

Safe at Home Committee Meeting Minutes
June 26, 2023 11:15 am
Meeting Place, home of Dee Crawford

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

Coffee Hour

Coffee hour is getting a good reputation and attendance is increasing.

June speaker is Harvey Granat.

July speaker – Rachel Cole, from the Health Care Consortium. Lynda is organizing details with the speaker. Rachel will bring brochures of the many programs that are available to seniors.

August – Lynne will work on recruiting a speaker for Chair Yoga. Will look to Won Dharma as a possibility.

September - Discussion on cooking healthy foods. Rene said David Wurth agreed.

October - Will discuss and distribute the Home Repair and Maintenance

Resource Guide.

November – finding a speaker on Gratitude. Lynne will talk to Rev. Karen Squires for a nonsectarian approach.

December – possibly a holiday party.

Farmers Market

Discussed whether we should handle an information table for one Saturday. Beth will talk to one of the reps if this is okay and which Saturdays work.

Weekly Wednesday Walking Group

Walking group on the HVRT starts July 5. Email notification will go out. SAH Members, Beth, Shirley and Natalie will be there for the beginning of this new “program”. July 12 Joyce and Natalie will be there. Park at the HVRT parking area near Herringtons parking lot. Every Wednesday, 9:30. If storming, no walk.

Fall Senior Chore Service Day

Natalie was asked to coordinate volunteers again this year, she accepted. Lynne will talk to Taconic Hills school rep about student participation. Date was set for October 21, rain date the following Saturday. Need to figure out what to do with raked leaves.

Next Meeting, July, 28th, 2023, 3:00 pm, Friday

Cook and Larder