*COA meeting Wednesday March 13, 2024*

The meeting was called to order by BJ Roche at 503pm

Attendees: BJ (chair), members Kathy, Donna, Brooke, and Town Nurse Rachel, at 536 Susan Gleason joined the meeting and at 605 Deb Lively joined the meeting.

**General Business:** A motion was made and seconded to approve the meeting minutes of January 17, 2024.

*Foot Clinics*: Continue to go well and are popular with residents. There were a few complaints about the last footcare nurse- this was brought to the attention of the owner of *Footcare By Nurses* and she will be staffing the Rowe clinic with a different nurse moving forward.

*Third Thursday Coffee Hour*: Have been increasingly popular. March 21st will be rollerball essential oils and baked goods. Kathy and BJ will bake for March. April 18th will be Lifepath informational session and baked goods. Brainstorming ways to get more men involved.

*Exercise Class with Deb Lively (March Madness):* 8 participants (all women) of variety of ages/abilities. Has been very positive for getting people more mobile and also making connections. This program finishes March 27th.

-Potential future activities:

* *Photographer presentation* (Jaime Malcom Brown) to potentially take place on a Friday in May around 1pm- to be combined with school luncheon for residents. BJ is speaking with photographer and Bill Knittle to organize this. Cultural Council will fund this.
* *Paint and sip*- Donna found a studio out of Willmington VT and will contact
* *Movie day at town hall*- possibly in conference room on big screen TV.
* *Technology workshop*- BJ will construct a survey for residents with questions regarding technology use, needs/wants, different apps, etc.
* *Combining with other Town COA’s to hold events* (Ie. Heath, Monroe, Charlemont)- Donna will contact local towns in the upcoming weeks to gauge interest.
* *Jax on Tap pizza and drinks*- possibly in May in Jacksonville, VT- will look into inviting other local COA seniors also.
* *Summer Lake BBQ*-Potentially on a Saturday in July- BJ and other event group to organize this. COA to play a part (desserts?). Bill Knittle has agreed for band to be entertainment. Possibly this will be a purchased ticket event for BBQ food. Will discuss further at a later time.
* *Summer event to Tanglewood*- it was discussed to possibly rent a bus (paid for by COA) to offer transportation to an event such as Tanglewood. Residents would need to pay for their own tickets to the event.
* *Check-in communities/Buddy system*- Susan Gleason came to the meeting to speak about her concern for her fellow Rowe residents and their well-being, specifically, those who live alone and do not have a good support system. The beginnings of a check-in community was discussed where 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. It was discussed to have an informal meeting prior to the Annual Town Meeting to discuss this. A mission statement will be drafted by BJ/Donna. This would be voluntary only and people/households would be able to add themselves to the pods or discharge themselves as they desire.
* *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.

Next meeting Wednesday April 10th, 2024 at 5pm.

Meeting adjourned 617pm