

**COUNCIL ON  
AGING  
MEETING  
MINUTES**

**March 2, 2015**

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

**In Attendance: Chair Myra Bigelow, Vice Chair Maria Griffin,  
Members Richard Provost, Grace Wadsworth, Department  
Specialist Bernadette Denson, and Social Service Coordinator  
Jessica D’Amato.**

1 The monthly meeting of the Council on Aging was called to order Monday, March 2, 2015 at 9:06  
2 a.m. by Chair Myra Bigelow.

3  
4 The February 11th meeting minutes were reviewed. One correction was made to the date of the  
5 February meeting which was listed on line 1 of the February minutes. The correction was noted  
6 and a motion was made to approve. Motion was seconded, unanimous vote of the Board followed.

7  
8 **DIRECTOR’S REPORT**

9 Jessica delivered the Director’s report since Jan was unable to attend the meeting. She offered  
10 congratulations to the new Board Members, Myra, Maria and Judy, and thanked the outgoing Board  
11 Members, Grace and Betty, for their service.

12  
13 Jessica discussed the many events held in February and mentioned that some were impacted by the  
14 snow. February events included a Birthday Bash, Art Project and a Magician, which had a great turnout.  
15 We received a donation from the Cub Scouts which helped pay for this event. The Meet the Staff  
16 celebration was rescheduled due to the snow, and went well. The seniors enjoyed Jan’s French toast  
17 breakfast. The brain healthy lunch sponsored by Cornerstone was a big hit. The Men’s Club Supper had  
18 slightly lower attendance than normal, probably due to weather. The tax appointments are continuing.  
19 The Valentine’s Party and Historical Society event were cancelled due to snow.

20  
21 The Walking Program will be kicking off on March 16 at 1pm at the center. Our goal is to have 25  
22 participants. Michelle Arthur will be our walking champion. She is a local spin instructor. She will be  
23 coordinating the program and picking destinations for the walks. She will look into the Town Hall, BVT,  
24 Southwick Zoo and the Milford Walking Trail as possible destinations. The COA van can be used to  
25 transport the walkers. The kickoff meeting will give people a chance to hear what the program entails.

26  
27 We will be starting up a Stroke and Brain Injury Support Group at the Center. Jan’s sister will also be  
28 doing a “Healthy Brain” program in March. March will also include a St. Patty’s Day party on March 17,  
29 Spring Fling on March 21, Johnny Diamond on March 27, Tri-Valley Italian Dinner on March 27, and a  
30 four hour Learn to Paint session on March 30.

31  
32 There will be an Anti-Clutter session held April 17 and programs on Medication Management April 6 and  
33 April 20. Details will be in the next Upton Chronicle.

34  
35 The COA van was dented and will be going in for repairs the week of March 16. No van service will be  
36 available that week. We will honor the one medical appointment that was made prior to the  
37 announcement by scheduling a taxi run. No other rides will be scheduled for that week.

38  
39 Jan and Jessica toured Cornerstone which is a beautiful facility. A great deal of research went into the  
40 layout and design of every aspect of the facility. These tours help Jan and Jess give first hand input

41 when seniors have questions about these facilities. Jan and Jessica also met with Sean McKenna from  
42 the Sherriff's department to discuss ongoing programs.

43

44 **SOCIAL SERVICE'S REPORT**

45 Jessica pointed out the new format of her report to get input on how everyone liked it. It's now in  
46 paragraph form and broken down for easier reading.

47

48 She said February was a busy month. Fuel assistance applications have just started to slow down. For  
49 some of those who received it, funds are now depleted, so we are looking for alternative ways to fund  
50 the need. Jessica met with Michael from Salvation Army to discuss their voucher program which may be  
51 helpful to some of these people.

52

53 The Upton Fuel Fund was used to assist two individuals in town. Jessica also worked in collaboration  
54 with the local fire and police to help an individual in town. She also helped individuals with food stamp  
55 inquiries and referrals to Tri-Valley Inc. and for legal aid.

56

57 Two workshops were rescheduled to this month which Jessica and Jan will attend. March 17 starts  
58 Jessica's Shine training in Worcester. She will be out most Tuesdays and Thursdays until the end of  
59 April.

60

61 The COA Board was invited to Golden Pond for a tour on March 23. They will pick up anyone interested  
62 at 10:30 for a lecture, lunch and tour. Let Jessica know if you'd like to go. They'll return 1:30 -2. Grace,  
63 Myra, Maria and Richard said they'd like to go.

64

65 A motion was made to accept both reports. The motion was seconded and the reports were accepted.

66

67 **OLD BUSINESS**

68 The budget was approved. On July 1, Jessica will increase her hours to 37.5 hours per week.

69

70 Jan's printout was included, showing the details of the two ideas for a new senior center (sharing space  
71 with the library, vs. COA dedicated space). Jan will be attending a meeting about that tonight at 7pm at  
72 Town Hall.

73

74 Staffing was discussed. Eddie is now going to be doing odd jobs for the Senior Center, rather than  
75 driving the van. Our remaining three drivers can still cover the same number of driving hours we had.

76

77 Jessica reviewed 660 resident surveys. 63% favor combining the new senior center with the library. Jan  
78 will share the survey results at tonight's meeting.

79

80 **NEW BUSINESS**

81 The Open Meeting training for all town employees will be held on March 23 at 3 pm. If anyone wants to  
82 go let Jan know. A second meeting will be held that day at 6pm if you'd rather go then on your own.

83

84 We need a volunteer to greet and lock up at the Men's Club supper in March. Grace volunteered to do  
85 this.

86

87 As of March 1 transportation costs have changed. The new fees were reviewed. Myra suggested maybe  
88 there should be an article in the Town Crier reminding people that the van is available.

89 A motion was made to adjourn and seconded. Unanimous vote of the Board followed. The meeting was  
90 adjourned at 9:54 a.m. The next meeting of the COA will be held Monday, April 6, 2015 at 9:00 a.m.

91

92 Respectfully submitted,

93 *Bernadette Denson*

94 Department Specialist