

HANOVER COUNTY



Council on Aging Minutes

Human Services Meeting Room
12304 Washington Highway
Ashland, VA 23005

Monday, February 9, 2026
3:00 p.m.

Members Present: Shirley Strickler, Jen Dowda, Artrianna Morris, Pat Graham, Apphia Downing, Gerri Nolan, Jean Grieshaber, Diane Cullen, Bernadette Cornelius, Shawn Dandridge via Teams

**Friends of the Council: Adrienne from SPAN Center, Rachel from Alzheimer's Association, Carrie Baldwin from Synergy
Komar Noble – guest Aetna
Susan Dunmyer – guest
Pam Sopall, Ashland Town Council**

Call to Order

The meeting was called to order by the Chair, Bernadette Cornelius, at 3:00 p.m. Ms. Cornelius noted that we do not have a volunteer to be the Secretary of the Council as of yet and that until we have one in office, we will need to take turns keeping the minutes or notes for the meeting. Jen Dowda volunteered to scribe notes for the meeting.

Consideration of Amendments to the Agenda

Ms. Cornelius noted that the Sheriff's office presentation has been rescheduled to March, per their request, and called for a vote to approve the agenda. A voice vote with all ayes carried the motion unanimously.

Shawn Dandridge joined online with Teams. He was asked where he was joining us from and whether it was for personal or medical reasons. He noted he was in Goochland and it was for personal reasons. A voice vote was held, with all ayes carrying the motion. There were no opponents.

Citizens' Time – Ms. Cornelius recognized those not on the Council joining in person and via Teams.

Ms. Cornelius shared that the minutes for the January 12, 2026, meeting have been distributed and called for a motion to approve. Susan Nepomuceno **motioned to**

approve the minutes with Diane Cullen seconding the motion. Voice Vote all Ayes, there were no opponents. Motion carried.

Reports:

2026 Finding Value in Your Prime – Thursday, May 14th, 2026 8:30 am – 12:30pm, Fairmont Christian Church - *Vice Chair Still needed*

A brief update on the planning meeting was given, with the next meeting being this coming Thursday at 12:15 pm at the Atlee Library. Table Decorations have been decided with a Red, White, and Blue theme. Sponsors and Speakers are being recruited. The number of participants will be increased, and additional space at the location (Fairmont Christian Church) will be used for vendors. This year, vendors will be asked to supply their own tables.

2026 Annual Caregiver Expo survey results were reviewed, and the worksession in March will be dedicated to the creation of a team to build a timeline, plan, and execute a planning committee for the event. Friends of the Council.

Announcements of upcoming events were shared:

Veterans Celebration at the Hanover Arts & Activity Center, May 5, 2026. Flier attached. Shared by Apphia Downing

AARP is sponsoring a Trip to Maryland for Shopping and Casino – April 21, 2026. Flier attached. Shared by Apphia Downing

Staff Time / Updates

Parks & Recreation – June Snead shared that the new RecGuides have been distributed and that there are lots of great classes coming up. She highlighted Savoring History and welcomes ideas from all for future locations to visit in Hanover.

Community Resources – Susan Richards shared the listing of Event Dates and Times for 2026 and asked all Council members to mark their calendars

Volunteers were recruited for:

2026 Spring Senior Law Day – Thursday, March 26th, 2026, 12:15 pm – 4:00 pm at Mechanicsville Baptist Church –

2026 Spirit of Volunteerism Awards -Thursday, April 9th, 2026, 6:00 pm – 8:00 pm at Atlee High School

2026 Finding Value in Your Prim May 14th

Ms. Richards shared that the Older Americans Luncheon will be in Chesterfield and that the opportunity to attend will be offered to the Council.

Debbie Preston shared that the Centenarian Celebration has been scheduled again in May at Covenant Woods. They are working with the Social Security Office to secure the candidates and invitations for participants. Volunteers will be needed.

Approximately 3:40 p.m. the meeting went into a worksession.

Worksession - Age Well Hanover – Creation of a team to build our 4-session education series, timeline, and secure venues. It was decided that we would recruit sponsorship for each and secure four locations. Dates are to be determined by venue availability.

June is Brain Health Month, and this is a logical topic

July, we will look at Hurricane and Storm Preparedness. This was from a discussion about the concerns over shortages and physical challenges caused by the most recent winter/ice storm. From individuals to groups, such as Meals on Wheels, fighting the physical danger of ice.

August - the Span Center has volunteered to host a lunch-and-learn. They will provide an expert speaker. Venue is to be determined.

The meeting was adjourned at 4:20 pm

**Next Meeting – Monday, March 9th, 2026, at 3:00 pm
(Vice Chair Artrianna Morris to lead meeting)**