

**Safe at Home Committee Meeting Minutes**  
**August 22, 2025 3:00 pm**  
**Meeting Place, Cook and Larder**

Attendance: Joyce Ferrentino, Joyce Lapenn, Lynda Brenner, Rene Gibson, Natalie Kahan, Shirley Bresler, Mary Lou Kersten

**Coffee Hour**

For Coffee hours it was discussed whether we should add the line “suggested donation \$2.00 to the poster instead of saying “free.” It was decided to not add that line and keep with “free.”

**August** – Dan Levy, Building a passive home. Rene, organizer. Levy will do a power point presentation. Rene got a projector donated to SAH. Natalie has a screen. Jeanne Mettler will speak before Levy’s presentation for a few minutes on an upcoming Copake survey.

**September** – Caroline Kay Wheeler RN practitioner and instructor is the speaker on therapeutic touch. Rene is the organizer. Will use white background this time for the poster instead of yellow.

**October** – Music. Cheryl Jones and Steve Livingston speakers. Topic will be the importance of music for seniors. There will be some music performed. Timi organizer. We need a title, photo, background and topic information for publication.

**November** – David Wurth will do a demonstration of making cranberry sauce. Patti is the organizer. Title: The Gift of Food. Need a photo, background and topic information.

**December** – Holiday Party

Mt. Washington house will not be available. Other venues were discussed, Roe Jan Brewery, Four Brothers were mentioned. Rene and Joyce to research.

**January** -

**February** – Thad Harshbarger, will speak on the importance of sleep. Lynne Colclough organizer.

Future speaker suggestions: Joyce F tried to reach Elizabeth Post regarding her art work with wool but has had no success in making contact.

John Jasmin initiated his willingness to speak on honey, its benefits, and beekeeping. All agreed it would be a good idea. Joyce F will find out his availability.

Dr Jeremy Boal is a gerontologist and would be willing to a presentation on making a house more accessible and safe when one gets older or has a disability.

Christine Doctor – a landscaper is willing to do a presentation on gardening.

Maverick Tanick would like to do a presentation on “Baseball, the Great American Pastime. He is available late July.

Another coffee hour could be on flower arranging. Joyce F will ask Linda Leavitt when she might be available.

Ben Green will be speaking at the library late August on the Aging Process. We could invite him for a coffee hour later in 2026.

Stephanie Fishbine is a yoga instructor who is interested in presenting a demonstration of chair yoga and its benefits. It was agreed that this could be a good topic for coffee hour.

Town newsletter submissions for coffee hours need to be in by the 20<sup>th</sup> of the month. Background information on the speakers is needed before then to meet this deadline. Joyce F is not responsible for gathering information on the various speakers that have been recruited by those speakers where she was not the responsible. Please email this information to her in advance to meet the deadline.

Coffee hour venue location change discussed. Joyce F discussed the possibility of meeting in the library with Tamara Gaskell, Library Director. For various reasons the library venue will not work. Mt Washington will not work for coffee hours either. It was decided to stay with the Hillsdale House for several reasons, cost, service, access.

### **Wednesday Walks**

Walks continue. Lynda has been organizing SAH committee members for their Wednesday walk schedule. There is a possibility of a special event type of walk. Melissa Bridges would conduct the walk. Lynda and Rene to follow through with more detail.

### **Taconic Hills School Volunteer Program**

#### **Stories Across Generations:Senior Volunteer Reading to Children**

Joyce F and Joyce L met on August 20 with volunteers in the Hillsdale Town Hall to debrief on past activity. Different suggestions were offered to make the program run smoother. There are 9 volunteers who want to continue. Joyce F will speak at the coffee hour on the volunteer experience.

### **Help Stock the Blessing Box**

We need to encourage people to fill the box with proper items.

### **Farmers Market**

SAH had a table for outreach. We will not be further participating for the remaining 2025 weeks.

### **Quarterly Newsletter**

Decided to name the newsletter "Seniors Connect"

### **Office for the Aging**

Nina Benevenuto of OFA met with Mike Dvorak, Hillsdale Town Supervisor, July 25 to discuss OFA activity. Joyce F will ask Mike for feedback of the meeting.

### **MISC**

Rene participated in a phone conference with Mike Dvorak and Tate Coleman (Massachusetts) on the possibility of a transportation service from Hillsdale to Great Barrington for seniors. Mike will need to discuss this idea with the Town Board. It is too late to apply for a grant application in this next funding year. If a grant application was made we would need to first determine need, service design and cost. Tate said a survey was completed in MA and we could use it for ideas. Mike said that the town has the use of Survey Monkey for conducting this. There is a lot to be discussed and researched. Tate is available for an October Zoom town board meeting.

**Next Meeting. September 26, 2025, 3:00 pm, Friday \_\_\_\_\_ Cook and Larder**