



## Arlington Council on Aging

### Agenda

*Date: Thursday November 18, 2021 Time: 6:00 pm*

***Location: 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](mailto: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*

*Sheila Connerney, Secretary*

*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 October 2021 meeting for approval
4. Executive Director's Report
5. Report of the Chair
6. Minuteman Senior Services Report
7. ASA Liaison Report
8. Old Business
9. New Business
10. Other Community Announcements
11. Adjourn - **Next meeting: December 16, 2021**

## Executive Director's Report

### Kristine Shah

- I. Center Renovation
  - a. Tour update
  - b. Town Hall Auditorium and Lions Hearing Room have been secured for indoor programming and are booked solid Tuesday, Wednesdays and Thursdays with our programs that would have taken place in our center. The COA is working tirelessly to offer in person programming to those who are counting on us, while continuing our virtual program options for those who are more comfortable with that.
  
- II. COA Services and Program Update
  - a. Monthly coffee hour has been added to indoor programming schedule and also in-person Art Therapy and the ASA book club.
  - b. Holiday Coffee Hour will be held December 9 in Town Hall Auditorium as a festive get together for our seniors.
  - c. 100 isolated seniors will receive a hot turkey dinner delivered on Thanksgiving morning thanks to over 50 volunteers and the hard work of our Volunteer Coordinator, Michelle.
  - d. Dementia Friendly Fitness class update. Thanks to a \$7,800 grant from I'm Still Here Foundation, we began offering virtual fitness classes to residents living with dementia and their caregivers. The class has been switched from Fridays to Tuesdays and there has been some interest in adding an in-person component.
  - e. International Intergenerational Tea Talk with High School Students is taking place at Town Hall on November 16 and there is quite a bit of interest. Marci is hoping to hold this at least quarterly.
  - f. Parkinson's Support Group started up again this month in person, spread the word if you know of people who might be interested in this group lead by COA Nurse, Joanne Sliney.
  - g. Annual Sage Table event will be held in person, November 18 at Town Hall. This is one of the biggest programs we run as a part of our LGBTQIA+ group. It will be catered by Twyrl and feature karaoke.
  - h. We have seen a steady increase in fuel assistance requests this month and have been assisting residents with their applications and also relief through the emergency heating assistance fund.
  - i. The LINKS snow shoveling program is under way for this year and we are returning to our partnership with the Middle School to match up students with seniors in their neighborhood.
  - j. AARP volunteers will assist residents with their taxes again this year in person; appointments will be Fridays between Feb 4 and April 15. We are already receiving calls for appointment requests.
  
- III. Age Friendly/Dementia Friendly
  - a. Age/Dementia Friendly Action Plan is currently being written by UMass Center for Gerontology and is due to be received by the COA in December.

IV. Other

- a. COA continues to provide free van rides to Arlington EATS market for in person shopping. Market Basket rides on Tuesdays have also become extremely popular and we decided to add a 4<sup>th</sup> round trip van each week.
- b. Uber rides are also becoming more in demand. The option of Uber is helping us balance out issues with the local cab company, who is experiencing driver shortages.
- c. Senior COVID-19 vaccine boosters have been scheduled with the assistance of COA Staff at local pharmacies. We also continue to offer free transportation to seniors who are receiving their vaccines/boosters.
- d. Link to COA newsletter: <https://www.arlingtonma.gov/departments/health-human-services/council-on-aging/senior-newsletter>