



Arlington Council on Aging

Agenda

Date: Thursday June 18, 2020 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Marge Vanderhill, Secretary

Claire Foley, ASA Liaison

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the May 21, 2020 meeting for approval
4. Executive Director's Report
5. Report of the Chair
6. Minuteman Senior Services Report: Marge Vanderhill
7. ASA Liaison Report: Claire Foley
8. Old Business
 - a. Board Member Terms
 - b. Ethics Compliance
9. New Business
10. Adjourn

Next meeting: September 17, 2020

Executive Director's Report

Kristine Shah

I. Updates on COVID19 Pandemic Priorities

a. Nutrition and Food Access

- i. Arlington EATS, Council on Aging, MRC and Food Link continue to work together during the pandemic to get Arlington residents access to food safely. The home-delivery only model will continue through the summer in order to keep our most vulnerable from congregating in groups at EATS market. Numbers of home deliveries continue to be 220-250 weekly.
- ii. The COA received 50 boxes with various meat products through Minuteman Senior Services. These boxes were distributed to older residents in Arlington through the Arlington EATS deliveries during the week of June 8.

b. Outreach & Emotional Support

- i. The list of older residents receiving weekly telephone calls through our "Telephone Call Reassurance Program" is growing. COA staff, social workers and volunteers have a designated list of older adults in Arlington that they call weekly to check in with. These are all adults who have little to no access to e-mail or technology.
- ii. The COA has collected and distributed over 3,300 fabric masks to seniors in Arlington as of 6/11/20.
- iii. Anyone from the community can upload their art so it can be safely be printed in the COA office and delivered to the most vulnerable. This has been ongoing since early April and will continue through the summer.
- iv. Pre-approved COA volunteers who are not in the high risk population for COVID-19 continue to grocery shop, pick up prescriptions and run essential errands for high risk individuals.
- v. Due to a generous donation of \$3,000 by a community member; COA social workers were able to distribute 30, \$100 Stop & Shop gift cards to be used during senior hours at the Arlington store.

c. Virtual Programs (exclusively virtual programming continues through the summer)

- i. Fitness Classes: Live exercise and chair yoga classes are conducted via zoom on Monday, Wednesday & Fridays. Recorded tai chi classes air weekly and are regularly updated on ACMI. Over 60 individuals attend the weekly zoom fitness classes.
- ii. Other virtual programming continues to grow and includes: Campfire Sing, intergenerational book club, LGBTQ+ Friends and Allies, Current Events, Shakespeare and other social groups have moved their monthly meetings to zoom and are growing weekly. Virtual Bingo will be starting in September.
- iii. Large group virtual concerts/events have been scheduled through September and include "Zoom Me out to the Ballgame" in June, "Beatles and Beyond" in July and "I'm too young to be old" in July.
- iv. The following other programs/services continue to run virtually (using zoom or phone): SHINE assistance/appointments, Legal assistance/appointments, Social Work appointments, Fuel Assistance, SNAP applications, Housing Authority Application assistance, DART program and relationship with taxi company for emergency transportation needs, Sanborn transportation arrangements.

d. Partnerships

- i. The COA kicked off a new partnership with Plugged in at the Robbins to co-sponsor many of their monthly virtual programs. This has the potential of introducing new Arlington residents to the COA.

e. Grant Updates

- i. CDBG has opened a special round of funding to assist with COVID-19 related needs. The COA is applying for a grant to fund technology and internet access to older residents in town who are interested in participating with the COA virtually, but are not able to financially afford a device or internet access
- ii. CDBG announced their funding of the following COA programs/positions for FY21: \$59,922 for Supervisor of Volunteers and Transportation position, \$6,000 for Adult Day program, \$31,540 for COA Transportation.
- iii. Our annual grant application to the Symmes Medical Use Non-Profit Corp will be submitted by the deadline of June 18, 2020.
- iv. Beth Israel Lahey Health has agreed to fund our Farmers Market Program again this summer. This program will be adjusted due to the pandemic and will be a delivery program this year, using our Senior Work Off volunteers to assist with the program.

f. COA Staff

- i. COA staff have begun returning to the office, following the governor's "less than 10%" guideline. One receptionist daily has returned to the office to assist with Board of Health phone calls and provide administrative support to staff working from home. Our end of fiscal year work is well underway and will be completed by the deadline of June 30.
- ii. Construction continues on the 1st and 2nd floors of 27 Maple St and COA staff, along with ASA offices, anticipate being off of the ground floor (and working on the 2nd floor) by the end of summer.
- iii. We have received applications for our open position, Supervisor of Volunteers and Transportation. The COA anticipates filling this role within the next few weeks.