



Arlington Council on Aging

Agenda

Date: Thursday November 17, 2022 Time: 6:00 pm

Location: This meeting will be conducted in a hybrid format. Attendees can attend in person at the Arlington Community Center or virtually via zoom. 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 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 meeting for approval
4. Executive Director's Report
6. Report of the Chair
8. Minuteman Senior Services Report
10. Old Business
11. New Business
12. Other Community Announcements
13. Adjourn - **Next meeting: December 15, 2022**

Executive Director's Report: Kristine Shah

- I. COA Programs & Services Update
 - a. November has shown record numbers of in person attendance for our core programs at the Community Center. Our Muscle Strengthening class on November 9 had over 40 participants. Our Chair Yoga class has been moved to the Main Hall (from the yoga room) to accommodate the nearly 30 participants per week that have been attending.
 - b. We have decided to make 10 of our most popular programs/activities restricted to Arlington Residents Only due to the large attendance we have been getting. Other events and activities will continue to accommodate out of town older adults as long as we are able. Arlington Residents Only events include seasonal luncheons/activities, certain fitness classes with size limits and popular art classes with capacity restrictions.
 - c. The COA is working closely with the DEI team, in partnership with EACH (Enhance Asian Community on Health) to increase outreach to the Chinese speaking communities this year. We also have a meeting scheduled with Sudhir Jain, a leader of the Indian Seniors of Lexington, to assist with outreach to the Indian Communities around Arlington.
 - d. Harry Barber & Property Tax Work Off Applications were due October 31 and both programs are closed (and at capacity). Elderly & Disabled Tax Relief Applications are due January 31.
 - e. The longstanding tradition of COA volunteers delivering hot turkey dinners to isolated older adults in Arlington will continue this year. Thank you to the Retired Mens Club of Arlington and Arlington EATS for financially supporting the cost of the meals. If you would like to volunteer to deliver a meal, please let Kristine know.

- II. Discussion regarding Financial Supports and Increased Need
 - a. Update on Fuel Assistance, Emergency Heating Assistance Requests
 - b. Other Financial Requests and how the COA has been assisting
 - c. Property Tax Relief

- III. Other
 - a. Claire Ricker, DPCD Director, is interested in attending our December Board meeting
 - b. Open Board position