

**Ashland Council on Aging  
February 1, 2017**

**Guests:**

Joanne Duffy, Jennifer Wuelfing, Sue Wells, Kim Kotob, Steve Mitchell, Ed Brudz, Denise Conti (Needham Bank)

**Board Members:**

All present; James Zebrowski, Alexis Christopher, Barbara Thoresen, Dianne Hanson, Carol Love, Izzy Assencoa, Jean Delouchry, Sara Perkett, and Donna Vuilleumier.

**Meeting called to order at 10:01 AM.**

**Citizens Participation:**

Steve Mitchell updated the CoA from the BOS meeting that the Mindness School is to be evaluated to decide on rebuilding or refurbishing, there was a discussion on issues related to storm waters, Mark Cafarelli appointed as AFD Lieutenant and there will be a Winter Farmer's Market at the Middle School on 2/10.

Denise Conti observing to see how she and the bank may be resources

**Secretary's Report:**

The January 11, 2017 Secretary's Report was recapped with full text copies in hand for the CoA members. There was no discussion. A motion was made by Dianne and seconded by Alexis to accept the Secretary's minutes. The COA Board voted unanimously to accept the Secretary's Minutes.

**Outreach Report:**

**Out Reach Report** - Sue Wells read the Outreach Report for February 2018. Copies of this can be requested through her at the Outreach Coordinators Office. 142 clients have been served (5 new) and 73 received the hot lunch.

Brandi Sleeman is the new Resident Service Coordinator at Ashland Commons. The APD uses Safety Net Tracking Systems radio frequency tracking for seniors with dementia who are wanderers. Seniors in the program wear bracelets that emit a signal. The bracelets are leased for \$199 and have a \$30 monthly fee or can be purchased for \$499. Hopkinton is opening a memory café this spring as a place for people with dementia and their loved ones to gather for socialization, entertainment and refreshments. Volunteers and donations are welcomed. (Pat Srodawa 508-243-5436). AHS Theatrical Group has free tickets for seniors to see their production of *Pippin* on March 4.

**Directors Report:**

Joanne Duffy read the Directors Report dated February 2018. Copies can be requested through her at the Senior Center Office. The budget has been approved by FinCom and Kim's hours will be increased enabling project opportunities. Tai Chi is need of a new instructor and Zumba program may be re-evaluated. The APD donated a flat screen TV for the Center lounge. There was a small break-in at the Center in Jan which elevated the need for

increased security. The APD will do a walk-through to assist with this. AFD Captain L Monahan will be a presence at the Center and senior housing areas to be able to discuss such topics as the new 911 system, a fire drill and use of fire extinguishers and defibrillators. We would encourage the APD to also have such a presence for familiarity and education. AARP is providing a Smart Driver Safety Course on 2/22 and the Center is providing lunch.

The Dementia Friendly movement is in process and data gathered will be submitted to Baypath at the end of the month. The MCoA is involved with a program model and Arthur Bergeron is expected to be a resource. The regional informational meeting in Northboro about DF is full which led to a discussion of Ashland hosting a meeting. Joanne Duffy to follow up.

Motion to accept the Directors Report was made by Carol and seconded by Alexis. The COA Board voted unanimously to accept the Directors Report.

## **Old Business:**

**New Committee Handbook from BOS** – a draft will be available soon

**School Closings:** Jim had an email exchange with the School Board and the Superintendent regarding CoA concerns about seniors knowing in timely fashion that schools and the Center would be closed due to weather conditions. The situation was resolved via email and Alexis did not need to attend a meeting.

**Senior Benefits Fair-** postponed due to logistical issues and a new date will be set soon

**Revised Mission Statement-** will go in newsletter and on website

**Meeting Room Arrangement-** the tables were arranged in a new layout. The COA reacted favorably to the new layout and we will see how the FCOA reacts.

**Grief Support Group-** Donna presented a draft flyer and newsletter information which were edited to reflect the initial date change to April 5 and the time as 1:30-3. There is already interest in people attending.

**Name Tags for CoA Members-** Jim rescheduled to attend the FCoA March meeting.

## **New Business:**

**New Retirees-** discussed how to determine and then how to meet new and emerging needs in ways that are both proactive and reactive, mass mailings are cost prohibitive but information may be able to be added to another town mailing such as in with water bills. Lifelong learning is important to younger seniors so these opportunities will be significant. Kim and Steve presented information on Great Decisions which is a facilitated foreign policy discussion group.

**Encouraging Guests at CoA Meetings-** while guests are always welcomed and encouraged the topic shifted to the CoA as guests at senior housing in town for support and advocacy. Alexis suggested one/some of the CoA attend the board meetings at Park Rd, Ashland House and Ashland Commons. All agree this clearly speaks to our mission. The CoA thanked Kim, Sue and Alexis for bringing this to our attention.

## **One Last Thing**

All acknowledged a good meeting with advocacy and learning opportunities raised which creates a growing enthusiasm for increased support. Alexis noted the new Senior Center Brochure continues to be edited. Motion to adjourn the meeting at 11:59 was made by Alexis and seconded by Dianne. The CoA Board voted unanimously to adjourn the meeting.

Respectfully submitted,

Donna Vuilleumier - Secretary COA