

Carlisle Council on Aging Board Meeting
Zoom video conference
September 15, 2020 Minutes

Board Members Present: Verna Gilbert, Ann Quenin, Maxine Crowther, Abha Singhal, Ann James, John Ballantine, Sally Hayen, Elisabeth Bojarski, Jerry Lerman

Associate Members Present: Walter Hickman, Wendy Barrow, Donna MacMullan

COA Staff Present: Joan Ingersoll, Angela Smith

Friends Representative: Jean Bagnaschi

Board of Selectmen: Alan Lewis

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

Secretary Minutes: A **motion** was made by Verna Gilbert to accept the August 18, 2020 minutes submitted by Verna Gilbert after fixing an incorrect date. It was seconded and carried by voice vote.

Director Report:

- A **motion** was made by Maxine Crowther to accept the August 18, 2020 director's report and was seconded and carried by voice vote.
- In-person exercise classes will continue through October; starting in November, it is hoped that some classes will be held in the First Religious Society. Currently FRS has only approved rentals through October.
- The price of exercise classes will be increased on November 1 to \$5 per class to help offset the increased payment to the instructors. There will continue to be scholarships for anyone for whom the cost is a hardship.
- A bill was finally received from Flow Transportation.
- Staff contacts are now being tracked more comprehensively in My Senior Center.
- Joan investigated rental options for medical equipment storage but the costs are very high; additionally storage is a town-wide problem so should be solved as such. There is no rush to move equipment out of the Highland Building. Walter and Joan will be on the Highland Committee.
- Abha spoke briefly about the Sudbury Taxi Ride program. Abha and Madeline Blake are on the committee investigating this, but Abha could not attend the last meeting.

Financial Report:

- There was no new financial report as Priscilla Dumka is still swamped with year-end reporting. Joan reported that even with no report our spending is well within limits.
- A \$1,200 donation was received from a Carlisle resident.
- We are still waiting to hear about the Formula Grant.

Outreach and Program Manager Report:

- Angela is encouraging more seniors to participate in Zoom lectures, so pass the word along to others.
- More participants are needed for some exercise classes.
- Martha Svatek delivered 21 floral arrangements to seniors in August.

Minuteman Senior Services (MMSS): Sally did not attend the last meeting so there was no report..

Friends of Carlisle Council on Aging: The Friends had their September meeting last week and have started planning their fundraising flyer, which will be mailed at the end of November. She hopes that the generosity that has been evident this year will continue.

Old/New Business:

- Accessory Apartment Committee: Ann James contacted Betsy Fell, Mosquito news editor, about an article concerning accessory apartments. Betsy felt it would be best to have a virtual meeting to which all residents are invited (and which might be recorded so others could hear later), which a Mosquito reporter will cover and then report on. At this meeting, George Mansfield should provide information he has, as well as have some residents with accessory apartments speak about their experiences. A short Q and A after the talk would be good. Once the meeting is set up, it should be advertised in the Mosquito as well as the COA newsletter. Ann should contact Barney Arnold, a member of the Affordable Housing Trust and get that group's thoughts on the subject. Also contacting MAGIC might be good. Elisabeth and Ann should finish compiling their information about known accessory apartments, many of which are rented to family or long-term tenants. Many accessory apartment permits are available, since about 24 have been used and we can have up to 75. Since the real estate market is hot now, accessory apartments might go quickly also.
- Strategic Planning Committee: Abha wondered when this committee should start meeting. The consensus was January, 2021. John suggested having two paths: one for restricted access and one for at least mostly back to normal.
- Goals for this fiscal year: Carlisle Academy, a program similar to Community Conversation but more educational, was suggested. Joan reported that Lincoln had some success with such a program. Local experts in many fields would present virtual lectures about their areas of expertise. It is important to try to get the 50-59 year old group involved and active, as well as have more opportunities for older folks. Many in the 50 to 59 age cohort do not know much about the COA, what it does and opportunities for them to volunteer. The November-December COA newsletter, which is sent to all Carlisle residents, should have a feature about volunteer opportunities. Since Wendy is new to the board and volunteering, she will write a letter to the editor describing some of her experiences and how others can get involved. Angela already sends CCHS and CPS information about volunteer opportunities.
- Those who are most isolated are often suffering with mental health and stress issues. Carol is speaking to many of them and will try to set up support groups and individual discussions as needed. At the end of June 2021, the Concord person who helps Carlisle with issues involving under-60 Carlisle residents will no longer be involved, so Carol will be doing more with that group. We need to highlight the human services aspects of the COA and the fact that one does not have to be 60+ to get help.
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Next Meeting: The next COA Board meeting will be Tuesday, October 20, 2020, at 8:30 a.m. via Zoom. Subsequent meetings are 8:30 a.m. on Tuesdays: November 17, December 15, January 19, February 16, March 16, April 20, May 18 and June 15.

Documents Provided (via email):

- Meeting agenda
- Minutes of August 18, 2020 meeting
- September 15, 2020 Director report

Submitted by Verna Gilbert, Secretary