



Town of Arlington, Massachusetts
730 Massachusetts Ave., Arlington, MA 02476
Phone: 781-316-3000

webmaster@town.arlington.ma.us

Council on Aging Minutes 05/18/06

The following minutes, as corrected, of the May 18, 2006 Annual Meeting were approved at the Regular Meeting of the COA on June 22, 2006.

ARLINGTON COUNCIL ON AGING
 27 Maple Street
 Arlington, MA 02476-4909

Robert Tosi, Jr., Chair
 Paul West, Vice Chair
 Shirley Chapski, Secretary

Annual Meeting of the Council on Aging
 May 18, 2006

MINUTES

Place and Time of Meeting: Arlington Senior Center, 27 Maple St., Arlington, 7:30 p.m.

Members Present: Robert Tosi, Jr., Ann MacGowan, Paul West, Harry McCabe, Robert Carey, William Carey, and Shirley Chapski. Members Absent: Mildred Hurd and Ruth Palombo

Others Present: John Jope, COA Executive Director; Dorothy Sullivan, Volunteer with the Arlington Seniors Assoc., Joyce Killingsworth and Bill Murphy, COA staff, Christine Connolly, Board of Health, Lucilia Prates, MA Medicare & Medicaid Outreach Education Program, Elder Services Merrimack Valley Inc., MORC Program, and Barry Michaels, Aging Services Program Specialist, U.S. Adm. on Aging and also works with the Federal Transit Adm. giving information in the area of transportation.

Quorum Identification/Call to Order: Bob Tosi, Jr. presided and Shirley Chapski, Secretary, kept the minutes. A quorum of 7 was present.

Minutes of the April 20, 2006 Regular Meeting: Bill Carey moved to approve the minutes of the April 20, 2006 meeting, Paul seconded, all in favor. Motion carried.

Citizens' Open Forum: Barry Michaels spoke on filing an application, due June 13, to to the Federal Transit Adm. and the Highway Adm. for a planning grant to write a plan on how you would to use information technologies, services or systems to coordinate between human services programs and the transit system. The total amount of money that will be available is \$3.2 million for a 15-month planning grant and up to ten grants will be awarded. The winners would be announced by Sept. or Oct. There would be about \$300,000 apiece with about a \$75,000 match. The match can be made up of your planning members' time, meeting rooms etc. or you may also be able to work with a regional planning commission or possibly a salaried partner may be added to the application match.

Requirements of the grant are that there be a chief elected official in the community in which you are going to do this and letters of support from the planning partners that you write the grant with. Lucilia Prates added comments on the limitations in local transportation systems especially for the disabled. Mr. Michaels and Ms. Prates departed

the meeting at 8:05pm.

•Christine Connolly: Christine is currently the Director of the BOH and as of July 1st will become Director of Human Services, serving in both positions. She is looking forward to her association with the COA board and Bob Tosi said we are pleased about working with her, hoping to share information especially during the budget process. Harry felt it would be helpful if we could meet with her from time to time to discuss problems and expectations. •Dorothy Sullivan: Dottie serves as a volunteer for the ASA and would like to be considered as an Arlington representative to fill the opening on the Minuteman Senior Services Board. Dottie spoke about her husband's illness and the help she has received as a result. Her willingness to serve on the Minuteman board is a chance to give something back. Harry moved to appoint Dorothy Sullivan to fill the vacancy on the board of Minuteman Senior Services, Shirley seconded, all in favor. Motion carried. John will prepare a letter to Minuteman notifying them of Dottie's appointment.

NEW BUSINESS:

•Election of Offices: Bob Tosi asked for a motion for nominations for the position of Chair. Bill Carey asked if Bob Tosi was willing to serve as Chair for the coming year, Bob T. agreed and Bill Carey so moved; Bob Carey seconded. There being no other nominations for Chair, Bill moved that the nominations be closed; Paul seconded; all in favor. Motion carried. Bill Carey asked if Paul West was willing to serve as Vice Chair for the coming year. Paul agreed and Bill moved to nominate Paul, Ann seconded. There being no further nominations for Vice Chair, Bill Carey moved that the nominations be closed, Harry seconded. all in favor. Motion carried. Bob Carey moved to nominate Shirley Chapski as Secretary and she agreed, Paul West seconded. Bill Carey moved to close nominations, Paul West seconded; all in favor. Motion carried.

