

**LEWIS COUNTY OFFICE FOR THE AGING
ADVISORY COUNCIL MEETING MINUTES
FEBRUARY 6, 2024**

Advisory Council Officers:

Joan Goodfellow, Chair
Jerry Flanders, Vice Chair

Members Present: Bruce Chapman, Rose Ross, Linda Dean, John Karlus, Mary Ellen McManus, Margaret Grant, Dr. Daniel Root, Taraden Lyndaker, Andrea Moroughan

Senior Club Presidents: Elsie Keefer, Debra Derr, Linda Domagala, Jacki Kaban,

Others Present: Chris Baker, Vicki Meyer, Kaylee Rhodes, Jennifer Jones

Meeting began at 12:59 p.m. Call to order/Pledge to the American flag. Review of previous meeting minutes were approved by Bruce Chapman and Rose Ross.

Welcome and Introductions- Chris Baker

- Welcome to our newest member, Linda Dean, who is representing District 6. Edie Roggie is also a new member representing District 2 but she was unable to attend today.

New Business

- **Barbara Ward**
 - We would like to take a moment to remember Barb Ward, who was an active member of the council for 10+ years. Barb passed away in January. She will certainly be missed. Her services were just how she would have wanted them.
- **Randy Streeter Award**
 - The 2024 Randy Streeter Older Adult of the Year award is officially open to accept nominations. All nominations must be in by next Friday, Feb 16th
- **West Leyden Restaurant Dining Site**
 - As of February 1, the Milk Plant Tavern in West Leyden is officially our restaurant dining site. For opening day, we had the county manager, 4 legislators and a past legislator in attendance. We also had 6 seniors come to have lunch and one take out meal. The Osceola dining site is no longer operational.
 - The program requires a completed registration form with our office. Once that form is complete, we will send out vouchers that can be used once per day per person at the site. There is a specific menu for our participants to order from that they need to ask for. The menu features 7 different menu items to choose from and one is a breakfast meal. They will be accepting the vouchers 7 days a week from 8 AM to 4 PM. They are available to anyone over the age of 60. The suggested contribution is still \$3.50 per meal and folks

will receive a letter at the end of the month like they do with our normal meal program letting them know how many meals they had that month if they choose to send in a contribution. Envelopes will be available at the site, but they must be mailed it. Milk Plant does not want to collect contributions at this time.

- **Respite Café**

- We are opening a new Respite Café at the Bethel Church of the Nazarene on Route 12 in Lowville. Opening day is Wednesday, February 7 from 10 AM to 2 PM. The center is provided funds through a grant from Americorp Seniors. This allows them to pay for the meals and supplies needed for the center.
- This program allows a caregiver to bring a loved one down to the drop-in center once a week to allow a caregiver a break to do other things they might not be able to do otherwise like appointments, grocery shopping, etc. This program is targeted towards Alzheimer's or dementia clients right now, but we may rethink that moving forward. The center will offer daily activities to help keep people engaged as well as provide a meal from our nutrition program. People who are interested in attending the site must call the Monday before to reserve a spot. In order to attend, the person must be mobile, able to toilet and feed themselves.

- **Library Classes**

- The North Country library systems have been offering classes both in person and virtually for Lewis County residents. They are through Senior Planet.
- Below are some of the upcoming classes offered at the Lowville library for Feb and March in person:
 - Friday, February 23 at 10:30 AM at Lowville Library: How to use google drive
 - Wednesday, March 6 at 10 AM at Lowville Library: Online health resources
 - Wednesday, March 13 at 1 PM at Lowville Library: Staying safe online

- **GetSetUp Online Classes**

- GetSetUp is available through our website. It is a series of online classes that are available 24/7 on our website that feature many different topics including: technology, fitness, nutrition, arts, travel, meditation and more! This is great option for those who have interest in learning something new on their own time. They are called OFA Classes on our website so please go on and check them out.

Old Business

- **Elected Secretary**

- The council is in need of an appointed Secretary. Please be prepared to vote at the next meeting for a candidate to take this position. Barb Ward was the

Secretary previously, but there hasn't been one since she resigned from the council.

- **Emergency Preparedness Course**

- At the last meeting, we had a presentation about emergency preparedness that was informative. We didn't have high attendance for that meeting. If anyone is interested in having them come set up a presentation for a senior club or the community, please give them a call. They were willing to come back to do them.

- **Dues for Senior Clubs**

- Linda Domagala questioned what other clubs do when it comes to collecting funds from members. Does everyone collect dues? Do you utilize the money coming from the different townships?
- Discussion about the by laws being different for the senior clubs. There should be a set standard set of by laws that all Senior Clubs use to make it consistent. Chris and Carla will look into this.

- **Parkinson's Support Group**

- Linda's Parkinson's Support group meets the second Thursday of every month at the Lewis County Hospital Dr. Herrman Conference Room from 4:00 to 5:00 PM. It has been very well attended each month. Linda has tried to get different speakers to come to make it more interesting.

Meeting ended at 1:40 PM. Motion to adjourn the meeting made by Bruce Chapman and seconded by Jacki Kaban.

Next Meeting: Tuesday, May 7 at 1:00 PM at Human Services Building Conference Room, 5274 Outer Stowe Street.