

Safe at Home Committee Meeting Minutes
October 7, 2022, 10:00 AM
Meeting Place, residence of Joyce Lapenn

Attendance: Joyce Lapenn, Timi Bates, Lynda Brenner, Shirley Bresler, Natalie Kahan, Beth Gordon, Joyce Ferrentino, Deepak Crawford, Rene Gibson, Lynne Colclough Mary Lou Kersten

SAH email address

Safe at Home committee now has an email address. hillsdalesafeathome@gmail.com
Beth Gordon will monitor it from on a regular basis and report on posts.

Senior Chore Services Day

October 22, 2022. 10:00 – 1:00 pm. To date Natalie has received about 15 requests. She read the names of the people requesting assistance. Natalie will coordinate with Lynne the pairings of volunteers with locations. Lynne could have a sizeable amount of volunteers from Taconic Hills School.

There was an article in the Community Brief section of the 10/6/22 Columbia Paper regarding the event. Senior Scoop also mentioned Service Day in their monthly newsletter.

Volunteers will meet at the Hillsdale Town Hall at 9:30. Bottles of water will be provided and energy bars (bars courtesy of Rene.) Mary Lou will purchase and bring window cleaner spray cans. Rene will bring paper towel. We will ask volunteers to bring their own “hardware” such as rakes, window squeegies, etc etc.

Marty and Shirley will take photos of the event for later posting.

Another meeting for Service Day is scheduled for Wednesday, October 18, 9:00 at Beth Gordon’s.

Recent SAH mailing

Copy attached. The mailing was sent via email to seniors who have given us their email addresses. Gordon Bates printed envelopes and the rest were mailed via USPS.

Workshop

Hillsdale Volunteer Firehouse, November 12. 10:00 AM – 12:30 PM

Following the Work plan/schedule written up by Shirley we are pretty much on track.

Postcard announcing the event was drafted by Shirley, Joyce and Laura Griffin. At committee meeting it was reviewed and edited for final comments. It will go out next week. Information on the workshop will also be posted in the Copake monthly newsletter.

The program handout will be the same format as the one used in our first workshop. It will be a small pamphlet listing the program and speakers, exhibitors and acknowledgements. Beth needs specifics on the speaker topics so she can supply to AARP speaker to avoid overlap. The Home Fit guide by AARP is an important resource and the basis of this workshop. Beth will request at least 100 copies for distribution at the workshop.

Exhibitor list was reviewed and edited. Unedited list is provided. Will plan on adding the Tub Cut to the list as long as it is in compliance with Fire House guidelines. Lynne will ask Joe Hanselman to get approval and then tell Joyce F.

Shirley and Beth will be the point people to make sure exhibitor list is complete and information is correct.

Shirley will write up press releases.

Each person who has recruited an exhibitor should follow up with them to remind them of the event, find out if they have specific needs, how many chairs, size of table, etc.

Lynne will request a check from Tom to give to the Firehouse for the rental of the space. The check must be delivered at least 2 weeks before the event.

She will also contact Our Lady of Hope to request the loan of screens. Lynne will also ask permission for us to set up tables, chairs, etc the night before the event. November 11.

Rene will contact Christine Dellea for the loan of speaker equipment.

Coffee Hour

Next Coffee Hour, October 25, Hillsdale House

Speaker is Ellen Levine – will speak on nutrition.

Mary Lou will contact Laura Griffin on Wednesday the 19th to ask her to send an email out regarding the coffee hour. Rene will put out posters to various sites. Joyce F will distribute notices to the churches. Shirley will do a press release for the coffee hour. Shirley will also introduce the nutritionist.

Rene will contact Rodney at the Hillsdale House and request healthy snacks if possible.

Upcoming Meetings:

October 18, 9:00 AM Home of Beth Gordon, Final wrap up in preparation for chore day.
323 Wolf Hill

November 7, 11:00 AM – Home of Deepak Crawford.
572 Collins

Exhibitors:

Joyce

Aging Life Services Program - Connects older adults with a social work consultation to develop long term plans to enable them to live safely at home as long as they care to. 518-275-8700, www.ccseniorservices.org

Beth

AARP - National advocacy and service for aging adults. Responsible for the HomeFitGuide which includes smart ways to make a home comfortable, safe and a great fit for older adults.

Rene

Cap Tel (Captioned Telephone). Federally-funded program to provide free phones for people with hearing loss. 518-6819445, www.OEIUS.org

Joyce

Columbia County Office for the Aging - Assistance that includes shopping, home delivered meals, transportation, home care and information and referrals. 518-828-4258, www.columbiacountyny.com

Lynne

Consumer Directed Choices (CDCCHOICES) - Acts as fiscal intermediary to seniors who employ personal assistant workers. 518-464-0810x120, www.cdchoices.org

Lynne

EverHome Columbia, Inc., In conjunction with the Home for the Aged, is offering a life-changing program in Columbia County that demonstrates how a combination of in-home services and technology can be used to support seniors who want to remain aging safely at home. 518-389-7555, everhomecolumbia.org

Joyce

Habitat Helping Hands, Columbia County Habitat for Humanity - Products and services that foster safe and livable homes in need of minor home repairs such as ramps and grab bars. 518-828-0892 www.columbiacountyhabitat.org

