

**COUNCIL ON
AGING
MEETING
MINUTES**

May 5, 2014 9:08am

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

In Attendance: Chair Betty Consigli, Vice Chair; Grace Wadsworth, Secretary Myra Bigelow, Members Judith Katz, Judi Blanchard, Maria Griffin, Holly Whalen, Bobbi Grenard, Richard Provost, and COA Director Janice Nowicki.

1 The Upton Council on Aging meeting was called to order by Chairperson Betty Consigli at 9:08am.

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3 There were four changes made to the April meeting minutes. They are as follows: Line 15 and 16
4 should state that Holly will be driving one all-day special trip on Friday's in May, June and July.
5 Seating for these trips are limited therefore preference will be given to those who don't usually
6 attend the scheduled trips. Line 34: Most of the Shine counselors are volunteers with only a few
7 certified counselors. Line 54: The change to the length of exercise times apply to Wednesday and
8 Friday classes not Monday's Thai Chi. Line 77: The Millhaus non-smoking policy will include the
9 grounds of the Upton Center as well as the Millhaus grounds. The meeting minutes were approved
10 as modified.

11
12 **DIRECTOR'S REPORT:**
13 Jan reported on many of the events and activities that she attended to gather information to help
14 improve the knowledge of our seniors on healthy living. As a recent quest on "Be My Guest"
15 Janice had a great opportunity to become known in the community and seek input from residents.
16 "My Senior Center" tracking system is being utilized more often however there is still a need to
17 get word out to the senior's the necessity of this system. Perhaps posting instructions on how to
18 use the system will help.

19 Janice will be calling Conway Tours regarding the cost of the Boston Duck Tours and to research
20 parking. Trips to the Cape Cod Canal and Newport RI are also being considered. These all day
21 trips will give preference to those who don't usually attend trips. There will be a sign-up sheet
22 with a cut-off date a week prior to the trip.

23 Janice has reserved a block of forty plus seats for Upton residents for the July 15th Worcester
24 Bravehearts baseball game. Tickets are \$18 which includes all you can eat buffet.

25
26 **SOCIAL SERVICES:**
27 Holly has been busy assisting individuals with their needs. Janice will be meeting with Holly to
28 help her with organizing her monthly reports.

29 Both the Director's report and Social Services report were accepted.

30
31 The checklist for the monthly Men's Club supper was handed out. This will help for better
32 communication.

33
34 **BUDGET:**
35 A back up van driver for the Center has been approved for eight (8) hours. Steve will continue to
36 work his scheduled 19 hours per week.

37
38 The COA Members voted to continue scheduling meetings during the summer months.

39

40 Karen Varney was the candidate chosen to fill the COA Department's Specialist position. This
41 recommendation will go before the Board of Selectmen on May 7th for their approval.

42
43 COA Member Bobbie Grenard has volunteered to be the Center's Trip Coordinator. Bobbi is
44 looking into the possibility of Upton sharing bus trips with other contiguous towns. Milford takes
45 monthly trips to Foxwoods. She will also contact the Senior Center's in Mendon, Northbridge and
46 Milford to see what trips they have scheduled.

47
48 There was conversation regarding posting the Centers activities on the Coach Road apartment's
49 bulletin board.

50
51 The new calendar set-up in the Chronicle has made is easier for Senior's in setting up their weekly
52 schedules.

53
54 For cost effective reasons, the COA Members agreed that effective July 1st the Chronicle will no
55 longer be mailed out. An announcement will be placed in the June newsletter.

56
57 The next scheduled Board meeting is June 2nd.
58 Meeting adjourned at 10:12am.

59
60 Respectfully submitted,
61 *Myra Bigelow*
62 Secretary