

Arlington Council on Aging
Meeting Minutes, September 20, 2018

Present: Jim Munsey, Paul Raia, Rick Fentin, Jill Greenlee, Christine Bongiorno, and Marge Vanderhill. Associates present: Bob Tosi, Mara Klein Collins, Ann Fitzgerald, and Karen Nichols. Nominated new board members: Anne Brown and Michael Quinn.
A. Call to order: The regular meeting of the Council on Aging Board was called to order by Jim Munsey at 6:00PM on September 20, 2018, at 27 Maple Street, Arlington, MA.

B. New board members introduced: Michael Quinn and Anne Brown.

C. Citizen's open forum: none.

D. COA Staff highlights: Kristine Shah, supervisor of Volunteer Services and Transportation, brought the Board up to date on recent activities and programs she has been managing. Currently, the COA has 200 volunteers who help cover the senior center and special events. Most recently, the 5k race was held on September 9, and raised \$9,705 net with over 310 registered runners.

E. Minutes of the June 21, 2018, were approved. Rick so moved and Jim seconded.

F. Christine Bongiorno presented the ED report:

1. Driveway update: The Planning Director is working with the landscape architect and contractor on finalizing the contract and working on a timeline for reconstruction to begin next month on the driveway.

2. Building Redesign: The architect completed schematic design and cost estimates for the building redesign. The current estimated cost of the redesign is \$4.1M however, there are a few add-ons that may be included that can bring cost up. Christine gave an overview of programming space. The facility will include room for a 140 person event, a new commercial kitchen, and space for rentals to help cover costs. COA offices will move upstairs during construction which should begin Fall of 2019.

3. Earmark Fund FY18: A community health needs assessment for elder population will be conducted this year by Jon Snow Inc. We will be looking for 2 board members to sit on this subcommittee. Ann Fitzgerald and Anne Brown offered to represent the Board.

4. Trust fund established: Mr. James Athens from Harwich has made a donation in his late wife's name to the COA for the benefit of Arlington seniors. The donor is asking that only interest be used and that the principal remain. It will be named the "Helen P. Athens Memorial Fund."

5. Nursing updates since June:

- a. Finished up Walk the Rink Sessions --Education topics included: Benefits of Walking, Shingles, Sleep, Hypertension, and Sun safety
- b. Meditation/Mindfulness workshop with nursing student
- c. Screened 14 applications for Sevoyan Dental scholarship

d. BP clinics at all housing buildings and 34 home visits for nursing assessments

e. Flu Season: Started in-home flu shots and flu clinics for seniors including the Retired Mens' Club of Arlington and the senior housing buildings. Jim noted the clinic is well organized and smooth running when he received his flu shot today.

6. Social Worker updates since June: Two second year social work interns starting this fall for the full year.

a. We continue to address senior food insecurity needs with Farmers Market coupons, the Lahey Farmer program, the monthly commodity food program at Drake, SNAP renewals and 30 new applications, outreach at the food pantry.

b. Continuing work with seniors in distress - financial, housing, medical, etc. It seems like we have 'lost' a significant number of seniors over the last few months to death. Something we, as staff, have to acknowledge and manage in order to keep doing our jobs.

c. Senior Work off program participants have been interviewed and are being matched with placements.

7. New staff: Shannon Murphy, the newly hired Info, Referral and Program Specialist started this week and we are eager to get her up and running.

G. Report of the chair: Jim and Rick

The board is requested to consider goals for the coming year. Some suggestions were:

1. Spend time on the Age Friendly project. Paul said currently we are in the information gathering stage. Communication needs to be established between the town boards and intergenerational input obtained.

2. Mara recommends more COA publicity so the seniors know what services are available.

H. Minuteman Senior Services: Marge reporting

1. MA is funding programs at 75% so there is a time lag paying providers.

2. MSS currently has 62 provider contracts. A total of \$17.5 million in service dollars were paid in 2018. This includes meals on wheels.

3. The main fundraiser is the online auction Nov 30-Dec 6. So far there have been 100 items donated for auction.

4. Handouts were given on fall programs sponsored by MSS. These include nutrition, support for caregivers, and fall prevention classes.

5. The importance of the SHINE program was highlighted. Federal funding is questionable at this time.

I. New Business:

1. Does the board wish to change its current policy limiting members to two three-year terms?

2. Board and staff photos: Staff would like a visual of board members so they know who we are. It was suggested a photo of new staff be sent to "The Advocate" to

highlight the work of the Senior Center. Board member photos will be taken at the October board meeting.

J. Meeting was adjourned at 7:12pm. Next meeting: October 18, 2018.