

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**August 8, 2016**

***Upton Senior Center – 2 Farm Street, Upton, MA 01568***

**In Attendance: Chair Myra Bigelow, Secretary Maria Griffin, Members Richard Provost, Judie Pitts, Annette Castonguay, Social Service Coordinator Jessica Mauro and COA Director Janice Nowicki. Town residents Laurie Fantini and Jo McLaughlin also attended. The following were not in attendance: Meals on Wheels Nutrition Center Manager Al Vautour, Vice Chair Betty Consigli, and COA Members Grace Wadsworth.**

1 The monthly meeting of the Council on Aging was called to order on Monday, August 8 at  
2 10:40. The June minutes were reviewed. A motion was made to approve the minutes. Motion  
3 was seconded; unanimous vote of the Board followed.  
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5 **DIRECTOR’S REPORT**  
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7 Jan announced that she and Jessica will be attending the MCOA Conference on the Cape in  
8 October. We had a number of great programs in June and July. Jan attended an informative  
9 interview skill session with Bob Carnegie. Thanks to the Upton VFW for the new flag now flying  
10 outside the Center. Our first annual Pie Baking Contest was a hit. Town officials helped out as  
11 judges and we all had a lot of fun. Thanks to Jim Earl for driving our seniors to the Concert  
12 Series at Kiwanis Beach.  
13

14 Thanks to Salmon Health and Retirement for donating First Aid Kits for the Center. We have  
15 new cleaners, Dynamic Janitorial Cleaning, beginning August 1.  
16

17 Jan is working on the Formula Grant for 2017. This year’s amount is \$12,020 (vs. \$10,817 in  
18 2016). The money is spent on transportation, utilities, office supplies, MCOA Conference,  
19 volunteer recognition, exercise programs and dues.  
20

21 Jan will be on vacation the week of August 21.  
22

23 **SOCIAL SERVICES REPORT**  
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25 Jessica said that there has been discussion of the SHINE program being defunded nationwide.  
26 SHINE is the state program for Massachusetts to help individuals with their insurance needs.  
27 Jes helps an average of 10-15 people per month with their insurance issues and will be doing  
28 what she can to support the continuation of the program. She will keep us posted.  
29

30 There have already been a few inquiries regarding SMOC (fuel assistance).  
31

32 The walking club is still meeting once a month when weather permits. We did have to cancel  
33 the walk in June due to the heat and humidity. We are aiming to schedule the walks in the  
34 early morning to avoid the hottest part of the day, and we are encouraging walkers to stay  
35 hydrated.

36 SNAP is in full swing and some individuals have received letters of decreased benefits as SNAP  
37 goes through some structural changes. Jes is helping people to get the proper paperwork  
38 submitted to the program. The same is true with Mass Health. We hope to see improvements  
39 on this in the next few months.

40  
41 Open Enrollment for Medicare begins October 15. Farmers Market coupons will be distributed  
42 by TriValley today at 10. Seniors were informed via our newsletter that a limited number of  
43 coupons are available on a first come first served basis. The Wellness Fair will be held at Town  
44 Hall on October 19.

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46 **NUTRITION CENTER MANAGER REPORT**

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48 No report since Al was not here.

49  
50 There was a motion to accept the Director and Social Services reports. The motion was  
51 seconded and unanimously approved.

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53 **OLD BUSINESS**

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55 Budget – We continue to stay within budget.

56  
57 Programs – The annual Sheriff’s Picnic is coming up on August 20. Jim Earl has again  
58 volunteered to drive our seniors there that Saturday. Save the dates for our Lake Cruise,  
59 Jukebox Oldies Dance and National Senior Citizen celebration in August.

60  
61 Bylaw Review Continued – More of the bylaws were reviewed further. Jan mentioned she had  
62 gotten wrong information on how and when people signed up to be on the Board. Myra is  
63 looking for a volunteer from the Board to look on the computer and see who was on the Board  
64 for six years and when they were signed in, and she’ll try to get check the books for data as far  
65 back as 2006. A motion was made to table the rest of the by-law discussion until our next  
66 meeting due to time. Motion was seconded and unanimously approved.

67  
68 Janice is still looking for people to join the Upton Commission on Disability. Anyone interested  
69 can let her or Blythe Robinson know.

70  
71 **NEW BUSINESS / AUDIENCE PARTICIPATION**

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73 Annette suggested that we promote the fact that our van is wheel chair accessible. Laurie  
74 Fantini was voted in by the members as a new COA Board member. Janice will recommend to  
75 the Board of Selectmen to officially appoint her.

76  
77 A motion was made to adjourn and seconded. Unanimous vote of the Board followed. The  
78 meeting was adjourned at 11:38 a.m. The next meeting of the COA will be held on Monday,  
79 September 12 at 10:30 a.m.