



**TOWN OF SHREWSBURY
COUNCIL ON AGING
98 Maple Avenue,
Shrewsbury, MA. 01545**

Council on Aging (COA) Board Meeting

Wednesday, February 10, 9:30 AM

MINUTES

Important Notice: Pursuant to Governor Baker's March 12, 2020 Order Suspending Certain Provisions of the Open Meeting Law, G.L. c. 30A, §18, and the Governor's March 15, 2020 Order imposing strict limitations on the number of people that may gather in one place, **this meeting of the Shrewsbury Council on Aging Board will be conducted via remote participation to the greatest extent possible.** Specific information and the general guidelines for remote participation by members of the public and/or parties with a right and/or requirement to attend this meeting can be found on the town's website, at www.shrewsburyma.gov/coronavirus. For this meeting, members of the public who wish to listen or watch the meeting may do so by visiting <https://www.shrewsburymediaconnection.org/>. No in-person attendance of members of the public will be permitted, but every effort will be made to ensure that the public can adequately access the proceedings in real time, via technological means. In the event that we are unable to do so, despite best efforts, we will post on the town's website an audio or video recording, transcript, or other comprehensive record of proceedings as soon as possible after the meeting. To participate in a scheduled public hearing, dial 1-304-810-2258 and enter the following pin: 580-321-286#. Please mute your device until the Chair of the Board addresses your agenda item or opens the meeting to public comment.

Members in attendance: Board Chairperson- Shashi Menon, Vice Chairperson - Zoya Mehta, Recording Secretary - Barbara DePalo, Norma Giumentaro, Louise Russell, Betsy Zuegg, Virginia Leonard.

Staff in attendance: COA Director - Hollie Lucht, Administrative Assistant- Christine Moriarty, Elisabeth Peterleitner, Outreach Coordinator, and Marc Serra

1. The February meeting was called to order at 9:30 AM. This was followed by a roll call to confirm remote participation. The Remote Participation Script was read verbatim.

2. Update from Outreach Coordinator: Elisabeth Peterleitner, Outreach Coordinator

(a) Vaccine Program: Elisabeth and staff have been working on securing vaccine appointments for our Seniors. Seniors call in and talk to staff or leave a voice mail for an appointment. The staff has created a spread sheet to be sure everyone who called gets an appointment. This process is going very smoothly so far. If the Senior does not have the tools to receive an email of conformation for the appointment, the Staff will print out the email confirmation and deliver it to the Senior. Presently you must be 75 or over.

(b) Intergenerational Programs: The Pen Pal Intergenerational Program with Sherwood Middle School is going well. Supplies are given to all that might need them to participate.

YAHOO , Young Adults Helping Out Others, is a program for students grade 7-12 to help Seniors in the Spring and Fall with yard clean ups. This program will also include the Shovel Program which will help Seniors with shovels, sand, salt and anything else that might be needed to help clean out the snow.

3. Christine Moriarty reviewed the Financial Reports.

- The Gift Account has a balance of \$41,357.09
- The Formula Grant - current expenses: \$40,846.14
- The Revolving Account has a balance of \$21,035.43
- The DOT Account has a balance of \$15,733.56
- The General Fund - Operating Expenses: \$ 13,988.90

Louise asked about an invoice that related to the computer installments. The total amount that we paid to have them put in will be reported at the next meeting. Louise also brought up that the town had said they would cover half of this bill. Hollie explained that the town is not going to be involved in the COA computers presently.

Louise asked about keeping a separate chart on the different programs that are using the Gift Fund. Hollie explained that the gifts for seniors was just for the holiday program. Over 500 Seniors received gifts from this program. We would have usually had events in the Senior Center if not for CORVID.

Louise asked about the Heart to Home Meals. Hollie is tracking the amount of meals that have been given out. We have given out about one-third of the Heart to Home meals so far. Hollie said we are working on the plan to have Seniors come to the Senior Center rather than St Anne's Church. This should help out with traffic backup at the Church. She has also re-certified herself to be 'food safe qualified' as well as some of the staff.

