

## Safe at Home Committee Meeting Minutes

September 8, 2023 3:00 pm  
Meeting Place, Cook and Larder

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

### **Farm Market**

SAH Table will be attended by Dee and Joyce L on September 23.  
It will be attended by Rene and Joyce F on October 7.

### **Senior Chores Service Day**

Postcard revisions were discussed and card is now ready to go. It is at Kwik Print and EveryMail direct will handle the mailing. Lynne reported on student volunteer participation. Our contact person at the school, Angela, said that the students and coaches have changed so she is still trying to get out the message requesting volunteers. No word yet. Lynne is also still trying to reach Richard Briggs to see if the road crew can help with leaf disposal once collected. Rene will call her contact at Hawthorne Valley for possible volunteer help from students. Joyce F will handle purchasing the supplies for the clean up. She needs information on what to purchase. It was suggested that we ask volunteers to bring leaf blowers if they own one. SAH has permission to meet and gather in the Town of Hillsdale parking lot the day of the event.

### **Coffee Hour**

September – Dr. Pier Boutin. Joyce and Beth can't be there. Mary Lou will introduce Dr. Boutin. Rene purchased a copy of Boutin's book and it will be given as a gift by raffle to one of the participants.

October – Bart Ziegler will help us get a representative from HVRT to speak. The question should be raised to the speaker about a site for handicapped parking at the Hillsdale location.

November – Topic is Gratitude, Rev. Karen Squires

December – December 13 holiday party, will be completely hosted by Kelly Sweet at the Mt. Washington House. She is also treating us all to beverages and snacks. Same time as regular coffee hours, 10:00 – 11:30 AM.

Rene and Joyce will speak to Hillsdale House to see if we can have healthier snacks. Muffins and fruit preferred.

We need to start thinking about speakers for next year. Joyce F might have a lead on a speaker regarding sleep deprivation. Patti will speak to Sharon King regarding a discussion of Native Americans in our area. Another person was mentioned, Fran, who could possibly speak on soft yoga. Timi shared an article on loneliness by Nicholas Kristof that might stimulate some ideas for coffee hour.

**Wednesday Walks**

The walks are going well. Will continue.

Next Meeting, Oct 13, 2023, 3:00 pm, Friday. Cook and Larder