

**Ashland Council on Aging
March 1, 2018**

Guests:

Joanne Duffy, Jennifer Wuelfing, Sue Wells, Kim Kotob, Steve Mitchell, Ed Brudz

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 10:02 AM.

Mission Statement read by Dianne

Citizens Participation:

Steve Mitchell spoke about the 3/10 BOS Breakfast for town service volunteers. Ed Brudz spoke about the 4/11 FCoA auction and dinner at the VFW. Tickets are \$10. Jennifer Wuelfing gave out a listing of 3 local memory cafés.

Secretary's Report:

The February, 2018 Secretary's Report was recapped with full text copies in hand for the CoA members. There was no discussion. A motion was made by Carol and seconded by Barbara 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 March 2018. Copies of this can be requested through her at the Outreach Coordinators Office. 129 clients have been served (7 new) and 47 received the hot lunch. Denise Gould (Baypath Program Manager of Adult Foster Care) provided information on a program through MA Health which provides an in-home caregivers stipend within certain restrictions. 10 seniors will attend as guests for the AHS production of *Pippin* on March 4, and a few tickets remain. More lock boxes and CO/smoke detectors have been installed at seniors' homes, and more will be placed. Lt. Iarussi noted some old detectors had batteries placed incompletely. Harmony at Heritage is a new private pay living environment for seniors with mental health needs. More details on all of these programs and resources are available in the Outreach Coordinators Office.

Reviewed a list of activities and ideas from other local senior centers. **Action: The CoA will make this an agenda item for April to glean and discern how best to adapt/create for the seniors we serve.**

Directors Report:

Joanne Duffy read the Directors Report dated March 2018. Copies can be requested through her at the Senior Center Office. There is an increase in people served and needs met. Steve noted that through the BAA the BOS is taking grant applications twice/year to help offset program costs. **Action: In planning events/programming the CoA will be aware for the next cycle.**

Gabe Murgerian is retiring from driving for the Senior Center. Appreciation for his years of service and many other additional tasks was expressed. There will be a planned formal acknowledgement of his generosity. There is a posting for a new driver, and the role requires some special training.

On 3/13 Baypath is hosting an Aging Project event on Diversity/LGBTQ. Jennifer and Joanne to attend as first step in our ability to learn and meet needs of our diverse community. They have also worked with the Natick Senior Center and Fenway Health towards training, mission statement and outreach goals for inclusion. CoA acknowledge a growing Indian and Russian presence in the community and our lack of cultural understanding. Joanne provided copies of recent news stories on rebranding senior centers with attention to diversity. **Action: CoA will read and discuss articles. The MCoA will be providing a full day training on diversity (date and place TBD) for which a CoA sub-group will be formed to attend.**

There is a new Tai Chi instructor.

The Dementia Friendly movement surveys are completed and have been submitted to Baypath for analysis. Discussed option for grant money for a mailing. **Action: When tallied results are available the CoA will begin to plan and respond according to the needs.**

The AARP driving program was a success and will be offered again in the future. It included education and resources such as when to stop driving.

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

Old Business:

New Committee Handbook from BOS – has been distributed. **Action: CoA to read and discuss for April for potential revisions to current policies**

Senior Benefits Roundtable- Kim has coordinated this March 22 (1pm) event and posted flyers and other forms of publicity. Several groups who provide services to Ashland seniors (i.e.: tax exemptions and work offs, fuel assistance, Neighborhood Brigade, Food Pantry, trash fees, Emergency Fund, support groups). Speakers will have 5 minutes to discuss their services prior to individual roundtable discussions. Donna will speak about the new bereavement group and Sue's caregiver support group. WACA will video the event. This is also an opportunity to obtain residents' wish-list for services, programs and needs.

Meeting Room Arrangement- FCOA reacted favorably to the new layout.

New Retirees- Once town census completed CoA will discuss and begin to plan and respond according to the needs.

Senior Housing Meetings- Discussed attending and advocating for increased senior housing and conditions. **Action: Jim to coordinate for meetings of 3 senior housings.**

Police and Fire Dept -AFD mingles with seniors at Center, want to encourage the same from the APD

New Business:

Considering Evening Offerings at Center- Discussed options and will explore further. In time will present proposal to Town Manager. Ideas have included weekly aerobics for daytime workers, karaoke, and a mix/mingle at a

restaurant (Kim to explore). Great Decisions, beginning on April 9, could be the type of evening programming options.

ReStore- The former Sears Hardware Store on Pond St is becoming a Habitat for Humanity ReStore for household items. They are seeking senior volunteers.

One Last Thing

All acknowledged an excellent and exciting meeting recognizing that there is much to learn. Know that we will need to focus and create sub-committees. The Roundtable will be informative and help to direct our focus and priorities.

Motion to adjourn the meeting at 11:56 was made by Carol and seconded by Jean. The CoA Board voted unanimously to adjourn the meeting.

Respectfully submitted,

Donna Vuilleumier - Secretary COA