

Safe at Home Committee Meeting Minutes  
April 14, 2023 3:00 pm  
Meeting Place, Cook and Larder Hillsdale

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

### **Coffee Hour**

There was a full house for the March coffee hour with our guest speaker/performer Robbie Haldane. April 25 will feature speaker Phyllis Segal whose topic is negative aging beliefs. She intends it to be an interactive meeting with exercises as part of the program. Joyce L prepared the flyers for distribution. May speaker is David Rasche. Joyce L will do the flyer and Mary Lou will work on the press release. June speaker is possibly Harvey Granat. Shirley will speak to him about his availability. Another upcoming coffee hour suggestion was Barbara Pearlman who can show us how to get in our exercise while doing ordinary daily chores. Would also like a speaker who could discuss getting a good night's sleep.

### **Home Repair and Maintenance Resource Guide**

The proposal for the guide was granted, funded and acknowledged. Joyce and Shirley are updating the introduction. Lynda reported that new companies and categories have been added. Lynda and Dee have been editing and updating the service groups in the original guide. **We still need to add more service groups to the guide and keep up suggestions.** We are on schedule.

### **New Initiatives**

Joyce discussed the work of The Third Age, an intergenerational concept of getting seniors involved in getting high school seniors to register to vote. Lynne Colclough believes that this is taught at Taconic Hills as a part of the curriculum and will confirm. Timi mentioned the concept of Homesharing which is in formative stages in Columbia County. Brenda Adams, former Habitat for Humanity president, is working on developing this program along with Georgene Gardner. It was mentioned as something we might want to help with in the future. Another suggestion for a future workshop was a senior volunteer opportunity day to help seniors find ways to be involved in the community.

### **Next SAH Quarterly Newsletter**

Newsletter is ready. Various edits came in from Shirley, Rene and Beth which were incorporated.

**Next meeting – May 26, 2023 3:00 pm Friday at Cook and Larder**