

**Ashland Council on Aging
May 3, 2018**

Guests:

Joanne Duffy, Kim Kotob, Susan Wells, Joanne Fahy, Pat Mahoney

Board Members:

Present; James Zebrowski, Alexis Christopher, Barbara Thoresen, Dianne Hanson, Jean Delouchry, Sara Perkett, and Donna Vuilleumier. Resignation: Izzy Assencoa resigned 4/5/18

Meeting called to order at 10:03 AM in the Community Room of Ashland Commons

Mission Statement read by Dianne

Citizens Participation:

Joanne Fahy spoke about living at the Park Rd housing (currently) and at Ashland Commons (previous resident), and Pat Mahoney spoke about living at the Ashland Commons (currently). Both acknowledged the need for more senior housing in town. Park Rd was well constructed and has had some updates but upkeep is not maintained. State assistance is needed. One key concern for Ashland Commons is the mold level especially in family units as Ashland has a high water table and this site had been a swamp prior to construction.

Kim and Joanne expressed appreciation for all that attended the senior volunteer luncheon on 5/1 and for all that went into making it happen. Gabe Mugerian was surprised and pleased by the certificate, card and Market Basket gift card.

Secretary's Report:

The April 5, 2018 Secretary's Report was read verbatim as full text copies were not in hand for the CoA members. A motion was made by Diane and seconded by Sara to accept the Secretary's minutes. The COA Board then voted unanimously to accept the Secretary's Minutes with the exception Alexis Christopher who abstained due to an absence from the April meeting.

Outreach Report:

Out Reach Report - The Outreach Report for May 2018 was shared. Copies of this can be requested through Susan Wells at the Outreach Coordinators Office. 83 clients have been served (2 new) and 44 received the hot lunch. There has been a decline trend in people receiving the lunch. Fuel assistance is done for the season and applications will reopen in Nov. Baypath services are in high demand so it can take several weeks before services start. Tribune Apartments (Irving St, Framingham) is affordable housing with a site resource counselor and RN. GoGoGrandparent uses Uber and Lyft rider services without a smartphone needed and there will be information on this in the next Senior Center newsletter. The support group made terrariums for relaxation and were led by Gretchen Bravacos from the Ashland Garden Club. On 5/8 Hopkinton hosts its first memory café (Our Time Memory Café) at the Hopkinton Library from 1-3. It is open to Ashland residents. Susan Wells will attend the monthly café. Further information will be available in the next Senior Center newsletter.

Directors Report:

Joanne Duffy read the Directors Report dated May 2018. The Center has been busy with more seniors coming in and participating. Instead of a prom the Lions will be providing a lunch and music event with help from the Leos. Date and time TBD. Candy Wilson is the new van driver and has almost completed the MWRA training. She will begin driving next week. Kim will provide information about her in the next newsletter. Gabe remains involved. Food donated goes to the Center and to the Food Pantry. After 7/1 plastic bags will not be available. The Center is closed the first week of July. Joanne will be out on medical leave beginning 5/9. The FCoA annual meeting is today. The budget approved additional time for Kim. Dementia Friendly met 4/17 and meets again 5/22. No action items yet. Motion to accept the Directors Report was made by Dianne and seconded by Barbara. The COA Board voted unanimously to accept the Directors Report.

Old Business:

Senior Housing in Ashland- In keeping with our mission statement we will be continuing to hold CoA meetings at different senior housings in town. Refreshments will be provided for 'Coffee with the Council.' Jim has not heard back from Ashland House. **Action: Jim and Joanne Fahey will coordinate a date for the CoA meeting at Park Rd. State Rep Jack Lewis and State Senator Karen Spilka will be invited to join the CoA when our meeting is arranged to be at the Park Rd Housing complex.**

CoA Banner- Jim gave text and photo to Keefe Tech, will need for Farmer's Market. **Action: Jim to follow up with Keefe Tech.**

Evening Events- Tabled restaurant social until next meeting. 5 Wishes as both a daytime and an evening presentation. Discussed an event geared towards men. Alexis suggested Wine Empire for a beer or wine tasting. **Action: CoA will check into various restaurants in town for mix/mingle as a discounted social event which will be helpful to the businesses. Kim and Donna to coordinate dates for 5 Wishes.**

New Business:

Izzy's Resignation and Replacement- One potential member is available from the Talent Bank. In Aug 3 members will have expiring terms. Advertise with the BOS to formalize appointment process. **Action: Jim to follow up with Steve Mitchell.**

Activities & Ideas from Other Senior Centers- Discussed and declined Depends in the restrooms due to waste issues, African Federation has not responded to Kim, will keep 12 walkers on hand and recycle others, Susan to obtain more information on a medical escort program and may be able to connect it with Neighbor Brigade or Seniors Helping Seniors. A social day care program is currently not feasible due to space limitations but could be a long range goal as Baypath does have grant money. Noted many communities charge for programs while most of Ashland's are free or with a nominal cost.

Asian Program- Attention to diversity with focus on growing Indian population. Consider a weekly program. **Action: Alexis to contact the Sri Lakshmi Temple for possible meeting there.**

Agenda Items Not Discussed and Postponed to a Future Meeting:

- 1.) Revisions to Our Policies & Procedures
- 2.) Addressing Diversity in Ashland

- 3.) Rebranding
- 4.) What do we want from the state?
- 5.) WACA PSA Days

One Last Thing

This was a good, productive meeting, we are picking up speed, good to be moving from plans to action, will be good to see apartments at senior housing and it was good to meet at Ashland Commons. Jim will be away in June and the CoA meeting will be led by Alexis.

Motion to adjourn the meeting at 11:50 was made by Dianne and seconded by Sara. The CoA Board voted unanimously to adjourn the meeting. Meeting ended early to allow CoA members to attend the FCoA annual meeting.

Respectfully submitted,

Donna Vuilleumier - Secretary COA