



## Yarmouth Age-Friendly Minutes

February 16, 2022 | *Meeting called to order by* Gerry Bedard at 3:30 PM

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### In Attendance

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Gerry Bedard	Chris Morin	Nicole Bohane	Sharon Ladley
Dianne Kane	Yvette Robida	Drew Krauss	Linda Colby
Jan Hively	Jane Cain		

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### Approval of Minutes

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Minutes from February 2, 2022 were read and accepted by Gerry and seconded & approved by the Committee.

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### New Business

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#### **SENIOR CENTER UPDATE:**

Gerry- Going to Cape Tech to recruit students for the gardens. He also attended a meeting with Sepsis Survivors, very powerful because many have been compromised with speech affects, extremities amputated etc.

Dianne-AARP Tax-preparations are going great. Fit and Strong Osteoarthritis Classes are starting tomorrow (2/17), Men's Cooking Class is finally beginning on 2/18 due to social distancing issues in the kitchen, Social Outing Group moved to the Picadilly Deli on 2/23. COVID Test Kits are being handed out at the Senior Center, which is going very well.

#### **SENIOR SERVICES SOCIAL WORK UPDATE:**

Linda-Test Kits are doing fine. Hoarding Group is going well. There wasn't anyone for the Grief Recovery Group, no one signed up. Continuing to help the seniors with their applications for tax relief and fuel assistance. We still have meals from the Family Collaborative due to not opening back up the Congregate Lunch. There is a lot of Alcoholism among seniors due to their anxiety from their disconnection from life with the pandemic.

Jan-Conversation regarding "Loss" in general, can there be a group set up for people to attend who have had a loss of a loved one, job, communication with people, feeling alone. Maybe Grief Recovery Group can be reworded to fit a variety of loss topics into one.

Yvette-Would like to have an open discussion on the challenges due to the pandemic.

#### **SUSTAINABLE DEVELOPMENT GOALS:**

Gerry & Dianne introduced the World Health Organization's 17 Sustainable Development Workshop Goals.

Jan-What do seniors need for their life? What can they be doing to help the earth? What do they need to make life better? What can the community do? Mass Hire, Cape Cod Community College, Chamber of Commerce etc.

Yvette-Maybe different groups could be involved to create interest.

~~Drew~~-Dianne suggested a Workshop or Summit depending on the need.

Jane-Suggested going to DPW, Roby or Jeff Colby or even Natural Resources to see if they would like to participate in the Sustainable Development Goals ie; Recycling, Water Quality, Life on Land etc.

**AARP COMMUNITY CHALLENGE GRANT:**

Dianne-Asks if anyone would like to participate in writing a grant, both Drew and Jan volunteered.

**ACTION ITEMS:**

Gerry-Mentioned the list of ideas that were submitted individually, how would we want to prioritize them to be worked on as a group?

Chris-will start in June for Elder Abuse Month.

Drew-discussed the Intergeneration Play.

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Next Meeting

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March 2, 2022 at 3:30 PM

Meeting adjourned at 4:50 PM