

Safe at Home Committee Meeting Minutes  
May 26, 2023 3:00 pm  
Meeting Place, Cook and Larder Hillsdale

Attendance: Joyce Lapenn, Timi Bates, Joyce Ferrentino, Rene Gibson, Shirley Bresler, Dee Crawford, Beth Gordon, Mary Lou Kersten (secretary)

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

Dee and Lynda put together the booklet, checked resources and added edits. The draft was done by Laura Griffen. Design details, layout and color were discussed as well as additions. Phrasing will be added regarding the funding of the project on last page. We are on schedule.

### **Coffee Hour**

May speaker is David Rasche, publicity has been excellent.

June speaker is Harvey Granat. He will be speaking on and performing music.

SAH will pay \$150 for musical accompaniment.

July speaker – hope to get a spokesperson from the Health Care Consortium.

Lynda Brenner to help with recruiting speaker.

August - Joyce asked Barbara Pearlman to be a speaker on the topic of getting in our exercise while doing ordinary daily chores. Barbara is not available. Another possibility is Chair Yoga. Timi will ask with Roberta Roll. If that is not possible, Beth will contact the Won Dharma Center to see if they will participate..

September - Discussion on cooking healthy foods and how to cook for one or two.

Rene will talk to David Wurth.

October - Will discuss and distribute the Home Repair and Maintenance Resource Guide.

### **New Initiatives**

Many ideas were discussed. One which was agreed to was a Wednesday Walking Group on the HVRT. There was consensus that this is a good plan. Joyce will inform Chris Kersten, Town Supervisor, that the SAH committee is organizing this walking group for 10:00 on Wednesdays. No start date was agreed upon.

Timi asked for further discussion on Home Sharing, a project that is being explored throughout the country. This initiative is broader than the scope of Hillsdale alone but has resonance because it serves both seniors, those who might be lonely and would like companionship as well as helping in the shortage of affordable housing.

**Next meeting – June 26, 2023 , 10:30 AM , Monday**

Home of Dee Crawford