

9/11/2018 - Minutes

I. CALL TO ORDER

Present: Peter Nordberg, Irene Leddy, Susan McCarthy, Sheila Jones, Fran Lamb

CALL TO ORDER

The meeting was called to order by Peter Nordberg at 6:00 p.m. At the Town Hall, Main Street, Conference Room A.

II. ACCEPTANCE OF MINUTES

A motion was made by Irene Leddy to accept the minutes of the last Meeting (July, 2018). Motion seconded by Sheila Jones All in favor.

III. SIGN VOUCHERS

Vouchers signed

IV. OLD BUSINESS/NEW BUSINESS

IV.1. Directors Report

Eagle Scout Project: Still in fundraising phase of the project. We'll look to next year for the actual project to start but we will still have the "Patio" Party; though it will be inside for now! They are just taking a little longer to raise the money for the project. The project will start next summer.

Future on Aging: New Grant submitted yesterday looking to fund an 8-month series of classes (that will be filmed) called, "Simply Healthy Meal Prep" that will help our folks learn how to prep meals in advance for a healthy week of eating. We have a tremendous amount of interest already in the hopes we'll get the funding. Award date is still TBD.

New Murals: How beautiful are those?? They have been hung all around the center and look to be something we will enjoy for years and years. I wouldn't be surprised if the very artists who rendered them saw those same murals when they come by for coffee, a self-driving car training class or a Rocking Lobster dinner 40 years from now! On a side note we have many more of those small wall ready photos on the way.

Computer Grants Update: We have the new computers on site! But there are some policies and procedures about their usage that we will discuss in this board meeting tonight that need to be agreed upon before people use the equipment. Big thanks to Bob and Jerry for making this happen! We need to have policies in place to protect ourselves. If there are changes to be made we will make the changes and approve it at our next meeting in October. If there are no changes we will approve it tonight. One change Phil Durno found. We would like to launch the new policies in October.

Emergency Preparedness: The questionnaires have been collected and entered into the database. Soon our first responders (who we honored today with a breakfast) will be able to leverage that vital information as needed. We still have more at the center if you have not filled one out. Side note – The Massachusetts Emergency Vehicle visit, and talk was well attended and very impressive!!

Activities Recap:

Car Show Success! Over 200 people in attendance and The Friends made a wonderful amount of funds. So well done. Great cars, great music, great food and great dunk tank volunteers! We had

Rick Green, Officer Greathead, Roland Nutter, and Cheffy.

New Bone Builders Class: The new one is one that I am teaching. The Bone Builders classes are unstoppable- one of our most popular which is why we have so many classes! Bone Builders meets twice a week. We have 3 classes that meet twice a week at different times. Excellent class for anyone who has osteoporosis or osteopenia it can reverse it or get rid of it all together. If you are interested, come see us at the center.

Cooking For One Series: Big thanks to Nashoba Valley Medical Center for the support. We are going to thank them with their very own DVD of all the classes. •

Choose to Lose Class: Is off to a great start! So far the group has already lost around 35lbs. The best part is people are learning to make better choices. Some say they are drinking more water and truly thinking about what they are eating. Our main goal was to get people to be aware of what they are eating and to make better choices.

Just a side note, many people have been asking about pickleball, if you don't know about pickle ball it is something like tennis. We are going to try to have a pickleball court on the dance side of our dining room. That will be coming soon. •

Rockin Lobstah: over 100 people danced the night away for 3 hours! Great feedback on the lobster rolls and the chowder.

SNAP Partnering: Invested some meeting time and discovered that there will be so much we can do to support our seniors by being a partner in SNAP. More to come but very impressed how easy this might be to provide important help. We will be a direct resource for anyone who is on SNAP. Or what they call a SNAP partner. We would be the place people would come to get signed up. This would be a computer generated form. People who are on Mass Health are eligible for SNAP. Lots of people who are eligible for it are not taking advantage of it. We can't sign up until April this year.

Thank you to the Friends: The floors and carpets look wonderful and those blinds are finished. Every window has one now. Thank you!

Freezer Update: First, how can we ever thank Varnum Brook for storing our food when it broke! Good news is, much of what broke is under warranty. Some costs to the repair but still far cheaper than new freezer.

Flu Clinic Reminder: Wednesday October 17 from 10-12.

BU Certificate Course: This week I began an online certificate program on Transportation for Senior populations. I am to get smarter on this topic for the town- an ever-growing opportunity for us! I applied for a grant and received \$250.00.

Fall Festival: We will have a table at the fall festival and we will be selling baked goods for the Friends. Please stop by and see us.

Sheila Jones made a motion to accept the Directors report, Fran Lamb seconded the motion. All in favor.

IV.2. Review And Approve Computer Use Policy

A discussion took place regarding the computer policy. The policy will be updated and ready for approval at the October COA meeting.

IV.3. Friends Report

No friends report this month

V. Other Matters That May Arise That The Chair Didn't Reasonably Anticipate

Volunteer report August – Irene Leddy made a motion to accept the Volunteer report for August, Fran Lamb seconded the motion. All in favor.

Outreach report July– Sheila Jones made a motion to accept the report seconded by Irene Leddy. All in favor

Outreach report for August – Irene Leddy made a motion to accept the August report, Fran Lamb seconded the motion, all in favor.

Activities report July - Irene Leddy made a motion to accept the activities report, Fran Lamb seconded the motion. All in favor.

Volunteer report July – Sheila Jones made motion to accept the Volunteer report, seconded by Irene Leddy, All in favor.

Activities report – August – Sheila Jones, made a motion to accept the activities report, Irene Leddy seconded the motion. All in favor

Sheila Jones made a motion to accept the computer policy with the few corrections that will be made and presented at the next meeting. Irene Leddy seconded the motion.

VI. COMMENTS

VII. NEXT MEETING

Next meeting Tuesday October 9, at 6:00

VIII. ADJOURNMENT

Sheila Jones made a motion to adjourn the meeting Fran Lamb seconded the motion. All in favor.

Respectfully submitted by: Sheila Jones
Council on Aging, Secretary