

Town of Upton
Council on Aging
Upton Center, November 5, 2012

The Upton Council on Aging's regular monthly meeting was called to order at 9:02 A.M. Those in attendance were: Myra Bigelow, Judi Blanchard, Betty Consigli, Jen DeLuca, Jamie Gardner, Maria Griffin, Judith Katz, Katie Kelley, Priscilla Lukes, Bev Randazzo, and Grace Wadsworth., Holly Whalen.

The minutes of the October 15, 2012 were accepted as amended.

Myra Bigelow was unanimously voted by the COA to become a new member. Myra has volunteered for many things at the Center with a great willingness to help when she can. The COA welcomes her. The next step in the process is a letter that Jamie will sent to the Board of Selectman who has the final approval. Jamie thanked Beverly for her service as the Board chairperson.

Board Elections. Members eligible for becoming officers have to be members for a certain period of time. Jamie passed out ballots to the Board and Betty Consigli was elected as the Chairperson, with Grace Wadsworth remaining as the Vice Chairperson. Katie Kelley will remain as Secretary.

Volunteers to help with the Thanksgiving Dinner: Maria, Betty, Myra, Priscilla and Bev.

Out to Eat Volunteer to Rebecca's on 11/14 – Myra

Men's Club Supper on November 30 – Katie

The Center will be closed on November 22 and 23 for Thanksgiving.

A colorful and professional brochure for the Center was available to peruse. There will be 1000 printed and they will go into the tote bags for newcomers. There will also be a folder with the business cards for the 3 staff persons. Jamie suggested that if a Council member knew of someone in need, they could simply hand them the folder with the cards inside.

Health Care Proxy Day being planned. It will be a day to come to the Center, pick up a Health Care Proxy and have any questions answered. Copies of the proxy should be given to one's primary care physician, and should be carried on one's person, put in one's glove box and posted on one's refrigerator. Jamie may go to the town to see about having it open to the whole town.

A separate day is being considered to focus on proper use of medications. Jamie learned that as one ages, the body changes in how it processes medication. As one ages, medication stays longer in the system. A free state service, run by the Massachusetts State Pharmacy College, will check medication interactions.

The Dates to Remember were reviewed. The meeting was adjourned at 9:38 a.m.

Respectfully submitted,
Katie Kelley
Secretary