

Safe at Home Committee Meeting Minutes
December 15, 2023 3:00 pm
Meeting Place, Cook and Larder

Attendance: Joyce Lapenn, Patti Rohrlich, Lynda Brenner, Rene Gibson, Natalie Kahan, Beth Gordon, Mary Lou Kersten (secretary)

Pleased to announce that our new chair for SAH will be Joyce Ferrentino

Holiday Party

The event went well, many compliments on the morning. Special thanks to Kelly Sweet for her generous donation of the use of the Mt. Washington House and for hosting the entire event, providing food, beverages and raffle gifts. Thanks also to Joan Damiani for her contribution to the raffle. Approximately 45 people attended. Joyce and Patti will purchase a thank you gift for Kelly from SAH committee members.

Coffee Hour

January 30 – John Farrell, a talented international singer will perform. Lynn is point person.

February 27 – Claudia Coenen will speak on “winter blues”, seasonal affective disorder

Joyce F, point person

March 26 – Irma Waldo will speak on being a physician in a rural community

Joyce L, point person. Once confirmed Joyce will add this to the newsletter.

April 30 – Dr. Boutin, will discuss her book and will also demonstrate good exercises for flexibility.

Mary Lou will provide information, will ask Timi to be the point person

May 28 – Patti will ask Harvey Granat. He is agreeable, May needs to be confirmed.

June 25 – Lavender workshop -will ask Ron Reinkin of Vine Gate Lavender Floral Farm to demonstrate and provide materials for a hands on activity.

July 30 – Patti will speak with Lewis Cleale about a doing a fibre workshop.

August – TBD, possibly Tiny Hearts for a flower workshop. Someone needs to contact them.

September – David Grubin, poet and filmmaker. Patti is point person.

Joyce noted that the Albany Guardian Society has launched 150 online workshops and on Jan. 10 there will be a session on sleep deprivation. We may be able to get a future speaker from this program. The link for the online workshops will be listed in the latest newsletter.

Bank of Greene County Grant Request

The grant request deadline is January 15. Joyce L will request funding of \$750.00 for upcoming hands on workshops that will take place during coffee hours in 2024. Workshops will be on fibre, flowers and lavender featuring local businesses.

Fund for Columbia County

Ideas were discussed of possible SAH activities that would comply with the purposes of the foundation. Joyce will distribute the foundation guidelines. No solid ideas emerged. Rene will speak with the Taconic Hills School Superintendent, Lynette Brunger, for her ideas of how seniors could contribute their skills to potential student programs. Proposal deadline is February 15. If no program ideas emerge we will forego a request for 2024.

Senior Chore Services Day

Not decided whether we will do this activity in 2024. The need for volunteers is an issue. To be determined.

Next Newsletter

Joyce is writing the next newsletter and requested any additional input for ideas.

Next Meeting, January 19, 3:00 pm, Friday. Cook and Larder