

## Meeting of the Northborough Council on Aging

April 10, 2018 7:00 Senior Center

*The role of the Northborough Council on Aging is to maintain or increase the quality of life for the mature citizens of our community. We do this through support advocacy, planning, coordination, and implementation of programs that bring mature citizens together for social, recreational, and educational purposes. We seek to educate the entire community and enlist its support and participation.*

**1. Call to Order:** A meeting of the Council on Aging of the Town of Northborough was called to order at 7:06 PM by Adrienne Cost, Chair with the following also present:

Jerry Anderson, Member	Alice Stapelfeld, Member
Linda Cragin, Member	Phylis Muthee, Member
Ed Bombard, Member	Henry Squillante, Friends
Tim Kaelin, Member,	Kelly Burke, Senior Center Director

The following were not present: Tony Pini.

Guest: Lynn Li.

### **2. Approval of the Minutes:**

The minutes for the January 9, 2017 meeting were approved.

Adrienne shared that Ed Bombard has resigned from the board. He was thanked for his commitments and contributions with a certificate.

### **3. Friends' Report**

Henry reported that he continues to sell Bricks until July 1<sup>st</sup>. The Annual Appeal has brought in \$18,000 so far. The Friends have agreed to support the new position in the Bistro. The board also decided to put off the Talent Show for a year.

### **4. Director's Report**

Kelly reported that Day Break will open this week, providing respite for care providers of those with Alzheimer's Disease. A facilitator has been hired, one volunteer has offered to help and three participants have also expressed interest; more volunteers are needed. In April, a new Matter of Balance will be offered, with special attention to those with vision impairment. The call was full – prior to the story in the Advocate so a new session was offered for the next month and is also full. There are a variety of dance classes. A session will be held on password management. Home Instead is sponsoring chair yoga specific for people with Arthritis. A Smart Driver course with AARP will be held in June.

Bay Path's grant for cultural competency will support sessions on China and India. The Amrit Social Day program will be involved, with a class of classical music and food from Auntie G's on June 1<sup>st</sup>. A DVD on China will be offered in May 9, 16 and 23<sup>rd</sup> with food from the new Asian market.

There will be presentations on cancer and the new Shingles vaccine.

### **5. WRTA Advisory Report**

No report. A new van driver position has been posted.

### **6. Bay Path Report**

No Report

### **7. Old Business/Community Awareness**

None.

## **8. New Business**

Adrienne shared information from AARP's Age-Friendly Communities with their focus on the "8 Domains of Livability" Outdoor spaces and buildings, Transportation, Housing, Social Participation, Respect and social inclusion, Civic participation and employment, Communication and information, and Community support and health services. Northboro has been rated as a community.

Discussion followed with transportation listed as a major challenge, communication and information dissemination could be a role for the COA, and housing is a challenge. Discussion will continue.

The meeting adjourned at 8:00 pm.

Linda Cragin  
Secretary