

**Meeting of the Northborough Council on Aging
August 8, 2017 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 7:00 PM by Adrienne Cost, Chair with the following also present:
- | | |
|--------------------------|-------------------------------------|
| Linda Cragin, Member | Tim Kaelin, Member |
| Tony Pini, Member | Anita Hagspiel, Friends |
| Ed Bombard, Member, | Kelly Burke, Senior Center Director |
| Alice Stapelfeld, Member | |

The following were not present: Jerry Anderson, Member, Phylis Muthee, Member

2. **Approval of the Minutes:**

The minutes for the July 2017 meeting were approved.

3. **Friends' Report**

The Friends' garden tour, beer and wine tasting fundraiser was successful with about 35 tickets sold; this along with a car wash at Whitney Place netted about \$1800. A variety show is under consideration with Algonquin for the future. Plans are underway for a radio show in October and the Country Fair for November. Annually, the Friends raise about \$19,000.

4. **Director's Report**

Kelly provided several updates. The beer and wine fundraiser is promoted on the cover; Aug 15th will be dinner and a show with the Seven Hills Quartet; Aug 29th will be Vin Femia who published Comeback Sept 7th will be the RSVP Fraud Squad Players about scams, and the Savvy Caregiver starts Sept. 19th. The Applefest Bakeoff will be Sept. 15th. The Dinner and Show on September 26 will feature an author whose mother survived WWII, SHINE counselors will be here for open enrollment. Computer classes with Algonquin went well over the summer. The Wellness Clinic is going through some re-visioning, with Jeremy KW Spiewak, PharmD, DRPh, formerly with Shattuck Pharmacy, offering a brown bag medicine review and the nurses from the VNA offering blood pressures, plus a periodic presentation like Myths and Facts about the Flu Vaccine next month. The goal of the re-visioning is wellness and attracting more participation. St. V's Medical Group will present on Guidelines to Good Health in September. Honoring Choices, a non-profit that promotes health care decision making, is providing a training for "ambassadors" in Marlboro on Sept. 21st who will work with senior on ensuring their documentation like a health care proxy, power of attorney, etc. are in place. Helping Hands will be installing a shed on the COA grounds for loaner equipment storage and the grant for cultural competency training was received and the activities will start in October.

5. **WRTA Advisory Report**

No report, it has been a quiet summer.

6. **Bay Path Report**

No report as Jerry is not in attendance.

7. **Old Business/Community Awareness**

The plans for the Applefest booth were discussed with practice attempts at corn-hole and a review of the questions that will be asked. It was discussed that the questions should promote activities and we could

ask about the activities that will occur next month (e.g. what will be entertainment at dinner and a show in October). We need to develop an elevator speech to present the senior center consistently. A trial layout of the booth will occur between now and Applefest.

The meeting was adjourned at 8:30 pm.

Linda Cragin, Secretary

The following were present: Jerry Anderson, Member; Fyllis Munnis, Member

1. Approval of the Minutes

The minutes for the July 2017 meeting were approved.

2. Friends Report

The Friends garden tour, beer and wine tasting fundraiser was successful with about 35 tickets sold. This along with a car wash at Wilbur's Place netted about \$1800. A charity show is under consideration with Algonquin for the future. Plans are underway for a radio show in October and the County Fair in November. Annually, the friends raise about \$19,000.

3. Director's Report

Kelly provided several updates. The beer and wine fundraiser is planned on the cover Aug 15th will be done and a show with the Seven Hills Quarter Aug 29th will be via Fernis who published *Country Club* Sept 7th will be the RVP Fund special picnic about noon and the Betsy Cragin or stars Sept 10th. The Applefest take-out will be Sept 15th. The banner and show on September 20 will feature an author whose market survey WWTW SHVE connection will be her for open enrollment. A number of classes with Algonquin went well over the summer. The Wellness Clinic is going through some re-imagining with James KW Spivack, Ph.D., former with Shiloh Pharmacy, offering a brown bag medicine review and the nurses from the YNA offering blood pressure plus a few other presentations like Mavis and Fido show the Fall V a nice next month. The goal of the re-imagining is wellness and attracting more participants. St. V medical group will present on Oct 18th to Good Health in September. Honoring Choices, a non-profit that provides health care to those working, is providing a training for "ambassadors" in September on Sept 21st who will work with senior citizens. The documentation like health care proxy, power of attorney, etc. are in place. Helping Hands will be installing a shed on the COA grounds for longer equipment storage and the grant for cultural competency training was received and the grant will start in October.

4. WWTW Advisory Report

The report has been a good success.

5. Fall Fair Report

The report is very good in attendance.

6. Old Business/Community Awareness

The plan for the Applefest booth was discussed with pricing receipts in one table and a review of the questions that will be asked. It is intended that the questions should promote wellness and a good