

**Conway Council on Aging
Minutes, Meeting of June 3, 2026**

Present: Gail Connelly, Pat Kocot, Kathy Llamas, Pat Lynch, Carolyn Thayer

Absent: Hank Horstmann, Robin Yerkes

Item 1: APPROVAL OF MINUTES The minutes of the May 6 meeting were approved.

Item 2: FINANCE REPORT

Carolyn did not have a report, but she said that we are OK for now. We have not yet heard from the Wells Trust about our grant application.

Item 3: ACTIVITIES REPORTS

- **Durable Medical Equipment** Since Hank was unable to be present, there was no report.
- **Foot Clinics** Clinics are fully booked. Pat K reported that there are too many people wanting appointments than there are openings for. The nursing staff were delighted to have the third chair that we purchased available to them.
- **Healthy Bones & Balance Classes** Well attended.
- **Senior Meals** Well attended as usual. A strawberry social is planned when berries are available for picking.
 - ✚ Pat K expressed a concern about the Town Hall water's safety; she had heard that it was not safe to drink, so the town is planning to have water coolers installed in town buildings. According to Laurie the water was last tested in 2022 and was high in sodium but otherwise safe.
 - ✚ Kat, who is chair of the Board of Health, noted that she is trying to get state health inspectors to recognize that the Town Hall kitchen is not a commercial kitchen and should not be held to the same standards. We need to be able to continue to use it for senior meals.
- **Walking Group** According to Carolyn, the group is falling apart. No one has been showing up. Pat L will put a special notice in *Conway Currents* in hope of attracting more people. Carolyn also mentioned the deplorable state of the sidewalk outside the church. It's the town's responsibility to repair sidewalks.
- **Yoga** Going well.

Item 4: OLD BUSINESS

- **Senior Citizens Day** Kat reserved Veterans Memorial Park from 12:30-4:00, so the event will be from 1:00-3:30. We will all contribute what we can in refreshments and labor. Kat approved a notice Pat L wrote for *Conway Currents*.
- **Disability Committee** Kat hasn't had a chance to meet with Veronique.
- **Free Grocery Delivery** Pat L researched this and circulated results to the council. Robin's information was incomplete. Big Y's delivery is through Instacart, which charges a fee, and Whole Foods free delivery requires an Amazon Prime membership, which also involves payment.

Item 5: NEW BUSINESS

- **Tai Chi** Kat found an instructor who would be willing to teach a class in Conway. Carolyn questioned how many people would take it. Pat L believes that it's worth a try, and if attendance is poor, we can cancel the class. Kat will check on the tai chi instructor's availability.

Next meeting: July 1