

I. Arlington Council on Aging

II. Meeting Minutes

III. October 15, 2015

IV. Present: Mara Klein Collins, Sue Culhane, Jill Greenlee, Jim Munsey, Noreen Murphy, Dick Phelps, Paul Raia.

V. Absent: Marge Vanderhill, Ann Fitzgerald

VI. Call to order – Mara Klein Collins called to order the regular meeting of the Council on Aging Board at 6:15PM on October 15, 2015 at 27 Maple Street, Arlington, MA. Susan Carp participated on speaker phone because she was on vacation. Jill Greenlee volunteered to record the minutes of this meeting.

VII. Citizen’s Open Forum – No one present.

VIII. Approval of minutes from last meeting

- a. The board reviewed the minutes from the September meeting. Jim Munsey requested that last names be included in the minutes.
- b. Jim Munsey motions to accept the minutes; all approved.

IX. Report of the Chair

- a. Mara Klein Collins thanked everyone for their work on the Vision 20/20 questions. She suggested that we invite the Vision 20/20 committee come to see the Senior Center.
- b. Jim Munsey reported that Julie of the 20/20 committee will defer to the folks on the Vision 20/20 committee who have more experience with surveys when constructing the final version of the survey.

X. Executive Director’s Report

- a. The programs celebrating National Senior Center Month were outstanding.
- b. The Executive Director (Susan Carp) presented at the MCOA conference on Elder Abuse. The Elder Abuse program initiated in Arlington has now been replicated in 4 other communities. The session at the conference was very well attended.
- c. The transportation program still operating with 5 part time drivers. There are occasional kinks but the COA is working on the “bugs.” Many riders have been most appreciative of the service and understanding; however, if there are complaints from community members about the transportation

program right now, they are likely legitimate. The COA is trying to keep things running as well as possible. Donald will learn next week from his doctors if he can return to work. If he is unable to resume his position as a driver, then Susan Carp has promised him a different volunteer position at COA. If Donald is unable to return to his position, a plan is in place to hire several part-time drivers who will have regular schedules.

- d. The Lahey/Arlington COA Farmers Market will enter the final and 20th week on October 22. This program has allowed 50 seniors to pick up farm fresh vegetables and fruits for free. The response has been extremely positive. The program was supported through volunteer efforts of 3 wonderful volunteers; Mary Dodge, Emelda Goeghan, Marilyn Simonds. It's been a great program. Lahey looks like they may run the program again. Susan Carp reported that the COA ran this as an evidence based program and gathered data throughout the process. This added to the value of the program.
- e. The COA has 6 nurses with this semester and 1 social work intern. Each individual is embracing their community roles, meeting many new seniors, and working on their programs. They have blood pressure clinics at each housing authority as well as Millbrook apartments which is a private lower income senior housing.
- f. The COA is continuing filming at ACMI – “Living Out loud.” There will be a strong focus on scams and fraud during the holiday season. On October 19, Minute Man Senior Services will be discussing “At Your Side,” a newer program offering geriatric care management at a lower cost for those who don't qualify.
- g. Senior Center Feasibility Study is in the hands of the architect. Andrew Flannigan did get his materials to the architect before he left his position in Arlington. Susan Carp doesn't know who is now working with the architect within the town government. Susan Carp can find out when the architect's work will be presented to the town. Otherwise, no new information to share.
- h. Sevoyan Requests. See requests.
- i. Omissions are not intentional

XI. Other Reports

- a. Minuteman Senior Services Liaison – nothing
- a. Friends of the COA - Jim Munsey and Noreen Murphy reported that every Tuesday night at Not Your Average Joe's is donating 15% of the bill to the Friends of the COA.

XII. New Business

- b. Sevoyan Dental – Mara Klein Collins moved to approve the request of \$5,000 for the Sevoyan Dental Fund. Seconded by Jim Munsey and Noreen Murphy. All approved.
- c. Sevoyan Personal Needs Request - Mara Klein Collins moved to approve the request of \$10,000 for the Sevoyan Personal Fund. Seconded by Noreen Murphy. All approved.
- d. Sevoyan Dial A Ride Scholarship - Mara Klein Collins moved to approve the request of \$10,000 for the Sevoyan Personal Fund. Seconded by Ann Bender. All approved.
- e. Friends Road Race – Jim Munsey reported there were 368 registered runners in the race this year. This was the highest number of runners that the Friends have had in the history of the race. It was noted that nothing was in the Arlington Advocate by way of advertising the race or reporting on it.

