

Colrain Council on Aging Meeting

Monday March 25th, 2024

Colrain Town Office

The meeting was called to order at 1:55 by Chairperson Betty Johnson.

Members in attendance: Kathy Steinem, Robbie Murphy, Betty Johnson, Kathy Phelps, Michelle F. Hillman, Elaine Stanley, Valeda Peters, Amy Herzig, Richard Herzig and Susan Slowinski.

Betty introduced Rachel Stohler and Meg Ryan from FRCOG and Lifepath organizations. They are working together for the Mass in Motion initiative.

Meg gave us information about the Colrain co-operative public health services and programs.

Rachel explained how FRCOG and Lifepath developed the Age and Dementia Friendly initiative to bring awareness to our rapidly growing aging population. Rachel also explained how that initiative relates to Mass in Motion Program, a statewide program that focuses on healthy eating and health equity. There is a small focus group for Colrain to determine how the stipend of \$4,000 will be spent from Mass in Motion. Our thanks to Meg and Rachel for a very informative presentation.

Secretary's Report:

Kathy made a motion to accept the Secretary's Report as distributed, Richie seconded, unanimously approved.

Treasurer's Report:

Donations:

2-27-2024 \$95.00 Foot Clinic

2-28-2024 \$30.00 Foot Clinic

Grants:

3-13-2024 \$3,752.00 50% balance of Formula Grant

Total: for Donations and Grant \$3,877.00

Richie made a motion to accept the Donations as reported, Michelle seconded, unanimously approved.

Richie made a motion to accept the Grant as reported, Elaine seconded, unanimously approved.

Bills:

2-27-2024 \$675.00 Piper Sagan Foot Clinic (15)

2-28-2024 \$270.00 Piper Sagan Foot Clinic (6)

Richie made a motion to accept the Bills as reported, Michelle seconded, unanimously approved.

Foot Clinic On March 26th and 27th. Betty will be present.

Old Business: Eagles meals-April 17th, May 15th, and June 19th. The Pine Hill picnic will be in July.

No word on School Feasibility Grant or COA Budget for \$25,000.

Mass in Motion/ Massachusetts Walking Challenge information tba

Historical Hikes will be led by Muriel Russell dates tba

New Business: Fireman's Pancake Breakfast set for 4-20-2024 from 7-11am.

Kathy P. and Elaine set for the first hour, Betty next two hours.

Kathy made a motion to table discussion about the Shed, Corn Hole, social time at Pine Hill and Ice Cream ventures until April COA meeting, Susie seconded, unanimously approved.

Betty made a motion to adjourn at 3:15, Richie seconded, unanimously approved.

Respectfully submitted,

Kathy Steinem