



Town of Wakefield

Board Members

Flo Calore
Frances Cheney
Tom Coffin
Elizabeth Ellis
Heather Hansson
Maureen Hickey
Maureen Howlett

Council on Aging Board Meeting Minutes

Location: Town Hall
Date: March 6, 2019

Meeting called to order at 7:00pm by Tom Coffin

Members in attendance: Flo Calore, Heather Hansson, Tom Coffin, Elizabeth Ellis, Maureen Hickey and Judy Luciano

Motion to accept the Minutes of December 2018 made by Liz Ellis and seconded by Heather Hansson.

Financial Reports

The Financial Reports for December 2018, January and February, 2019

Key points and discussion related to Financial Reports:

- WB Mason billing is still high, though Dec \$234 and Jan \$ 0 and Feb \$206, lower than Nov at \$538—this is for coffee and paper goods
- Feb: Precision fitness \$165 –fitness equipment repair and maintenance; DPW transfers for gas for COA vehicles and repair of van damaged by snowplow (Rawson's-\$2400)
- Of note: van continues to have issue with malfunctioning of lift hydraulics—request submitted by Director to Finance Committee for \$\$ and to Town Council for purchase of new van, awaiting decision.

Motion to accept the Financial Report was made by Maureen Hickey and seconded by Liz Ellis

Director's Report

Report on key initiatives, activities and discussion for December 2018, January 2019 and February 2019.

- Report on Age Friendly Survey provided to Town Council in January –no follow-up items noted.
- Middlesex district Attorney, Marian Ryan did presentation on how to avoid scams targeting elders
- Nutrition info—beginning in April a Registered Dietician (RD) from Mystic Valley Elder Services will be at the Senior Center monthly to meet with clients one on one. Expectation is that the RD will meet with 6-8 clients each month, these will be in 45 minute per person sessions. In April the RD will speak on Pro-Biotics
- First Baptist Church Minister and another representative met with the Director to inquire about the needs for additional space for the Senior Center, and if needed, would the Senior Center consider renting space from the FBC when it is rebuilt. No commitments were made.

- Director attended the recent Main Street Corridor meeting. This open meeting was held to engage the townspeople in suggestions for improving/changing the downtown area, in particular. One item of note that was raised was related to the angle parking on Main Street and widening Main Street.
- AARP volunteer had sessions at the Senior Center to complete tax returns for clients. Not as many clients could be served this year as the returns take much longer to complete than in past years (1-1.5 hours per person) and AARP did not have as many preparers available. Some Senior Center clients expressed dissatisfaction with the limited availability of this service.
- Beth Greenberg, SW for Senior Center and Director met with residents of Hart's Hill apts. in a continued effort to provide this population of 130 residents more Senior Center services and activities. Six residents attended the meeting –limited suggestions included having more events at the Hart's Hill buildings. This is not a preferred option by the Director and Beth, as all would prefer that the HH residents attend activities at the Senior Center. Currently there are only 3 residents' of Hart's Hill who attend Senior Center activities.
- Representative from The Residence in Reading did a presentation on dementia.
- Brian Lynch from Department of Revenue did presentation on Elder Tax Credit available
- New Yoga instructor—John Hunt begins soon
- New activity—Mindful Crafting—this is crafting with meditation
- Dan McGrath, Recreation Director and the Director continue to explore options for an intergenerational event.
- Four individuals have volunteered for the Fix-It program

Motion to accept Director's Report was made by Heather Hansson and second by Maureen Hickey

Old Business

- Nothing to note

New Business

- Nothing to note

Motion to adjourn the meeting was made at 7:54 pm by Maureen Hickey and seconded by Liz Ellis

Respectfully Submitted: Florence Calore

Next meeting: April 2019