

Council on Aging Minutes for Meeting of October 9, 2019

Present: Linda Avis Scott, JoAnn Bernhard, Susan Gomberg, Janis Gray, David Wheeler, and Susan Millinger. **Guests:** Sally Fairfield, *Geezette* editor; Susie Mosher, Town Clerk; Mary Anne Antonellis, Library Director; Rita Farrell and Christine Robinson of Recreation Committee

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 September 11, 2019: Motion to approve the minutes of Sept. 11 as read was made, seconded, and passed.

Updates:

-Community Lunch: A good turnout at the lunch on September 3.

-Med-Ride: Elaine Puleo, the ride coordinator has been out of town. There was one ride request in the past month.

-Foot Clinic: Adjustment to the every-other-month pattern of visits for clients (unless the nurse requests monthly visits) has been going well. Susan Gomberg reported that there was one new client for October, and two empty spots; that November was full, with two on the waiting list; that December was full.

-Senior Housing: David Wheeler was given a brief overview of these discussions, which he had to miss. It was announced that Brian McHugh of Franklin County Regional Housing Authority will visit the November meeting, arriving at 6 p.m., to provide perspectives on affordable senior housing.

The Newsletter: Dates: the editor will present a semi-finished version of the newsletter at the meeting on November 13 for comments; folding will occur on November 20th, starting at 5:30 p.m.

--Content suggestions: an article on the 2020 census would be appropriate. Library and Recreation Committee programs of special relevance to seniors, which are usually included. There was an inconclusive discussion of including death notices of Shutesbury residents (the Town Clerk receives official notices of those who die in the state). See also the information about the Home Modification Loan Program at the end of these minutes.

--Village Neighbors would like to submit materials to *The Geezette*. The editor is opposed, wanting to keep the newsletter short. Co-chair Scott asked that the discussion be delayed until after the Select Board decides what the rules would be about including material from non-official town groups in town publications.

New Business: Town Clerk Susie Mosher discussed the coming census: both what its stages would be and the importance of a complete count. National Census Day will be May 1, 2020. The Town Clerk is looking for ideas about how to reach out to folks and get them to fill out the census.

Requests for collaboration in programs from the Library Director and the Recreation Committee.

Rita Farrell for the Recreation Committee explained that in December, the Committee would continue the two weekly classes in advanced strength training and therapeutic yoga which it is offering this fall, and would in addition pick up the gentle yoga class which the Library Director will stop offering at the end of November. These three classes would be offered through February. The Committee does not have the funds to offer the classes for free, which its members would like to be able to do. The Committee requested \$650 to offer the three classes for three months, for free.

Library Director Mary Anne Antonellis presented the programs of special interest to seniors which she is offering September through December, and those to be offered February through June.

For the fall, 15 weeks of Strength Foundations (for a cost of \$750) and Tech Support sessions (cost of \$250). (Total \$1,000.)

Winter-Spring 2020: 22 weeks of Strength Foundations (\$1100), 4 sessions of Tech Support (\$300) and 17 weeks (March-June) of Gentle Yoga (\$680). Total: \$2,080

Allocations of the money of the State Grant. The Town Administrator suggested that until final figures are available, the State Grant for fiscal year 2020 be estimated to be \$5,000. Discussion of what sums to allot to the different categories of COA activities, given the estimated needs of each program, led to the following allocations:

Foot Clinic: \$500

Newsletter: \$500 (2 issues of \$250)

Med-Ride \$1000 (difficult to predict how many rides will be requested, so the estimate was generous.

Programs: Est. \$3,000.

Given the estimate of \$3,000 available for programs, we decided to support Recreation Programs at \$650, and Fall Library programs at \$750 (for Strength Foundations), leaving an unallocated balance of \$1600. The COA discussed, for future consideration, using \$1100 for Winter and Spring Library programs, and setting aside \$500 for possible COA programs.

Town Expense Line for COA: Lunch expenses, estimate at \$50, will be charged to that line.

Annual Report: Janis Gray, who is drafting the report, raised some questions about the contents and was given answers.

Announcements:

-The next meeting at LifePath for COA chairs and directors will be November 6, 1:30-3 p.m. The main focus will be LifePath's Home Care.

-Information is available about the Massachusetts Home Modification Loan Program. No interest is charged on the loan; the loan is repaid when the home is sold or its title is transferred. The purpose of the loan is to enable an owner to modify property to make it accessible. It is suggested that the editor include information about the program in the next *Geezette*.

Meeting adjourned, 7:25 p.m.

Next Meeting: Regular November Meeting, the second Wednesday, November 13, 2019 at 5:30 p.m.

Respectfully submitted, Susan Millinger, secretary

Note: Subsequent to the meeting, a website was found for the Home Modification Loan Program:

<https://www.mass.gov/service-details/about-the-hmlp>