

## COA Minutes - October 11, 2023

Meeting called to order at 10:23 a.m.

Present: Polly Ryan, Coordinator, Shirley Todd, Susan Honneus, Bonnie Phillips, and Mary Potter

Approved September 13, 2023 minutes

Polly has been working on advertising the Hilltown Community Development Corporation (HCDC) Driver Pool program. She has put flyers up in the hilltowns and articles about the program in The Plainfield Post and the Council on Aging newsletter. The CDC has interviewed two people from Windsor for driver jobs. A CORY check is required for any candidates. Polly spoke with Dave Christopolis, HCDC Executive Director, about the roles of our organizations while working together on this project and how funds should be allocated. Two people from Plainfield, Dennis Carr and Eric Burcroff, are already volunteering their time to give people rides.

Polly bought 100 gift certificates from the Old Creamery, 50 from the Chesterfield General Store, and 50 from Alice's Kitchen. They will be distributed to anyone who gets a flu shot at the October 11th Flu Clinic, sponsored by the COA here in Plainfield. If needed, she will purchase more for the November 8th Covid Clinic as incentive for people to get the shot. Also, the CDC will be getting 500 Covid test kits again this year.

Polly was interviewed for the position of COA Consortium Web Content Manager but the decision has not yet been made.

Polly has volunteered to be on the Highland Valley Elder Services (HVES) board.

Polly needs to set a time for Mary and Bonnie to do LBGTQ+ training. All board members are welcome to join in.

Polly attended the Consortium Memory Conference in Chesterfield on September 28th. Two nurses are coming for our memory support group here in town. A discussion followed about what is a normal aging problem with memory and what is concerning loss. One idea was holding a clinic where people could privately take a test. They wouldn't need to share the results.

Deb Hollingworth gave an excellent presentation on Protective Services at the Consortium meeting. If the person in need of Services refuses them, there is little that can be done. Protective services can intervene if someone is experiencing difficulties in everyday living or dangerous situations because of dementia.

Polly has contacted every senior in Plainfield who might be in need of personal care or other services to let them know there is help available.

The Triad, a group whose mission is to keep people safe in their homes, has lots of medical equipment for loan.

Programming for the coming weeks:

Documentary film, Gen Silent, 2 p.m., Oct. 21st at Anne Dunphy School in Williamsburg.

Dancing with Polly, 10 a.m. Oct. 25th at Town Hall.

Memory Support Group with guest nurse from Northampton Health Department, 11 a.m., Oct. 25th at Town Hall.

Venue for the Oct. 20th outing has changed to The Golden Eagle Restaurant in North Adams at the Hairpin Turn on Rt. 2. COA is paying for the event.

Our annual Veterans' Luncheon will be Nov. 10th.

Judy Messer will lead a series of six weekly exercise classes at Earthdance. The exercises will use techniques of Yoga and Pilates to build strength, flexibility, and balance and will be followed by lunch prepared by Earthdance. Tuesdays, Nov. 7, 14, 21, 28, Dec. 5, 12. Exercise 11-12, lunch 12-1. Plainfield COA will pay for the program. We envision more collaboration with Earthdance because they have an excellent large space for gatherings.

Future Programs:

Polly would like to get someone from Triad to speak about File of Life. File of Life is a document which contains vital personal medical information that slips into a red magnetic plastic case which is displayed on the home refrigerator. All medical personnel and first responders are trained to look for it there. If you can't speak for yourself, this information could save your life.

Food assignments for coming luncheons:

November 8th - Shirley will contact Phil Alessio about cooking the turkey; Polly - potatoes; Shirley - carrots; Sue - stuffing; Bonnie - green bean casserole; Ann - half and half and butter; Mary - dessert.

December 13 - Polly - roast beef; Sue - vegetable; Shirley - potatoes; Bonnie - corn casserole; Mary - cheesecake.

Veterans' Spaghetti Dinner - November 10 - Polly - pasta and sauce, Shirley - salad; Sue - garlic bread; Bonnie - parmesan cheese; Mary - dessert.

Respectfully submitted,

Mary Potter

