

Robert Pueschel, Chairperson
Marilyn Ishler, Vice Chairperson
Liane Pueschel, Secretary

LESLIE HENNESSEY, Director

SOUTH HADLEY COUNCIL ON AGING
Board of Directors Meeting—January 9, 2023
Minutes

Call to Order: The meeting was called to order at 4:30pm by Chairperson Robert Pueschel

Roll Call: Carol Constant, Rachel Tierney, Marilyn Ishler, Jim Bosman, Susan Labonte, Robert Pueschel, Liane Pueschel

Absent: Pamela Peck, Dick Matteson

Guests: Anne Capra, Kim Prough, Janet Stawasz

Present: Leslie Hennessey, Director

Open Forum: No items for discussion

Approval of November Minutes: Minutes were reviewed with no corrections. Motion by Marilyn Ishler to approve the Minutes. Seconded by Jim Bosman. Minutes approved by the Board. Carol Constant and Rachel Tierney abstained as they were not in attendance at the November meeting.

New Business

a. Accessible Dwelling Units (ADUs): Anne Capra, South Hadley Planning Director

- Planning Board updating plans for creating new housing units. New construction is tight in South Hadley for single homes and Assisted Living
- Aging and lesser income population are in need of alternate housing
- ADUs are smaller units either attached to a dwelling or free standing on an existing property
- Currently not allowed in South Hadley
- Legalities/ square foot limits/permits discussed
- New strategy needed to meet the need
- Planning Board currently working on By-laws regarding ADUs and hopes to have a draft ready by March
- The draft will then be presented at Town Meeting

Questions and discussion followed.

b. Human Rights Commission Appointment

- The purpose of the Commission is to 'develop community awareness and education of human rights and promote understanding of the diverse cultures within our town....'
- It was requested by the Town Administrator that one Board member from the COA be appointed to the Commission
- Susan Labonte graciously volunteered to serve a 3-year term

Old Business

a. EMHOT—Elder Mental Health Outreach Teams

- WestMass ElderCare funded program
- Several COAs participating in addition to South Hadley
- Karen Buscemi will be heading the program

- Bethany Tabb has been designated as the LCSW for the program and will be on site at the COA on Tuesdays from 3-5pm for intake and meetings with prospective clients
 - COA staff trained in identifying individual needs and approaches that can be used
- b. Walk Mass Challenge
- The COA came in 3rd place and was awarded \$250
- c. Age and Dementia Friendly Update—Leslie Hennessey/Carol Constant
- The new Age and Friendly Resources Guide for the Town of South Hadley was shared with Board Members. Copies in Spanish have been made available. The goal is to try and get it out to everyone. Possible ways were discussed.
 - Monthly meetings with Age and Dementia Friendly Committee
 - Current focus is to reach out to Faith Communities to present information on Aging and Dementia. Can be a short presentation or a longer one depending on what they decide.
 - Andrew Budson was a presenter at the Massachusetts Council on Aging Conference on the subject of Dementia and was extremely interesting. The Director will check to see if he would be available to come to the COA for 3 (1/2 hour) presentations in the Spring.
- d. Friends of the South Hadley Seniors Update—Kim Prough
- ‘Stuff-a-Stocking’ was very successful. 400 stockings were delivered by the PD and FD Departments.
 - Hot chocolate and cookies delivered to the housing communities. Residents of a few of the housing communities were reluctant to open their doors. Looking at perhaps some outdoor entertainment where they might feel more comfortable participating.
 - 300+ attended the Dan Kane Concert. Hot chocolate and cookies followed.
 - Planning in process for 2023

Director’s Report

I. Operations Senior Center

I. Statistics—month of December

- 698 individuals
- 24 new members
- 103 accessed services from Ann Andras
- 3340 individuals in attendance for events (626 individuals)
- Average daily attendance was 131
- Evening presentations.....Tuesdays 156

Wednesdays 128

Thursdays 148

- The Meditation Class is very popular

II. Spring 2023 Outlook

- Mass Challenge again in May
- Life Learning Series (monthly). Topics can be accessed through a link on the Council on Aging website
- Volunteer Appreciation in April
- 'Aging in Place' Fair in June

III. Monthly Board Member Opportunities

- Discussion

Next meeting (in person) February 13, 2023

Motion to adjourn by Marilyn Ishler. Seconded by Susan Labonte

Meeting adjourned at 5:55pm

Respectfully submitted,

Liane Pueschel, Secretary