Norma asked for examples of what the food choices were in these meals: Meat loaf, Chicken Pot Pie, Macaroni and Cheese, a number of different Soups and Deserts. These meals can be picked up or delivered to any Senior who requests a meal. The staff also

provides information for the Meals on Wheels program so that they might consider using this program regularly.

Zoya brought up children and food insecurity in town.

Christine also gave us a February Newsletter update. We sent out 600 Newsletters but they were not delivered yet. These Newsletters are around town at popular locations, outside the Senior Center and online.

4. December, 2020 minutes were reviewed, revisions were made, and accepted by an unanimous vote. The revisions for the December minutes: The setting up of a group, Friends of Outreach, was just a proposal for the board to discuss as something we would like for the future. In the future we would also like to apply for a 501 C3 permit for this group.

The January , 2021 minutes were reviewed and accepted by an unanimous vote.

5. Hollie proposed a meeting for March 3 at 9:30am to discuss ideas for the Strategic Plan. She asked that we all send her the ideas, comments, etc. to her before this meeting.

Hollie also proposed a meeting for March 10 at 9:30am for our regular meeting.

6. Hollie Lucht presented the Director's Report. The items listed below were discussed.

(a) Nutrition/Meals: From January to April 30 the Grab and Go meals will be paid for with the money from the Feed a Senior Program. These meals need to be picked up at the Senior Center. If people need delivery they are encouraged to sign up for the Meals on Wheels.

(b) Food insecurity: Hollie is still working on food insecurity and the Food Sharing Pantry with Police and Fire Departments and will continue to keep the council updated.

(c) Valentines for Seniors: On February 12 goodie bags and valentines will be distributed in a Valentine decorated van. Requests can be made through the Senior Center for this up to the date of February 11.

(d) St Patrick's Day Meal: With the donations from Feed a Senior and in collaboration with Dean Park Pizza, 50 precooked corned beef meals will be purchased and passed out to the people who sign up for them. The meals will come with instructions on how to heat them up and will cost the Senior Center \$14.95 a meal, but will be cost free to any Senior who receives one. Requests for a meal will start March 1st until all meals are spoken for. The meals will be delivered on March 17, at 10:45am, to the Senior Center. Meals will be delivered by Leprechaun!

(e) Tax Preparation: The Senior Center has received many calls about help for filling taxes. Because of CORVID we do not have enough volunteers to run this program and we can not allow the use of the Senior Center. Staff are suggesting that people call a certified public accountant to help.

(f) 21 for 21: The Friends of Shrewsbury Senior Center are sponsoring a \$21 for 21 Years of our Senior Center Anniversary. Checks should be made out to The Friends of Shrewsbury Senior Center.

7. Transportation

(a) Transportation requests have gone down because people are probably worried about virus exposure. There are 4 vans available. Requests should be made 48 hours before the need. The vans go to Northboro, Westboro, Worcester, Southborough, and Shrewsbury. When Shrewsbury schools cancel school the Vans will also cancel rides.

8. New Business

To address social isolation and loneliness in older adults Hollie has been working on 4 Programs to be supported by one grant

(a) Joy for all Companions Pets: An electronic cat or dog will be available for people who would like one. This has been very popular with people who are experiencing dementia.

(b) Alurtek Digital Photo Frame: A framed digital photo, which has a slide show, music and important numbers for outreach support, will be available to people who request one. Personal photos and favorite music from the requesting person will be loaded onto the device by the staff and delivered to the person. No internet or wifi is needed. There are 65 slides available for use with each device.

(c) Intergenerational Project: The Pen Pal Program with Sherwood. Supplies for this program, paid for by the grant, will be available. (Stamps, Paper, Pens)

(d) Touch Screen Chrome: We hope that seniors who find a mouse difficult to operate can rent or borrow a touch screen chrome device from the Senior Center.

Nutrition Program Grant for \$5000: Hollie is hoping to receive this grant for a new Refrigerator , boxes, plastic bags, gloves, thermometers and food. The Senior Center will collaborate with St Anne's Church and the Shrewsbury schools.

9. A roll call vote was taken on a motion to adjourn; the motion was made by Zoya Mehta and seconded by Barb DePalo. The meeting was adjourned at 11:00 AM.

Respectfully submitted,
Barbara DePalo,
Recording Secretary,
Council on Aging Board.