

10/9/2018 - Minutes

I. CALL TO ORDER

The meeting was called to order by Peter Nordberg at 6:02 p.m. at the Town Hall, Main Street, Conference Room B.

Present: Peter Nordberg, Susan McCarthy, Sheila Jones, Fran Lamb, Phil Durno, Lori Durno, Joanna Reagan (Irene Leddy is not present)

II. ACCEPTANCE OF MINUTES

A Motion was made by Lori Durno to accept the minutes of the last Meeting (September 2018). Motion seconded by Fran Lamb all in favor.

III. SIGN VOUCHERS

Vouchers signed

IV. OLD BUSINESS/NEW BUSINESS

Review new policy – Pepperell Senior Center Internet & WiFi Access Policy

A discussion took place regarding some grammatical errors to fix.

Phil Durno made a motion to accept the policy with the changes. Lori Durno second the motion. All in favor.

Fran Lamb announced that on October 17 Pepperell Christian Fellowship will be getting together with Susan to talk about needs for Seniors and how Pepperell Christian Fellowship can help.

V

IV.1. Directors Report

Future on Aging: We received great news on the grant we submitted! We will be awarded the full amount \$992.00 for our new class. The grant will fund an 8-month series of classes (that will be filmed) called, "Simply Healthy Meal Prep" This class will help our folks learn how to prep meals in advance for a healthy week of eating. We are so excited!

Cooking for One: We had our last class today and I want to take this opportunity to thank Gwen Johnson for the fantastic job she did. Gwen is a very dedicated person and each unique meal was planned beautifully. Each class was filmed, and they will be up on the Videos on demand once they are edited. You can also pick up any of the recipes from the Senior Center. Today she did a stuffed acorn squash. The dessert was an apple crisp.

Bone Builders: We have started the third class and it is going great! Anyone interested in joining will be put on a waiting list until a spot open. Of course, we will take Pepperell residents first. Bone Builders meets twice a week and we are about 15 strong in each class.

Reika This is a huge hit. Anne Sarsfield is a Reika Master and is volunteering her time every Friday from 10:00 – 12 noon. She is booked out until December. The participants are thrilled. I have heard nothing but raving reviews. This is a free service. Anne has asked if you enjoyed the treatment you can donate to the center. Peter Nordberg asked what is Reika. It is using your body energy to relax a person. It is a thirty-minute session. One on One with the Reika Master.

Kitchen Training: Roxanne Chamberlin and I completed the kitchen training. We covered everything from hand washing and hairnets to cross contamination and proper temperatures.

Freezer Update: We have been struggling with the freezer. The company has come back several times to make some adjustments. The gaskets had to be stretched for them to fit properly. They said

this is a common issue with new gaskets. A special Thank you to everyone at each school within the district for your concerns and trying to help us with holding our food while our Freezer was down. We did loose some food that day, however, everything is working out well now.

Socket behind Freezer: We needed to replace a socket behind the freezer. The socket melted the freezer cord, so that had to be replaced as well as the socket. It was just a wiring issue and we should not have any more problems moving forward.

Weatherization project: This is part of the Green Community Grant that Mark Andrews was working on before he left. I will be meeting with the weatherization team this Friday to go over the plans moving forward. I am very excited to get this project moving before the winter months. I will keep you posted. Some projects I would like resolved would be, the front door, when you open the second door before the first door is closed, we get cold air. Not very energy efficient. Would like to come up with a way to keep that area enclosed.

Winter Ready: I have scheduled the heating system and the generator to be serviced before winter really starts. We also had some emergency lighting that needed to be updated and replaced. All these projects will be completed by the end of November.

Flu Clinic Reminder: Wednesday, October 17 from 10:00 – 12 noon.

Birthday Celebration – Jim Treahe will be 100 years old. He is a Veteran, 65-year resident of Pepperell with many accomplishments. The celebration will be Saturday, October 13 from 1:00 – 3:00. All are invited

Phil Durno made a motion to accept the Director's report, Lori Durno seconded the motion. All in favor.

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

Volunteer report – Sheila Jones made motion to accept the Volunteer report, seconded by Phil Durno, all in favor Outreach report – Phil Durno made a motion to accept Fran Lamb seconded the motion, all in favor

Activities –Fran Lamb made a motion to accept, seconded by Sheila Jones, all in favor.

VI. COMMENTS

VII. NEXT MEETING

Next Meeting will be on November 13 at 6:00

VIII. ADJOURNMENT

Phil Durno made a motion to Adjourn the meeting seconded by Fran Lamb. All in favor.

Meeting Adjourned at 6:37 p.m.

Respectfully submitted by: Sheila Jones Council on Aging, Secretary