

COA Meeting Notes

May 10, 2023

Peg called the meeting to order at 10:02 am. Members present: Peg Nogueira, Earl Pearlman, Carol Kotros, Diane Howell, Dona Son, Phil Cieply, Ann Vandersluis and Director, Amy Wilson-Kent. Also present: Betsy Edsall, Friends' Vice President and Faith Kennedy, fitness program leader. Chief Kurczy arrived at 10:35 am.

Due to technical difficulties, the meeting was not being recorded. The Town Clerk said the minutes, which will be posted on the town website, will suffice.

The Secretary and Treasurer's reports were unanimously approved. Amy gave a brief Director's report with the rest being interspersed throughout. She said the BOH asked her to make sure the seniors know about the trash recycling program; Amy applied for a Cultural Council grant for Sheryl Faye to portray Amelia Earhart on May 8, 2024. The cost is \$425 and Ms. Faye asked if we will guaranty payment if the grant fails. The Board felt in that event we would split the cost with the Friends.

Dona Son gave the Tri-Valley report: on May 23 they will hold a benefit at the Milford Senior Center from 11-12:30 to help folks and caregivers with fuel assistance, SNAP benefits, etc. She will report on this event next month.

Betsy Edsall gave the Friends' report: they met on Monday, May 8, and the June 10 town wide yard sale was the main topic of discussion; for the ad booklet, they will give free ads to Dairy Queen, Dominos Pizza, Lions Club and David Byers, all who provide free services to the senior center; the Select Board gave permission for a 50/50 raffle and the permit was obtained; one scholarship application has been received so far; their next meeting is on Monday, June 12.

Peg moved Faith Kennedy up on the agenda so she could leave after her presentation "Intro to Sound Healing" which is a form of meditation utilizing crystal bowls that produce sounds. The surrounding sounds are very calming, reduce blood pressure and are helpful to those who have a difficult time meditating. Details have to be worked out, but probably there would be a session to demonstrate how this works.

Old Business

Food Pantry—we had to replenish stock as we had allowed it to drain down in order to use before dates expired; there were 13 clients at last Friday's distribution.

Senior Center Expansion—Phil reported that \$35,000 was approved at ATM for engineering and design; he distributed a handout outlining the steps to be taken for the S.C. expansion project;

Chief Kurczy arrived during the presentation and was able to explain how the process of the police station project started and reached completion.

Traffic Update—Chief Kurczy said it is very difficult to change speed limits; the town would have to work with the DOT and conduct a traffic study to determine the average speed of traffic; then it could end up being greater than 40mph; not a risk we would want to take; Amy asked the Chief for police to help folks cross the street on Thurs May 11 and Wed May 17.

FY24 Budget—the FinCom has approved our budget.

MCOA Conference—was very beneficial to all who attended and the lunch was great, too.

Volunteer Appreciation Details—May 17, 2023—so far 30 attendees including COA and volunteers; still room for a few more; the menu is pulled pork sliders, cole slaw; mac'n'cheese, watermelon and chiros.

Friends' Yard Sale—June 10, 2023—Betsy said things are going well, everything is underway; registrations are coming in slowly but are expected to pick up before the May 31 deadline.

COA Training—Tuesday, June 13, at Bellingham S.C. from 1:30-3:30; we are all signed up to attend.

Senior of the Year—2 nominations received so far; June 1 deadline.

Mass Health Counseling—Janet and Amy attended a training to help people complete applications for Mass Health; Janet feels confident she will be able to handle this with her schedule.

New Business

Homelessness Coalition—we will table this to next month so Amy can check with other centers and get more information.

Program Updates—Fun and Fitness Program is returning in the fall; Amy wants to have Qigong one day a month in June, July and August to see how much interest there is; Amy had to notify Tri-Valley about a meal that didn't taste right; cribbage is moving from Mon to Wed at the players request.

Summer Events—Cookout July 19, Senior Tea July 30, Ice Cream Social August 23; the town beach picnics that were very popular might not take place because a lot of trees were cut making it very sunny; Wayne Phipps is willing to take the COA on his boat around Lake Nipmuc.

Open Forum

We talked about COA members whose terms expire this year. Earl, Carol and Phil are up for reappointment if they are willing.

Next meeting June 14, 2023

Adjournment 12:08pm

Respectfully submitted,

Ann Vandersluis

Secretary