

**Leyden Council on Aging
Minutes of Meeting, July 16,2024**

Called to order at 2:10 by Chris Maguire

Present: Becky King, Chris Maguire, Amy St. Clair, Merry Lein, Linda Allis

Amy moved to accept May minutes (June meeting cancelled due to lack of quorum). Merry seconded.

Chris gave update on Fred Wells Trust check that had been sent out but not received by the COA in June. Chris made inquiries, and the check was eventually located in the Town Offices in July. The \$1000.00 grant will help fund the nail clinics (those receiving this service pay an additional \$25.00 fee).

Chris will order the funeral planning books that will be made available to community members.

Leyden COA role changes:

Annie is stepping down from Treasurer duties.

Merry will take on Secretary role.

Becky will contact Annie to learn about treasurer responsibilities and scope of this role, and will decide if she is able to serve as COA Treasurer.

Wellness Wednesdays grant: Jennifer Reynolds, Bernardston Senior Center Director, partnered with our COA to apply for MCOA grant money for a Wellness Wednesday program that includes a therapeutic horseback riding program, therapeutic Reiki, and monthly Men's group breakfasts and speakers. Leyden received \$10,00 from this grant that will make these programs available to Leyden seniors.

August monthly luncheon: Same amount of food will be ordered, although less turkey, more roast beef.

Thoughts and ideas about speakers and topics for upcoming COA luncheons:

- Panel of community members who grew up in Leyden to talk about their experiences
- Representative from Lifepath to discuss this agency's services (Chris will make enquiries)
- Joe Wallace to speak about his "Portraits of Dementia" photo exhibit, now on display at The Greenfield Public Library (Merry will contact Barbara Wallace to see if this might be possible)
- AARP speaker to discuss aging in place issues. Merry will contact agency to see what may be possible.
- Stretching and strength exercises for seniors to enhance health, and independent living (Linda Allis to present?)

Amy and Becky collaborated on, and completed the 2024 Leyden Directory, and it will be available to town residents in September, in locations to be determined.

In the September Leyden Life issue, we will include, along with our standard info, requests for luncheon speakers/topics, information on the Wellness Wednesday offerings, and encouragement to anyone interested in becoming a COA member to contact Michelle Girusso.

Our next COA luncheon will be August 14^h. Our next meeting will be August 20th.

Amy motioned to adjourn, Chris seconded. Meeting adjourned at 3:10.