

## Ashland Council on Aging

### Minutes

February 11, 2021

#### **Call to Order:**

The meeting was called to order at 10:04 AM by Chairperson Alexis Christopher.

#### **Board Members:**

Present: Alexis Christopher, Jean Delouchry, Diane Hansen, Sara Perkett, Jim Zebrowski

Absent: Joanne Fahy, Carol Love

**Guests:** Joanne Duffy (Director, Senior Center), Clinton Heyd, Steve Mitchell (Select Board), Ana Vladimirov (Activity & Volunteer Coordinator), Candi Wilson (Outreach Coordinator)

**Mission Statement:** read by Alexis.

#### **Citizen Participation:**

Clinton Heyd introduced himself.

Steve Mitchell reported on the votes for the Mindess School and the Public Safety Building.

#### **Secretary's Minutes:**

Jim read the March 5, 2020 minutes. Sara moved to approve the minutes. Alexis seconded the motion. Approved 5-0-0.

#### **Director's Report:**

There were problems with the fire alarms last week. The elevator is out of order.

Ana Vladimirov started as Activity/Volunteer Coordinator in December. She has been working on social media, among other things.

Staff has been very busy on the phones.

Price of Grab n Go lunches has been increased to cover packaging.

AARP tax help will start on Tuesday. They will do simple filings only.

Town Manage Coffees take place monthly.

Joanne read highlights of what has been accomplished over the year.

The Friends have been meeting informally. They continue to subsidize the Grab n Go lunches, but are not subsidizing any other programs.

The Senior Center is still accepting donations of books and puzzles.

There is a possibility that the formula grant will be reduced from \$12/senior to \$9/senior. Joanne will keep us informed. Steve suggested discussing with Michael Herbert during the Town Manager Coffee Hour. Sara asked whether we should contact Jack Lewis, but Joanne said it was too early in the process.

Candi is working with an Eagle Scout to produce two raised garden beds. Jean asked whether Candi would accept additional beds, but it is believed that there is insufficient space.

Candi has acquired a \$24,000 grant to address social isolation via the A.I.D.E. Program (Activities, Internet connection, Devices & Education) for older adults with limited income. The target is 20 people. Devices are on the way from Apple.

Candi didn't apply for the day program, because of the pandemic.

Seniors are having trouble coping.

Ana has been working on a writing contest. Sara is considering entering.

Ana is considering a Zoom dance class, which might be able to meet outdoors in the spring.

Sara made a motion to approve the Director's Report, Alexis seconded. The motion was approved 5-0-0.

#### **Old Business:**

**Updating Web Page:** Our town web page is up to date, but doesn't include the time and place of our meetings.

**Updating WACA Information:** Tabled by Alexis.

#### **New Business:**

**2020-2021 Officers:** Jim motioned to continue with the same slate, Jean seconded the motion. Approved 5-0-0.

**Potential New Members:** We were informed of a new candidate, but calls have not been returned. We need to recruit. Sara suggested putting something in the newsletter. Alexis will write it. Jim's term is ending on August 31, which will result in another opening.

**What do we need to do to engage our seniors during the pandemic?:** Sara reported she was given a drive-by birthday. It was suggested that we share our ideas with the community via the newsletter and the Facebook page.

Candi is starting a new program, called Caring Connections, which will enlist people to call older adults to check in with them. Some COA members will take part in a meeting about it, so Steve advised us to post the meeting as a COA meeting.

Jean has moved to The Ledges and is willing to distribute the newsletter to residents.

Steve commended the Senior Center staff for all of their work over this past year.

We will aim to meeting again on March 4.

#### **Adjournment:**

Meeting adjourned at 11:08 am.

Submitted by Secretary

Jim Zebrowski

Documents distributed:

March 2020 minutes

Director's Report

Talent Bank form

## Ashland Council on Aging

### Minutes

March 5, 2020

#### **Call to Order:**

The meeting was called to order at 10:04 AM by Chairperson Alexis Christopher.

