Ashland Council on Aging
Minutes
September 5, 2019

Call to Order:
The meeting was called to order at 10:05 AM by Chairperson Jim Zebrowski.

Board Members:
Present: Alexis Christopher, Joanne Fahy, Diane Hansen, Carol Love, Sara Perkett, Jim Zebrowski
Absent: Jean Delouchry
Guests: Russ Ashton, Izzy Assencoa, Ed Brudz, Joanne Duffy, Claudia Perez

Mission Statement: read by Ms. Hansen

Election of Officers: The following slate was unanimously accepted:
  Chair: Alexis Christopher
  Vice Chair: Carol Love
  Secretary: Jim Zebrowski

At this point, the elected officers took their new positions.

Citizen Participation: none

Presentation by Mass Senior Action:
Russ Ashton (president of Boston chapter) and Claudia Perez gave the presentation. Their focus is limited to housing, transportation, and healthcare. They are beginning to focus on dental care. They want to establish a Metrowest chapter.

Secretary’s Minutes:
May: Mr. Zebrowski made a motion to approve, Ms. Love seconded. Motion approved with corrections 4-0-2.
June: The minutes were, once again, tabled until the October meeting.
August: Ms. Perkett made a motion to approve, Mr. Zebrowski seconded. Motion approved with corrections 5-0-1.

Director’s Report:
Kim Kotob and Candi Wilson will attend the MCOA conference in October.
Lots of programs are scheduled for the fall.
Middle School lunches will start next week.
Aerobic exercise with Joni Lebov will be offered only at 9:30 am, Monday, Wednesday, and Friday per her request. There have been only one or two comments about the reduced schedule. Ms. Duffy will monitor the demand. If there is a need, she will hire a second instructor.

Ms. Duffy has met with a representative from the senior housing complex to be built in the Rail Transit District. The complex will be quite large, rents are high, and they seem to be targeting higher-income tenants. They plan for an activity room, a pool, a bocce court, and more. They would like to have a luncheon or coffee to inform seniors of their plans. Kim has scheduled a Johnny Cash impersonator, Robert Black, for November and they will pay for it. Ms. Duffy will keep us informed.

Ms. Duffy met with Eric Gemperline, Vice Chair of the Ashland Housing Authority, to discuss concerns of Park Road residents. He suggested that some of our members attend their next meeting on September 24. Ms. Christopher and Ms. Hansen will attend.

Invitations to this year’s Celebration of Life went out with last year’s date. The correct date is September 16. As they respond, they are being informed of the correct date.

The FCOA is collecting items for their table at Ashland Day. Items can be dropped off at Clara Caya’s house.

Ms. Duffy is looking for suggestions for the Monday hot lunches. There are plans for salads and Chinese food. Pizza was suggested and probably will be added.

Candi Wilson will be focusing on depression and loneliness. Suicide rates are high for men over 70 and are related to isolation. We need more focus on people in such situations. We don’t have a Friendly Visitor program, but Candi will be looking into it.

Charlie Cards will be available on September 19.

The Senior Center will close at 10:30 on September 27 for an employee luncheon.

Cognicity will offer the Brain Health program again on October 10.

COA training hasn’t been offered lately. There was some discussion of hosting a session at the Senior Center.

Ms. Love made a motion to approve the Director’s Report, Ms. Hansen seconded. The motion was approved 6-0-0.

**Old Business:**

Farmers Market September 28: Ms. Christopher and Ms. Perkett will be there from 9:00 until 11:00, Ms. Hansen (and possibly Ms. Delouchry) will be there from 11:00 until 1:00. The banner is in the Senior Center office. Newsletters and brochures will be available.

Recognition of Barbara Thoresen: A card was passed around and money was collected to purchase a plant. Ms. Hansen will order and pick up the plant from Talvy’s. Ms. Christopher will present the card and plant at the October breakfast.
October Meeting at Park Road: Ms. Fahy has reserved the room for us and will make coffee and provide cups, etc. Ms. Hansen will provide Munchkins. Steve Mitchell plans to attend. Ms. Christopher will email Jack Lewis.

Organization of Housing Authority: A copy of their web page was included in the packets. It was noted that the Select Board can appoint someone to fill a vacant seat until the next election.

Update on Evening Programs: The Senior Center will continue to have a few evening programs. The task force has disbanded.

Update on PSAs: The subcommittee is getting back on track. They will meet with Alison next week.

New Business:

Senior Discount for Storm Water Assessment: Tabled until October at Steve Mitchell’s request.

Requesting Funds from Friends of COA: Mr. Assencoa expressed his sentiment that the accumulated funds belong to all Ashland seniors and should be spent rather than retained. Ms. Perkett wants a better understanding of the relationship between the Friends, the COA, and the Director. Ms. Christopher tabled the topic until our next meeting.

One Last Thing:

Ms. Christopher thanked Mr. Zebrowski for his service as Chair.

Ms. Love is looking forward to discussing mutual goals at our next meeting.

Ms. Fahy thanked Ms. Christopher for taking on the role of Chair.

Ms. Perkett expressed her fondness for the saying “bend like a palm or fall like an oak.”

Mr. Zebrowski noted that he will be away starting mid-September, returning October 2.

Adjournment:

Ms. Perkett motioned to adjourn, seconded by Ms. Christopher. Meeting adjourned at 12:05 pm.

Submitted by Secretary

Jim Zebrowski

Documents discussed:

September Directors Report – contact Ashland office of Elder Affairs.