



Town of Arlington, Massachusetts
730 Massachusetts Ave., Arlington, MA 02476
Phone: 781-316-3000

webmaster@town.arlington.ma.us

Council On Aging Minutes 10/17/2013

ARLINGTON COUNCIL ON AGING MINUTES **Thursday, October 17, 2013 AT 4:00 PM** **Ground Floor Conference Room** **Arlington Senior Center**

Members present:

Sue Culhane, Mara Klein Collins, Joanne Morel, Richard "Dick" Phelps, Lucilia Prates

Absent: Annette Bender, Bill Carey, Ann FitzGerald, Ingeborg Reichenbach

Associate Member: Karen Nichols

Staff: Susan Carp, M.S., Executive Director

Guests: ASA - Elisa Lopez, President; Ann McGowan, Vice President

1. Call to order. By Sue Culhane, 4 pm. No quorum present.
2. Citizens forum. None.
3. Minutes from September 20, 2013 accepted with one change: Item 8 sol should read sold.
4. Report of co-chairs.
 - Joanne reported the podiatry clinic was well attended and organized. A volunteer eliminated moving people around which was well received.
 - At the last "Coffee and Conversation" gathering the foyer was discussed re:mural. An alternative was discussed using photos of activities and volunteers. Joanne will investigate getting them printed. There was discussion of getting ficus trees donated if live or getting artificial ones at Home Goods.
 - Joanne reported that Friday night football at the high school between Arlington and Woburn invites seniors to attend at no charge. Seniors will also be honored on the field.
5. Directors Report
 - MCOA CONFERENCE - Very successful. The office had 4 Staff, 2 Social Work Interns and one Board Member in attendance. We will have a lot of good information to share over the upcoming months.
 - Secured an individual through the end of FY 14 from the National Senior Network. The individual will be working with us for 18 hours per week. She will be an integral member of our team and will learn many new things. The new partnership fulfills one of the initiatives in aging services to retrain/employment an older adult.
 - Project Able has contacted us to consider becoming a host agency. Project Able is similar to National Senior Network.
 - Successful partnership with the Foundation Fighting Blindness - we had over 70 people on a Thursday night event
 - Received notification from Lahey that we received an \$8,500 grant to be used in our health and wellness programs
 - Student Nurses have identified their projects - Projects include: Shingles Clinic, Carbohydrate Lecture, Proper disposal of Medications, Blood Pressure/Fitness series at Mill Street, and Senior Charlie Card as a means to expand access to Health Care Providers

- Mark Waksmonski has been implementing an evidence based program, partially funded by the Friends of Arlington COA
 - Daily Breakfast has started .. it is slow .. will focus on outreach in November
 - Partnering with Punjab on November 19 to host an Indian Lunch
 - Bill Murphy has 4 new volunteers
 - We have successfully partnered with the LGBT Aging project. Marci Shapiro-Ide is coordinating a Community Conversation which will hopefully be our gateway to future programming for this group
 - Social Work interns very busy with Lourie August
 - Just partnered on a grant request with True Story Theater in their effort to bid on an Arlington MA Cultural Grant.
 - Living Well ~ 60 & Beyond. 39 exhibitors signed up. Speakers confirmed. 125 seniors have preregistered. Bill has been lining up volunteers. Signs go up starting tomorrow.
 - Town Day went well. There were many volunteers. For next year consider asking for a position further from the stage as it was difficult to communicate with the noise.
6. Minuteman. Annette is the liaison. She is absent so there is no report.
7. ASA meeting. Ingeborg attended. She is absent so there is no report. Elisa reported she was elected President, and Ann Vice President.
8. ASA liaison to COA. Elisa asked re space discussion. Susan reported delayed due to staff changes. Elisa asked if there is a report and if she could see it. Susan said there is a report; she will see if it can be shared.
9. Friends of COA. Ann had nothing to report.
10. Unfinished business.
- Symphony trip. Karen reported. 2 busses. One chaperone. Seating issues due to confusion with the BSO staff. Resolved.
 - Living well 60 and beyond. Logistics reviewed.

The tables will be delivered and set up Friday afternoon. We need Board volunteers to help set up at 3:30 pm Friday. Karen will create a schematic of the tables and Susan will assign the exhibitors. There is a good mix of sponsors and exhibitors. Board members will be ambassadors at the event. Please be at the Hardy School by 8 am on Saturday. Susan will have name tags made for Board members All registrants will be called to confirm their registration. Two COA vans will be shuttling seniors

- Discussion to move the COA meeting start time later. Requested by Mara as it is difficult for her to leave work 2 hours early; she requested a 5 pm start. Dick said that was not a good time for him. There was discussion of a 6 pm start instead for one hour. Lucilla said it would be easier for her to get to meetings from work if the meetings began later. Sue to poll members not at this meeting prior to the next meeting.

Meeting adjourned at 5:39 pm. Next meeting November 21, 2013. Time to be determined.

Respectfully submitted,
Mara Klein Collins