

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**October 7, 2013 9:00am**

***Upton Senior Center – 2 Farm Street, Upton, MA 01568***

***In Attendance: Chair, Betty Consigli; Vice Chair; Grace Wadsworth, Secretary Myra Bigelow, Members Judi Blanchard, Maria Griffin, Holly Whalen, Judith Katz, Gus Dufresne, Bobbi Grenard, Richard Provost, and Blythe Robinson, Town Manager***

1 On October 7<sup>th</sup> the Upton Council on Aging meeting was called to order at 9:00am by Betty  
2 Consigli.

3  
4 The meeting minutes of September 9<sup>th</sup> were amended as follows: Maria Griffin was not in  
5 attendance. Minor grammatical errors were noted and accepted.

6  
7 Holly offered pastry and coffee to the COA members in appreciation for their service in helping  
8 staff the office these past five months. Holly informed the members that Mr. Gardner is no longer  
9 associated with the Upton Center. The position of Director will be posted both internally and  
10 externally. The qualifications and working knowledge for this position were discussed at length.  
11 The hiring process is lengthy as once the posting closes on October 31<sup>st</sup>; the Personnel Board  
12 will review all the applications and conducts interviews of those individuals with proper  
13 qualifications. They will perform a process of elimination and choose at least the top three  
14 applicants. Blythe suggested having one or two members of the Council on Aging participate in  
15 the interviewing process. She also would like a member from a contiguous town to assist in this  
16 process. The selection will be discussed at the November COA meeting. Part of the Director's  
17 role, is to have a large knowledge of elderly needs and wants. Revising the COA's job  
18 descriptions and titles may be needed.

19  
20 The Heritage day festivities were well attended, Holly was pleased to note that she had a number  
21 of interested people stop by the COA informational table on the town common with a variety of  
22 questions.

23  
24 This month Holly attended the MCOA Conference in Sturbridge. Group sessions were held and  
25 Holly noted that she was able to interact and network with individuals concerning senior health  
26 and wellness along with other senior concerns. The overall consensus is that the majority of  
27 towns are concentrating on senior health and wellness. Upton Center has been focusing on  
28 wellness with Healthy talk, chair exercises, WII bowling and the morning exercise class.

29  
30 Holly commented that now Karen is working in the office part-time, the need for the COA  
31 volunteer coverage has lessened. She thanked them for all their help.

32  
33 In reviewing the schedule of events and the sign-up sheets, there is still room on the bus for  
34 anyone who would like to go on the apple picking trip. Lunch reservations at the Wayside Inn  
35 are full. Tufts Health Care Talk should be well attended with open enrollment from October 18 –  
36 December 7<sup>th</sup>.

37  
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39  
40

41 **Schedule of Events:**

42 The Center's annual Halloween party will take place October 30<sup>th</sup>. Holly's plan is to invite the  
43 pre-school children from United Parish. Prizes will be awarded for the best costume in two age  
44 groups.

45  
46 The Men's Club supper is scheduled for Friday October 25<sup>th</sup>. Betty has volunteered to take  
47 tickets the night of the supper. The Salvation Army kettle drive will be placed at the Price  
48 Chopper in Hopkinton with small kettles in local stores. A discussion took place regarding  
49 scheduling a Veterans Day breakfast on November 8<sup>th</sup>, and the placement of posters at the VFW,  
50 and Country Sooper. When the Center has entertainment, it was recommended that snacks to be  
51 served after the activity.

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53 Meeting adjourned at 10:00am.

54  
55 Respectfully submitted,

56  
57 *Myra Bigelow*  
58 Secretary