



# Watertown Council on Aging

SENIOR CENTER  
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PATRICIA GOLD, *Chairperson*  
MARIE MORELLO, *Vice-Chairperson*

CARYL LESLIE FOX  
*Director of Senior Services*

## Minutes of C.O.A. Board Meeting – May 12, 2010

Present: Pat Gold, Mary Keenan, Betty Finnell, Will Twombly, and Hagop Sarkissian.

Members Excused Absence: Mike Donham, Jane Stadolnik, Dottie Fleming, and Marie Morello.

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

1. Board members reviewed last month's minutes. Will Twombly made a motion to approve and Mary Keenan seconded. Passed.

2. Yard Sale Results:

Caryl Fox reported that more than \$2,400 had been raised for the Senior Center Revolving Fund at the May 1, 2010 yard sale. Staff and volunteers, including COA Board members, worked very hard to make the event a success. People also really enjoyed being a part of the event.

3. Baby Boomers – What We Are Doing – How We Plan

Caryl Fox noted that there are increasing numbers of people in their sixties looking to the Center for information and programs. Staff gets phone calls and emails from people looking at what is available for themselves or their parents. Many of these individuals are pleased that material is available for them to view on the department's website, including the newsletter, Resource Guide, and other links. Individuals come for help from SHINE when they are turning sixty-five and going on Medicare. "Younger seniors" are in the yoga, tai chi, and exercise classes as well as participating in the art class, attending lectures, parties, and trips.

Caryl Fox said that Watertown is a diverse community so that the age of the Baby Boomer is only one difference, along with ethnicity, cultural background, education, etc. The literature that is available about the Baby Boomers as a group suggests that they are less likely to retire, are better educated than the previous generation, healthier, and less likely to identify as being older. The goal of this age group is to age well. They will have increasing questions about the elder care network and the health care system. In addition to looking to socialize, there is expected to be more of an interest in volunteering. Ms. Fox noted that as the Baby Boomers become older and more frail, their needs will be similar to older people of today – housing, transportation, access to good health care and concerns about the cost of health care.

4. The Water Crisis – The Senior Center Response

The Senior Center staff worked closely with Police, Fire, and the Health Department. Staff made calls to seniors they were concerned about and the Police and Fire Departments delivered water to those who needed it. Most of the people who called were getting help from family, friends, or neighbors if they required assistance.

5. Isolation and the Neighbor Flyer

The Friends of the Watertown COA has agreed to pay for the cost of the printing the "Be Aware of Your Neighbor" flyer which will be inserted into the real estate tax bills. Caryl Fox raised a concern about wanting to also put in information about our programs and services.

Will Twombly suggested a two sided flyer, which solves the problem.

6. Senior Parking Meter Proposal – Current Status

Caryl Fox has appeared twice before the traffic commission. The group is reviewing programs of free senior parking at some municipal lots in the communities of Waltham and Newton. The registration of seniors and the administration of the program would be handled by Senior Center staff.

7. Director's News:

a. Deb Kaup has been hard at work at procuring a new vendor for the Food Pantry. It is likely that the new company will be in place by the end of this month so she can place an order.

b. Budget Meeting

Caryl Fox will present the COA budget for FY '11 to the Town Council on Saturday, May 22, 2010 at 1:00 pm. Board members are welcome to attend.

8. Financial Statements:

Board members reviewed all the financial statements for the month of April. Will Twombly made a motion to approve and Betty Finnell seconded. Passed.

The meeting was adjourned at 7:00 p.m.

Submitted by Caryl Leslie Fox