•Chair's Report: Bob Tosi plans to add a Chair's Report to the monthly meeting agenda. He talked about his attendance at the State House last week at a lobby day for equal choice, the mission being keeping elders and the disabled in their homes as long as possible by having funds directed more towards that than to long term care facilities and the like. The bill has already passed the Senate and it is now before the House. COA Planning Day: The next COA board meeting is June 22 at which Bob would like the board to think about setting goals for the coming year. COA Social: Bob suggested that we set aside a date in July for an informal social dinner. Further discussion on this topic will take place at the next meeting.

EXECUTIVE DIRECTOR'S REPORT: The Executive Director's report is attached hereto and made a part of the minutes. John added the following additional comments: Dial-a-Ride Clerk: Peg Allen not making good progress from her illness and is due to return to the hospital for tests. Meanwhile, COA staff is doing a masterful job filling in for her.

• COA Geriatric Nurse Specialist Position: Until the nurse's position is filled, Bob T. said we should provide a list of places where blood pressure screenings take place. Paul said the visiting nurses conduct a blood pressure screening one day a week at each housing authority facility. Christine Connolly added that the public health nurse, who works 12 hours weekly for the BOH, would be willing to work a few additional hours to provide BP screenings either at the Fox library or the senior center.

•Walk the Rink Program: This program, funded by a grant from Lahey Clinic, is going well and the participants are benefiting from the exercise as well as having a lot of fun. Bob Tosi commended John for the amount of work he has expended on the program. •Formula Grant Application for FY07: The amount we are applying for is \$52,143 which is the same as last year and it will be for the next 4 years because it is a 5-year contract. The MCOA is working to increase the Elder Affairs line item to \$2 million dollars; House Ways & Means has given us 25% of that or \$500,000. MCOA has decided to push for a floor amendment in the Senate for the rest of the money. Harry moved to approve the Formula Grant Application for FY07 and authorize Bob Tosi to sign it; Shirley seconded; all in favor. Motion carried.

•Joan Butler, Director of Minuteman Services: Earlier in the month Joan Butler's home in Acton burned down and Harry said there will be a fundraiser to assist her.

•Financial Report/Block Grant Approvals for FY07: John reported on the block grant approvals set at Town Meeting for FY 07:

<u>COA Program</u>	<u>Amount Requested</u>	<u>Amount Awarded</u>
Adult Day Health	\$11,500	\$11,500

Center Scholarships

Dial-a-Ride Transp. Program	\$47,850	\$37,670
Lifeline Subsidy Program	\$1200	-0-
Meals on Wheels Program	\$1000	-0-*
Volunteer Services Coordinator	\$40,324	\$32,000*

*There are some carryover funds in these programs from FY06.

John next distributed financial reports which show a revised format--the new format has an additional column, a comparison between this year's YTD expenses and last year's budget. Bob T. mentioned the reduction in 2007 CDBG funds for our transportation program and pointed out that the Enterprise Funds are ideally intended to cover all expenses with the revenue generated by the program. He added that the Youth Consultation Center, which is an enterprise fund, has been running at a deficit for a number of years and the town meeting has no problem in funding it. Discussion followed.

OTHER REPORTS:

•COA Representative/Liaison to Minuteman Senior Services: Harry said the Director's home had burned down and some sort of fundraiser is being planned and all the councils in the district will be contacted.

•COA Representative/Liaison to the Seniors Association: Mildred, COA liaison to the ASA board meetings, has been unable to attend recent meetings. Bob Tosi asked if anyone else might wish to help in this role.

•Arlington Seniors Association Representative to COA: No report. •Budget Committee: The committee, Bob T., Shirley and Paul meet with John monthly and focus on the previous month's financials. At the last meeting, however, they instead discussed what the impact of town meeting's budget for '07 will have on the COA. Discussion followed and John said he welcomes any thoughts we might have on changing the format of the financial report for greater clarity.

