

BERKLEY COUNCIL ON AGING  
Minutes of Meeting  
**June 3, 2021**

A regular meeting of the Council on Aging was held in the Activity Room on Thursday, June 3, 2021 at 11:30a.m. The meeting was duly posted.

Board members present: Chairwoman Margaret Moroff, Nancy Thompson and Arlene Medeiros. Wendy Cochrane had to leave the meeting halfway through.

Staff present: Amanda Blais, Director.

Public present: Donna Benoit and Elisabeth Monkowski

**I. Call to Order at 11:30a.m.**

Margaret Moroff called the meeting to order at the time stated on the posted agenda. Chairwoman Moroff reaffirmed her statement regarding bullying inside the Center to serve as a reminder that such behavior will not be tolerated.

**II. Approval of Minutes**

Margaret Moroff asked for a motion to approve the minutes from the May 6, 2021 meeting. Motion made by Nancy Thompson and seconded by Arlene Medeiros. The motion passed unanimously.

Margaret Moroff asked for a motion to approve the minutes from the May 24, 2021 special meeting. Motion made by Arlene Medeiros and seconded by Wendy Cochrane. The motion passed unanimously.

**III. Director's Report**

The Director read aloud her Director's Report to the Board. The Director's Report will be attached to Minutes of the Meeting. Margaret Moroff asked the Director to schedule the flu clinic in September 2021 and to ask if the clinic could also offer shingles and pneumonia vaccines. The Board reviewed the COA budget; Nancy Thompson volunteered to become ServSafe certified. Wendy Cochrane made a motion for the Director to send a letter to the Town Accountant and Town Administrator to transfer remaining funds into the COA's Other Charges account and was seconded by Arlene Medeiros. The motion passed unanimously. Nancy Thompson stated an Emergency Meeting would need to be scheduled to approve the FY22 COA budget. Wendy Cochrane encouraged that the COA newsletter continue to be printed each month, despite the Bristol-Plymouth High School being closed for the summer. The Director agreed that the newsletter be printed, even if in black-and-white to save on the cost of printing, to continue connection and communication with the senior community. Margaret Moroff suggested the Director contact the dietician that works at Hannaford's for our Lose to Win challenge and possible support group. The Director informed the Board of reaching out to the band known as Red Handed to provide entertainment for Lunch on the Farm.

**IV. Committee Report**

The Director informed the Board that line dancing (Body in Motion) with Lestyn Gilmore would return on Tuesdays at 10:15am starting June 15, 2021.

The Director informed the Board of a suggestion that was made to have water color paint sessions. The instructor would charge \$75 per session and participants would be responsible for purchasing their own supplies. The Board agreed to decline this suggestion due to cost limitations.

The Board discussed having ceramics return to the COA. Margaret Moroff stated participants should be charged \$10 per class since ceramics is an expensive activity. Nancy Thompson asked the Director to contact the ceramics instructor for pricing and the Board would evaluate pricing per participant at the next meeting.

The Director informed the Board she had spoken to Nurse Carol McAfee regarding the blood pressure clinics she has started. Nurse Carol is at the COA for 2 hours on the first Tuesday of the month, however participants for the blood pressure clinic tend to visit within the first hour. To maximize the time we have Nurse Carol for, she mentioned she also offers a Wellness Clinic that incorporates art, adult coloring and other activities for brain stimulation. The Board discussed offering a Coffee Talk Café to increase participation. The Director will coordinate with Community Nurse to inquire about offering the Wellness Clinic in addition to the Blood Pressure Clinic.

#### **V. Old and New Business**

The Board agreed to table to continued discussion of the COA By-law Update until the next meeting. Motion to table the discussion was made by Nancy Thompson and seconded by Arlene Medeiros. The motion passed unanimously.

The Board tabled the discussion of voting for COA Board members due to Wendy Cochrane not present.

Elisabeth Monkowski, Treasurer for the Friends of Council on Aging, asked the Board for approval of the 4<sup>th</sup> of July Celebration and Craft Fair in September. Elisabeth Monkowski provided copies of the Common Use Applications. The Board approved unanimously.

The Board discussed the tour of the George Berkeley Museum. Arlene Medeiros stated the Cultural Council grant that was awarded to the COA will cover the cost of the bus. Margaret Moroff asked the Director to check when the museum is opening and if it is handicap accessible. Nancy Thompson informed the Director that the COA pays for admission and lunch. Elisabeth Monkowski asked the Director to check the COA budget and discuss with the Friends of COA for additional money.

Nancy Thompson informed the Board she had contacted D&D Catering to inquire regarding the Director Meet n' Greet Breakfast. The Board reviewed the menu Nancy Thompson had provided. A minimum of 20 seniors will be required for catering, with a maximum of 50. Interested seniors will need to sign-up at least one week prior to the breakfast. The Board agreed this will be a free event that is open to Berkley seniors and established members of the Friends of Council on Aging. While the event is free, donations are greatly appreciated. The Director Meet n' Greet breakfast will be scheduled for Friday, July 30, 2021 at 9am at the Council on Aging.

The Director informed the Board that Reverend Lawrence Smith, Bereavement Coordinator from Continuum Care Hospice visited the COA to introduce offering a free, monthly bereavement support group for any person that may be interested. Reverend Smith extends the group offering to any person (seniors, caregivers, spouses, children of seniors) from any community who is looking for support. Margaret Moroff asked if Reverend Smith could offer the group at 5pm or in the evening for someone who is still working and may want to participate. The Director will reach out to Reverend Smith to coordinate.

#### **VI. Correspondence and Emails**

The Director informed the Board of an email received from Mary Shilonski regarding coordinating a possible Turkey Train trip in New Hampshire. The Board agreed this would be a nice day trip for seniors and asked the Director to coordinate the trip and research pricing and bus information.

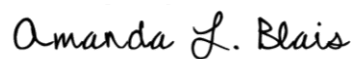
#### **VII. Future Business**

Members of the public did not offer input regarding future business.

#### **VIII. Adjournment**

There being no other business before the Board, Arlene Medeiros made a motion to adjourn and was seconded by Nancy Thompson. The motion passed unanimously. Meeting adjourned at 1:20p.m. The next scheduled meeting will be Thursday, July 1, 2021 at 11:30a.m.

Respectfully submitted,

A handwritten signature in black ink that reads "Amanda L. Blais". The script is cursive and fluid.

Amanda L. Blais  
COA Director