

## MEETING MINUTES - Sept. 6 2023

### Update on foot clinics

Rachel reports foot clinics are a big success, and we could add a few more to accommodate demand. We are spending \$3800 per year on the monthly clinics. It was noted that in Bernardston, the COA has a voluntary \$20 donation for this service, and it's a professional service that would cost up to \$100 per individual in Greenfield, but residents here have been getting it for free, so we decided to keep it free.

Voted to add one more foot clinic per quarter, to use COA town funding, at a cost of about \$2500.

### Third Thursday Coffee Hours

These events have been held at Town Hall, from 10 to 12, with mixed attendance; we decided to continue through the winter months and possibly add programming on technology or other topics to draw more interest. In October, we will hopefully have our Claris tablets, and will be able to build interest in technology workshops. The next Third Thursday coffee hour will be held October 19.

### Technology grant

Rowe was part of a several-town state grant that will be providing six Claris Tablets, which are designed to be used by seniors for communication, medical services management and other uses. The town will receive six tablets and we hope to be introducing them at the October coffee hour, to measure interest. If we have more than six people interested in this service, we will hold a lottery for them.

The grant also will fund "CyberSenior" Workshops, which provide tech training for seniors. We will also schedule some workshops on tech topics with one of the two teachers who have been hired under the grant. Rowe is part of this grant, which also includes Bernardston, Charlemont, Colrain, Heath, Leyden and Northfield.

### Communication

With so many things going on for seniors, we are hoping to work on a "senior page" for the Goal Post to have information in one place. Rachel and BJ will work to put together information for next month's Goal Post. Note: We also have a Facebook page for the COA and BJ will put more information up there. Also we will use robocalls to remind people of events.

### Senior lunch at elementary school

Kelly Philips of the Rowe School will host a lunch with seniors at the Rowe Elementary School. Seniors will be able to enjoy lunch in the company of Rowe Elementary School students. The first of these lunches will be held on Sept. 27.

### Other events in the planning stages

The COA will host a holiday lunch for seniors at the Readsboro Inn on December 8.

Donna and Brooke will look into a "paint and sip" workshop, either in person, or via video, for sometime in February.

Donna will look into the Five College and other resources to find speakers who we might have come up to speak at an afternoon engagement. BJ suggested the COA apply for Cultural Council funding to cover the costs.

#### Emergency management plan

We discussed how to determine and meet the needs of seniors, both specifics and in general, in case of a weather or other emergency. It was determined that planning for seniors needs to be part of an overall emergency management plan for the town, and needs to be communicated to every citizen.

While Rachel (and Police Chief Julie Shippee) know a lot about individual senior needs, we felt like we don't have enough information overall. We discussed the best way to find out: mailed surveys, phone calls, etc. We will invite emergency heads to our next meeting to figure out the best way forward, and in the meantime, BJ and Brooke will look at other towns have done.

The next meeting will be held Wednesday, October 4, 2023 at the library.

Meeting adjourned at 6:10