## Council on Aging zoom Meeting May 7, 2021 10:00

Present: Christine Quinn COA Director, Karen Johnson, Deb Greene, Linda Chute, Nancy Puckett, Jean Kopke, Selectman Eric Beckerman

Old Business: Drivers concerns about using AED in the COA van. Christing said that: 56 3 firefighters came and talked with the drivers and answered question, not an issues any longer.

<u>Tufts Grant</u> — Christine contacted the fire chief to work together to replace smoke detector batteries for seniors twice a year. She is still waiting for a response. Eric Beckerman said he would reach out to the fire chief as well for a response. Nancy & Ed would like to discuss the lock box for seniors homes which were priced at \$25. Nancy has been in contact with a Medline Care One representative to purchase items in bulk such as first aid kits etc. They will get more information for the next meeting.

<u>Happiness Program</u> by Pam Garramone – this is a zoom program about happiness. The Board expressed concern over the high cost of this program. Christine has booked this program for June 9<sup>th</sup>. The offer to pay \$500 seems excessive for a zoom program. Last month the board was told the cost would be \$250.

<u>Grab n Go lunch</u> – are being offered to Avon only residents on Thursdays. There are currently 10-12 lunches being picked up or delivered. There is a grab n go craft of a window garden for Monday, May 10<sup>th</sup>.

<u>Collaborating with other Depts</u>. - The COA will be collaborating with the library on July 1<sup>st</sup>. There will be a free therapy dog program offered at the library. Christine said she is working with Park & Rec and Amanda from ACES. A pen pal idea with seniors and kids has been discussed in the past. Eric said that Amanda will be leaving ACES in June for another job and Jen from Park & Rec has been out of work recently.

**New Business:** The Zoom Yoga program has not been attracting a large audience and Christine has changed the time to 7 p.m. on Thursday evenings to try to attract more people.

Eric asked about reaching out to the 60+yr olds. Christine has sent a letter out to this group inviting participation and promoting what the COA offers. Everyone agreed it is a challenge reaching out to people right now. Karen asked about the COA facebook page and who the administrator is. Christine said it is herself and her son. The board feels it would be helpful if someone from the board could also post information.

Nancy suggested having a coffee get together. Invite 4 senior in the morning, and 4 in the afternoon to get together, socially distanced, and talk. Possibly have a small

presentation too. The seniors miss seeing each other, and this would be an opportunity for them to meet Christine as well.

Christine is interested in having a tea Eleanor Roosevelt program. Eric suggested this would be a great opportunity to involve the school for a cross generational program. Promote it to the history classes with flyers. Eric suggested contacting Matt Ferro a history teacher at the high school.

Board Reorganization - The Board will now have co-chairs.

Co-chairmen are Karen Johnson & Nancy Puckett.

Secretary – Linda Chute

Treasurer – Jean Kopke

All positions were nominated and seconded.

A motion was made and second to adjourn. Meeting was adjourned at 11:10.

The next meeting will be Friday, June 4th at 10:00.

Respectfully submitted,

Linda Chute, Secretary

Lenda Chute