XIII. Old Business

- f. Newsletter Template – Mara Klein Collins can work on the newsletter next Friday with Susan Carp to finish it up. Noreen Murphy looked up an alternative to Publisher that can be used on a Mac, but there is no real functional and affordable option. The Mac program is \$350. Noreen Murphy read that Publisher is becoming obsolete, and suggested that it's not worth to invest in getting additional software.
- g. Goals 2015/2016 – Mara Klein Collins reported that last year the Board made an effort to reach out to various folks in the town government with a presentation about the COA. She asked the Board to generate goals for this year.
 - i. Jim Munsey thinks that we should reach out to FinCom members, and we can use the Vision 20.20 data to present. Mara Klein Collins wants to know if we should present to Selectmen about what the COA is and what we do and how it's done. The presentation needs to be updated and can do the presentation. Noreen Murphy suggested that we may not have to update everything because the numbers are not substantially different and we can simply say that 2014 figures are in the presentation. Mara Klein Collins suggested that we review the presentation at next meeting. Jim Munsey suggested that we might put more in the presentation about what happens in the building. Mara Klein Collins suggested that more be included about new programs, the Executive Director's achievements, and other new initiatives.
 - ii. Paul Raia addressed the goal of a new building. He said that if we want a new building, we should get our message out as if we are

staging a political campaign. That same message needs to get to elders and the children of elders. Mara Klein Collins suggested that we might contact ACMI. Paul suggested that we have a panel. Mara Klein Collins suggested that we do an event on the future of seniors in Arlington, perhaps at Regent Theater. Jim Munsey agreed with Paul Raia and suggested that we role the intergenerational programming in that. Dick Phelps suggested that we might tour Swampscott high school and invite the school committee. All agreed this was a great idea. Paul said he thinks we need to be more visible and have more public forums. Mara Klein Collins said we need to sell the idea of “growing old in Arlington.” Jill Greenlee suggested that the Board hold 3 forums: the first on what the COA currently does; the second for children of aging parents, to introduce them to the COA and address their specific concerns; the third on “intergenerational Arlington” where we roll out the idea of a single building to serve high school students and seniors.

- iii. Paul Raia said that AARP has a program that can help towns analyze the services provided and needs of the community members. Several communities including Boston have done this. It takes 2 years of planning to get certified as an Age Friendly Community. Susan Carp says the evidence lies in “Living Well, 60 and Beyond.” There was interest in this event. Susan Carp thinks there is a good deal of interest in programs on how to age in Arlington. Paul will get information from a contact from the AARP.
- iv. Dick Phelps said we need to understand the process of getting something on the Town Meeting Agenda.
- v. Noreen Murphy asked why we don’t get more press in the Arlington Advocate. We discussed that we need to reach out to the paper. There were various suggestions about writing press releases, contacting journalists at the paper, etc.
- vi. Jill Greenlee brought up the issue of dividing up tasks among board members. Noreen Murphy reminded us that we want to get a list of folks who members of the Board should speak to about the COA. The group then generated that list: member of FinCom, Christine (the director of HHS in Arlington), the selectmen, the town manager, assistant town manager (when this position is filled), director of planning (when this position is filled), school superintendent, and the head of the high school theater program.

- vii. Noreen Murphy will contact the head of the high school theater program.
- viii. There was no further discussion of who would gather these names and who would speak to these individuals.
- h. Vision 20/20 Paul Raia Follow Up – Mara Klein Collins asked whether we should send the letter drafted earlier since we have been invited to participate in the survey. The group agreed that we should table sending the letter given the new and positive working relationship we have with the 20/20 committee.
- i. Follow up from Town Day – Susan Carp reported that they had a lot of contact with new people at the COA table.
- j. Vision 2020 Survey questions – Given the time, we did not discuss these questions, though throughout the week several members of the board refined and finalized a set of proposed questions.

XIV. Other Business

- k. Noreen Murphy suggested that we change the order of the meetings to deal with the harder issues first.
- l. Paul Raia announced new developments from Aging Service Access Points (ASAP). A new guidance letter has been developed so that a new behavioral plan can be developed for seniors. Specially trained nurses who just do dementia care are now available. Memory cafes are being held for folks with dementia and their families. This is all now in one package that ASAPs can offer. These changers were 3 years in the making. Paul Raia suggested that perhaps the COA would like to become more involved in this programing.

XV. Adjourned at 7:36PM