

**Meeting of the Northborough Council on Aging  
October 10, 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
Jerry Anderson Member	Phylis Muthee, Member
Ed Bombard, Member,	Anita Hagspiel, Friends
Alice Stapelfeld, Member	Henry Squillante, Friends
Tony Pini, Member.	Kelly Burke, Senior Center Director

The following were not present: N/A

**2. Approval of the Minutes:**

The minutes for the September 2017 meeting were approved.

**3. Friends' Report**

Anita reported that Applefest and corn-hole game were very successful and the cell-phone pockets were well received. The next event is the Radio Show at the end of October at Southgate and ticket sales are going well. The Country Store follows in November and is well organized at this stage. Grandma's Attic is being re-designed to reduce the set-up/clean-up burden and Henry report that he already had \$750 in gift cards for the raffle table. Brick sales for the walkway are also underway through Nov. 1<sup>st</sup>.

**4. Director's Report**

Kelly shared some previews of upcoming events including the MA College of Pharmacy and Health Sciences will be helping seniors select insurance plans during Open Enrollment; SHINE is also assisting. The Here's to Your Good Health series continues, there will be a session on Laughter and Wellness and the importance of breathing, the Veterans' Lunch is November 3<sup>rd</sup>, a presentation will address the importance of Keeping your Sense of Humor after Retirement and some Algonquin students in the National English Honor Society will be doing a book review with the Memoir Group and Book Club; the book is When Breathe becomes Air. The Bay Path supported cultural diversity seminar will be on Oct. 20<sup>th</sup> from 10-12 with Cathy Romeo from VNA Care. The Holiday Party will be December 12<sup>th</sup> and the New Year will be celebrated on Jan. 2<sup>nd</sup> with dinner.

**5. WRTA Advisory Report**

No report.

**6. Bay Path Report**

Jerry shared highlights from the September meeting. The state budget has not been finalized regarding overrides of the Governor's vetoes. Bay Path is part of the state's application by several agencies to be a Community Partner under MassHealth. As the caterer for meals on wheels completes construction on its new kitchen, Chartwell will provide the meals.

**7. Old Business/Community Awareness**

Adrienne proposed that we continue to work on the "elevator speech" to explain the senior center and COA and challenged all members to bring their ideas to the next meeting. An example was included in the Town's Annual Report (with some editing during the meeting):

**The Northborough Senior Center provides social, recreational and educational programs geared [or designed] for those over 60 years of age. As a community resource, we are a source of services, support and referral for anyone who needs information on services for older adults.**

The meeting adjourned at 8:06 pm.

**Linda Cragin, Secretary**

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- 1. Approval of the Minutes
- 2. Friends Report
- 3. WVA's Report
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- 9. WVA's Report
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