

Pelham Council on Aging Meeting Minutes
December 11, 2019 3:00 PM
Community Hall

Call to Order: 3:07 PM

Members present: Kathy Martell, Grace Dane, Nancy Rose Weeber, Tracy Osbahr

Warrant: \$60 stipend for Howard Frost for Brown Bag pick up at Survival Center and distribution to Pelham residents

Outreach worker position: no applications have been received as yet. Position has been posted on the town website and in newsletters of several nearby COAs. In the interim, Kathy continues to receive calls from Pelham seniors in need of assistance and refers them to nearby services.

Discussion of COA goals: Each member contributed specific ideas that were related to the general goal of helping Pelham seniors maintain their independence and continue to live in town. Some specific areas of interest include:

- Establishing a med-ride program to transport eligible Pelham seniors to non-emergency medical and dental appointments
- Addressing the needs of vulnerable seniors, including those who live alone, have mobility limitations or other special needs, or need assistance in emergencies
- Exploring how those seniors could be identified
- Providing health related services (such as foot care and ear irrigation) at the Community Hall
- Updating the Survey of Pelham seniors format to capture the needs and interests of Pelham seniors
- Continuing to provide periodic social events for Pelham seniors

The consensus was that the COA needs to have a stronger presence in Pelham.

Next steps to address these goals:

- Grace will contact "Foot Care for Nurses" organization that she researched in the past to invite representative to discuss next steps in establishing a foot care clinic with COA members now that a space suitable for the clinic is available
- Nancy is willing to attend an Amherst Council of Aging meeting if that might be helpful for collecting ideas on improving COA visibility.
- Kathy will invite the Chief of Police (followed by the Fire Chief and DPW director) to discuss identification of vulnerable seniors in town who might need assistance in case of a storm or other emergency situation

- Kathy has tried to reach out to the Pelham School chorus through the Amherst-Pelham Regional School office with no response to date. The hope was to invite the chorus to sing at a Pelham senior social event. Activities that might be offered at a social event include card games, puzzles, music, bingo. It was decided to plan for a potluck event on a Saturday in March.
- Tracy will revise the pamphlet developed to describe the Med-Ride program to begin more in depth discussion of this project
- Kathy will keep the COA apprised of the town's exploration of developing a "warming center" to be available to Pelham residents in case of natural disasters or other emergency situations

The next COA meeting is scheduled for Wednesday, January 8 at 3PM in Community Hall

Meeting was adjourned at 5:15 PM.