

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**June 1, 2015**

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

*In Attendance: Chair Myra Bigelow, Secretary Judi Blanchard, Members Richard Provost, Grace Wadsworth, Annette Castonguay, Department Specialist Bernadette Denson, Social Service Coordinator Jessica D’Amato, COA Director Janice Nowicki, and Upton resident Shelley Ryan. Vice Chair Maria Griffin and Member Betty Consigli were not able to attend.*

1 The monthly meeting of the Council on Aging was called to order on Monday, June 1, 2015 at  
2 10:33 a.m. by Chair Myra Bigelow. The May 4 minutes were reviewed and a motion was made  
3 to approve. Motion was seconded; unanimous vote of the Board followed.  
4

5 **DIRECTOR’S REPORT**

6 Jan reported that there were lots of good things happening in May. She thanked Jessica and  
7 Bernadette for having helped out when she was out sick earlier in the month. An ad will be  
8 placed in the Upton Town Crier for a new van driver to replace one who left a few months ago.  
9 We are taking a break from Tai Chi for the summer. We hope to build up attendance and have  
10 it resume in September. The Men’s Club will take the summer off from doing their suppers at  
11 the Center. They will be back in September. The students who taught the computer classes are  
12 taking a break as well. Two Nipmuc students are planning to resume the classes in September.  
13

14 We plan to do more cookouts in the summer months. Jan met with an artist who will be doing  
15 some jewelry and painting workshops at the Center as well.  
16

17 We are in good shape with the budget for this year. The 2016 budget has been submitted. It  
18 reflects an increase in Jessica’s hours effective July 1 along with a merit increase of 3% for Jan,  
19 as recommended by Blythe Robinson.  
20

21 Our mechanic will be looking at the van since the check engine light is on. June is hunger  
22 awareness month. We announced a collection in the June newsletter. Please see the  
23 newsletter for a list of all the other upcoming events.  
24

25 Some people had heard that Robin Fletcher, our Veterans’ Agent, might be leaving. Robin  
26 informed us that he will stop working with Hopedale but will continue to work with Upton,  
27 which is good news.  
28

29 **SOCIAL SERVICES REPORT**

30 The deadline for SMOC applications was May 15. Jess helped someone with a last minute  
31 application just two days before the deadline. Recipients can put any leftover benefits towards  
32 a secondary heating source (typically electric). Jessica officially graduated from her SHINE  
33 training on May 20 and is now a certified SHINE counselor, which is exciting. Marcy Singer will  
34 continue to hold appointments here twice a month, and Jessica will handle walk-ins in need of  
35 immediate assistance.

36 We are working with BVT High School to get T-shirts made for our walking club. BVT students  
37 are designing the T-shirts.

38

39 We had a coffee social at Coach Road. Unfortunately only 2 Coach Road residents attended,  
40 plus 4 Millhaus residents. Jessica would like to do more outreach to help increase participation  
41 at events.

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43 There was a motion to accept both reports. The motion was seconded and unanimously  
44 approved.

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#### 46 **OLD BUSINESS**

47 Updates on old business items were covered in the Director's report above.

48

#### 49 **NEW BUSINESS**

50 Annette suggested it would be nice to know what is on the menu for the Men's Club suppers in  
51 advance. She suggested that non-spicy foods would be most popular with the seniors. We can  
52 check in with the Men's Club in advance of the next dinner in September to make that  
53 suggestion, and to see if we can find out the menu in advance and include it in the newsletter,  
54 or at least have that information available as people call to sign up. Annette also mentioned  
55 that she had some feedback from a female senior who thought that the Men's Club Suppers  
56 were open to men only. We will clarify in future newsletters that this supper is open to all  
57 Upton seniors.

58

59 Annette also suggested that next time we publicize a collection we highlight the fact that our  
60 food pantry also takes donations of paper goods. These can be particularly helpful to seniors  
61 since they are not covered through SNAP.

62

63 There was a discussion about how to increase participation at senior events among Coach Road  
64 residents.

65

66 Judi asked if there has been any progress in starting up a Friends group for the seniors. Jan  
67 responded that there has not at this point. She reminded that this needs to be something  
68 separate from the Board. We can publicize this again on our wish list in the newsletter.

69

70 Myra thanked Shelley Ryan for joining the meeting again. Shelley is interested in joining the  
71 Board.

72

73 A motion was made to adjourn and seconded. Unanimous vote of the Board followed. The  
74 meeting was adjourned at 11:20 a.m. The next meeting of the COA will be held on Monday,  
75 July 6 at 10:30 a.m.