**Town of Westhampton**

**COA Board Meeting Agenda**

**Wednesday, October 18, 2023, 10:00 pm**

**Westhampton Woods Unit F**

**AGENDA**

1. Call to order
2. Accept Minutes
3. Report on budget - Amy
   1. Expenditures
4. Consortium report – Amy
5. Old business
   1. Critical Information – Special Wishes –
      * Feedback for Lorraine
      * Promotion
   2. Cori Account
      * COA account for Amy – Julia and Amy need to work together (10/20@1:30)
6. New business
   1. Mailing List
   2. Congregate Meals
   3. Newsletter Content
7. Programs
   1. Past (review)
      * September – Boat ride w/Friends Lady Bea
      * September – Intergenerational – Mushrooms. September 22 @ 8:50 am
      * October – Nutrition with Brandon
   2. Planned
      * November – Critical Info Binder
      * December – Dan Kane w/cookies and Punch
      * January – Pizza/dessert in Town Hall
      * March – Fourth Grade Talent Show
      * StarCats?
   3. Promotion of Library Programs from CDH/VNA
      * I**nformational Session 1 - Hospice 101: Everything You Wanted to Know, But Were Afraid to Ask**There are so many questions when it comes to hospice care, from when to consider it, to the expectations of family and caregivers. The first part of our educational series is to break down all myths and facts concerning hospice care so that you can make thoughtful decisions if ever faced with the question, “Should we consider hospice services?” There will also be time afterward for Q&A.
      * I**nformational Session 2 – Navigating the Journey of Grief and Loss**Grief and loss are natural and normal processes, and no response is the same as each person grieves in their own way. There is no timeframe for how one grieves as it shifts and changes, never fully going away. Learn about the stages of grief and loss, from preceptory to post-grief, and the resources available to family and caregivers after the loss of a loved one. There will be time for Q&A afterward.
      * **Informational Session 3 – Making the Right Choice. Learn the Options for Home Health Care**When facing serious illness, understanding your healthcare options can be confusing and overwhelming. Trying to understand the differences between VNA, Palliative Care, and Hospice can lead to many questions. We will break down what each service is while also discussing the importance of advance care planning so that you are in control of your own care. There will also be time afterward for Q&A.
   4. Future/Unscheduled
      * Heat Pumps – Lorraine and Julia (reaching out town, MVP)
      * End of Life Program Series (Aging in place; hospice, death doulas, green burial, Westhampton cemetery) – see above
8. Life Skills Collaboration
   1. Tabled until holidays (NOW!)
9. Reports
   1. Hot Meals and Food Vouchers (Lorraine)
   2. Hiking – Ray
   3. Equipment storage - Ray
   4. HEN – Colleen reporting for Lillian
   5. Friends – Colleen
   6. Transportation – Danielle
10. Newsletter Articles
11. Other Business
12. **Next meeting – November 16, 2023**