

Council on Aging Minutes for Virtual Meeting of December 13, 2023

The meeting was called to order at 5:35 p.m. A roll call identified those present: JoAnn Bernhard (JB), Martha Favre (MF), Janis Gray (JSG), Susan Millinger (SM) and Jeanette Stockton (JS). Guest: Rebecca Wheeler

Minutes of the Meeting of November 8, 2023: *Motion to approve these minutes as amended was made and seconded; the motion was passed unanimously in a roll call vote.*

Business:

Funds available in FY 24

Holdover from FY23	\$1778.43
<u>EOEA Grant</u>	<u>7994.00</u>
Total available	\$ 9772.43

Expenditures to date:

July Footcare	\$200
August Footcare	\$127
September Footcare	\$220
October Footcare	\$ 90
November Footcare	\$305
MCOA Dues	\$265
Library Fitness Programs	\$1500
Village Neighbor donation	\$1000
<u>Smartphone program</u>	<u>\$100</u>
Total expended	\$5965.00

Anticipated expenditures:

Footcare	\$ 135
Library fitness	\$1500
<u>Geezette (for one issue)</u>	<u>\$ 800</u>
Funds available	\$2315.43

Agenda:

Smartphone survey results: The follow-up on the Smartphone Skills Workshops: MF described the feedback received on the follow-up survey, asking if a follow-up class was desired, and what suggestions people had for future programs. All wanted a follow-up class; a small number wanted additional computer skills classes

Messages on COA phone: Susan Gomberg has been checking the messages. She reported through JB that there were two calls; both were referred to LifePath. The question was raised: do we need to consider some way to direct such calls directly to LifePath? And what to do about people who are not already connected to LifePath?

Recruiting new members: The COA is hoping our guest of 12/13, Rebecca Wheeler, may decide to join the COA. It would be helpful to have some men as members.

Annual reports: Shutesbury & EOE: JB explained that the COA prepares two annual reports.

The Town Annual Report is due January 31; the Secretary will have a draft by the January meeting. The report is based on a review of the minutes.

The Annual Report for the EOE (Executive Office of Elder Affairs, our funder) is much easier to prepare than it used to be, now that there is an online form to fill out. JB has taken care of this report for a number of years. Rather than asking for detailed reports from members on hours worked and tasks performed by each member, JB can use the estimated average of 4 hours a month for each member. Based on the detailed reports, this is a fair average. It is important to realize that the grant we receive does not depend on this report. The report for FY23 has not been posted yet.

Peace of Mind binder update

MF had sent us in advance the “binder” in its current form for our discussion. MF explains there are a number of different kinds of powers of attorney; what information the Binder should provide needs attention. MF has suggested she contact a lawyer to be sure the language of the Binder is correct throughout.

Programming ideas:

Exercise program for bones and balance “Healthy Bones,” which Jeanette offers to present
LifePath presentation
Dementia presentation

A likely early event would be a presentation, perhaps from LifePath about its services, which are apparently not well known in Shutesbury. MF will look into getting a LifePath person to speak to the COA before we plan a program for the public.

JB has spoken with the Police Chief, who has agreed to find another space for the boxes of car seats within the next two months.

To advertise programs, we face our huge challenge: how to communicate with members. 90 households lack broadband; in addition, in the COA has very few email addresses for those with broadband.

We need a list of Shutesbury citizens over 60: JB has experience getting this list to send *The Geezette*. JS told us that the Town of Hawley’s COA has organized the town so that the Fire Department knows all the elderly.

Unanticipated topics: None

Next Meeting: January 10 at 5:30 p.m.

Motion to adjourn the meeting was made, seconded and passed by a unanimous roll call vote. The meeting was adjourned at 7:05 p.m.

Respectfully submitted, Susan Millinger, Secretary (Using the notes of Martha Favre)