

STOCKBRIDGE Council on Aging BOARD OF COMMISSIONERS MINUTES

Thursday, November 16, 2023 10:00A.M.

1. Members Present: Christina McCarthy, Chairperson; Andrea Lindsay, Ron Muir, Diane Sheridan and Cathy Buffoni; **Members Absent:** Nancy O'Brien **Others Present:** None.

The Chairwoman called the meeting to order at 10:01 a.m.

2. Recognition of Cathy Buffoni to the COA Board and her 1st official meeting. Also, welcoming Polly Mann as the new Director of the COA who comes to the Stockbridge COA with 18 years of experience as the previous Director of the Great Barrington COA.

3. Minutes: Approval of the Minutes from meeting on October 11, 2023. Minutes reviewed. **Ron Muir motioned for approval of minutes with a correction of Ms. Buffoni's first name. Kathy with a C It is seconded by Diane Sheridan. All in favor 5-0**

4. Old Business

a. Foot Care Nurse: Piper Sagen can start Wednesday December 1st @ 9:00 AM for a 6-month trial. The Director will make appointments and collect fees. It will be a \$60 charge and the COA will cover \$30 of the fee. Flyers will be going out today with information on the program.

b. Chair Yoga. Antoinettes demonstration at the Wednesday luncheon was a success. She will start the six-week trial class in January. Mondays @ Heaton Court 10 AM and Wednesdays 10 AM @ Town Hall. Chris was kidding with Antoinette and wants Andrea to pass along the apology that she did not mean that she was talking loud, she wanted A. to soothe the crowd. Andrea will relay the message.

c. October and November Luncheon Reports. October went well and November was a success. The Veterans Agent Tom Beasley was excellent, informative and very personable. Loeb's catered the sandwiches, which were delicious. The Uke players were the entertainment again but unfortunately a lot of people had left before they started playing. The Board agrees that they are very good and entertaining.

5. New Business

a. Tri Town Connector. Serving Stockbridge and W. Stockbridge, Egremont, Alford, Great Barrington. More information to be distributed by flyer and in future newsletters. This service began in May and to date we are not sure how many people are aware of it. HC residents have used it, not sure how many at this time. Transportation will be provided at Heaton Court for the upcoming December 6th Red Lion Inn Holiday Luncheon.

b. December Luncheon. Scheduled for December 20th @ 11:00 – No speaker scheduled at this time. Thoughts on decorating the tree together, hopefully Jack is back for the entertainment and we can have trivia. Devonshire will be present to give a little information on their facility and to provide desserts.

c. Game Day Thursdays. The dedicated few participants have been coming to play games. Backgammon is one interest that seems to be picking up momentum with some players on the learning curve. Checkers, scrabble and parcheesi also being played. And a Snack Break.

d. Craft with Polly. Making a Holiday Star with basket weaving materials. Have nine interested, can do 10 max in a class. May have a 2nd class.

6. Executive Directors Report

ED Report presented thanking the Stockbridge Selectboard, Town Administrator and the COA board for their support. Goals; New educational, social, nutritional and health related activities and programs to the senior population. Ideas; Monthly breakfast, Art classes, Dance, Current Events, TRIAD, Tech Support along with others. Re-starting the balance classes and bringing back MOW to Town Hall. Marketing; beefing up newsletters. Suggested quarterly newsletter. Using Mail Chimp to get the word out on events, changes in events etc. Information and referrals will begin once posted office hours are determined. Trips will be organized with Nancy W. Idea on organizing lunch meet-ups. Special Events; Polly remarks on how great the facility is with the gym and picnic area. A summer time picnic planned in conjunction with the Police/Fire personnel. A Provider Fair, free lunches by interested agencies. Laurel Lake and Devonshire – assisted living events. Report on the formula grant and budget. Grant is determined by how many seniors in town x \$14. Stockbridge has 991 seniors and \$13,874 will be allocated to the COA based on this formula. The COA has \$16,238.52 as of 10/31/2023. \$400 will be submitted in receipts for the games etc.. Discussion on 'jam session' and the Uke group already in place. Could open to public and provide coffee while people observe the session.

7. Next Meeting; Next meeting will be Wednesday December 13th at 10:00 am.

Adjournment; A motion was made to adjourn @ 10:58 AM by A. Lindsay and it was seconded by Ron Muir. All in favor 5 - 0

Respectfully submitted,



Andrea Lindsay