

Minutes of COA Board Meeting – September 13, 2017

Board Members Present: Carol Airasian, Bertha Anderson, Dorothy-Jean Brown, Esther Keaney, Mary Keenan, Linda Moffitt and Alice Wadden

Excused Absence: Pat Gold, Chair; Burt Greenberg

Staff Members Present: Anne-Marie Gagnon, Director; Deborah Dunn, Program Coordinator; and Rae Grassia, Principal Account Clerk.

Anne-Marie Gagnon called the meeting to order at 5:32 PM.

Approval of Previous Meeting Minutes

The Board members reviewed the minutes of the July 12, 2017 meeting. Dorothy-Jean Brown made a motion to approve and Bertha Anderson seconded Passed. The Board does not meet in August.

Review of Financial Statements

Anne-Marie reviewed the Financial Statements for the start of FY18. Esther Keaney had a question about the difference in the deposit and expenditure for the NH Lakes Region trip and Debbie answered that there is a minimum required for the trip which would account for the difference.

Update on Senior Center Garden Project

Anne-Marie gave an update on the Garden Project, funded by a grant from the Marshall Home Fund. Judy Fallows, the Watertown Public Schools Garden Coordinator planted vegetables in the deck pots and flowers in the garden bed that was built with the cooperation of some high school students under Judy's supervision. The deck was cleaned up adding cushions, an umbrella and a new tablecloth enticing many seniors to enjoy the deck area this spring and summer. Some groups have been enjoying their lunch and playing games on the deck for the first time in years.

Many seniors were inspired to enjoy the deck area with the Birds & Bees presentation given recently by Carole Smith Berney. Carol distributed a booklet "Wildflowers Near the Charles River" to attendees.

Fall Programming and Trips Discussion

Debbie gave an update on upcoming programs and trips. The Bourne Scallop Festival trip will be on September 22nd and will include a stop at the Kennedy Museum in Hyannis. The fall foliage trip in October is sold out. Debbie tried to get another bus but due to the ticketed cruise portion of the trip, the trip company cannot accommodate additional attendees. We have made note of the popularity for this trip and will plan for a larger, or second bus next year. On November 3rd the Senior Shuttle Bus will be taking a trip to the WWII Museum in Natick with a visit to the Christmas Tree Shop. On December 1st there will be a motor coach trip to the Salem Cross Inn for lunch with a visit to the Saint Joseph's Abbey and a visit to the Bright Nights at Forest Park in Springfield. We will plan for additional shopping trips to the Stop & Shops for the holiday season with our Senior Shuttle Bus.

Dale Tamburro will present on The Nuts and Bolts of Different Kinds of Trusts on September 20.

Dan Goldberg, our SHINE Counselor, will be giving a presentation on September 27th on Open Enrollment for Medicare which begins on October 15th and runs through December 7th. He will also be scheduling appointments on both Tuesday and Wednesday during that time to counsel seniors.

There will be a presentation by Jacqueline Dobson, September 28th on Solutions for a More Accessible Home.

On October 12th The Family Network will bring some students to the Senior Center for a Boo-T-Ful visit incorporating a sing-a-long and mask making craft providing an intergenerational opportunity with a grant from the Marshall Home Fund. We will be looking for a few volunteers. Costumes are optional. Esther Keaney noted that the Senior Center knitters make donations to the Family Network in the form of homemade sweaters and hats that are given out in new baby welcome gift packs.

On October 16th the Friends of the Council on Aging will be hosting their Annual Meeting Dinner at the Senior Center. This event is by invitation only.

We now have a group of 5-6 players that come to play chess on Monday afternoons. They are hoping to add a few students from the Atrium School once a month.

On October 24th The Residence of Watertown will be hosting a “Cooking for One” demonstration. Bruce Hambro will be here on October 25th presenting the “Life of Judy Garland” and Home Instead will be providing apple cider donuts.

The October Lunch and Learn session will feature Ken Thompson, Watertown Building Inspector. He will be discussing rules and regulations of the Building Department including permitting.

The November Lunch and Learn will feature a representative from the Office of Consumer Affairs & Business Regulation.

During September, October and November students from the Mt. Ida College of Dental Hygiene will present on oral hygiene and offer free oral cancer screenings.

The Health Department will be having flu clinics at various locations in town and they will be at the Senior Center on September 21st and October 10th.

The Harvest Party will take place on Friday, October 27th and the Holiday Party will be on Friday, December 15th. It was mentioned at the last party that it may be beneficial to assign table numbers and let party-goers purchase entire tables making seating “reserved”. Dorothy-Jean, Bertha, Carol & Mary have volunteered to sell the tickets in early October.

The Friends of the COA will be hosting a Holiday Boutique the week of December 4th in the all-purpose room. There will be crafts for sale as well as items and jewelry from the last yard sale. Debbie is planning a craft day where Ernie Berardinelli, Dawn Scaltreto, Esther Keaney and others to be scheduled, will give instruction and those items may be for sale at the boutique as well.

Debbie & Esther are working on generating more interest in the monthly Knitting Group. The time will be moved to 12:30 for October and Esther is happy to provide instructions to newcomers. The Knitting Group donates some of their knitted items to the Watertown Family Network as well as Operation American Soldier.

Debbie has added additional exercise classes to the schedule including a Seated Strength & Balance Class, which will be moved to the morning to accommodate more students and a Keep Fit Class which will also move to a different time slot. The yoga class has been very large and Debbie may add an additional class to separate mat vs. seated yoga which would give students a choice due to ability and preference. The Tai Chi classes are back for the fall season with many new students in attendance.

Carol noted that all exercise class attendees are thrilled with the cost reduction and the changes in the class structure as it works well for both the instructors as well as the students.

Alice Wadden noted that the gym floor has been meticulously taken care of by the school custodian William. He is a phenomenal man who takes pride in his work.

We are consistently asking visitors to sign up for My Senior Center so we have accurate and up to date records.

Planning for the Faire on the Square

The Faire on Square will be held on Saturday, September 23rd from 10:00-4:00. Debbie has sign-up sheets for volunteers that day. Kathleen Cunningham the new Food Pantry Coordinator will be in attendance as well. Anne-Marie has ordered giveaways from the Massachusetts Health Promotion Clearinghouse. As September is Emergency Preparedness Month, there will be flashlights, pill boxes, & tote bags along with other public health information to pass out to seniors and others who visit our table.

Carol Airasian made a motion to adjourn and Mary Keenan & Dorothy-Jean Brown seconded. The meeting adjourned at 6:54 PM.

Respectfully submitted,
Rae Grassia, Principal Account Clerk