

Robert Pueschel, Chairperson
Marilyn Ishler, Vice Chairperson
Liane Pueschel, Secretary

LESLIE HENNESSEY, Director

SOUTH HADLEY COUNCIL ON AGING
Board of Directors Meeting—April 10, 2023
Minutes

Call to Order: The meeting was called to order at 4:33pm by Chairperson Robert Pueschel

Roll Call: Carol Constant, Rachel Tierney, Jim Bosman, Marilyn Ishler, Susan LaBonte, Sheila Pennell, Liane Pueschel, Robert Pueschel

Absent: Dick Matteson

Guests: Kim Prough, Janet Stawasz

Present: Leslie Hennessey, Director

Open Forum: Carol Constant presented information on 2 upcoming events:

- There will be a presentation by Carl Weber about the 'Village Model' which provides opportunities for seniors to age successfully and safely in place by coordinated access to affordable services such as health and wellness programs, home repairs, transportation, etc.
This will take place at the Public Library on April 20th @ 3:30pm.
- ADU bylaw coming before Town Meeting in May.....Informational session by AARP on Wednesday, April 19th @ 7pm (Zoom) 'ABCs Of ADUs----Expanding Housing Options for All.'

Approval of February 2023 Minutes: No additions or corrections. Motion to approve the Minutes by Jim Bosman and seconded by Carol Constant. All were in favor. Susan LaBonte abstained.

New Business

- A. New member Sheila Pennell was welcomed to the Board by Chairperson Robert Pueschel
- B. COA Age Requirements
 - Seniors who are not 60 are coming from other towns to attend programs that are over capacity (especially Yoga/Healthy Bones & Balance)
 - Older seniors from the Town are concerned they won't have a space.
 - The State says that there is no age restriction on the Grant money received from the EOEA for exercise programs. However, after a lengthy discussion by the Board, it was decided that the age requirement will remain at 60+. If room is available for a certain activity, a younger senior will be allowed to attend.
 - Some language in the previously reviewed policy was clarified.

Motion to approve changes to the policy by Marilyn Ishler and seconded by Rachel Tierney. All were in favor.

- C. MCOA Board of Directors trainings:
 - Training sessions will offer techniques for communicating and connecting at your COA.
 - Several Board members and the Director will attend a session on May 31st at the Ludlow COA.
- D. BOD Resignations
 - Marsha Chapell resigned in January
 - Pamela Peck resigned in February

Old Business

- a. Letter to the Board of the Housing Production Planning Committee
 - Concern raised that the ADU proposal which frequently cites the needs of seniors regarding housing will not be followed through.
 - What is the town doing to secure more senior housing?
 - Hubert Place, Newton Manor, Lathrop Village not enough
 - Need to achieve a 10% threshold in South Hadley for senior housing.
 - How do we address this?
 - Invite Anne Capra to the next Board meeting to discuss.
 - Possibly invite Ann Andras (COA) who is on the committee regarding Senior Housing
- b. Senior Center Sign
 - The wayfaring sign has been placed on the pole by Peoples Bank at the entrance to Dayton Street.
- c. EMHOT, Elder Mental Health Outreach Teams
 - Police, Fire, COA, Senior Housing and Board of Health are involved.
 - In the past, cases were closed relatively quickly.
 - Now able to have discussions.
 - Progress is being made and this program is making a difference.
 - Pursue extension of the WMEC Grant for EMHOT
- d. Age and Dementia Friendly Updates
 - Very successful forum last week
 - Several presenters from the Town
 - 26 in attendance
 - The Town received a certificate from MCOA designating SH as an Age and Dementia Friendly Community.
 - Chairperson Robert Pueschel thanked Carol Constant, Rachel Tierney, and Director, Hennessey for their work on behalf of the Age/ Dementia Friendly initiatives.
- e. Friends of the South Hadley Seniors Updates—Kim Prough
 - Sponsored the Age/Dementia Friendly forum held last week.
 - The Age and Dementia Friendly Resources booklet is in its second printing.
 - Daffodils were given to South Hadley Meals on Wheels clients and delivered through WestMass ElderCare.
 - April 24th—Tower Theaters—free movie/ popcorn/soda. ‘Ticket to Paradise’. 34 have signed up.
 - May 12th & 16th—Stamps and note cards available free of charge to seniors. Can be picked up or delivered.
 - Hanging basket sale May 12th

Director’s Report

- A. Operations: Senior Center
 - I. Statistics—For the month of February
 - 731 seniors came into the Center (72% women, 26.1% men)
 - 188 from out of town (Chicopee, Holyoke, Granby)

- 4,650 services (events/volunteers/trips/lunches)
 - 25 new members
 - Men's Breakfast = Excellent participation
 - Concern raised regarding the check-in process not accurately catching participation in activities. The Director will check into this.
- II. Faith-based Community Outreach
- Outreach to churches to inform of services available at the COA and find out their needs.
 - The COA also collects food for Neighbors Helping Neighbors
 - Ann Andras' outreach has been very beneficial.
- III. Transportation
- In addition to BigY, shopping has been opened up to include Price-Rite, Aldi, and Walmart.
 - Out of town transportation now available to Holyoke Medical Center and Trinity Health Care on Memorial Drive.
- IV. Board Opportunities
- Opportunities discussed. Board members encouraged to volunteer.
 - Volunteer Appreciation Celebration on Thursday, 4/26
 - May is Volunteer Appreciation Month
- B. Need for a Nominating Committee for election of Officers to the Board in June. Robert Pueschel volunteered. Will be discussed further at the next Board Meeting.

Next meeting (in person): May 8, 2023 @ 4:30pm

Motion to adjourn by Carol Constant and seconded by Marilyn Ishler.

Meeting adjourned at 5:55pm.

Respectfully submitted,

Liane Pueschel, Secretary