

**ROCKPORT COUNCIL ON AGING**  
**MINUTES FROM TUESDAY, MARCH 15, 2016**

Present: Faye Anderson, Chairman, Diane Bertolino, Director, Roger Lesch, Christine Marik, Maureen Beeley, Joanne Wood, Colleen Magrath, Diane Derow, Shirley Conway.

Absent: Sue Terry, Donald Sudbay.

**Distribution:** Minutes from Tuesday, January 19, 2016, Agenda from Tuesday, March 15, 2016, Director's Report February/March 2016, Town of Rockport All Departments Expenditures Report 07/01/2015-06/30/2016, Unduplicated Client Count and Total Units Provided by Activity- Recreation 02/10/2016-03/16/2016, Volunteer Opportunities Council On Aging Programs, Maintaining the COA Homepage of the Rockport Town Website.

**Meeting called to order: 5:30 p.m.**

**Minutes from January 19, 2016:** Motion by Shirley Conway, Second, Maureen Beeley. Unanimous.

**Director's Report:** Diane gave an update on Community House heat and hot water issues. She also reported that the Friends of COA had agreed to purchase two commercial treadmills. Faye suggested that further estimates for the treadmills should be obtained. There was discussion on how Yoga participants should pay.

Diane stated that various programs and classes, have been active. Diane has continued to enhance outreach to Millbrook Park residents through letters and telephone calls.

Diane has reached out to RHS principal Gregg Bach regarding Intergenerational programs and "Seniors Helping Seniors" as well as seniors being recorded and

interviewed by students. Snow shoveling by students has also been discussed for next year.

Shirley Conway and Diane met on two occasions to discuss volunteer opportunities. A list of Volunteer Opportunities compiled by them was distributed to the members.

Diane announced that Diane Derow has volunteered to be SHINE counselor at the senior center.

Diane Derow and Coleen McGrath distributed information regarding Maintaining the COA Homepage of the Rockport Town Website.

Diane informed the members that voting for the Massachusetts Primary at the Community House limited some activities. There will also be voting for town elections on May 3.

**Discussion:** Faye informed the members that Gil McCarthy had submitted his resignation from the COA to the Board of Selectmen. All members voiced appreciation for his service.

**Meeting adjourned at 6:20 p.m.** Motion by Shirley Conway, Second by Roger Lesch, Unanimous.

Respectfully submitted,

Roger Lesch, Secretary

## Director's Report February/March 2016

National Senior Network notified me that Karen Smith's hours would be cut to 14 beginning week of January 25.

Our hot water was out for a morning during week of Jan. 15<sup>th</sup>. It was restored the same day. Joe Parisi was here with technicians checking out the heat on the first floor. Work was performed on the heat Feb. 12<sup>th</sup>. The stove has been fixed. DPW removed our treadmill for us.

I wrote the letter to Rotary requesting financial assistance for the treadmill. I received a telephone call back from the President, Mary Ann Bland, that they did not have the funds for us. I also sent in a grant to the Community Preservation Committee for the treadmill. I met with them March 8, 2016. They informed me that our project did not qualify. I had a meeting with the Friends group and they would like to purchase two commercial treadmills. The Friends are researching some other venues to purchase. They will be providing financial support for our continental breakfast, tea, and lobster roll luncheon.

I would like to request that the Board reconsider their decision to have the Yoga paid monthly as many members have said they do not always come two times per week. Some come once. The teacher thought that the way we have been doing it allows many more to take advantage of Yoga. The teacher will be away for a week in February. We missed a day of Yoga due to the elections to be held here.

Seacoast Nursing home will sponsor one month of Tai Chi for the center. This will take place in April. We have received the check for this service from Seacoast Nursing Home.

Our classes have been steady. Our strength/balance fill in teacher was away on vacation for two weeks. We used a video tape for one of the weeks. Our Yoga teacher was away for one week. Tax preparations have begun. They have been very busy. The first day they served 10 people. This past week, they served 16. They had 4 preparers. Duplicate bridge, knitting/sewing, and Bingo have been busy. The Mobile Market program has been serving approximately 33 people. The VNA was here this month. Other programs included, Reverse mortgage, Connelly Drug Store spoke on Medication Safety, and Dick Curran from Bruce Tarr's office was here.

Outreach letters went out to 80 residents at Millbrook Park to invite them to a luncheon/speaker event providing them with information about our programs at the center. Follow-up telephone calls were made to the seniors who did not respond. I also had invited The Open Door to speak about food stamps, and SeniorCare to talk about home care services. This event was held on Wednesday, March 9<sup>th</sup>. We had 25 residents from Millbrook Park attend.

I met with the principal, Gregg Bach, of Rockport High/Middle School to discuss intergenerational programs. We will be working together on the "Seniors Helping Seniors" program to be implemented this year on May 17<sup>th</sup> with a rain date of May 18<sup>th</sup>. We discussed other intergenerational programs we hope to do. One was to have the music department come to entertain the seniors. Another program was to have the seniors be interviewed by students for a class that is working on a project. I have recruited 5 seniors who were interested so far for this project, we still need more. The principal has 2

students who need 35 hours of community service before graduation. I have connected him with Millbrook Park for these two students to do some outdoor work. We talked about a snow shoveling program for seniors for next year for community service.

Shirley Conway and I met twice to discuss the Volunteer opportunities at the Senior Center. A new sheet was compiled. I have committed to the SeniorCare's RSVP volunteer recruitment which will be held at Cruiseport in April. We will have a table to recruit volunteers.

Diane Derow has volunteered to be our SHINE counselor at the Senior Center. She is volunteering once a month for the SHINE (Serving Health Information Needs for Elders) program seeing people by appointment. She had her first session on March 4<sup>th</sup>. She had 3 appointments. Her next appointments will take place in April which are already filled.

Voting took place at the Community House. The building was very busy. Most programs were cancelled for the day except the meals on wheels and the tax program was moved to the Police Station. Voters will again be here on May 3<sup>rd</sup>.

Paula will be taking vacation the last week in April.