#### **Board Members:**

Present: Alexis Christopher, Jean Delouchry, Joanne Fahy, Diane Hansen, Carol Love, Sara Perkett, Jim Zebrowski

**Guests:** Izzy Assencoa (Chair, Friends of the Ashland Council on Aging), Joanne Duffy (Director, Senior Center)

**Mission Statement:** read by Jean.

**Citizen Participation:** none

#### **Secretary's Minutes:**

Jim read the February minutes. Jean moved to approve the minutes with minor edits. Sara seconded the motion. Approved 5-0-1.

#### **Director's Report:**

There will be a Town health fair in the Great Room on April 1, so no programs will be scheduled there on that day.

March will be a busy month.

More events are requiring signups. The calendar shows only events requiring signup.

A new program, Mindful Living, is experiencing low participation, so it might be cancelled.

People are loving the Fake News series.

Day Program: Candi is working on a grant from the MetroWest Healthcare Foundation. The grant request includes a gazebo. We are also seeking money from the Friends. The program would start with one Monday per month, with a goal of twice per month, and will include lunch and transportation. We are looking into adding two hours to transportation.

Clocktown Café: Joanne Duffy has requested grant money. She hasn't needed to use the BAA grant for entertainment, so she will ask whether the money can be repurposed. Attendance has been as high as 15.

Our robotic cats can't be taken home and BAA grant money can't be used for things that are given away. We can, however, accept a donation for a cat to be given away.

We are still working on a Purple Table at Stone's.

Jean said the census shows a big increase in retirees.

Stone's will be hosting the Speed Dating event. More women than men have signed up. Jim suggested having an outside men's group meet here. Alexis suggested having some male-centric topics.

The Fire Department lunch has lots of signups.

Kim and Candi are dementia certified and will seek national certification.

We're getting a new storage shed, which the Town will install.

Joanne Duffy distributed an MCOA handout on the Corona virus. Alexis suggested having a speaker.

Carol made a motion to approve the Director's Report, Alexis seconded. The motion was approved 6-0-0.

### **Old Business:**

**Rebranding:** Joanne Duffy is leaning against changing our name. We are who we are. She passed around sample logos. Alexis said that logos were effective at Raytheon. Jean asked what other senior centers are doing. Joanne Duffy responded that they're talking about it. Sara suggested letting it percolate. Alexis tabled the topic.

### **New Business:**

**Title III Grants:** Candi talked to BayPath about the day program. She's somewhat concerned that we might end up with too much money. This is the time of year that BayPath seeks grant applications.

### **One Last Thing...**

Carol said that there's a lot going on about the Corona virus.

Alexis said that she asked Barbara Thoresen to consider returning to the Council. She said that Steve Mitchell never got back to her about filming at the Senior Center.

Jim said that John Pacek is considering attending the next meeting.

### **Adjournment:**

Meeting adjourned at 11:34 am.

Submitted by Secretary

Jim Zebrowski

Documents distributed:

February minutes

Director's Report

BayPath Board Meeting Highlights

MCOA Membership Alert

***DIRECTOR'S REPORT***  
***COA/Elder Services***  
**January 2021**

**Administrative Report**

**The Senior Center will close on February 15**

**New Hire: Ana Vladimirov – Activity/Volunteer Coordinator**

Ana started at the Senior Center in December. She has been working on communicating with our seniors. Her background in Web design, as well as working with seniors has been exceptionally helpful. Our viewers of the Facebook page have increased significantly.

