Minutes January 8, 2024 COA Monthly Board Meeting

Attendees: Lin Saberski, Maureen Banner, Kyle Pierce, Richard Pargament, Kay Purcell, Roberta Weiss, Kathryn Roberts

Meeting location posted and held at Kyle Pierce’s home because town hall was in use for budget meetings.

Lin called the meeting to order at 10:10 and the December 2023 minutes were approved.

Parkinson’s Support Group report: Once again an invitation to all COA members was extended to attend the first hour of the Parkinson’s Support Group. Those that have attended said they have learned new information and would appreciate a reminder to remember to attend the first Thursday of every month at 2 pm at the library. Richard will add COA Board to the PSG email group list.

Rosemary Owen from the APDA MA chapter joined us from Boston for the January 4th meeting and acquainted the group with the resources of the APDA website and how to maneuver. Rosemary is available for phone calls on available resources as well.

Roberta to speak with Vicki True to see if she could coordinate a singing session for the Parkinson’s group.

Next support group will be about a Yale University double blind study for an anti-depressant specifically for Parkinson’s. This will be the first zoom presentation for the PSG. The library has the OWL microphone for interaction with zoom presenters. Richard will check on the ability of participants to zoom into the meeting from another location. Friends of the Library are discussing investment of equipment to make it possible to zoom the break-out groups, but there is also a question of whether we want to offer that option.

January Events:

COA Planning meeting is scheduled for January 15 at 1:00 with light lunch for Monterey community.

Barbie is monthly movie Jan 10 and lunch this month at Pleasant and Main on Jan 18. Game Day will return Wednesday January 24. Library information hours are continuing after return of JoAnn from her travels. January 31 2pm Grief Support Group with MCC, Monterey Library

February events:

Parkinson Support Group February 1 2:00 pm Monterey Library

COA Meeting February 5 10:00 am Town Hall

COA Monthly Movie 2/14/24 The Princess Bride 7 pm

Lunch February 23 Clare Teague Senior Center 11:30 for $3.00 charge. We hope to arrange Tap Dancing after lunch.

COA co-sponsor with Native Plants February 24 Film w/ light refreshments at 11:00 Monterey Library

COA Game afternoon February 28 2 pm Monterey Community Center.

New Business: Peter Poirier performance Lin following up. Kay: Elder Services information session, possibly with Narcan presentation. Roberta would like agenda item of outreach for folks in difficulty while staying at home in Monterey and for the COA to identify resources for homebound. The planning meeting will include this top, including volunteers willing to assist.

Meeting officially adjourned at 11:35.

Respectfully submitted,

Kathryn Roberts

Administration/Outreach

Monterey Council on Aging