

Louisa County Commission on Aging Meeting Minutes – June 7, 2023

Attendees

Angie Hunter – JABA
Curline Bell – Patrick Henry District
Jo Griffith – Mineral District
Jon Tustin – Louisa District
Jody McEwen – AARP Rep
Barbara Hollins – Jackson District
Willie Gentry - Board of Supervisors
Florence Reece – Louisa District
Lillian Morris – Mountain Rd District

Treasurers Report

Previous Balance - \$2928.20
Receipts - \$1678.00 County of Louisa

Expenditures

#2531 Florence Reece VA COA Conference - \$192.00
#2532 Joanne Hoyle VA COA Conference - \$150.00
#2533 Jo Griffith Latch Tote Bags \$47.59
#2534 VA COA Conference - \$150.00
Total Expenditures - \$539.59
Balance - \$4066.61 as of May 31, 2023

Old Business

Parks & Rec Barbecue weather prevented COA members from attending. Jo and Flo attended towards the end.

VA COA Conference

Flo, Curline & Joanne attended.

Flo: A lot of information on dementia. Some information given on stroke: If you get to the hospital within 4 hours you have a higher chance to revert the stroke.

Curline: Most people there were agencies. They talked about homelessness & caregivers. A lot of family members are not being considered as caregivers.

Flo: Dementia can start up to 15 years before they diagnose you with it. You can take a test to find out if you have dementia. There are exercises you can do to try to prevent dementia (writing, math and reading) for up to 30min 4x a week. These exercises can also help your memory come back. VA Dept. of Veteran Services talked about what they can do to help seniors. VA Navigator also talked about ways they help seniors. Flo has a lot of brochures.

Curline: Maybe we could have a booth there next year for the breakout sessions. Ginger and JABA had a booth there.

Jo: Jo nominated Jody to write an article for The Central Virginian newspaper.

Jody: States AARP have a lot of different grants maybe COA can get one.

Jo: Article will be about aging awesomely, local AARP. Run the article by me before submitting.

Jody: Central Virginian has changed a lot recently. Hours are not the same and they are not as responsive. Articles being posted late after events are over.

Jo: Will find out what is going on with CV before we submit article. For a while they were doing a senior page in newspaper. Not sure what happened, will try to find out.

Curline: Taking a training course with IRS to assist in community by volunteering her time to help with taxes.

Jody: AARP help with taxes - you should see if you can volunteer with them.

Curline: Maybe I can volunteer to help AARP or JABA.

Jo: Talk with CV about weekly meeting notice in paper.

Jon: Looked in to purchasing canopy from 3 different sites stompstickers.com, westshade.com & bannerbuzz.com. They all range in prices from \$250.00 - \$815.00 - once adding everything together it should be around \$1,000.00. Graphic part of the flag he will need help with. Jo agreed to help Jon.

New Business

Need volunteers for AG Fair “Big Wheels & Pig Squeals” on July 27th - 29th at Walton Park in Mineral. Jo will look into what day COA would need to be there. Jo will send out email and COA members need to answer whether they can attend or not.

Jo passed out organization list. COA members all agreed to reach out to certain organizations to get more information on how they can help seniors. Jo will come up with specific questions that need to be asked.