mild dementia.

David Dann commented that they are still learning how their software program works, especially to notify people. It's been pointed out that whether a member has one or more pets, and whether a prospective volunteer has an allergy to a pet is important information to collect.

The three people serving as call managers will rotate weekly.

The Wendell Full Moon Coffee House on April 13 will be fund-raiser for Village Neighbors.

Discussion with Guest, Library Director Mary Anne Antonelli, about COA's possible contribution to her planned spring and summer programs

Mary Anne has heard from people who prefer free classes and the ability to drop in to classes. She plans to offer free, drop-in (space permitting) fitness and recreation classes April through August (with fewer offerings in July and August, when more people tend to be away.)

11 weeks of three classes taught by Kathy Sward: on Thursdays In April; on Tuesdays in May and June

- Beginning Strength Training for Seniors
- Intermediate Strength Training for Seniors
- Therapeutic Yoga

Cost: \$2,145

Yoga Classes:

- 13 weeks of Gentle Yoga, usually taught by Sasha (\$650)
- 11 weeks of June Chair or extra-gentle yoga from April to the end of June, (Wednesdays at 10:15), taught by Sasha (\$440)

Total cost: \$3,235

Mary Anne would like to see a partnership of the Recreation Committee (which has \$750 in unspent funds to contribute), COA, and the Library. Mary Anne does not want to cosponsor Line Dancing with COA, fearing that the role of COA would lead possible participants to have certain expectations of accommodation that wouldn't be met. Mary Anne needs to buy some more equipment (more and a greater variety of weights for Kathy; straps for Sasha.)

Mary Anne's plans include a grant on which she is working which would pay for nine months over two years of chair (or gentle?) yoga and beginning strength training.

Requested from COA: a letter in support of this grant application.

She has been asked for evening and/or Saturday morning classes and is considering a limited offering of evening yoga.

*Mary Anne's request: that COA contribute as much towards the \$2,485 (after the Recreation Committee's contribution has been subtracted) cost of the classes listed as possible.) Last year COA contributed \$2,000. **A motion was made, seconded and unanimously approved that COA provide \$2,485 for the Library's fitness programs as outlined above.***

Proposed Agenda Items: In April we will discuss program ideas and get a clearer idea of our fiscal picture.

Next Meeting: Regular April Meeting, the second Wednesday, April 10, 2019 at 5:30.

Respectfully submitted, Susan Millinger, secretary

