

Carlisle Council on Aging Board Meeting
Zoom video conference
March 16, 2021 Minutes

Board Members Present: Verna Gilbert, Maxine Crowther, Ann James, Sally Hayen, Jerome Lerman, Ann Quenin, Elisabeth Bojarski

Associate Members Present: Wendy Barrow

COA Staff Present: Joan Ingersoll, Carol Grueneich

Friends Representative:

Select Board: Alan Lewis

Guest: Amy Livens

The Zoom meeting was called to order at 8:30 a.m. by Chair Ann Quenin.

Secretary Minutes: A **motion** was made by Jerry Lerman to accept the February 16, 2021 minutes submitted by Verna Gilbert. It was seconded and carried by voice vote.

Director Report:

- A **motion** was made by Verna Gilbert to accept the March 16, 2021 Director's Report; it was seconded and carried by voice vote.
- Most Carlisle residents 65+ have received at least one COVID vaccine shot, according to state records. The COA will drive any senior to the Natick vaccination site if they need a ride. Eleven home-bound seniors received vaccinations, thanks to doses from Concord.
- There will be a Mosquito article this week with FAQs about COVID and post-vaccination dos and don'ts.
- Joan and Carol met with the Concord Carlisle Community Chest to review our grant.
- Twenty seniors have registered for the free Open Table Healthy Helpings food program. The COA will use the \$5,000 grant from Greater Lowell Community Foundation for additional food delivery, using UTEC as a source and will also provide Market Basket gift card.
- Linda Cavallo-Murphy and Joan have been working on getting new speakers for COA events. They reviewed what other COAs have done to get suggestions. They are looking forward to when we can do in-person outdoor events in the spring and then indoor events when safe.
- The FLOW vehicle was hit by another vehicle and totaled. The LRTA will not be able to provide us with another vehicle until 2022. FLOW will still use their vehicles when adequate.
- Joan is still working on approvals for the COA shed at Town Hall. The original location had to be changed.
- The Planning Board Community Resilience Building Workshop committee would like senior participation at their March 27 Zoom meeting. Carol will attend
- Myriam is back at work after a three month leave for family issues.
- Joan will check with Tim Goddard as to when Carol's and Linda's pay grade changes can be implemented once the final okay is given by the FinCom and Select Board.

Social Worker Report

- Carol helped a senior in Carlisle get subsidized housing in Sudbury.

- She connected a legally blind senior with the library, which donated a reading machine to her. She also connected the same senior with the Mass Association for the Blind and Visually Impaired. Alan Lewis mentioned a Concord doctor he knows whose specialty is in this field.
- The first Voices of Experience program was held on Zoom; the second is tonight. This has been well received by participants and viewers. This program might be good to continue with younger adults.
- The COA received a \$2,500 grant from the Mass Councils on Aging to develop a movement and dance therapy program to address social isolation among seniors living with memory loss or Parkinson's. Carol researched and cowrote the application and will lead this effort.

Financial Report:

- Jerry informed us that we are in good shape re spending and are concentrating on using grant money first. Any Friends grant money left over can be used next year. We will probably be giving funds back to the town since the pandemic has limited our spending. Once pandemic restrictions are lifted, the COA will be using more of their town funding. Some of the Revolving Fund money will go toward purchasing a shed to store COA items.

Minuteman Senior Services (MMSS): Sally missed the March meeting but has learned more about services allowing seniors to stay in their homes from her MMSS buddy. The COA is involved in using MMSS services.

Friends of Carlisle Council on Aging: No one from the Friends attended this meeting.

Old/New Business:

- A discussion on how to get younger seniors more involved with the COA ensued. Some suggestions included having a potluck meal followed by contra dancing, having more intergenerational events, having events where senior can bring a guest, having speakers on a range of topics of interest to younger seniors, participating with the RecCom on more events. Joan mentioned that many more seniors now know about the COA through efforts to get them vaccinated. Joan will include a survey on what they would like the COA to provide in the packets for seniors as they reach 60 years of age. Joan will include information about such events in the next newsletter. It would also help if a senior wrote a letter to the Mosquito regarding events for young seniors.

Next Meeting: The next COA Board meeting will be Tuesday, April 20, at 8:30 a.m. via Zoom. Subsequent meetings are 8:30 a.m. on Tuesdays: May 18 and June 15.

The meeting was adjourned at 9:20 a.m.

Documents Provided (via email):

- Meeting agenda
- Minutes of February 19, 2021 meeting
- March 16, 2021 Director report

Submitted by Verna Gilbert, Secretary and approved on April 20, 2021.