*COA meeting Wednesday January 8, 2025*

The meeting was called to order by BJ Roche at 3:03pm

Attendees: Chair BJ, members Donna, Diane, Rachel and Kelle. Lifepath members Jason Maloney (age friendly director), Susan White (director of community and volunteer resources), and Shauna Clark (homecare supervisor and case manager)

**General Business:** A motion was made and seconded to approve the meeting minutes of December 18, 2024.

**Lifepath talk:**

Susan White gave an overview of what services are provided through Lifepath. Which services are free and which require payment. Services overviewed included: homecare, SHINE, Meals on Wheels, grocery program, phone pals, healthy living programs, volunteer programs.

Residents must be aged 60+ or have dementia to qualify for services.

Jason Maloney then spoke about age and dementia friendly programs and grants.

The COA will follow-up on this info to try to promote these programs and home care services and volunteer roles.

Lifepath speakers departed at 4pm.

**Items voted on:**

* Motions were made and seconded to allow Brooke Shulda to sign off on our bill schedules (as she has now stepped down from her position on the COA)- Passed
* Motions were made and seconded to purchase a smart TV and rolling stand for use in the fitness center and by Town Nurse and COA. The price of the TV is around $600-700 dollars- Passed
* Motions were made and seconded to spend $750 maximum on 15 tickets for tanglewood performance in August. (the money will then be reimbursed when residents purchase tickets once they are in our possession.) – Passed

**Scheduled Future Activities:**

***Foot Clinics*:** Continue to go well and are popular with residents. The prices of foot clinics have increased in July from $50/hour and $20/per person to $60/hour and $25/per person (average increase of $115 a clinic). Findings of survey shows that most attendees were willing and able to contribute a $20 voluntary donation for the foot clinic time slot. A donation box was set up- both December clinics, 7 residents donated in each clinic. The money was counted and given to treasurer Ben Gelb to put in a newly opened ‘donation’ revolving account for the COA.

***Walking Club with Rachel and Kelle****-* to continue indefinitely as long as weather permits. Great feedback from residents with this club. 1-1.5 Hour long from 10am-11(30)am. Continue to be advertised in Goal Post. Walkers have signed liability release forms.

***Bowling club*-** at Shelburne Falls bowling alley. January 9th and 23rd from 3-5pm for seniors- $10 to bowl and shoes. Paid for by COA. No need to sign up. Contact BJ for more info. 3 lanes have been reserved. BJ paid for the last bowling session by check and will get reimbursed. February dates: Feb 6th and 20th.

**January Third Thursday Coffee Hour**: To take place January 16th- Donna to lead residents in vision board making. Donna will order all supplies needed. Will use 11X14 inch boards. Magazines are being collected. Diane will bake and BJ will pick up buns from the Jacksonville bakery.

**January Tech Talk with Justine:** To take place Wednesday January 29th from 1-3pm. Residents will bring laptops, tablets, ipads and Justine will lead a workshop on Cyber security, Google Calendar and Google Docs. Will advertise in Goal Post, robo call, and flyer to be sent with emergency preparedness survey EDDM.

***Winter Fitness Program with Deb Lively***- This will start February 3rd and will be Mondays and Wednesdays (ending at end of March) from 230pm-4pm and will include a 5 or 6 station circuit training. The COA will pay Deb what hourly rate the park pays her ($25/hr). Will send out flyer in mail with emergency preparedness survey.

**February Third Thursday Coffee Morning:** Will be on February 20th – BJ booked in Deirdre the attorney that specializes in elder law. She will talk about living will, estate planning, etc. We will move ‘Man Day’ to another day.

**March Third Thursday Coffee Morning:** Will be on March 20th. Maybe ‘Man Day’- with chocolate tasting. Rachel will also do an educational talk about Health Care Proxy and MOLST forms. Which will already have been presented as a Goal post article too for February or March.

**Future Activities in the works (but getting close)**:

* ***Summer event to Tanglewood*-** BJ to look into a bus trip for August 2025. Bus to be paid for by Cultural Council grant money ($500). Residents to purchase own tickets? (shed tickets) BJ to do a write up for Goal Post for February. This will be a first come first serve event. The bus holds 14 people.

**Potential future activities (but still being brainstormed)**

* *Holiday Snacks (healthy)-* demonstration how to make healthy snacks for the holidays. Putting together a small (easy) cookbook or folks to take home.
* *Community Welcome Guide:* idea brought forth to provide a guide to the area, services, maps, things to do etc for new seniors/residents in town. May be a multi-committee/board effort. Includes local food, shopping, fun/outdoor, handman, medical care, park maps. BJ will create a Google Doc to start adding ideas to this.
* *Rowe “Village”-* a spin-off of the ‘Village” that was set up in Shutesbury, Leverret and Wendell, providing free services /rides to seniors in town. Pre-reg/appointments would be required. Services include handman work, gardening, assistance with household chores, grocery shopping, rides/med rides etc. This is a very large undertaking requiring a lot of research- we will follow up on this at a later date.
* *SENIOR PROM-* a multi-town prom for seniors at the Mohawk HS with music, dancing, drinks and food. To take place in Spring/early summer 2026…will begin the planning for this in the future.
* *Paint and sip*- Donna to look into this for the winter- may be a zoom event, possibly paid for in part by the cultural council.
* *Positivity Speaker*- ? Richie Davis who was a community journalist and author. GCC or Rowe Camp may have suggested speakers- will look into this at a future time. ?Cultural Council to pay for this with grant money.
* *Metal Detecting Club-* still in the works- need to get permissions to walk on personal/town owned land.
* *Pet talk-* getting a local veterinarian/retired vet to come and chat about pet safety/health/ answer pet questions.
* *Combining with other Town COA’s to hold events* (Ie. Heath, Monroe, Charlemont)- Donna has contacted local towns and has invited them to the April coffee morning to hear about Lifepath.
* *Suggestion Box*- It was discussed to put a suggestion box at the Town Hall entrance and in the Library for the seniors/community members to make suggestions of what activities they would like to see or topics they would like to get more information about.
* *Check-in communities/Buddy system*- Household groups of 3-4 would combine to make a ‘pod’ and check-in on each other at least weekly in whatever way suits them- Ie. Text, email, phone call, in-person, social media, etc. The COA would then do a matching process and create the ‘pods’ after sign up is complete. This is voluntary and people/households would be able to add themselves to the pods or discharge themselves as they desire. This will be tabled for the future due to lack of interest/confusion.

**Other Business:** .

**Exercise Room TV:** COA has agreed to purchase a TV for the Town’s exercise room-BJ has researched TVs and stands and it was decided to purchase the larger of the 2 options.

**Adjustable chair for footcare nurse**: The COA has agree to purchase an adjustable chair/stool for the footcare nurse to alleviate back discomfort due to ergonomic concerns. Rachel will put the purchase through.

**Grants:** It was decided to apply for a small grant through the Lifepath grant program for a few (ergonomically safe for elders) chairs for our coffee mornings, a piece of balance equipment for the exercise room and possibly something for the lending library for elders to use.

Next meeting is Wednesday Feb 12th at 3pm.

Meeting adjourned 4:33pm