

## Ashland Council on Aging

### Minutes

May 6, 2021

#### Call to Order:

The meeting was called to order at 10:00 AM by Chairperson Alexis Christopher.

#### Board Members:

Present: Alexis Christopher, Jean Delouchry, Joanne Fahy, Diane Hansen, Sara Perkett, Lisa Uglialoro, Jim Zebrowski

Absent: Carol Love, Patrick McHale

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

**Mission Statement:** read by Diane.

#### Citizen Participation:

Fran Blake said that he might be interested in joining the Council.

Steve Mitchell stated that Fran would be an outstanding addition to the Council. At the most recent Select Board meeting, Rajit Gupta introduced himself as the new Director of the Board of Health. Town elections will be held on May 18, with mail-in and early voting available. Sara asked who approved the hours and Steve responded that it was the Select Board, taking into account the pandemic and staffing.

#### Secretary's Minutes:

Diane moved to approve the April 2021 minutes. Jean seconded the motion. Approved 7-0-0, with one revision.

#### Director's Report:

The current sign-in protocol is that everyone wears a mask, sanitizes their hands, and checks in and out at the kiosk, using a stylus. The occupancy limits of each room are posted. Everything needs to be sanitized after use.

The opening week has been quiet, as many people are concerned about exposure to unvaccinated people.

The Friends won't meet until September, because one of their members isn't vaccinated.

All staff members are vaccinated.

The Friends will give the Senior Center \$300.00 to use like petty cash. Receipts will be kept. Money will be needed for paper goods.

The first congregate meal will be on Monday, May 10<sup>th</sup>. Tables will be six feet apart, so indoor dining will be limited. Ice cream sandwiches will be served for dessert. Traditionally, congregate meals weren't

done over the summer, but will probably take place this summer. Steve has been a lot of help with the grab-and-go meals. Joanne could use some volunteers.

Joni will lead exercise classes on Fridays in May. Pre-registration will be required and class size will be limited to 10.

It isn't practical to have card games, yet, because participants must be six feet apart.

Tai Chi is returning in May, also limited to ten people. The session signups aren't filling up, yet.

Mary Green will lead Chair Yoga on Tuesdays in June.

Mary Ellen Giambetti isn't ready to return, yet.

Ana will run art classes. They will be free this summer. Suzy Meeker wants to resume her class, but that probably won't happen until September.

The Town Manager Coffee will be in person in May, but coffee will not be served.

The food pantry is still open by appointment only.

There are lots of vaccine appointments available. The Senior Center can help with transportation and finding locations. The MWRTA is available to transport individuals over 65 to their vaccination appointments.

Candi and Ana are working to set up the notebooks to lend out for the AIDE program. The grant will pay for Internet, but not for cable. They will offer some training.

The garden beds are coming soon.

Ana is introducing a new dance class. Three classes will be offered via Zoom. Next week, they will be in person.

Movies will be shown in the Great Room. More current movies will be shown. They intend to take advantage of Kelly Rund's accounts.

The Friends are considering a reduction in their board, from nine to five, to reduce the number needed for a quorum. Steve suggested that the COA have a liaison to the Friends, as we have done in the past.

Several members have not attended COA training. Perhaps a session could be scheduled at the Senior Center.

The elevator is now operating, but the hall lights are out.

A ring-activated doorbell camera has been installed.

Candi and Ana would like to go on walks with people, even at their homes.

Lisa made a motion to approve the Director's Report, Jean seconded. The motion was approved 7-0-0.

#### **Old Business:**

***Opening of Senior Center:*** Candi mentioned that the outside is open, too. Steve asked about rentals. They are limited to 50 people and a staff member must be on site. There are challenges, because eating

and drinking are not allowed, contract tracing must be done, and the parking lot fills up in the summer, especially on weekends.

**New Business:**

***Council Terms Ending August 31, 2021:*** Carol Love has resigned. Jim is leaving at the end of August. Sara and Jean will stay on.

**Adjournment:**

Meeting adjourned at 11:27 am.

Submitted by Secretary

Jim Zebrowski

Documents distributed:

April 2021 minutes

Director's Report

# ***DIRECTOR'S REPORT***

## ***COA/Elder Services***

**May 2021**

### **Administrative Report**

#### **Vacations:**

Jan B. – Vacation May 24-28

Ana V. – Vacation June 21 – July 2<sup>nd</sup>

### **EVENTS**

#### **March 2021**

#### **All participants are required to pre-register.**

Each person must use a mask, sanitize their hands, and check in and out at the kiosk located in front of the office window. We will be responsible for maintaining lists for contact tracing and sanitizing each area as folks come in and out.

First congregate Meal on Monday, May 10th

Exercise with Joni Fridays in May

Tai Chi – May 13<sup>th</sup>, May 20<sup>th</sup>, May 27<sup>th</sup>

Parkinson's Support Group – May 12th

Art Class with Ana -May 18<sup>th</sup> and May 25<sup>th</sup>

Town Manager Coffee – Third Wednesday of the month

#### **June:**

We will have more exercise classes with Joni three times a week.

#### **Vaccine:**

We can not ask anyone if they have received a vaccine. If anyone has questions, please have them contact me or Sergeant Ed Burman. We are following all COVID precautionary guidelines to keep everyone safe.

#### **Volunteers:**

We are using volunteers in the office to guide seniors in the center and explain all the new guidelines

#### **Transportation:**

MWRTA has informed me that they are available to transport folks (over 65) to their vaccination appointments. All of their transportation is at no charge. They also have ample busses that go the Natick Mall, if that is where an appointment is booked. They are currently doing approximately 500 rides a month for Ashland Seniors.

#### **Outreach**

Candi and Ana are working to set up the notebooks to lend to folks for the AIDE program.

#### **Building Issues:**

The elevator is now operating.

The Great Room has been painted and the floor steam cleaned.

#### **Friends of the Council on Aging:**

The FCOA has decided not meet until September. I have asked for \$300.00 and they have approved that amount, to pay for ice cream sandwiches for dessert on Mondays, water and additional paper goods.

Respectfully Submitted,  
Joanne Duffy, Director of Community Programs and Elder Services