

**Petersham Council on Aging  
Board Meeting  
March 13, 2023**

Meeting opened at 10:10 am

Members present: Kay Berry, Pam Chevalier, Cynthia Crosson, Rebecca Davis, Marilyn Fisher,  
Robin Koenig, Lynn Shaw

Minutes of 2/13/23 unanimously approved with the following corrections:

- 1) Robin told the group that *Alley Strings* could not do a performance in March, but would be available later in the spring.
- 2) Michele Morin spells her name with one I .

Treasurer's Report (Rebecca): Current Checking Balance = \$12,065.65

Funds deposited: \$243.

Funds paid out for Wellness Classes, Lunch Manager, Foot Clinic: \$830.

Report unanimously accepted.

Fitness Classes (Kay): Many classes had to be cancelled due to late-winter storms.

Health /Wellness:

- 1) Rebecca told the group that Mary Brunelle, of West St., has offered to give "Sanitation Classes" for people who might like to substitute for Paul when he's unable to do a Wednesday Luncheon.
- 2) Marilyn would like to offer a *Blood Pressure Clinic*, each month, on the same morning as the Foot Clinic. She will contact the Athol COA to see how theirs is run.

Other Business:

- 1) The second *Memory Cafe* hosted 2 Seniors and 2 Caregivers. Robin asked about the "range of disability" for people to feel comfortable attending the Cafe [It's a broad Range].
- 2) Michele Morin's Health, Wellness, and Life Enrichment classes are being planned. When dates and times are confirmed, Robin will publish these in the newsletter.
- 3) After the meeting today, Lynn Feldman will talk to the Board about the services provided by *LifePath* and the *Aging in Place Network*. [See notes on the back of this page]
- 4) Tina Leslie would like to provide seminars to the Petersham COA on Tax Changes and Estate Planning. Lynn Feldman noted that these are very important seminars because of upcoming changes in Medicare, and the ending of Covid-related programs on April 1st.

Folding Date for next newsletter: March 20

Next Meeting - April 10th at 10 am

Meeting adjourned at 11:08 am

Respectfully submitted,

Pam Chevalier  
Recording Secretary

Notes regarding **LifePath** and the **Aging In Place Network**

Others present for Lynn Feldman's discussion: Ann Townsend, Deb Bachrach

- ~ LifePath is the "umbrella organization" providing neutral coordination for 40 Programs
- ~ RESOURCE CONSULTANTS conduct Intake Interviews by phone, Monday - Friday, from 9:00 am - 5:00 pm LifePath's Phone Number is **413-775-5555**
- ~ The consultants will listen to the caller's questions/concerns and direct them to appropriate services. There are no Income Restrictions for these services.
- ~ Most callers are just looking for specific information about resources in their area. People in our town are often referred to Petersham Partners.
- ~ The Aging in Place Network includes:
  - Meals on Wheels
  - Senior Luncheons in a Community Facility
  - Health & Wellness Classes
  - Home Care Information
  - One-time and ongoing assistance (Transportation to appointments, shopping, small household repairs, check-in services, etc.)

Lynn noted that LifePath's biggest issue is finding enough people to provide Home Care services. They also have difficulty in "Branding" - letting people know that LifePath is a strong advocate for them, and can provide information about the whole range of services available.