

Princeton, Mass. Council on Aging
Regular Meeting Wednesday, January 18, 2017 Meeting

9:30 AM Opened meeting with Bev Kolstrom, Jane Fife, Terry Thompson, Bill Andrysick, and CoA Director Linda Farineau. Nancy Wheeler was not in attendance and Terry Thompson arrived at 10 AM. (We had had an overnight / early morning snowstorm which made travel complicated - school cancellation / driving conditions).

We reviewed the Christmas party / luncheon. 33 people were in attendance. Several door prizes were given out - including kitchen towels, pot holders, Christmas socks and several handmade wooden ornaments by Larry Todd. I am especially grateful for the CoA Committee members who helped set up the tables and wrapped presents the day before and worked the event. Special thanks to Laura Bellrose of Montana (!) who was visiting her mother, Jane Fife and pitched right in to help. Thank you also to Linda Albrecht and Nina Nazarian from the Town Hall; Bob and Gayle Aroian and Henry Farineau.

We had too much food - it was a delicious turkey and ham dinner with many sides and dessert whose fixings were purchased from Shaw's Market in Leominster. These arrangements were made by Terry Thompson and she also picked everything up in Leominster. Some seniors took food for their neighbors who are house bound and the rest of the food was donated and taken to the Highway Department by Terry Thompson.

We talked about some of the seniors that the CoA members know of that are housebound / unable to come out to events who would enjoy a meal when we have left over food. Linda to check with Linda Michel at the Congregational Church to see if there are additional people that she knows of that we could reach out to. Brief discussion about meals on wheels.

Other ways to get more folks to come out and join us were discussed. Ideas included hosting a pitch party; game night, floral arranging class, and a bird program that Bill had seen that was very good. Bill to get the contact information to Linda. Linda to contact Lilacs Florist of Sterling to see if they can do a class for our seniors with fresh flowers (get some color in their homes - spring is on the way!) and what the cost would be. Date we are interested in is our Make and Take Craft, Wednesday, February 22nd.

Discussed plans for:

- Thursday, January 19th at 12:30 pm - 2:00 pm Make and Take Craft program. Crafts being offered are a felt heart pin to be sewn and decorated with stitching, beads and / or buttons; a beaded heart shaped sun catcher. Refreshments will be served - cookies and coffee. So far not many sign ups - 3, but decided to go with the program anyway. To boost attendance, members of the CoA team suggested that we serve lunch at the next craft time.
- Thursday, January 26th at noon - Sensational Soup Sampler. 3 different kinds of homemade soup, crackers and breads will be offered as well as dessert and coffee. Linda needs help the day before to set up the gym and the day of the event to serve, talk with folks and clean up.

- Valentine's luncheon, Thursday, February 16th at noon. Steve Henderson is coming to present a comedy, "Mabel and Jerry", a couple of seniors who are like Romeo and Juliet or Burns and Allen. (Many thanks to Beverly for booking this event and helping Steve with the documentation needed to get a grant). This program is being supported by a grant from the Princeton Cultural Council and is open to the public. The menu was determined: scalloped potatoes, peas and carrots, cranberry sauce, chicken or turkey breast and a spiral ham that was donated by Patricia Mc Nally and cake. Even though they have to work and are unable to attend the event itself, Beverly will make the scalloped potatoes and Jane will make a cake and they will drop them off that morning. Linda needs help Wednesday, the day before to set up and the day of the event to serve, talk with folks and clean up. Linda is trying to recruit volunteers to come along side us and help, but it has been slow going. This is a tough time of year. Discussion re: color coordinating table cloths, napkins, cutlery etc.
- Tentatively Wednesday, February 22nd at noon - 2:30 pm. Make and Take Craft program. Soup and sandwich lunch and a fresh floral arrangement class to be taught by Lilacs of Sterling. (Linda to contact and set up). \$10.00 per person charge to help defray the cost of the arrangements.
- Friday, March 17th, St. Patrick's Day luncheon. Discussion re: food and entertainment. Beverly to talk with her sister, Claudia, to see how we go about getting the Hubbardston Singin' Swingin' Seniors to come that day. Another person who was mentioned for entertainment was Dennis Coughlin who has a wonderful voice and has done the Irish songs for the seniors in the past. Beverly and Linda will follow up to secure entertainment for that event. Corned beef and cabbage will be served with more details being nailed down at the next CoA meeting.

A senior has spoken to Linda and then left information on a nursing group that does podiatry at senior centers for a very reasonable price. Discussion followed re: a nearby nail salon is licensed to provide diabetic care for seniors? Tabled for the moment - will check out at a later date.

Beverly will be going to a craft class to make alpaca dryer balls and will call Linda on how the class went and contact information if Beverly feels that this is worth pursuing for our seniors.

Linda is working on getting a SHINE representative for Princeton. Lots of seniors have questions that they need assistance with concerning the different insurance options available to them - especially considering "the donut hole" which creates a financial hardship for our seniors.

11:30 AM Adjourned

Respectfully Submitted,
Linda Farineau

These meeting notes were unanimously approved by the COA at the meeting Wednesday, February 8, 2017.