

Safe at Home Committee Meeting Minutes
September 26, 2025 3:00 pm
Meeting Place, Cook and Larder

Attendance: Joyce Ferrentino, Joyce Lapenn, Lynda Brenner, Rene Gibson, Natalie Kahan, Patti Rohrllich, Timi Bates, Dee Crawford, Mary Lou Kersten

Coffee Hour

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.

November – David Wurth will do a demonstration of making cranberry sauce. Patti is the organizer. Title: The Gift of Food.

December – Holiday Party, December 9, 10:00 AM. Will be held at the Hillsdale Fire Company. Fire company volunteers are organizing the food, beverages, decorations. Easy pick up breakfast items will be served, small bagels, cheeses and fruits. An anonymous donor who has fond memories of Hillsdale, is funding the event in memory of her partner. SAH Committee will handle the raffle gifts: food basket with items from Cook and Larder, walking sticks, gift certificates, painting by a local artist. Estimated attendance, will plan for 50.

January – Slip and Fall prevention. Wendy Garfield speaker. Rene organizer.

February – Thad Harshbarger, will speak on the importance of sleep. Lynne Colclough organizer. Future speaker suggestions: Joyce F spoke with Elizabeth Post. Post is uncertain about speaking, Joyce will wait to hear further word. Joyce will see if she would like to donate something for the holiday party raffle.

Lynda will reach out to Linda Leavitt to see if she would speak on some topic of gardening. Will request either March or April.

Joyce F will see whether Dr. Green who wrote a book on the aging process would be a speaker.

Patti will contact Stephanie Fishbein regarding a chair yoga class.

Joyce F will speak with John Jasmin to speak on honey, its benefits, and beekeeping. She will find out what months he is available. Possibly June?

Joyce F is in contact with Maverick Tanick who will do a presentation on “Baseball, the Great American Pastime in July.

Mary Lou will speak with Brenda Shufelt, Hudson Library History Room coordinator, about giving a presentation on “Hudson: A History of Whaling & Maritime Commerce.”

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

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.

Camphill Village. If we request a coffee hour session the contact person here is now Elizabeth Phillips. ephillips@camphillvillage.org

Town newsletter submissions for coffee hours need to be in by the 20th 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. It was decided to stay with the Hillsdale House for several reasons, cost, service, access. We now have a screen and projector for the use of coffee hour speakers. We should tell our speakers that it is available and that they might want to get it in advance to

set up their presentations. Presently there is no SAH committee member in charge of operating the equipment.

Wednesday Walks

Walks continue. Attendance has been low. Need to figure out a way to get more participation in 2026. Lynda and Joyce L will attend the October 5th talk at the library to hear Melissa Bridges, a speaker on walking.

Help Stock the Blessing Box

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

Quarterly Newsletter

Patti and Joyce F are working on the next edition of "Seniors Connect" which will be going out in early October. Timi stressed how important it is for us to get legible email addresses. Some are so difficult to read that they are not useable.

Taconic Hills School Volunteer Program

Stories Across Generations:Senior Volunteer Reading to Children

Joyce F, Joyce L and Rene met with the new school administrator, Dr. Eliza Kortright-Torres. She would like to change it to an after school program. She is very keen to have the program ongoing. The school arranged a meeting for October 2 to discuss the new program. This meeting is imperative for the volunteers and organizers. It was pointed out that that day is Yom Kippur and unworkable for many. Joyce F will reach out to her regarding rescheduling.

MISC

Patti brought up the topic of organizing a "buddy system" that we can promote to our seniors who live on their own and would like to be paired up with another "buddy" who would call on a regular basis to check in. Question was whether we want to bring this up as a new initiative for the SAH committee. All felt it was an important outreach program but needs development. Will hold off on any discussion at a coffee hour until this program gels.

We need to encourage all seniors of Columbia County to participate in filling out the Office of Aging Survey. Deadline is October 10.

Joyce L pointed out that September 22, 2026 is Fall Prevention Awareness Week. We should gather useful informational material for distribution and discuss this more next year.

Patti brought up the topic of pairing up people and promote a buddy system

Next Meeting, October 24, 2025, 3:00 pm, Friday Cook and Larder