

**COUNCIL ON AGING BOARD  
REGULAR SESSION MEETING MINUTES  
Veteran's Memorial Building, Rm 19  
2900 Main Street, Millis, MA 02054  
MEETING NOTES FROM JANUARY 12, 2018**

CALL TO ORDER: Maria called meeting to order at 9:03

The following persons were present:, COA Director Patty Kayo, Chairperson Maria Neville, Secretary Helen Daly, Carol LaFreneire, Lisette Walter, Steve Howie, Chris McCaffrey, Bill Brown

Motion to accept the Secretary's Report as presented – made by Bill – second Liz  
Treasurer's Report

- Formula Grant not yet received – expect arrival in March
- FY19 Budget – we requested (yet again) that we be able to remain open until 4:30 pm Monday-Thursday. Would require additional 10 hours per week for the director, 5 hours for outreach and 5 hours for the department assistant.

#### HESSCO

Meeting was held this past Wednesday with focus on Nutrition:

488 surveys were sent out with 44% received back – mostly with positive feed back

Does HESSCO services allow people to continue to live independently? Large % was Yes

66% said that lunch was their main meal of the day

40% said that the meals driver was the only person they saw on a regular basis

95% said that they would recommend HESSCO to other people

Currently two State Senators are working on transportation needs

#### Outreach Report:

- Carol visited most meals recipients this past month and gave out Girl Scout cookies to all
- She will bring COA newsletters to new households at the Senior Housing Complex

#### Director's Report

- Patty reported that Carol went to Outreach Workers meeting and that a 6 week Grief Support Group Program will be offered here under Carol's direction. Date to be announced.

Motion: To allow Carol to run this program and to purchase required manual at a cost of \$25.00

Motion approved by unanimous vote

- Game Day – nobody came
- Fitness Pal Program – nobody came
- Cell phone program was a success with 6 seniors and 4 students attending – plan to offer again in April

Chairman's Report - None.

#### Old Business

- Tasty Tuesdays – no one signs up but on average 10 people come. Carol will run again in February, Steve will ask Friends for financial support one more time.
- Circuit Breaker will be offered again on January 29<sup>th</sup>
- Board of Health will offer "Emergency Readiness for Seniors" program on 2/14 @ 11am and "Tips for a Healthy Heart" program on 3/14 @ 11am

## New Business

- Enhanced Fitness Program is proving very popular with 23 current participants. The chair problem has been solved by adding pads from unused crutches to the bottom of the chairs. This session will run through the 2<sup>nd</sup> week in February – a new session will be offered = date TBD.
- Valentine's Day – Carol Fetter has been asked to once again arrange for tea cup and flower arrangements, Patty and Bill will again offer their version of Egg McMuffins.
- St Patrick's Day Celebration will include traditional corned beef and cabbage as well as an Irish Band (Patty has applied to the Cultural Council to cover this cost. It will be held on Wednesday 3/14 – lunch at 11:30 with music at 12pm.
- Steve spoke about the e-mail the Millis Fund received from a past client offering to give back with services free of charge. Patty has already spoken to this gentleman and he has been CORI approved. The COA will work with The Millis Fund should anyone apply.

Meeting adjourned at 9:45 am

**Next COA Board Meeting: February 9, 2018  
at 9:00 AM – VMB Room 19**