

Watertown Council on Aging

SENIOR CENTER

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PATRICIA GOLD, Chairperson

CARYL LESLIE FOX

MARIE MORELLO, Vice-Chairperson

Director of Senior Services

Minutes of C.O.A. Board Meeting – May 14, 2008

Present: Pat Gold, Barbara Zenn Rediker, Jane Stadolnik, Betty Finnell, Dottie Fleming, and Mary Keenan.

Members Excused Absence: Marie Morello, Will Twombly, and Chris Hursh.

1. The meeting was called to order at 6:15 by Chairperson Pat Gold after the Board member celebration.
2. Last month's minutes were read by Board members. Mary Keenan made a motion to accept and Dottie Fleming seconded. Passed.
3. Financial Statements:
The Board reviewed the April financial statements. Caryl Fox noted that she will request transfers from the Gas line item to Emergency Assistance and from Program Services to Program Supplies. Dottie Fleming made a motion to approve the financial statements and Betty Finnell seconded. Passed.
4. Correspondence:

a. A thank you note was received from Helen Ferro's daughter for the Friends' donation in memory of her mother.

b. An email was received from Raeleen Parson, the new Purchasing Director, thanking Debbie Dunn for all of her research putting together gas and electricity usage information that Ms. Parson needed.

c. The COA received an award letter for thirty-five hundred dollars for the Taxi Grant from the Marshall Home Fund.

d. A notice was sent from Springwell concerning a long-term care insurance workshop they are having on June 4, 2008.

e. There will be a session held by the Alzheimer's Association on June 7, 2008 on risk factors for memory loss.

f. SHINE distributed a current listing of income and asset limits for public benefit programs.

g. The Elder Service Plan of Cambridge Health Alliance now includes Watertown.

5. Staff Reports:

Caryl Fox highlighted areas from the three staff reports. The federal Fuel Assistance Program has extended its application period to May 26, 2008. The AARP volunteer income tax program helped seniors apply for the federal stimulus package through April 29, 2008. Lectures held during April included a poetry reading by a local poet, a craft workshop, and the last video in the caregiver's series. The reports were accepted by acclamation.

6. Old Business:

a. Springwell Update:

The Springwell budget is currently level funded in the state legislature. No increases would especially hurt the protective services program. A caregiver notebook for families and caregivers is available from Springwell. The agency is looking to expand its volunteer medical escort program.

b. Yard Sale Update:

The Yard Sale fund-raiser made two thousand forty dollars for the Senior Center Revolving Fund. Once again, the event was enjoyed by those who donated, those who volunteered, and those who attended and bought items. Seniors and non-seniors participated in this community occasion.

c. FY '09 Budget Update:

The budget hearing for the FY '09 COA submission will be held on Tuesday, May 27, 2008 at 8:00 pm. The budget is level funded with a small increase in building maintenance due to the increased cost of cleaning and repair.

7. New Business:

a. Community Service Award for 2008:

This award is presented annually at the Senior Center Birthday Party. Caryl Fox and Pat Gold decided that the award will be shared this year. It will be given in memory of Helen Ferro, and also given to Barbara Zenn Rediker, to honor her years of service to the COA and other community organizations.

b. Frail Seniors at Home:

Barbara Zenn Rediker and other Board members discussed difficulties involved when frail seniors are at home. Sometimes families rely on elderly neighbors, which can stress those individuals who need to focus on staying healthy themselves. Assertiveness training for seniors to help them feel more comfortable saying "no" was offered as one possibility. The importance of transportation services and overnight people to be available for frail seniors also was raised as an issue.

8. The meeting was adjourned at 7:15 p.m.

Submitted by Caryl Leslie Fox