

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**October 5, 2015**

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

*In Attendance: Chair Myra Bigelow, Secretary Judi Blanchard, Vice Chair Maria Griffin, Members Richard Provost, Grace Wadsworth, Betty Consigli and Annette Castonguay, Social Service Coordinator Jessica D’Amato, COA Director Janice Nowicki, and Department Specialist Bernadette Denson. Judie Pitts and Edna Furphy of Upton also attended.*

1 The monthly meeting of the Council on Aging was called to order on Monday, October 5 at  
2 10:40 a.m. by Chair Myra Bigelow. The September 21 minutes were reviewed and a motion  
3 was made to approve them. Motion was seconded; unanimous vote of the Board followed.  
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5 **DIRECTOR’S REPORT**  
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7 Jan reviewed the highlights of activities September. The State House tour in Boston was  
8 wonderful. We’d like to do it again at some point. Senator Moore would like to join us next  
9 time too. We had a nice ice cream social at Millhaus in September with delicious homemade  
10 ice cream courtesy of Millhaus resident Josephine McLaughlin. The birthday bash and end of  
11 summer cookout were well attended. We have resumed our Strength & Stretch classes and Tai  
12 Chi. We will be paying for the exercise classes out of the Formula Grant in an effort to get  
13 seniors to give the classes a try. Donations are suggested but not required. Weekly Wellness  
14 talks are happening and Zumba resumes in October. Lunches out have been popular with the  
15 Seniors too. A suggestion was made to let the restaurants know ahead of time that separate  
16 checks will be needed for each senior attending. An EMT will now be coming every Friday at  
17 10:30 to do blood pressure checks (in addition to the Town Nurse’s monthly visit).  
18

19 Lori McGann started as our new van driver one day per week. She shadowed the drivers for  
20 training and will begin driving on her own in October. Alan Rainville bought a home in Colorado  
21 and will be leaving us; he will be missed! We’ll have some kind of going away event before he  
22 leaves. Lori will pick up an extra day of driving at that point, with Jim Earl continuing as a back-  
23 up driver.  
24

25 Congratulations to Jessica on her one year anniversary with us! According to a recent article in  
26 the FiftyPlus Advocate.com publication, Upton is rated one of the two best towns for elders in  
27 Central MA based on the town’s high contribution to their seniors through the Council on Aging  
28 and high volunteer rates. The article states, “Upton is clearly invested in their senior  
29 population.”  
30

31 MySeniorCenter.com has been down intermittently so specific statistics were not available to  
32 print out today.  
33

34 A handout of the Formula Grant breakdown was handed out at the meeting and Jan discussed  
35 how we plan to use that money for transportation, utilities, supplies, newsletter, conferences,

36 volunteer recognition and contractors. Jan also wrote three letters of support for Cultural  
37 Council Grants.

38  
39 The MCOA conference is this week. Jessica will be going for two days. Jan was registered to go  
40 for one day, but is unable to attend due to a funeral service. She asked if any COA Board  
41 Members would like to go in her place. Seeing that not are available to go, she will cancel her  
42 registration.

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44 **SOCIAL SERVICES REPORT**

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46 Jessica has been focused on preparing for the upcoming health fair. She contacted over 50  
47 agencies and community resources to request their participation in the fair. 27 vendors are  
48 confirmed at this point, including various health and wellness agencies, town departments, etc.  
49 There will be a Strength & Stretch demonstration, flu shots, a K-9 demonstration and Opioid  
50 presentation from the Sherriff's department, and door prizes. Please make it known in the  
51 community so we can get a good turnout at the fair. It's for people of all ages. We'll also need  
52 help with set up, break down, etc. The van is available to transport seniors to and from the fair  
53 for free that day. The fair was announced in our newsletter and Town Crier and flyers have  
54 gone out around town and through social media. A reminder flyer will go to each Millhaus  
55 apartment and to the Community Room at Coach Road. Betty Consigli suggested we post a  
56 notice about the fair on sandwich board signs at key intersections around town. Betty offered  
57 to help set up. Annette said she could help with phone coverage in the office if needed while  
58 the staff is at the fair. Judie Pitts also offered to help in whatever way she could.

59  
60 SMOC is picking up for Jessica and she'll now have designated days for SHINE and SMOC  
61 meetings. Everything from those meetings is treated confidentially, so people can feel  
62 comfortable referring people to her for assistance.

63  
64 We set up a COA table at the recent Upton Heritage Day event. Unfortunately they had to  
65 break down early due to the cold and rainy weather.

66  
67 Jessica was unable to attend the monthly SHINE meeting in September but will attend one  
68 October 16 regarding Medicare plans. Open enrollment runs October 15 – December 7.

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70 There was a motion to accept both reports. The motion was seconded and unanimously  
71 approved.

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73 **OLD BUSINESS**

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75 Updates on old business items were covered in the Director's report above.

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77 **NEW BUSINESS**

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79 Jan gave an update on the four pieces of land that were toured by Committee as potential spots  
80 for a future combined Library/COA center. None were ideal, but they will weigh the pros and  
81 cons of all possibilities.

82

83 **AUDIENCE PARTICIPATION**

84

85 Jan welcomed Judie Pitts and Edna Furphy who were observing the meeting. Judie is interested  
86 in joining the Board. Myra reviewed the process for joining. Annette Castonguay commented  
87 on how nice the Ice Cream Social was at Millhaus. There was some discussion about timing of  
88 programs so as to prevent noise issues between card players and other programs.

89

90 A motion was made to adjourn and seconded. Unanimous vote of the Board followed. The  
91 meeting was adjourned at 11:30 a.m. The next meeting of the COA will be held on Monday,  
92 November 2 at 10:30 a.m.