

Pelham Council on Aging Minutes
November 18, 2020
via Zoom

Call to order: 4:05 p.m.

Members present: Tracy Osbahr, Kathy Martell, Grace Dane, Nancy Rose Weeber, and Isabel Ryavec (audio only, partial attendance).

Guests: Jane Porter and Rusty Rowell

Each member identified herself by name before offering a motion and when voting on motions.

Discussion of shift in roles and responsibilities of COA members:

A conversation about the imbalance of responsibilities within the committee resulted in the following re-organization: Kathy agreed to stay on the Council with stepped down responsibilities, given pressing family issues she is dealing with. She offered to help other members learn the various tasks she has been carrying out. Tracy agreed to serve as interim chair. Kathy will contact MCOA to add Tracy's name for budget and grant information. Nancy agreed to serve as interim secretary. Grace agreed to continue to manage the birthday greetings to Pelham Seniors project and to serve with Kathy on the Communication Team. Kathy will present information about My Senior Center, our new web program, at the January meeting.

Review of Minutes from Oct 14. One correction offered, and Nancy moved to accept the minutes as amended; seconded by Kathy. Members present voted to accept the minutes as amended.

Warrant: Items approved on this month's warrant totaled \$100: \$50 stipend for Tom Terault, who delivers food from the Survival Center, and \$50 to reimburse Grace Dane for purchase of birthday cards for Pelham Seniors. Grace will deliver her sales slip to Kathy. Kathy will email the warrant to each of us to print out, sign, and return to her either via email attachment, USPS or via town drop box (addressed to PCOA). Members present (visible) voted to accept the warrant.

Discussion of letter to Pelham seniors acknowledging challenges of the pandemic: Additional suggestions were offered by Kathy and Grace for both the holiday letter and the resource list for Pelham seniors. Nancy offered to incorporate changes, including phone numbers, to both documents, then send via email to Kathy for printing and posting before Thanksgiving. Tracy suggested that copies of the Resource list should be available on the Pelham library resource table. Nancy will deliver revised list.

Presentation of MCOA conference: Nancy reported that the MCOA annual conference (Oct 19-23) offered phenomenal information to help COAs during this time of uncertainty. She provided (via email) a list of the session titles and links to TED talks that were included in the daily schedules. Focus during most sessions was on social isolation and loneliness among seniors, which can cause additional and long-term health concerns (physical and cognitive decline). Conference participants shared numerous ideas for supporting seniors (and themselves), how to cope with physical-distancing mandates, and suggestions about seeking to collaborate and cooperate with other local agencies. One partnership Nancy recommended was with local Village-to-Village group *Amherst Neighbors*; she requested inclusion for discussion on the Dec. '20 or Jan. '21 meeting agenda.

Update on meal delivery programs: Kathy reported that deliveries are going well. Meals-on-Wheels deliveries (7 people, 5 meals/wk) are provided by Tilman Lukas, Virginia Servos, and Kathy Martell. Tom Terault continues to deliver food from the Survival Center. Seniors inquiring about food delivery will be directed to Highland Valley Elder Services. FoodBank delivers to the Amherst Senior Center, for retrieval there.

Final Words: Tracy asked if our guests had any questions. Jane Porter asked about the relationship between the Amherst Senior Center and the PCOA. Members also provided info about the SHINE program.

Next meeting: Dec 9 at 3 p.m. via Zoom.

The meeting was adjourned at 5:12 p.m.

Submitted by Nancy Rose Weeber