

## September 10, 2019 Minutes

### Pepperell Council on Aging

#### I. CALL TO ORDER

Present: Peter Nordberg (Chair), Irene Leddy (Vice Chair) , Susan McCarthy, Fran Lamb, Joanna Reagan, Newton. Meeting was called to order by Peter Nordberg at 6:00pm at the Pepperell Town Hall.

#### II. ACCEPTANCE OF MINUTES

Acceptance of the minutes for the June Meeting will be made at the next meeting.

#### III. Director's Report by Susan McCarthy for June 2019

First she welcomed Harvey Sereze who is interested in becoming a member of the board and is sitting in on the meeting. He said that he had submitted the paperwork to Town Hall.

*Volunteer Dinner:* It was a great success and wants to thank all the volunteers for whom we wouldn't be able to do our jobs.

*Heatwave issue:* Two seniors without AC units and the Senior Center were able to supply them. The gift account made from donations by many was used to provide the units.

*Screened In Porch:* Connor Ledford (an Eagle Scout) did a wonderful job of installing the porch. It is removable and can be taken down each Winter and reinstalled in the Spring. We are still hoping for some porch furniture.

*Center Stage Newsletter:* Our new newsletter is in full color. The information has to be provided early for printing. A new community section is included on the back. If anyone wants to be included, they need to contact us early. It is paid for through advertising.

*State wide Dementia Friendly Community Initiative:* An exciting new initiative/goal is to become a dementia friendly community. Susan spoke with the Andrew Maclean the Town Administrator and reached out to the State. The town, staff and volunteers will be trained by the Alzheimer's Association. We will reach out to the businesses in town and create small groups. Eventually we plan to become an age friendly community. This will open us up to grants down the road. Susan met with the Chair of the Master Planning Committee, a State Representative, our Alzheimer and Dementia Counsellor (Bernadette) and Margaret Scarsdale. There is great enthusiasm for this project. Train the Trainer will be done by the head of the emergency management team for the town. Susan will also be a trainer. We are training the town employees, staff and volunteers. The first training takes place on September 20 and the second on October 11, which is why we are closing early on those days, though the transportation will still be running. Other towns such as Dunstable has been invited for training. Train the Trainer will be done by the head of the emergency management team for the town. Susan will also be a trainer. This will redefine how we look at aging.

*Key Objectives:* Susan would like to go to every church in town. Initially we should formulate some sort of letter to let them know what we do, e.g. Salvation Army, Fuel Assistance, etc. The Senior Center is to keep you healthy and active and not just for Seniors.

*Thank You's:* First to the Friends for having the floors cleaned and for helping families this Summer. Thanks to The Rotary for their awesome annual cookout. The murals on the walls of the dining room at the Senior Center is done by the Nissitissit School and they are going to do another mural this year of scenes of Pepperell. Thanks to Marcia Slater for tirelessly teaching the art and choral group. The art done by the seniors was on display in the dining room. Thanks are given to an anonymous donor who replaced the tree that died in front of the Senior Center. Irene commented that the garden club also does an excellent job for us. One more cleanup day in October and helpers are welcome.

*911 Breakfast:* Susan wanted to remind everyone about the 911 Breakfast (September 11 at 9:30am) which is free and sponsored by State Re. Sheila Harrington. Beautiful pins will be given to the First Responders and awards by the American Legion to Policemen, Firefighter and EMT of the year. Thanks to Jack McGaffigan for paying for the beautiful pins. We take this time to thanks to all the responders.

Motion to accept the report by Fran Lamb and Irene Leddy seconded the motion. The motion was carried unanimously.

IV. **Friends of Pepperell Seniors:** by Robert Newton, President

We had a successful Summer. We had the Car Show which went very well and raised some more funds.

The next event was a Tunnel (?) Field Event on safety which was also acceptable, but next year will try to do more.

In August we hired a professional floor cleaner. If this hadn't been done we would have to have replaced the floors by now. It is important to keep this up.

We are Planning things for next year.

