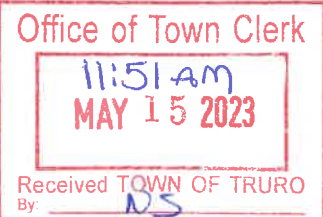


**Truro Council on Aging
MEETING MINUTES
April 12, 2023**

PRESENT: Dan Schreiner, Apryl Shenk, Carol Bishop, Sue Girard-Irwin, Barbara Bond, Kevin Grunwald, Kat Black, Michelle Peterson.

Meeting was called to order at 11:02 am.

- New members Barbara Bond and Kevin Grunwald were welcomed to the Board.
- Sue moved to approve the March minutes. Carol seconded. Motion carried.
- Michelle gave her report advising us that the new Outreach Coordinator will be on board April 18th.
- Coffee with the director is scheduled for the first Friday of the month, beginning May 5.
- The AARP tax program went well.
- The Senior Dinner with Public Safety is Saturday at noon.
- Buy Fresh, Buy Local glucose checks program has been changed to Thursdays at 10:30.
- April 19th COA Board training is 1:30 in Harwich. Michelle will send out the address.
- IT classes are starting soon, Tuesdays at 1:30 pm.
- In June, VNA Bereavement group will begin, twice a month.
- Michelle is working on a caring for the caregiver program scheduled for June 9. Reiki and massage have been suggested, as well as resources for caregivers. Kat offered her Biofield Tuning sessions (which are similar to Reiki). Barbara and Sue offered to help. Discussion ensued regarding whether to include professional caregivers. This event will be for family/ community caregivers this time.
- Michelle is working on a Jamaican luncheon.
- Ride home from Cape Cod Hospital cards: Michelle has connected with both the case management department and the ER department to provide cards for Truro seniors for a free cab ride home.
- Follow up on the request to be open on Mondays: Kevin offered to speak at a select board public comment period.
- Michelle has met with the Friends of the Truro COA. They offered to sponsor educational events on line. Michelle would prefer to have these in person. Maybe they can be hybrid. They are having their annual luncheon on June 4.
- A movie night is being considered. Maybe it could be Intergenerational.
- Outreach report. Michelle stated that the numbers are probably incomplete. Kevin would like to see unduplicated numbers, as well as the service numbers. He offered to help Michelle with "My Senior Center."
- The newsletter was discussed. Kat brought up the requests for more personal and local news that we heard in our focus groups. Barbara will do an interview of Michelle. We will also do a "Meet your COA Board" column. Since Dan is the Chair, we could start with him. May is Mental Health Awareness month, so that will be the theme for the next newsletter. Articles are due to Michelle by April 26.



- Suggestion to move goals and objectives (as well as follow up on the focus groups) to first on the agenda next month.
- The next meeting is May 10th at 11:00 am.
- Meeting adjourned at 12 noon.

Respectfully submitted

Kat Black
Katherine Black

Office of Town Clerk

11:51 AM
MAY 15 2023

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