



TOWN OF WATERTOWN
Council on Aging
SENIOR CENTER

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Caryl Leslie Fox
Director of Senior Services

Patricia Gold, Chairperson

Minutes of COA Board Meeting – March 12, 2014

Members present: Pat Gold, V.V. Martin, Mike Donham, Dorothy Brown, Carol Airasian, Alice Wadden, and Burt Greenberg.

Members excused absence: Mary Keenan and Will Twombly.

Staff members present: Caryl Fox, Kathleen Wolf, Debbie Dunn, and Laura Gold.

The meeting was called to order at 5:30 pm by Chairperson Pat Gold.

1. The minutes from the [February](#) meeting were read by Board members. V.V. Martin made a motion to approve the minutes as amended. Alice Wadden seconded. Passed.

2. Financial Statements:

Caryl Fox highlighted areas from the February statements. She noted that both the Senior Center and the Food Pantry were awarded fiscal gifts through the Watertown Savings Bank's People's Choice awards in early March.

3. Conflict of Interest Law Test [Website](#):

A copy of the new state ethics commission regulation and the website address for the education and training guidelines was distributed to the Board members. The test can be taken on that site and is supposed to be done sometime in 2014.

4. Interior Lighting & Deck Update:

The lighting in the Center is now brighter and more energy efficient due to an upgrading by the Town under the Comprehensive Plan. The thermostats that control the heat and air-conditioning are also being changed under the plan through Johnson Controls. They will also be looking into heating problems in the building. The deck is due to be rebuilt this spring by a contractor vendor.

5. Senior Center Yearly [Attendance Numbers](#):

Board members received copies of the 2013 duplicated count of participation in activity programs of the Senior Center. Caryl Fox noted that attendance can vary from quarter to quarter depending on many factors including the weather. Occasionally, groups get smaller and then grow again as new people join the activity. The numbers are consistent with previous years.

6. [Watertown](#) Healthy Aging Data Profile:

Tufts Health Plan Foundation, in conjunction with the University of Massachusetts Gerontology Institute, conducted research into healthy aging using data collected from seniors in all of the Massachusetts towns. Caryl Fox reviewed the profile for Watertown with Board members, along with the data for the state as a whole. It included demographical information on age, education, gender, race, mental status, and other indicators. The survey also showed a variety of health markers on nutrition, weight, exercise, etc. Watertown was average or above the state average in most categories.

7. The meeting was adjourned at 6:30 pm.

Submitted by Caryl Leslie Fox