



APPROVED

Town of Newbury Council on Aging
Board of Directors Meeting Minutes
Date: March 21, 2022

In attendance: Joyce Machiros, Bill DiMaio, Chuck Bear, Chris Howe, Damon Jespersen, Susan Grillo, Cindy Currier

Call to Order:

Motion to open Damon; seconded Bill

Review and Approval of February 28, 2022 Meeting Minutes:

Motion to approve Chuck; seconded Bill

Approved unanimously

Review of proposed Operating Guidelines and Election Process:

Discussion

Motion to approve creating an anonymous system for electing officers

Moved by Joyce; seconded by Bill; approved by: Chis, Susan, Bill, Joyce

Abstained: Chuck Damon

Discussion

Motion to approve proposal as amended: Damon; seconded by Chuck

Approved unanimously

Director's Report:

Recap of past events:

- Senior Stretch & Strength (Mondays) and Gentle Yoga (Wednesdays) – both held weekly at the Central Street Playing Fields field house. Both classes have seen a steady increase. Last couple of weeks: 9 students at each class.
- Bingo – three times per month: twice at the COA; once off-site at Quaker Hill. Have a steady 8 players each time. The games at the COA are 10¢ per card; games at Quaker Hill are free and there are prizes provided by the COA (box of chocolates, personal care items, etc.).
- Watercolor Class – cancelled in February (instructor injured his hand); classes resume this month. Upcoming schedule: March 22, April 20, May 24. Classes are \$20, paid directly to the instructor and he brings all supplies. No painting experience necessary.
- Best of Times Travel Show – Celtic Angels. Show sold out quick (they consolidated two shows and changed the date). We are looking at other options for local trips. We are going to try collaborating with Newburyport COA as well. We will each take our own vans. If it grows, may look at renting a bus (but it is costly).
- Game Night has been successful. We had thirteen folks last Tuesday evening. Ordered Mexican food from Metzy's; Kathy made chocolate lava cake for dessert (rice pudding as

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an alternate); three tables of games (Scrabble; Rummy; Yahtzee; Jenga; Bananagrams).
Next game nights: 4/19 and 5/24 (Tuesday nights 5-7pm).

- St. Patrick's Day corned beef and cabbage luncheon was a great success! About 50 seniors attended. The van drove 6 folks over from Oak Ridge and Quaker Hill. Handmade throw from Ireland was our door prize. A-OK students came dressed as leprechauns and served our seniors. Live Irish folk music from Lynn Noel.

Upcoming programs:

- Senior SAFE Grant – Senior SAFE is a grant program that supports fire and safety education for seniors. Fire and burns risks for seniors include: cooking, smoking, home oxygen use, and electrical and heating dangers. Education is key to improving the safety of seniors at home. Senior SAFE creates partnerships between agencies that serve seniors and fire departments. Together, these agencies collaborate on local fire and life safety education programs. The Newbury Fire Department has applied for this grant this year and the funds are to be used to replace smoke and carbon monoxide detectors in seniors' homes. Folks can call the COA and we will hook them up with the Fire Dept. to do a site visit. First come, first served basis. Thanks to Bill DiMaio for researching this opportunity. Grant amount: \$2,855.
- Estate Planning program – collaboration with Newburyport Bank. They have contracted with a local attorney, Gilmore & Gilmore, to offer a program discussing important estate planning documents (wills, trusts, POA/HCP, etc.). Tuesday, 4/26 5-6:30pm at the COA.
- Mother's Day Tea – Thursday, 5/5 at 11:30am at the COA. If this gets a lot of interest, we may have to move the location to accommodate bigger numbers. Right now, planning on 25.
- Veterans Breakfast – Thursday, May 26th at 10am at the COA.
- Two upcoming presentations by the Audubon Society Joppa Flats Education Center: Salt Marshes (4/12) and Birds of Prey (5/17) at 1pm at the COA.
- Candidate Forum: Tuesday, 4/12 at 11am in the Second Floor Hearing Room. Co-sponsored with the Newburyport Daily News. Editor Lisa Connell will moderate. I will be reaching out to the candidates of the contested races to invite them to this event. The forum will be recorded and shown on Cable Access Channel 9 as well as the town's YouTube channel. This is NOT an interactive forum, however the COA is happy to accept questions from the public to pass along to Lisa for inclusion in the forum.
- Meet with Town Administrator Tracy Blais for a Q&A about Town Meeting and Town Election: Tuesday, April 5th at 11:30am at the COA. Tracy will be on hand to explain the Town Warrant articles and answer any questions.
- Grab and Go Traveling Chef meals: 4/27 (baked ham) and 5/18 (chicken fajitas).
- Van – weekly shopping trips. Adding local restaurants in April and May.
- NEET – Continues to be a major resource of rides to medical appointments. Always looking for volunteer drivers.
- Construction update: work has begun; sent the builders our choices for finishes (flooring, wall & trim color, cabinets, countertops).

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Other Business:

Susan asked about the letter to the editor/community engagement and sidewalk shoveling.

Chris asked about updating the site and adding the mission to the COA section of the website.

Chris asked about grief counseling and how that was accessible. Chuck mentioned that the EMTs will often have info. Susan mentioned “Compassionate Friends,” a local grief counselor.

April Meeting: 25th at 9am

Adjourn:

Motion to adjourn Chuck; seconded by Chris

Voted unanimously