

Council on Aging Minutes for Meeting of August 14, 2019

Present: Linda Avis Scott, JoAnn Bernhard, Susan Gomberg, Janis Gray, and Susan Millinger. Guest: Mary Anne Antonellis, Library Director

The meeting was called to order at 5:34 p.m. by the co-chairs JoAnn Bernhard and Linda Avis Scott.

Business:

Minutes of the Meeting of July 10, 2019: A motion was made and seconded to approve the minutes as presented. The motion passed.

Updates:

-Community Lunch: Linda will send a special reminder that the next Community Lunch will be on September 3, since that is the day after the Labor Day holiday.

-Med-Ride: There have been a couple of requests for rides in this new fiscal year.

-Foot Clinic: There was a continuation of the previous discussion of encouraging clients to sign up for every other month, unless the nurse judges that the client should be seen monthly. There are wait lists for both August and September, so this has become an important issue. Susan Gomberg will decide how to communicate this diplomatically to individuals wishing to come every month when the nurse does not encourage this.

-COA Website: Janis contacted the Town Clerk, and the changes mentioned have been made. However, it was pointed out that we should not add links to Village Neighbors and the Foot Clinic, because these are not governmental bodies/activities.

Discussion of MACOA membership: will be held over until more research has been conducted about neighboring COA's attitudes to/experiences of the value of MACOA membership to them.

Grant Application: Linda has gathered all the information for the application. Becky will share the application spreadsheet to use as a starting point.

-Other Business:

-Lifepath meeting of COA Directors: JoAnn reported on the meeting, which she attended. The Census of 2020 was the main topic. JoAnn reported on some of the details of the collection of data. Franklin County has a person whose job is to inform County communities about the census. Another topic of the meeting: COA heads commented on what they are doing.

COA Support for Programs for Seniors:

-Guest Mary Anne Antonellis, Library Director, made a presentation on the fall and winter healthy activities planned. The specific programs she asked the COA to consider funding are:

- Jay McWilliams' Saturday "Strength Foundations" for 11 weeks/Sept.-Nov. (ending before Thanksgiving) at \$600
- Gentle Yoga, which the COA has supported in the past, for 11 weeks from Dec.-March at \$440. (The COA would be helping the Recreation Committee.)
- "Tech Support with Hank" for three sessions at a total of \$225.

The COA also learned that a Zumba class for seniors will be given a test run this fall, Friday mornings at 9, that a Qi Gong class may be offered, and that art classes for seniors are under discussion.

Continued Discussion of Possibility of Senior Housing

The discussion of senior housing focused on relevant materials produced by Shutesbury and other hilltowns, specifically:

- the Shutesbury Master Plan's recommendations on senior housing in the Visioning Plan's ideas for possible uses of Lot 0-32
- an online report on Wendell's survey on the topic.
- the report of the Conway School of Landscape Design, which is not available on line, is available in the folder mentioned below.
- Hilltown Community Development website has info on senior housing projects. The regional organizations tend to have control of their projects, which are rentals. Hilltown Community Development has also renovated and sold properties.

The materials which are not available online will be in a folder in the COA mailbox, to be borrowed by members for discussion in future meetings.

It was suggested that it might be informative to invite someone from the Franklin County housing authority to discuss their program.

Meeting adjourned, 7:04 p.m.

Next Meeting: Regular August Meeting, the second Wednesday, September 11, 2019 at 5:30.

Respectfully submitted, Susan Millinger, secretary

Addendum:

Subsequent to the meeting, the secretary looked for the websites of senior housing materials. They are:

- https://www.shutesbury.org/master_plan_working_group.
- [https://www.wendellmass.us/index.php/home/remository/Council-on-Aging/\[Results-of-the\]-Senior-Housing-Survey-in-the-Town-of-Wendell/](https://www.wendellmass.us/index.php/home/remository/Council-on-Aging/[Results-of-the]-Senior-Housing-Survey-in-the-Town-of-Wendell/)
- <https://www.hilltowncdc.org/housing>