•Transportation Committee: A lengthy discussion took place on the Board's vote of April 20, 2006 to increase transportation fees. Bill Murphy, COA, said there was a strong reaction from the staff that fee increases are not the way to solve the transportation issue. Bill realizes that something has to be done to meet the transportation needs of seniors and suggested that a study be initiated, and multiple sources of funding be considered, such as grants, Sevoyan funds or other sources. He doesn't feel sustainability should be achieved by getting money from seniors. Harry questioned the right of COA staff addressing letters to the board instead of going through John. After discussion, John said he wished to clarify for the record the passing of information between staff and board. Because the board over the years asked for staff input and received it gladly, he asked staff to put their thoughts on paper so it could be clearly and concisely presented to the board. Discussion followed until Paul moved to move on. Paul moved to reconsider the first fee increase, "In-town van rides, \$1 per one-way to \$2 per one way," which was voted in at the April 20, 2006 meeting. Harry seconded for purposes of discussion. Harry said the financial report under "Transportation," keeps showing \$103,726 as carried forward. John explained that the \$103,726 is what was carried forward from last fiscal year to this fiscal year. We will have spent \$112,000 at the end of the year. Harry wants next month's finance report to be more realistic. Harry moved to amend the motion and cancel all of the proposed changes until numbers are clarified; no seconding motion. Paul moved the question; six voted in favor, Harry opposed. Motion carried. Harry moved that all of the transportation fee changes that were made at the April meeting and the change that was voted on tonight be put on hold until such time as this figure of \$103,726 be confirmed or denied or modified. No second. Paul said Ruth has valid point in her email to John subsequent to the April 20th meeting in which she suggests modifying the in-Arlington van rides from the \$2 each way to \$1.50 each way. Paul moved to change the fee to \$1.50 each way, Bill Carey seconded. Bob Carey asked if Mr. Michaels' presentation this evening made any sense and could we submit a proposal that has some bearing on how we go. Paul said he didn't hear Michaels say that we could use the funds for just for COA transportation. Harry said there is only three weeks to do the work and file the application and timewise it is not workable. Bob Carey moved to suspend all changes to the transportation program's fee schedule voted on at the April 20, 2006 meeting, put all transportation items on hold until further research; Harry seconded; all in favor. Motion carried. Paul withdrew his original motion to reconsider. Bob T. asked for any further discussion, Paul moved the question. Harry moved to adjourn; no seconding motion.

•Sevoyan Bequest Committee (SBC): A meeting of the SBC was held on May 9th at which the members reviewed the Sevoyan bequest documents and agreed to establish a task force to review the Sevoyan policies and guidelines under which the Sevoyan Bequest Committee currently operates. Shirley has offered to serve on the task force and any other interested members should let Bob T. know.

•Senior Center Outreach Task Force: Plans for the Health Fair on October 14th are going well. Shirley and Dr. Carey are on this committee as well as Bob T.

*Task Force on the Geriatric Nurse Specialist Position: Bob T. thanked Dr. Carey, Ann MacGowan and Vera Benacchi, Town Meeting member, for their efforts at town meeting.

UNFINISHED BUSINESS

Status of the COA Warrant Articles: Minuteman Senior Services warrant article — Fin Com made no recommendation and Town Mtg. voted no action; The Harry Barber Community Service Program — Town Mtg. voted in favor in the amount of \$7500 which will fund ten senior positions at \$750/year; other senior issue warrant articles, Tax Deferral for Seniors — Bob T. said it was enlightening to see town meeting fight for proposals to help the town's seniors with tax deferrals. The end result was to increase the eligibility income level from \$20K to \$30K. The interest rate will be a minimum of 6% to a maximum of 8%. 200th Anniversary Committee's Request for Funding: Paul moved that we not consider funding because it is not in keeping with our mission statement. Bob Carey seconded for purposes of discussion. Bob T. explained that Roland Chaput and George Arena, 200th Anniversary committee members, came before the board in April to specifically request that the COA board fund the senior outing picnic in the amount of \$3000. Vote: four in favor of not funding; three abstained. Motion carried.

There being no further business to come before the meeting, Harry moved to adjourn; Paul seconded; all in favor. Adjourned at 10:00 p.m.

Shirley Chapski, Secretary
Next Regular Meeting: June 22, 2006 at 7:30 p.m.

ARLINGTON COUNCIL ON AGING
EXECUTIVE DIRECTOR'S REPORT

May 18, 2006

THE MISSION OF THE COUNCIL ON AGING IS
TO PROVIDE ADVOCACY AND SUPPORT SERVICES
TO HELP ARLINGTON ELDERS LIVE DIGNIFIED AND INDEPENDENT LIVES

1. Peg Allen, our Dial-a-Ride Clerk, continues to remain at home, still needing the use of her walker. Other staff are covering Peg's responsibilities during her absence.
2. The Council on Aging Geriatric Nurse Specialist position has been questioned as to the actual approved number of hours per week: 19 without benefits, or 21 with benefits?
3. Our monthly podiatry clinic continues, but other health/wellness offerings (blood pressure clinics, muscle-strengthening series) are discontinued until the nursing position is filled and the new nurse is up to speed.
4. The "Walk the Rink" Program has gotten off to a great start. With two sessions now done, and our PT's doing a nice job at teaching and monitoring, participants are enjoying it. This program will run for a total of twelve sessions.
5. The Formula Grant application for FY07 is due in Boston on May 25.