

Council on Aging Board Meeting Minutes

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Town Clerk

Date: September 4, 2019; 4:00 p.m.

FEB 8 20 3:09PM

Present: Shawn Robinson, Geralyn Rodgers, Amanda Zygmunt, Susan Hurley, Jill Tucker, Cindy Doty

1. The meeting was called to order at 4:00 p.m. by Chair Shawn Robinson.
2. Director Rodgers gave the following report:
 - No van issues
 - Nutrition program going well; some new participants
 - Healthy Bones and Balance, 16-25 participants
 - Chair yoga, 5-8 participants
 - Foot Clinic, full for appts., 10-12 participants, Cert. RN at COA and in-home monthly \$30
 - Reiki, 5-7 participants
 - Weekly Bingo, 12 participants
 - Shopping, maximum 5 participants due to van size
 - Transportation, many items booked into December 2019
 - As of Friday this week, the Director will use the William Belden room for office space on Fridays due to Town Hall construction/closures
3. Old Business Updates:
 - SHINE program to be held in Town Hall office monthly; all other programs at the Our Lady of Grace Church
 - Currently, trash is brought back from Church to Town Hall; DPW Sup. Garrett Barry has provided a trash can and DPW will now pick up COA trash weekly
4. Director Rodgers will formulate the first COA newsletter, which will include:
 - A Cooking-Well demo in conjunction with the Western Mass. Food Bank to taste new recipes, explore cooking for one, pop-up grocery, \$10 gift card, recipes, and a tote.
 - On November 12, 2019, a "Healthy Eating and Cooking for the Holidays" class
 - Sheriff David Fenton will do a meet and greet along with the Director
 - Entertainer Trevor Woofenden
 - Scam prevention
 - 12/04/19 Christmas party, entertainer John Root, raffle, gift exchange, cookies, food, etc
 - Formula grant training with Emmet, prior to his retirement
5. Projected discussion for October meeting to include COA bylaws and updates (behavioral policy previously updated by Jane Betsold, former Director), briefly noted this date.
6. COA Driver Glenn Zygmunt received rate increase from \$13.33 to \$15.00/hour. All but two COA employees have so far received CPR/AED training

7. Donations in memory of former COA Driver Marion Lapienski and Nellie Osepowicz continue to be received by the COA Director.
8. Interest in a new knitting/crocheting group is evaluated and will hopefully be a reality.
9. Meeting adjourned at 5:14 p.m.

Respectfully submitted,

Cindy Doty