Joyce

Healthy Neighborhoods Program, Columbia County Dept of Health - Free in-home health and safety assessments and products related to fire safety, lead, asthma, fall prevention. 518-828-3358, www.columbiacountynyhealth.com

Shirley

HEAP (Home Energy Assistance Program) Columbia Opportunities - Assists income eligible seniors to pay for home heating/cooling energy costs. 518-828-4611 www.columbiaopportunities.org

Lynne

Herrington's. Provides all materials for building and renovation including consultations with experts 518-325-3131, www.herringtons.com

Myra

Hillsdale Tax Assessor, Pamela Cook - SAR and Senior Citizen Exemption for taxes. 515-325-5073. www.hillsdaleny.com

Joyce

Occupational Therapy - Christina Befanis, OTD shares information about how to keep oneself safe at home

~~Office of the Sheriff, Columbia County~~ - ????. Did we decide to ask him and if so who was doing so??

Joyce

Safety Install LLC - Michael and Kamina Williams, Certified Aging in Place Specialists provide renovations that are focused on aging in place.

Joyce

~~Tab CA~~ - once she hears from Lynne Colclough



TO: Hillsdale Friends and Neighbors

FROM: Town of Hillsdale Safe at Home Committee, Box 305, Hillsdale, NY 12529

Latest Update: Welcome Fall – September 2022

We hope you and your families are all safe. Your Safe at Home Committee continues to be committed to ensuring every senior has as much information as possible to age safely at home. Here are some important opportunities and benefits that may be helpful as we begin the fall season.

Safe at Home Coffee Hours: We are happy to report that these get togethers with friends and neighbors that began in May are continuing the last Tuesday of every month from 10:00-11:30 AM. A morning of coffee, tea, muffins, conversation, and camaraderie is being hosted at Hillsdale House. We are so pleased that Carmen Barbato, Jr. has opened his restaurant for us to meet there. It's a warm and inviting space that contributes to our feeling of community. In addition to conversation, we have enjoyed a variety of guest speakers. Please join us for **October 25:** Ellen Levine, nutritionist will share the latest on nutrition; **November 29:** Lauren Letellier and Chris Atkins will show an interesting slide show on the history of Hillsdale.

Senior Chore Services Day: Fall is when the outside cleanup of yards and storage of furniture need to be accomplished. Please put **October 22 10:00-1:00** on your calendar. Volunteers are currently being organized to help seniors with outside chores. This was a successful initiative of Safe at Home in 2021. What's even better this year is that adult volunteers will be accompanied by students from Taconic Hills who believe in service to their community. If you, a friend or neighbor needs some help with outside seasonal chores, PLEASE contact Natalie at 518-265-2113. If you have just a few hours in the morning to spare, please consider volunteering to help a neighbor please call Natalie. This project is funded by the Bank of Greene County.

Workshop for Seniors and Caregivers: Adapting Homes as We Age in Place at Hillsdale Fire House on November 12 from 10:00-12:30: As we all know most seniors want to remain in their

own homes but sometimes homes are not as safe or comfortable as they can or should be. Simple solutions can be moving throw rugs, ensuring that the lighting in your home is appropriate and other improvements such as putting up grab bars in a shower. Safe at Home is committed to ensuring that we all have important information and expertise about home improvements that can enhance physical safety and comfort.

Learn about no cost as well as low-cost home improvements. Learn what are the major hazards in bathrooms and kitchens and how to address these. There will be a number of exhibitor booths that will include for example, Hillsdale Tax Assessor; Herrington's, display of product boards with items that are helpful; EverHome Columbia that uses technology to assist folks to remain safely at home; an occupational therapist whose role is to improve activities of daily living. Presentations will include Michael Williams, a Certified Aging in Place Specialist (CAPS) National Association of Builders to talk about the needs of the aging population, common remodeling projects and expenditures, product ideas and resources; Al Belenchia, Executive Director, Columbia County Habitat for Humanity, will provide information about Habitat Helping Hands and how this program can do both exterior projects such as ramps and interior projects such as grab bars. A representative from AARP will share smart ways to make a home comfortable, safe and a great fit. This Workshop is funded by the Berkshire Taconic Foundation Fund for Columbia County and the Copake Lake Realty.

Roe Jan Community Library: We know how fortunate we are to have a library in our community. Check out its dedicated programs for seniors. www.roejanlibrary.org

Senior Safety Net: An important partnership between the Columbia County Sheriff's Office and the Office for the Aging (OFA) establishes upon request a daily contact with homebound residents who have no regular outside social interaction. The program includes a daily phone call initiated at the Sheriff's Office. If the individual does not answer the call as agreed upon, a Deputy will be sent to the home to check on the individual. IF you are homebound or know of a homebound senior, PLEASE call OFA at 518- 828-4258 to initiate this important benefit.

Remember your Safe at Home Committee would like to hear from you. If you have any questions, need information, or just want to chat with someone, you can call Safe at Home committee member, Natalie Kahan at 518-265-2113. While we may not have all the answers to your questions, we'll try to help find them!

Stay safe and stay well,

Timi Bates, Lynda Brenner, Shirley Bresler, Lynne Colclough, Dee Crawford, Joyce Ferrentino, Rene Gibson, Beth Gordon, Natalie Kahan, Mary Lou Kersten, Joyce Lapenn

If you received this Latest UpDate by mail and you have an email address, please let us know. hillsdalesafeathome@gmail.com. As you know postage is more costly than email. Thanks.