

**Safe at Home Committee Meeting Minutes**  
**October 24, 2025 3:00 pm**  
**Meeting Place, Cook and Larder**

Attendance: Joyce Ferrentino, Joyce Lapenn, Lynda Brenner, Rene Gibson, Natalie Kahan, Patti Rohrlich, Timi Bates, Dee Crawford

**Coffee Hour**

Reviewed the next few months of upcoming speakers including David Wurth who will present his recipes for Thanksgiving. Patti, point person, will ask about handing out his recipes and other helpful information.

January – Wendy Garfield will talk about how to protect oneself from falling as we get older. Rene will ask for her bio.

February - Thad Hershberger on the importance of sleep. Lynn, point person

March, April and May speakers to be determined. Lynda will contact Linda Leavitt, master gardener, for March or April. Christine Doctor, a landscape professional, might be a good speaker for either of those months since those are important garden prep months.

May – Joyce L would like to be responsible since it is Older Americans Month, an annual observance since 1963 started by President Kennedy. An opportunity to celebrate the achievements of older Americans and discuss needs and services. Possibly Dr. Green, who wrote a book on the aging process, would be a good speaker for this month.

Brenda Shufelt has agreed to talk on the history of the whaling industry in Hudson. Month TBD.

Mary Lou, point person. Possibly Matt White could speak on his interesting life, suggested by Patti.

Another thought was to have one month with no speaker and instead focus on the attendees. Talk about the issues of companionship, perhaps finding phone buddies for connection. Initiating a “buddy program” from Safe at Home will require further discussion. There are various models that have been used by area agencies on aging that could be reviewed. Patti will research and send around some models.

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.

**Holiday Party December 9<sup>th</sup>, 10:00 AM**

Rene is the contact person with Nico Hernandez at the Firehouse. All seems to be on track regarding food and beverages. Raffle items that Rene and Dee brought for the committee to view were discussed. Each is terrific and will be put on display at the party. Rene has a roll of raffle tickets which she will bring. Name tags and sign in sheets are needed. Music will be piped in through the firehouse sound system. Joyce L has many discs with holiday music. Patti and Joyce L will contact Nico to look at the site and determine table set up.

**Wednesday Walks**

Formal Wednesday Walks will finish the end October for the 2025 season. Lynda discussed what a “meditation walk” would look like and after discussion decided that it would not work with our walks. During the winter we can discuss the 2026 season. All agreed the Rail Trail is an excellent resource for our seniors to enjoy and use.

## **Taconic Hills School Volunteer Program**

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

The meeting at Taconic Hills with the Assistant Superintendent, Dr. Elsa Kortright Torres on October 6 with existing volunteers was very successful. Joyce L indicated that we are awaiting follow up from her for the orientation date for our seniors to begin. Insofar as we are eager to get the program started, and recognizing that Dr. Kortright Torres is very busy, Joyce F, Rene and Joyce L will get back to her to enquire of the status, Safe at Home is eager for our volunteers to get started.

### **New Initiative**

Again, we discussed a “buddy program” and how there are many options to review.

**Next Meeting, January 23, 2026 3:00 pm, Friday at Cook and Larder**