

STOCKBRIDGE Council on Aging BOARD OF COMMISSIONERS MINUTES Wednesday, October 11, 2023 10:00A.M.

1. Members Present: Christina McCarthy, Chairperson; Andrea Lindsay, Ron Muir, Diane Sheridan; Nancy O'Brien arrived 10:02 AM. **Others Present:** Donald Robitaille, Kathy Buffoni. Michael Canales and Patrick White arrive at 10:11 AM.

The Chairwoman called the meeting to order at 10:00 a.m.

2. Minutes: Approval of the Minutes from meeting on September 13, 2023. Minutes reviewed. **Diane Sheridan motioned for approval of the minutes. Ron Muir 2nd. All in favor 5-0**

3. New Business

a. Director Search. Andrea asks if there have been any applications. To date there is interest from one maybe two applicants. It has been discussed about the possibility of advertising in the Eagle.

b. October and November Speaker Series for Discussion. Chris M. thanks Nancy Wilcox and the Bingo group for help getting the flyers out. Jack is back and will be performing a Halloween musical theme and trivia contest with prizes. Josh Hall's presentation will be on Ice Glen with a spooky twist. It will start at 2 PM, coffee, tea and pies will be served. November the COA will host Tom Beasley, the Veterans Agent, Antoinette will be asked to present a short demonstration on Chair Yoga, this was decided after deliberation under Old Business-Yoga. The 2nd Annual Alice's Restaurant program is planned. Chris M to work on asking our Town leaders and celebrities to take a piece of the song. The more the merrier! Lunch will consist of Turkey Sandwiches.

c. New Activities Game Day. Start date will be November 2, 2023 @ 2PM. Checkers, Backgammon, Scrabble. The Bridge teachers are unable to be available on Thursdays at this time. Nancy O. offered that one of the sisters is a puppeteer and has Chinese Marionettes. Board thought that was interesting, maybe a future guest speaker at the luncheons.

d. Activities Research. Wreath making class. Chris M called Taft and the Botanical Gardens. They are very busy at this time of year. Thoughts on running the class themselves. Diane S has a contact she will reach out to for help. Andrea asks Chris M. did she want the contact information for the Art Teacher at Heaton Court. Will give Chris's email to her. All other activities on hold until Director Hired.

5. Old Business

a. Yoga. Don R. was present to make the case that this class is a different type of yoga, and for seniors this is important for their Health and Wellness. Don reports he

has been asked by AARP to write an article called Getting Old is New. He reports that he has a scheduled meeting with the BOH. Michael Canales talks about the criteria that the Board should implement for the COA to sponsor the program completely, and as discussed previously the numbers have not been there for a class that has been sponsored for more than a year. Don R. offers that he does not understand why there is a difference with the low attendance. Patrick White, Selectman asks that everyone take a step back and resurvey everyone on what they would like to see for Health and Wellness offerings. Suggests that there are many yoga instructors in the area that may want to volunteer to teach a class. Don R thanks Patrick W for his brilliant input. Michael Canales offers that maybe the COA can consider one more try with this class, either partially subsidized or for a certain season etc. Andrea suggests six-week increments. Don will promote to the seniors in the area. Reports instructor will be back on Oct. 27th, Chris suggests that Antoinette be added to the November speaker event, to give a very brief demonstration. All agreed to add to the speaker event. The reinstatement of class will be further discussion.

- b. **Foot Nurse.** Chris M found information on the Foot Nurse service that Roxanne was researching. It's expensive and the Board will wait until a director is in place to assess the foot clinic idea. For now, the information can be sent out via a flyer on who to contact for home visits etc. Beverly Dunn still making home visits for the very reasonable \$45.
- c. **September Luncheon Success.** It was a grand success, well attended with 35 guests. Everyone enjoyed the pizza and make your own sundaes. The Ukulele Strummers were a lot of fun!
- d. **Monthly Shopping Trip.** On hold until a director is in place. However, Chris M found information on the Tri-Town Connector transportation program that began with a federal grant and being run by Tate Coleman. This valuable information will be sent out to the seniors, as it has some great offerings for people in need of transportation. Tickets can be purchased at the Claire Teague Senior Center, on the vans themselves or other senior center locations. Patrick White suggests that the COA buy a booklet and give out tickets so people can try the service. It's discussed how that should be appropriated, Andrea asks if there are any flex funds, that can be used for these types of purchases. Michael Canales says there is \$300 in a gift account that could be used for this. **Andrea Lindsay makes the motion to purchase \$50 worth of transportation coupons from the gift account. It is seconded by Diane Sheridan. All are in favor. 5-0**

Open Forum

Chris McCarthy gives Patrick White, Selectman the opportunity to speak.

He reports that the Halloween Candle Walk is back on Friday the 27th and the Childrens parade on the 31st. The walk takes place from St. Paul's to the Stockbridge Library.

Special Town Meeting on Oct 23rd to vote on the Senior Work Off Program where eligible seniors can work through the Town and receive up to \$1,500 applied to their taxes. This is very important, and 50 people are needed for this meeting.

Swap shop back open. A new shed has been built at the transfer station to house the shop.

6. Next Meeting; Next meeting will be Wednesday November 8th at 10:00 am.

Adjournment; A motion was made to adjourn @ 10:52 AM by Ron Muir and it was seconded by Diane Sheridan. All in favor 5 - 0

Respectfully submitted,

Andrea Lindsay