COUNCIL ON AGING BOARD MEETING MINUTES

WEDNESDAY, NOVEMBER 2, 2022

9:00 A.M.

PRINCETON SENIOR CENTER, 206 WORCESTER ROAD

PRESENT: BOARD MEMBERS: Jane Giumette, Barbara Guthrie, William Lindquist, Donna MacKenzie,

Wendy Pape, Susan Stolberg, Mike Warren

BOARD ALTERNATE: Fran Thomas

DIRECTOR: Judith Webster

GUEST: Jen Greene

**Minutes** of the September 7, 2022 meeting were approved as presented.

**Financial Report.** Judith reported the budget was in good shape. Moving forward she is concerned about heating costs. She is unsure how much of the Center is heated by propane or by electricity (PMLD). No written financial statement was provided. Judith announced that the Princeton COA will receive over $14,000 from the Executive Office of Elder Affairs (EOEA) for fiscal 2023. It is anticipated the money will be received prior to the end of 2022.

**Grant Submissions.** Two grant submissions to the MA Cultural Council for 2023 were approved. One was for the Hip Swayers to play at the 2023 summer barbeque and the other was to pay for an instructor to teach a pastel class.

The COA has received a grant for $17,050 from the Community Foundation of North Central Massachusetts. Funds will include the purchase of herbs from local farmers, a dehydrator, a vacuum sealer, jars and to pay a program coordinator ($500.) Judith is hopeful to have 5 seniors participate in the program (4 have already expressed interest.) Growing Places is a partner in the program and will handle the distribution and sale of the herbs through their network. Money received from the sales will go back into the program. The Program Coordinator will be safe serve certified.

**Medical Equipment Loan Program.** Discussion was held about the fact that the medical equipment is stored in a room on the lower level of the building which makes it difficult to access both for distribution and to place back in storage. Because of the access difficulty, equipment at times tends to accumulate in the Center’s hallways. It is also a liability when the equipment has to be moved up or down from the Center office. The Board will take responsibility for putting together an inventory of the equipment. No conclusion was reached on how to make the process safer and easier. It was mentioned that there is an elevator on the other side of the building but it does not provide access to the Center.

**Outreach Coordinator.** Judith reported that she has revised the job description and has reposted the opening in many locations. Two applications have been received. Judith suggested the board put pressure on the town to upgrade the salary. However, the town is in the process of hiring a consultant to do a wage study.

**Programming Update.** Due to low enrollment numbers, Judith is considering cancelling the Tai Chi and Bar Pilates and Yoga classes in January. The Yoga classes are well enrolled.

Starting in December a new Stretch and Flow class will be offered on Fridays at 10:30. This class is less strenuous than the Bar Pilates and Yoga class. Judith would like to find an instructor to teach a Chair Yoga class that would be offered in the Center. She is also looking for an instructor to teach a wreath making class (or some other holiday decoration class) in December. Jane agreed to follow up with some people she knows who might teach this type of class.

The lecture series continues with a discussion on Diabetes in November. A Cannabis lecture will be scheduled for January. She is also planning to line someone up to talk about estate planning.

It was suggested that something be placed in the December newsletter noting that we are unable to take anymore book donations at this time as the space is currently full. It was also suggested that some of the puzzles be removed due to the volume of puzzles.

Bridge and Mahjong programs are going well. A cribbage program will be started as someone has offered to take the lead.

**Newsletter.** Members agreed the newsletter is looking much better. A local graphic artist is putting the newsletter together. Delivery time was much better for the November newsletter.

**Pickleball.** Wendy announced that she has been in touch with the town Recreation Director. A grant is being developed to upgrade the playground in East Princeton. Construction of a pickleball court will be included in the grant.

**Security System/ADA Compliance Update.** Nothing is happening to date.

**Grab & Go.** It was agreed to do a Grab & Go on Friday, November 18, 2022. The menu will include Chili, Cornbread and Tangerines. Containers, bags and plastic bags for the cornbread need to be purchased. Jane agreed to do the shopping on Wednesday. Wendy, Susan and Donna will prep on Thursday afternoon and cook/distribute the food on Friday.

Judith noted that the Quabbin Valley Healthcare may provide cookie baskets in December which could be our Grab & Go for that month. It was agreed to have people come into the building to pick up the December offering so that people can socialize. It will be scheduled for December 14th at 10:30 a.m. and will be called a “Come, Chat, & Go” event. Coffee and cookies will be served.

Further discussion will continue to be held at future meetings about the future of the Grab & Go’s. It was decided to skip January and plan something for February with a Valentine’s Day theme. It was noted that the majority of people who participate in the Grab & Go’s are active/mobile people. The question becomes are we really reaching the people who made be more in need.

**New Business.** Fran reported that the Housing Committee report will be presented to the Planning Board on November 9th. A copy of the draft report will be available in the Library and at the Senior Center.

Jane and Wendy agreed to neaten up the bulletin boards in the hallways as you enter the Center.

Fran will send a birthday card from the COA to Princeton resident, Warren Thorell, who will be 100 years old.

**Next month’s meeting will be held on Wednesday, December 7, 2022 at 9:00 a.m.**

Meeting was adjourned at 11:45 a.m.