

**A P P R O V E D**  
**COUNCIL ON AGING**  
**MEETING MINUTES**  
*Thursday, September 18 2014*

Members Present: Annette Bender, Sue Culhane, Mara Klein Collins, Noreen Murphy, Richard “Dick” Phelps, Paul Raia

Members Absent: Bill Carey, Ingeborg Reichenbach

Associate Members Present: Ann FitzGerald, Bob Tosi

Guests: None

1. Call to Order by Mara Klein Collins, Chair at 5:45 pm
2. Welcome new Board members Noreen Murphy, Esq. and Paul Raia, PhD. Jim Munsey will be joining the Board upon approval by the Selectman.
3. Citizen’s Open Forum. No one in attendance.
4. Minutes of the June 19, 2014 meeting. Approved.
5. Christine Bongiorno, Director of Health & Human Services had been invited to speak. She discussed the decision of the Redevelopment Board that three buildings in town are not in compliance with the procurement law, including the Senior Center. They have recommended that the ground and first floor space will be assigned by the Executive Director. Offices on the first floor will be used for private meetings with seniors to be in compliance with HPPA laws. The Arlington Senior Association (ASA) programs will continue as usual. The ASA has been encouraged to submit an RFP for an office on the first floor adjacent to the pool room. She is also requesting funds for capital improvements such as a handicapped accessible restroom at the entrance to the COA.
6. Report of the Chair. Mara Klein Collins reviewed a meeting Sue Culhane and she requested with Adam Chapdelaine, Town Manager to review our agenda for the coming year. He was receptive to our goal to develop relationships and educate town government on the COA including funding, need for more accessible parking, budget, etc.
7. Executive Director's Report , September 2014
  - Elder Abuse Task Force “Economic and Personal Safety” grant outcome was extremely successful. There were 175 individuals attending the event and the COA has experienced an uptick in inquiries about the subject.
  - Ann Hartstein, Secretary of Executive Office of Elder Affairs heard about the program and invited Executive Director, Susan Carp to be filmed with her and Sherriff Koutoujian in August.
  - ED is currently organizing an Elder Abuse forum with local clergy to further educate the Arlington Community. This forum is slated for October 22.
  - ED spoke at the Friends of ACOA meeting in July reporting on the use of grant funds for the past 6 months.
  - Mark Waksmonski, COA Nurse participated in the public forums at the Arlington Housing Authorities in their smoking cessation discussions. Effective April 2015, smoking will not be permitted on any campus of the 4 Housing Authorities here in Arlington
  - Flu Clinics are underway and Mark Waksmonski, COA Nurse has advertised “In Home” flu shots for those 90 years and older. There has been a positive response.
  - 12 nurses arrive the week of September 15<sup>th</sup> to experience “community based medicine”. This semester we have nurses from UMASS Lowell and UMASS Boston. UMASS Lowell represents a new agency relationship for the COA

- We have 1 MSW intern that arrived the week of September 8 and she is from Boston College.
- In August the COA was notified it was awarded a grant - Aging Mastery – which is a program created by the National Council on Aging. There are only 19 COA's in MA that have been awarded this grant and only 7 other states nationwide. This program can accommodate around 25 and is slated to begin Thursday, September 25. There was no space available in the COA so it will be held in the Selectman's Meeting Room. Please note, we are aware it begins on Rosh Hashanah and apologize – this program runs 12 weeks and we also had space accommodations to consider. There will be information available for those that this affects.
- There have been small increases in transportation fees. The COA transportation program is an enterprise fund and given high overhead, we determined it was necessary. Trips to the Senior Center have been increased by 50 cents to \$1.50 each way. Out of town medical rides have been increased by \$5 and in town medical rides have decreased by \$7.50 in an effort to increase riders for in town medical appointments. Tickets are selling like hotcakes AND we have received one written complaint.
- Dial A Ride registrations are strong at 79 and continuing each week to sign up new registrations.
- The RFP from Lahey was sent – they have reduced their grants from \$140,000 to \$40,000. The category we normally apply for and receive does not exist in the RFP. We sent a Letter of Intent got a \$10,000 grant to help with mental illness and in the week of September 8<sup>th</sup> have been notified we have been awarded the opportunity to submit the full grant request.
- September newsletter is focused on “Purpose and Connection” and we are using an African philosophy called, “Ubuntu” to highlight our theme. The Friends of ACOA is co-sponsoring the event with True Story Theater which carries the theme “What Nourishes Us – Finding Purpose and Connection”. Ipswich Clambake will be catering this event.
- September is bursting at the seams with programs and services and with Susie Goldman's assistance we will continue with strong programming.
- The MCOA conference is around the corner – October 8-10 on the Cape. If any board member wishes to attend please advise ASAP and we will register you.
- ED, Christine Bongiorno, and Adam Chapdelaine interviewed Jim Munsey and Marge Vanderhill for the one current vacancy.

## 8. Other Reports

1. Minuteman Senior Services Liaison. Nothing to report.
2. COA liaison to Arlington Seniors Association. Absent from the meeting.
3. Arlington Seniors Association liaison to COA . Not in attendance.
4. Friends of the COA. No one in attendance. A number of COA staff and Board members volunteered at the 5K race which was very successful.

## 9. New Business

### a) “COA 101” For Town Officials, Boards.

- Presentation. Mara asked for a committee to assist in completing the presentation. Paul Raia, Ann FitzGerald and Dick Phelps volunteered. Mara will set up a meeting.
- Discussion re: a goal of November offering tours of the COA along with a presentation. Include Selectmen, FinCom, Redevelopment Board, Town Counsel.
- Organizing ourselves into interest groups such as: Town Government: FinCom, Planning Board, etc. Building improvements, Planning for the Future.

## 10. Old Business

- a) Minute taking for 2014/2015. As no one is interested becoming secretary, Mara suggested taking turns starting with her doing minutes this month. Noreen Murphy volunteered to do so at the next meeting.

## 11. Other Business. None.

## 12. Adjourn