

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**July 7, 2014 10:40am**

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

***In Attendance: Chair Betty Consigli, Vice Chair; Secretary Myra Bigelow, Members, Maria Griffin, Judi Blanchard, and COA Director Janice Nowicki.***

1 The monthly COA meeting was called to order at 10:40am by Betty Consigli. In addition to the  
2 members, there were four other attendees.

3  
4 The June 2<sup>nd</sup> meeting minutes were amended to read: Grace Wadsworth had suggested inserting  
5 only the calendar page of the Chronicle in the monthly birthday cards.

6  
7 Meeting minutes of June 2<sup>nd</sup> and June 17<sup>th</sup> were approved by the Board.

8  
9 **DIRECTOR'S REPORT:**

10 In review of the Director's report, Jan mentioned that the coffee social at both Millhaus and  
11 Coach Road apartments was not well attended. She added that the men's breakfast went over  
12 very well and therefor she will plan this event every month.

13  
14 Jan informed the Board that she is working with Tri-Valley's (frozen) breakfast program. This is  
15 a free breakfast program where Upton seniors can order up to one week worth of breakfast. This  
16 program was welcomed by the COA Board.

17  
18 The final FY14 budget for the revolving fund is in the black.

19 To date, there have been twelve applications received for the vacant Social Service position and  
20 two applications for the part-time van driver.

21 Director Jan is waiting to hear if the COA will be able to share janitorial services with the Town  
22 of Northbridge.

23 Volunteers are needed to cover the front desk area when Karen is out for vacation and due to  
24 Steve's vacation the week of July 28<sup>th</sup>, there will be no van service for the seniors.

25  
26 Betty informed the Board that former instructor; Judy Noel is conducting exercise classes in  
27 Northbridge on Wednesday and Friday if anyone is interested to attend.

28  
29 A SHINE Counselor will be at the Upton Center on July 25<sup>th</sup> and August 15<sup>th</sup> for anyone who  
30 has questions regarding their health insurance. It was noted that Upton's Veterans Agent is a  
31 certified SHINE Counselor.

32  
33 Sgt. Lisa Vass form the Upton Police Department has office hours at the Upton Center twice a  
34 month to meet with senior's that have any security concerns or general questions. Sgt. Vass has  
35 volunteered her own time as part of an on-going police program to reach the community.

36  
37 Starting the month of August the birthday bash will be in conjunction with Tri-Valley and will  
38 take place the fourth Thursday of the month. The pizza event will still take place. This move was  
39 for cost effective reasons.

40 There was conversation relative to starting up a chair exercise and other programs in August as  
41 the walking club was not a favorite. Also a discussion took place about sending a letter to seniors  
42 explaining why the Center needs to charge a fee for programs.

43 Looking forward, Jan is planning g a health fair for September 22<sup>nd</sup> and asked for ideas and  
44 volunteers.

45  
46 COA Member Judi Blanchard cited the COA Mission, which is to improve the quality of life for  
47 our senior's.

48  
49 Jan will call the Director at Coach Road apartments about stalling a bulletin board to post notices  
50 and events for the seniors. COA member Richard Provost has volunteered to deliver the monthly  
51 Chronicle to every Coach Road resident.

52 The next meeting of the COA will take place Monday, August 4<sup>th</sup>.

53 Meeting adjourned at 11:46am.

54  
55 Respectfully submitted,

56 *Myra Bigelow*

57 Secretary