

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**October 6, 2014 9:05am**

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

**In Attendance: Chair Betty Consigli, Vice Chair; Grace Wadsworth, Secretary Myra Bigelow, Members, Judi Blanchard, Richard Provost, Department Specialist Karen Varney, Social Service Coordinator Jessica D’Amato and COA Director Janice Nowicki.**

1 The monthly meeting of the Council on Aging was called to order Monday, October 6<sup>th</sup> at 9:05. In  
2 addition to the above, Millhaus resident, Annette Castonguay attended the meeting.

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4 Grace Wadsworth motioned to approve the September 8, 2014 meeting minutes. Motion was  
5 seconded, all approved.

6  
7 Director Jan made mention of the annual Sheriffs picnic in Worcester that she and a few seniors  
8 attended. Next year Jan hopes that the Center will provide transportation so more seniors will be  
9 able to attend.

10  
11 ***DIRECTOR’S REPORT:***

12 Jan welcomed our new Social Service Coordinator, Jessica D’Amato to the Upton Center. Jessica  
13 began on September 15<sup>th</sup> and she is off to a great start.

14 The Center’s previous van driver has left his position and will not be returning.

15 Jan announced the hiring of Alan Rainville as the Center’s new van driver working 6-8 hours a  
16 week on Fridays. Member Judi Blanchard applauded his skills and personality. Alan will be  
17 transporting seniors not only to Dr. Appointments but shopping and social events. We welcome  
18 Alan to the Center.

19 In addition, Upton resident James Earl has volunteered to transport individuals in the afternoon  
20 hours on a “as needed” basis. Mr. Earl will be attending training at the Blackstone Senior Center  
21 before he can be on the Center’s schedule.

22 The cleaning company that was recently contracted to clean the COA is doing an ok job. Jan  
23 indicated they need to “tighten” up on a few areas.

24 Tai-Chi returned this month with a new beginners program starting today.

25 A new nutrition breakfast sandwich introduced by Tri-Valley is now available for .50. See Jan to  
26 sign up.

27 Jan reviewed the programs held the month of September. She noted there were fifty-eight residents  
28 attending the Men’s Club Supper.

29 Jan reminded the Board that she will be attending the MCOA Conference this week. Monday is a  
30 holiday therefore the Center is closed.

31 A review of the scheduled programs for October were discussed, specifically the October 28<sup>th</sup>  
32 pumpkin painting project that will be overseen by Jessica.

33 In December, Jan will be taking a week off for vacation.

34 Jessica will be attending a presentation on Wednesday at the Hopedale Senior Center dealing with  
35 Sex and Dementia.

36  
37 It was noted that the afternoon card players are staying later in the afternoon. It is preferred that  
38 they leave the Center by the latest 3:30pm preferably 3:00pm.

40 In regards to the flu clinic which is scheduled for the 27<sup>th</sup>, it was suggested that individuals signing  
41 up for the vaccine schedule their appointments in time frames so the Town Nurse doesn't have a  
42 big rush first thing at 11:00am.

43  
44 COA Members Judi Blanchard and Richard Provost have volunteered to help with the check in for  
45 the Men's Club Supper on October 31<sup>st</sup>, Halloween.

46  
47 ***SOCIAL SERVICES:***

48 Jessica has been working with individuals in filling out the SNAP (Supplemental Nutrition  
49 Assistance Program) applications. The Center's newsletters were left at the Country Sooper and  
50 other places in Town. Jessica is looking to offer transportation to the Coach Road residents so they  
51 can participate in meals and social programs. And if seniors have a financial situation it will be at  
52 no cost.

53  
54 COA Member Grace Wadsworth volunteered to take responsibility for updating the Millhaus  
55 bulletin board.

56  
57 COA Member Richard Provost applauded the computer classes starting up again.

58  
59 Director Jan and Department Coordinator Karen Varney met last week with Michael Clements,  
60 Principal at MURSD and students of the Friends of Nipmuc Seniors in setting up projects to assist  
61 seniors and the disabled. Leaf raking is scheduled for Saturday, November 8<sup>th</sup>. Seniors need to call  
62 the Center to sign up. Other program were discussed, i.e., snow removal of walkways and steps.  
63 Principal Clements is looking into any possible liability issue.

64  
65 ***MCOA CONFERENCE:***

66 Director Jan will be attending the MCOA Conference the week of October 7<sup>th</sup>.

67  
68 ***TRIP COORDINATOR:***

69 Bobbi Grenard

70  
71 ***HERITAGE DAY:***

72 Saturday,

73  
74 The next meeting will be held November 3rd at 9:00am

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76 By motion, the meeting was adjourned at 10:08am.

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79 Respectfully submitted,  
80 *Myra Bigelow*  
81 Secretary