

Pelham Council on Aging Minutes  
December 9, 2020  
via Zoom

**Call to order:** 3:00 p.m.

**Members present:** Tracy Osbahr, Grace Dane, Nancy Rose Weeber.

**Guests:** Linda Spink and Jane Porter

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

**Review of Minutes** from Nov 18. Members present voted to accept the minutes as written.

**Warrant:** Items approved on this month's warrant totaled **\$356.76**: \$50 stipend for Tom Terault, who delivers food from the Survival Center and the Food Bank; \$306.76 to reimburse Kathy Martell for Walmart: holiday letter supplies (\$31.76) and postage (\$275). Kathy will deliver to Tracy for signature, Tracy will deliver to Nancy for signature and scanning, and Nancy will email PDF (via attachment) to Kathy. Members present voted to accept the warrant. Outstanding bills to be discussed in January: Marion Nicolay's flowers and MCOA annual conference fee.

**Follow-up on Holiday letter to Pelham seniors:** Tracy expressed gratitude that Kathy produced and posted the holiday letter before Thanksgiving. Nancy delivered copies of the Resource list to the Pelham Library and will update Resource list, to reflect deadlines, before next delivery to the library. Tracy will contact Susannah Carey about uploading resource info to the town website.

**Discussion about Amherst Neighbors:** Linda Spink, who serves as Amherst Neighbors V.P., presented an overview of Amherst Neighbors and engaged us in an informative discussion about ways in which the PCOA can collaborate with that organization. Of the 140 current members, 18 are Pelham residents, including Tracy and Nancy. Linda expressed gratitude for the ways in which the mission and vision of both the PCOA and AN are aligned, and she emphasized the need for initiating and strengthening social connections, as social isolation is a major contributor to health concerns. Our shared goal includes helping elders stay safely at home and independent. Linda asked for suggestions for ways in which AN could better serve Pelham seniors. Jane suggested a virtual chess club. Tracy mentioned both *phone pals* and publicizing online educational opportunities. We discussed a joint "PCOA and AN" submission for the next *Pelham Slate*, to inform Pelham seniors of our collaborative efforts. Linda will send a draft blurb for consideration.

**Discussion about Pelham Senior Survey:** We discussed at length what information from seniors will help us serve them better, and how to distribute the survey: mailing (via USPS), uploading to the website, requesting a full page in the next *Pelham Slate*; all venues under consideration. Nancy suggested the addition of virtual gatherings, including book groups and writing groups. Grace reminded us about our need to "deliver" on anything we offered on the survey. We discussed location (Pelham Community Hall and Pelham Library) for what we hope to offer. Jane emphasized the importance of informing citizens about potential scams (e.g., fake genetic testing) and asked that we consider adding "scam-alert" info to the survey and/or town website, with the possibility of a virtual info-forum. The council will confer with Gary Thomann about scam concerns and awareness.

**Final Words:** Tracy expressed gratitude to both Linda and Jane for their participation and insights and the hope that they would continue to attend PCOA meetings in future.

**Next meeting:** January 13, 2021 at 3 p.m. via Zoom.

The meeting was adjourned at 4:34 p.m.  
Submitted by Nancy Rose Weeber