

ROCKPORT COUNCIL ON AGING
MINUTES FROM TUESDAY, APRIL 19, 2016

Present: Roger Lesch, Diane Bertolino, Director, Shirley Conway, Diane Derow, Coleen Magrath, Maureen Beeley, Joanne Wood, Donald Sudbay, Sue Terry.

Absent: Christine Marik

Attending: Mitch Viera, Assistant Town Administrator, Nancy Kearns, Ann Gilboy, Lydia Souza, Sherry Casey.

Distribution: Minutes from Tuesday, March 15, 2016, Agenda for Tuesday, March 15, 2016, Director's Report April, 2016, Town of Rockport All Departments Expenditures Report from 07/01/2015-06/30/2016, Unduplicated Client Count and Total Units Provided by Activity-Recreation from 03/15/2016-04/19/2016, Unduplicated Client Count and Total Units Provided by Activity-Supportative Services from 03/15/2016-04/19/2016.

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

Minutes from March 15, 2016: Motion to accept Shirley Conway, Second Diane Derow, Unanimous.

Director's Report: Diane reported that exercise classes, yoga, strength/balance and tai chi continue. Seacoast Nursing Home is paying the Tai Chi instructor for the month of April. Additional Tai Chi students are trying the program. Duplicate bridge, knitting/sewing, two art classes, tax preparation, computer classes and ping pong are being held. There are 4-5 men and women playing ping pong on Thursdays.

Golden Living staff gave a presentation on heart health and toured the building. They were impressed by the fitness room and equipment. They will possibly fund a chair yoga program. They would also like to have Rockport people do rehabilitation in the fitness room and pay us. The members of the COA agreed

that a written agreement with Golden Living should be prepared and reviewed prior to such a program.

Diane reported that a \$1,000 grant has been approved by the Massachusetts Councils On Aging for a 12 – week Fall Prevention exercise program. Elizabeth Reed is teaching the program. It has been implemented as the funding must be spent by July 1, 2016.

Performer Stephen Collins performed Shakespeare at the center. He will return as Walt Whitman on another date. He is being paid through a grant from the Rockport Cultural Council.

Dick Curran from Senator Bruce Tarr's office was at the center for office hours. The VNA held a Blood Pressure clinic.

The newsletter was sent to the printer and will be ready for mailing.

The Board of Selectmen accepted the resignation of Faye Anderson from the council and the retirement of Roger Lesch at the end of his term on June 30th.

Diane further reported that the Friends of Council On Aging had purchased two new treadmills from Precision Equipment.

Nomination/Election of Officers: Roger Lesch stated that there was presently no Chairman and Vice-Chairman of the Council On Aging. He also said that he was retiring from the Council as of June 30th. After some discussion, Diane Derow said that she would take the Chairman position. She was nominated by Coleen Magrath and Seconded by Maureen Beeley, Unanimous. Coleen Magrath agreed to be Vice-Chairman. She was nominated by Roger Lesch, Seconded by Donald Sudbay, Unanimous. No one volunteered at this time to be Secretary. As there were no other nominations, the nominations were closed and Diane Derow Coleen Magrath were unanimously elected by all members.

Other business: Nancy Kearns, Ann Gilboy, Lydia Souza, and Sherry Casey expressed interest in joining the Council On Aging and informed the members of their various backgrounds. Mitch Viera explained the process for applying. Following the meeting they were given a tour of the Senior Center.

Roger informed the members that Rockport's observation of World Elder Abuse Awareness Day would be held at Five Corners on Friday, June 17th from 10 a.m.-12 Noon. It is sponsored annually by the Rockport Police Department and Rockport Council On Aging.

Coleen Magrath and Diane Derow gave a brief update of their efforts on the Council Website. Coleen stated that Tech Tuesdays put on by Rockport Tech Department have been very helpful.

Meeting adjourned at 6:15 p.m. Motion by Shirley Conway, Second Maureen Beeley, Unanimous.

Respectfully submitted,

Roger Lesch, Secretary