

Council on Aging Board Meeting Minutes
Tuesday, September 7, 2010

PRESENT: A. Baranick, E. Bouldry, J. Gavrilles, B. Hagan, J. Hemstreet, B. Murphy,
P. McChesney, J. Walsh, L. Theodos, R. Walenduk
STAFF: J. Claypoole
GUEST: L. Crane, K. Warnick

Meeting called to order at 11:00 AM.

Minutes of July meeting read and motion to accept made by R. Walenduk and seconded by B. Murphy. The motion passed unanimously.

The Treasurer's report was distributed and reviewed. J. Walsh made a motion to accept the report. The motion was seconded by P. McChesney. The motion passed unanimously.

Old Business:

- **Walking Group:** J. Gavrilles will contact Susan Hughes to see if she has any interest in leading the group. She suggested that Beth Israel Deaconess, Needham be contacted to consider the possibility of sponsoring a walking group. J. Gavrilles & B. Murphy will contact Carol Lisbon for a contact person at BID-Needham.
- **Bay Path Grants:** J. Claypoole reported that BayPath Elder Services awarded Dover COA \$2,000 for Gentle Yoga for Seniors for FY2011; amount requested was \$2,110. The budget and service units were revised. The Medication Management Grant (FY2010) provides trainings with pharmacists in Sherborn (9/23), Holliston (9/16), and Dover (9/21). Dover's session will feature a pharmacist from Walgreen's/Eaton's in Westwood as our speaker. BayPath awarded a grant for Medication Management seminars to Dover, Holliston and Sherborn for FY2011 as well. J. Hemstreet suggested for next year an in-depth discussion on a specific topic regarding medication management.

New Business:

- **TRIAD** – R. Walenduk reported that the Norfolk Co. Sheriff's Office would like to get TRIAD started up again. There will be a TRIAD meeting in the COA Fireside Room on Thursday, September 30th at 10:30AM. COA Board members are invited to attend. The October Luncheon will have speakers from TRIAD and the Dover Police Dept.
- **Flu Clinic:** J. Claypoole reported that the Flu Clinic will be held on Wednesday, October 13th in the Great Hall from 1PM to 3PM. It is a combined shot with H1N1. J. Hemstreet, J. Gavrilles and B. Hagan volunteered to work the front desk. R. Walenduk and A. Baranick volunteered to work juice and cookie table. Seniors may call the Board of Health to have name on list for shot. Info will be in October's COA newsletter.
- **CMAC:** J. Walsh inquired if CMAC had met. J. Hemstreet reported that she was not advised of a meeting.

- **MBTA:** Question raised whether MBTA will come to Dover to give our senior passes. J. Claypoole will check if AAA offers this service and what nearby COAs provide.

Ongoing Business:

- **Chairperson:** B. Hagan reported that All Chairs Meeting is September 21st at 7pm. She will attend. B. Hagan and J. Walsh reviewed info regarding site behind Police Station for potential Senior Center.
- **Travel Committee:** Trips planned are Sept 12th to Drover's Roast at Salem Cross Inn; November 3rd to Forbidden City exhibit at Peabody Essex Museum; and December 17th to Rockettes in Boston.
- **Caryl Community Center:** J. Claypoole reported that updates had been made in kitchen and bathrooms at CCC. K Warnick stated oven installed, counter ordered and to be installed this week, microwave and warming oven working. A. Baranick requested that microwave and warming oven be cleaned if needed.
- **Minutes at COA Board Meeting:** Board members discussed need for secretary or other person to take minutes as difficult to participate and take detailed notes. J. Gavrilles recommended COA Administrative Assistant, S. Sheridan, come to Board meetings to take minutes on a regular basis. Motion: B. Murphy to appoint S. Sheridan to take minutes at COA Board meetings; seconded by J. Gavrilles. Passed unanimously.

Board Member Items:

- B. Hagan suggested musical entertainment that had come to Mary Ann Morse facility and will forward info onto COA.
- B. Murphy mentioned croquet club or other activity that COA can cosponsor with Parks & Rec Dept. Sandwich display board can be used last 2 weeks of month.
- J. Gavrilles has found a volunteer to provide lessons to seniors on basics of billiards at the Fire Dept.
- B. Murphy reported that Bocce Ball is back in Dover and meets at 9:00AM on Fridays.

Directors Report:

- COA Office had water leak on August 25th. Water stained wall and some carpet but no substantial damage. Roof repaired and no leaking since then.
- COA Luncheon in September will have Pam Kunkemueller as guest speaker on Dick Vara's Dover Days Gone By.
- Nutrition seminar funded by Cultural Council is scheduled for Monday Sept 13th at Town Library at 6:30pm. Articles on seminar were in both local newspapers.
- A Team Building exercise is scheduled for Dept Heads at BC Connors Retreat on Thursday morning, Sept 23rd. J. Claypoole will attend.
- Emergency Management meeting was held on Sept 2nd with COA participating regarding planning for hurricane and potential damage and senior needs.
- SHINE Counselor is now Renee Rubin from Wellesley. She previously was the Principal at Chickering School.

- SHINE presentation scheduled for Wed Oct 27th on new Affordable Care Act and new regulations regarding Medicare coverage.
- MCOA Conference is scheduled in October and J. Claypoole requests to attend this event to network with other COA Directors and attend trainings. Board recommended attending all three days if possible.
- Dover COA continues to work with Holliston and Sherborn COAs on multiple programs:
 - Medication Management seminars funded by BayPath Elder Services to be held in September. Grant received for FY2011 as well.
 - Sandwich Generation seminars to be hosted at the High Schools. Two sessions are to be scheduled at DSHS in the evenings in October and November to reach the parents who are caring for their parents (seniors) in the Dover area.
 - Caregiver Workshops (a series of 5 classes) with hands on information provided by Century Health Systems of Natick. Century has secured a grant for these workshops in partnership with the COAs. It is planned for Spring 2011.

Motion to adjourn the meeting was made at 12:45PM by B. Murphy; seconded by R. Walenduk. Motion passed unanimously

Respectfully submitted,

Jeanne Gavrilles
Acting Secretary