**EVENTS**

**February 2021**

Drop and Go Lunches-Mondays –noon

Caregiver Support Group

Income Tax Preparation – AARP – Tuesday and Friday mornings

Town Manager Coffee – Third Wednesday- Zoom Meeting

Breakfast- February 24-Bagel Sandwich from Breakfast Table

**Catching up on Activity since we last met:**

Made assurance calls to over 1000 Seniors at beginning of Covid

- Providing information - coordinating food, shopping hours, information

**Meals to Seniors:**

- 3R program
- Meals on Wheels
- Grab n Go lunches & Breakfast

**SMOC:**

- Farmers Market coupons
- Fuel Assistance in person appointments

**Food Pantry:**

- Assisted with Turkey distribution for 77 families (Thanksgiving) pouring rain
- Assisted with Holiday Program for 98 families

Shine Appointments

Taxes options for 2020, Scheduling for 2021

Provided Books, Puzzles

Craft Kits: Offered 8-10 different kits

Pen Pal Program - Collaborated with Mindess school students

Coffee Hour with Town Manager via Zoom

Provided Masks to the community

- Provided sewing materials

Provided Knitting materials

Writing Contest

Pumpkin Contest - provided pumpkins to everyone

Caregiver Support group

Acquired \$24K Grant to address social isolation - A.I.D.E Program (Activities, Internet connection, Devices & Education) for qualified applicants.

Working with Eagle Scout to produce 2 raised Garden Beds

Transportation

Vaccine registration

Outreach making visits to Senior Housing for check ins & providing food

**Income Taxes: We start our first tax appointments on Tuesday, February 16<sup>th</sup>.**

We are following COVID guidelines.

**Vaccine:**

We have been working for the past two weeks calling seniors, anticipating that we would receive vaccine. This week actually are making appointments for them at the Hopkinton Senior Center. Ashland is part of a collaboration with Hopkinton, Southboro, Northboro and Westboro. We are hoping that the vaccine will continue to be available, but the status changes daily.

Please have folks call us if they have questions.

**Volunteers:**

We are still not using volunteers. We truly miss them. I have not been able to solicit for the Tax Work-Off program but am hopeful that in the summer months things will change.

**FCOA Meeting :** The Friends have been meeting informally. They are still subsidizing the Grab and Go lunch program. We are now charging each participant \$4.00 and the Friends are contributing \$3.00. The additional dollar is to cover the packaging at TJs.

No other programs are being subsidized at this time.

Respectfully Submitted,

Joanne Duffy, Director of Elder Services

# Talent Bank Form

## Page 1

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### TALENT BANK FORM

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*From time to time, positions become available on committees appointed by the Board of Selectmen. Positions are not always readily available. Each committee or position has a different commitment level that is needed in order to be an effective member. Committees meet on a regular schedule, typically once or twice a month in the evening. Some committees require members to gather and review information outside of the meetings that are held. Committee chairs or staff is able to provide a better understanding as to the commitment that is needed for each position.*

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*Upon receipt, your Talent Bank Form will be reviewed by the Town to determine if a current match exists between your desire to serve and openings that currently exist. Your application will be added to the list of volunteers who have expressed an interest in serving. We thank you for your interest in serving the Town of Ashland and returning this application.*

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Name Barbara Sekesogundu

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Email Address [btsekeso1@gmail.com](mailto:btsekeso1@gmail.com)

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Address 24 greenhalge rd

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City Ashland

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State MA

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Zip Code 01721

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Home Phone 508-259-3569

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Cell Phone 508-259-3569

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## Page 2

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I am interested in serving the Town in the following positions: Council on Aging, Affordable Housing Trust Committee

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Other: Ashland housing Authority

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Finance Committee is appointed by the Town Moderator *Field not completed.*

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**BACKGROUND:**

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Employer Nurse Zone Consulting

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Position LPN

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Education LPN, pursuing BS in Psychology

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Please describe any training/experience you possess nursing skills, management, auditing personal files and working with health insurances.

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Please describe other skills and interests some college level ASL and experience working with deaf community and people with Mental health health.

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Please describe your government or community volunteer experience (Ashland or elsewhere) Mother of cub scouts, camping etc. Through work - community activities including health clinics to avoid unnecessary hospitalization, healthy eating, checking blood pressures and diabetes teaching.

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