We will plan on getting turkeys for Thanksgiving days and organizing the pizza party in November.

Bob stressed the importance of honoring the First Responders and asked that everyone attend. Bob also spoke in support of Dementia counseling as it affects him personally because of his wife who has dementia and thanked Susan for what she is doing to bring this to everyone's attention and to Bernadette. He also stated that we need adequate housing, transportation and make the people of Pepperell aware of what it is to be a senior and those who are homebound.

Motion to accept by Joanna Reagan, seconded by Fran Lamb. Motion carried unanimously.

V. **Activities Reports:** prepared by Cheryl Balkan

The July report was reviewed and also August and September were provided. Peter Nordberg commented again on how active the Senior Center is.

Motion to accept July activities report by Irene Leddy and seconded by Joanna Reagan. The Motion was carried unanimously.

The August activities report was reviewed.

Motion to accept by Joanna Reagan. Seconded by Irene Leddy. The Motion was carried unanimously.

Joanna commented on how good it was to see a podiatrist and the hearing aid clinic available for consultation. Susan commended not only the volunteers by the community as a whole, like people such as the

the new massage therapist, Erin McDermott, who offer their time to the Senior Center. Also a meditation specialist who is offering her time and Reiki is back.

September Upcoming Events. This was reviewed and Peter recommended people pick up a copy of the Center Stage Newsletter to see all the upcoming events.

Motion to accept by Fran Lamb, seconded by Irene Leddy. Motion carried unanimously.

**VI: Volunteer Report:** prepared by Dianna Homoleski

A lot of people were mentioned in the report and Peter read the names of all the people who volunteered at the car show so that they can be thanked, such as Ken English, Karl Edmunds, Jackie Southworth, Donna Allen, Pat Wallace, Susan Brussard, Ollie Giangregorio, Arthur Taback, Christine Budd, Fran Lamb, Donnarae Bertram, Margaret Scarsdale, Fred & Jan Kobs, Jim Jangraw, Graylen Scarsdale, Hannah Peters and Kayla Talbot. There were volunteers from the Friends of the Pepperell Seniors who assisted at the Refreshments stand, Moe Trembley, Ken English, Ollie Giangregorio, Susan Brussard, Jackie Southworth, Fran Lamb, Arthur Taback, Jan & Fred Kobs and Donnarae Bertram.

Motion to accept by Irene Leddy and seconded by Fran Lamb. The motion was carried unanimously.

Susan commented that over 200 meals were served and these were served by the seniors in the heat and she thanked them for doing this.

**VII: Outreach Report:**

The following topics were mention - Shine, Salvation Army, Catholic Heart Workshop, Farmers' Market coupons,, attorney to discuss protecting the home and trusts and deeds, etc. A birthday cake was paid by Macy Systems again. Peter wanted to wish Michelle well in her new job and thanks for all her support.

The motion was made by Joanne Reagan, seconded by Irene Leddy. Motion carried unanimously.

Peter read the last report and farewell letter from Michelle stating what a pleasure it had been in supporting the town and thanking everyone for all the love and support she has received. The board thanked her.

**VIII. Upcoming Events:**

These are listed on the Activities Report and were reviewed.

**IX. Other Matters:**

Harvey said how impressed he was with the reports and Peter said he looked forward to him joining them.

Fran Lamb asked if there was any progress on a high school member joining the Board, on an annual basis. It was felt they could give a new perspective to the Board and the member. Irene commented that it would be a good volunteer opportunity for a young person.

**X. NEXT MEETING:**

The next meeting will be on Tuesday, October 8<sup>th</sup> at 6:00pm at Town Hall.

Susan commented that we have a new caregiver support group for anyone who is caring for someone. Third Wednesday of every month at 6:00pm. The group is being led by Stacey Blakesley.

**XI. ADJOURNMENT:**

A motion to adjourn was made by Fran Lamb and seconded by Joanna Reagan. The motion passed and the meeting adjourned at ??? pm.

Respectfully submitted by

Susan McCarthy, Director of Council on Aging