

## 11/13/2018 - Minutes

### I. CALL TO ORDER

Present: Peter Nordberg, Susan McCarthy, Sheila Jones, Fran Lamb, Phil Durno, Joanna Reagan

The meeting was called to order by Peter Nordberg at 6:03 p.m. at the Town Hall, Main Street, Conference Room B

- I.1. Clarification About An Erroneous Information Disseminated At Our Last Meeting On October 9, 2018.  
Susan wanted to have a retraction of information we talked about at our last meeting on October 9. Phil Durno was a bit confused as to whether it was a Town Nurse or a Town Social Worker. We have a Town Nurse. We need a Town Social Worker. We have a few Town Nurses Tamara and Sue, and they are wonderful. I use them often. The Board of Health is looking for a Social Worker for the Town for everyone to use. We apologize for putting out that information wrong.

### II. ACCEPTANCE OF MINUTES

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

### III. SIGN VOUCHERS

Vouchers signed

### IV. OLD BUSINESS/NEW BUSINESS

Susan announced that she has put through a grant to get a TV screen to replace bulletin board flyers. It will be installed on the wall directly in front when you walk into the Senior center.

The computers in the Sr. Center with Wi-Fi access – we are waiting for two more signatures on the policy so that we can put the computers to use. Signatures needed from Lori Durno and Joanna Reagan.

V

#### IV.1. Directors Report

**Bike Grant:** Looking to get three recumbent bikes for the center and place them in the library so that participant that cannot attend classes have other safe options. We had a tread mill at one point and I wish we still had it. There are a lot of people at the center who can't do the classes at this time due to weight or knee problems or balance. I've been looking up what would be good for those people who just sit in front of the TV. I would like them to be healthy and active and happy. That is my job to keep people in their homes longer, and keep people healthier, keep them moving, and I think a nice recumbent bike would be wonderful. The reason I think a recumbent bike is great is it is easy to get on and off, you don't have to step over anything, you can walk into it. It is very comfortable, has wide seats, handles on the sides so people can hold on, it is good for people with balance issues, easy on the joints, not pounding like a treadmill, it is easy to adjust the seat and peddling etc. I've been looking to see what kind would be good for the center. I am not sure if the grant would pass but I am hopeful. I talked to the town administrator and he thought it would be a great idea. I wanted to bring it to the board to see if you would be happy with the idea and I would apply for the grant. We would have to get a policy in place, they would have to get a note from there Dr. saying it would be safe for them to ride the bike. Susan indicated it would be safe because the office is outside the library and someone is always in the office. Joanna made a motion to except Susan's Idea to apply for a grant to purchase a recumbent bike for the library. Sheila Jones seconded the motion.

**Heath Fair:** With over 25 vendors and several services to try - we felt this event was a huge success. Over 60 people attended the event. We will do it again next year.

100th Birthday Celebration: Over 80 people were in attendance to celebrate with Jim Triehey and his family. Representative Sheila Harrington and retired state rep. Robert Hargrave were in attendance

along with our selectmen Roland Nutter, Lisa Ferolito and William Greathead. Jim was presented with a state and a town proclamation at the event. His art work was on display and is still hanging at the center so please stop by. Jim was able to come and speak to our art class about his work and technique. I believe we made his 100th birthday very special. Thank you to all who assisted us that day.

**PFAC (Patient and Family Advisory Board Meeting):** I am on the Advisory Board at Nashoba Family Medical Center. Great to keep up on coming events at the hospital and its great exposure for the center. People know what we are doing. It is a win, win!

**Panel Discussion:** Spoke at Pepperell Christian Fellowship on Oct. 17th along with the Fire Chief Toby Tyler and Tamara Bedard, Community Health Manager from Nashoba Associated Boards of Health. Their church community wanted to understand the needs of our seniors in Pepperell and how they can assist them better. Great discussion and we have already had two new volunteers start working with us and likely more assistance down the road. This is a major reason to go out into the community. People in Pepperell want to help in any way they can.

**Freezer Update:** Freezer is working great! We retrieved all our supplies from Varnum Brook. Thank you for all those who helped!

**Weatherization project:** We were closed on Nov. 8th and 9th last week due to insulation being blown into the attic. Work is done early! Already today participants were commenting on how warm the building seemed to be especially the ladies' room.

Trick or Treat- The Moppet School was at the center for their yearly trick or treat fun. The children were adorable, and this event was very well attended. Thank you to everyone who brought candy.

NCOA- National Councils on Aging is showcasing falls prevention efforts in the 2018 with a Falls Free® Photo Contest. We gathered together 3 classes and entered the contest. Also, we are entering to win an award for senior center programming. Each year, our National Institute of Senior Centers acknowledges innovative, creative, and replicable senior center programming with a Programs of Excellence Award. We will be submitting for our Choose to Lose class. Gwen Johnson has done a fantastic job putting this year long program together and we feel it is an excellent program. I will keep you posted.

**Thanksgiving Dinner:** Just a reminder that our dinner is tomorrow afternoon starting at 12:00. The Business Association is serving, and Dennis has been working hard the last two day to get ready. Sheila Jones made a motion to accept the Directors report, Fran Lamb seconded the motion, all in favor.

#### IV.2. Friends Report

In August we cleaned and rejuvenated the floors at the Sr. Center at a cost of \$2,000. The friends also donated over half the cost of new shades for the windows throughout the building. In September, the Friends held a pizza party at the Sr. Center where we made some money as well as other money made from raffles in between. Our expenses within this time have been the usual. In November we purchased all the Turkeys (5) for the Thanksgiving Dinner held at the Senior Center. We thank the Friends for all their support.

Phil Durno made a motion to accept the friends report, Fran Lamb seconded the motion. All in favor.

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

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

Activities – The number of attendants for the Tai Chi class should be changed from 5 to 35 people. Sheila Jones made a motion to accept the October activities report, Phil Durno seconded the motion, all in favor.  
Sheila Jones made a motion to accept the November upcoming events report, Fran Lamb seconded the motion, all in favor.

VI. COMMENTS

VII. NEXT MEETING

Next Meeting will be held on December 11 at 6:00

VIII. ADJOURNMENT

Fran Lamb made a motion to Adjourn the meeting seconded by Joanna Reagan. All in favor.  
Meeting Adjourned at 6:35 p.m.

Respectfully submitted by: Sheila Jones Council on Aging, Secretary