

**COUNCIL OF AGING BOARD MEETING
409 PLYMOUTH STREET
HALIFAX, MA 02338**

DATE of Meeting: September 19, 2023 9:30 a.m.
NOTE: Held every 3rd Tuesday of the month
Selectman Meeting Room – First Floor
499 Plymouth St Halifax

Members Present: Darlene Regan - Director, Mike Rugnetta, Sarah Sloat, Jean Gallant, Ruth Walters, Fred Corrigan

Secretary's Report: Called to order at 9:35am by Jean Gallant.
Reviewed Minutes of August, 2023
Jean Gallant made a motion to accept the minutes, second by , voted on and passed.
- the secretary needs a copy of August minutes to have them added to website.

Budget Report: Darlene reported on:
- No budget report, short staff has led to a difficulty in getting reporting completed.
- Board members agreed, finances need to be reconciled monthly.

Correspondence:
- Fuel assistance redetermination. 3x/day, 6x/week
- YMCA offering DASH program to help with diabetes management and nutrition counseling.
- New Yoga instructor Karen Lyons, paid \$65/class
- Ruth to help create and deliver a volunteer booklet, to include things like CORI info and other requirements for volunteers
- Events
- newsletter posted to website, then updated and reposted.
- hip hop class coming 10/20 11:30am-1pm
- coffee hour now Mon-Fri open to both men and women
- Fall prevention class coming

Director's Reports: GENERATIONS –
- 10/7 meeting, working to get their own by laws updated and approved. They are currently working with the AG's office on this.
- Sarah and Judy both working on liaison duties

SHINE -

OCES - group has been supportive with meal offerings

TRIAD -
no report

PUBLIC DISCUSSION AND OTHER BUSINESS DEEMED NECESSARY BY THE CHAIR:

- COA brochure needs a couple tweaks, Jean to complete
- transportation policies being updated again, further review at October meeting

Adjournment 11:02am