

**Safe at Home Committee Meeting Minutes**  
**March 21, 2025 3:00 pm**  
**Meeting Place, Cook and Larder**

Attendance: Joyce Ferrentino, Joyce Lapenn, Timi Bates, Patti Rohrlisch, Shirley Bresler, Dee Crawford, Natalie Kahan, Lynne Colclough, Mary Lou Kersten (secretary)  
Jamie Carano Nordenstrom, (Hillsdale Town Board member)

**Coffee Hour**

March – OLLI representative and an associate will speak about their program offerings and the history of OLLI. Organizer, Joyce F. With any additional time Joyce F will demonstrate AARP number one exercise for maintaining balance and also provide time to socialize.

April – Hospice representative. Rene, responsible person. Dr. Carol Curran will provide a photo. She will be in touch with Rene with more detail. Background material on community Hospice is needed. Title: Don't Count the Days, Make the Days Count.

May – Gardening is the planned topic. Shirley Bresler suggested Nico Hernandez, who accepted. Shirley is the responsible person.

June -Peter Cipkowski, June 24. Topic is Artificial Intelligence, Patti is the responsible person. Will need background information on the speaker, title and photograph.

July – Bill Kramer, CEO of the Academy of Motion Picture Arts and Sciences. The topic will be The State of the Film Industry. Patti is the organizer.

August – Dan Levy - Building a passive home. Rene, organizer. Need background information and a photo of Dan in front of the house.

September – Topic is the importance of human contact and the benefit of physical touch, therapeutic touch. Rene will speak with Caroline Wheeler of Pumpkin Hollow for possible speakers.

October – Music. Timi will speak with Cheryl Jones and Steve Livingston to see if they would participate.

November – Possibly Thad Harshbarger, PhD, on the topic of sleep. Or possibly Jaffe and Drake on the birds of Hillsdale.

December – Holiday Party

Suggested topics for future coffee hours: A music therapist, the value of music; a horticultural therapist, working with herbs; someone from the Hillsdale Art School who might teach an easy art class; Christine Dotker as another gardener.

**Mission Statement - final**

The Safe at Home Committee was established in 2018. The mission of the committee is to ensure that seniors living in Hillsdale get the knowledge they need to remain safe at home, and services that will ensure the highest quality of life. The committee will offer residents information about local resources and services, engage with the town's seniors to assess needs, provide opportunities for socialization and will make recommendations to the Town Board as needed.

**Wednesday Walks**

Walks will start up again April 16. Committee members should show.

**Taconic Hills School Volunteer Program**

Proposed that we hold a "thank you" luncheon or coffee to recognize the volunteers. It could take place at Cooke and Larder.

### **Sexual Harassment in the Workplace**

Future classes will also be available for those who could not participate on March 19. Jamie Carano Nordenstrom is the organizer. Several committee members participated on March 19. Jamie would like 100% compliance.

### **Miscellaneous**

Jamie applied for an AARP grant to get handicapped accessible picnic tables and chairs for the Hillsdale Park. At the end of May awards will be announced. In June the amount of the grant will be announced. SAH should provide input regarding the type of equipment that would be most helpful.

Tammy Gaskell at the Roe Jan Community Library requested that we announce the possibility of a library offering of an exercise program for those dealing with Parkinson's Disease. She would like to determine interest.

It was discussed whether the quarterly newsletter should be sent by regular mail or just to those with email addresses in our system. Group decided to continue to send by regular mail too.

Proposed that we get a group photograph of all the Safe At Home committee members and post it on the Facebook page.

**Next Meeting, April 25, 2025, 3:00 pm, Friday      Cook and Larder**