

**COUNCIL ON AGING  
P.O. BOX 243  
Sterling, MA 01564**

The Council on Aging Board meeting was called to order at the Senior Center on Thursday, March 5, 2015 at 4:30 p.m.

**1. Open Meeting**

**2. Roll Call**

**PRESENT**

Bob Bloom, Associate  
Sharon Bloom, Vice Chair  
Irene Camerano, Member  
Constance Cleary, Treasurer  
Barbara Foster, Chair  
Mary Higgins, Member  
Debra MacLennan, Member  
Karen Phillips, Director  
Peter Watson, Member

**ABSENT**

Anita Benware, Member  
Ken Day, Associate  
Sue Doucette, Secretary  
Ellen Sesia, Associate

**3. Approve Minutes** - Mary made a motion to accept the January 5, 2015 minutes; Connie seconded; all in favor.

**4. Discussion and possible vote on Employee Handbook** - No discussion and no vote was taken because of the lack of continuity - still in draft form.

**5. Senior Center Building Committee Update**

**a) Report** - Karen displayed diagrams of the inside floor plan and outside views of the new senior center. Some questions and discussion points were raised.

**b) Plans** - Senior Center plans are going out to bid in April. Dick and Maureen asked Harold Naughton to see if some financial help could come from the State. Mr. Naughton said he would look into it.

**c) DPW and Light Department** have been a great help in dealing with some construction issues. Thank you!

**6. Lunch Outings** - We must set a date. April 29<sup>th</sup> is the first. April 15<sup>th</sup> is the second. Sharon will finalize plans.

**7. Meal Site Update** - Presentation and graphs were sent by Sandra. Refer to attached summary.

**8. Volunteer Appreciation** - Karen proposed an "Afternoon Dessert Tea" with invitations to be sent to volunteers. She will request RSVP's. Certificates will be presented. The date is to be determined.

**9. Conflict of Interest** - Just a reminder to members.

**10. MySeniorCenter Update** - Since January 2015, 131 different seniors participated in 1,042 events. If you count those over 40, the numbers increase to 139 different people and 1,069 events.

**11. Entertainment for Christmas** - Booked Roger Tincknell. More information to follow.

**12. Discussion and Vote on Yard Sale in September** - September 2015 date to be determined. Senior Center will participate.

**13. Topics for Future Meetings** - Nominating Committee will be selected; lunch - final date to be set; Building Committee; and Volunteer Appreciation.

**14. Director's Report -**

**a) Van Report #1** - 791 total miles, transported 24 different people, for a total of 338 trips. **Van Report #2**

- 325 total miles, transported 13 different people, for a total of 46 trips. Newest van driver is feeling more comfortable. The Board is very happy with her performance.

**b) Upcoming Events -**

March 5<sup>th</sup> - Movie at 1:00 p.m. Come and find out the true story behind Sleeping Beauty. Free popcorn.  
March 8<sup>th</sup> - Daylight savings is back. Turn your clocks ahead one hour before going to bed on Saturday.  
March 15<sup>th</sup> - The Taste of Sterling by the FOSS.  
March 16<sup>th</sup> - Brian Fitness by Sterling Village at 12:30 p.m. In class you will learn what causes the brain to age, and how we can slow it down -- from what foods to eat to what games to play to trick the brain into staying young and in sharp.  
March 18<sup>th</sup> - Irish Step Dancing at 12:30 p.m. Come and get your Irish on.  
March 19<sup>th</sup> - SHINE counselor will be available to answer your health insurance questions. Sign ups are required by calling the Senior Center at 978-422-3032.  
March 19<sup>th</sup> - Elder Keep Well Clinic from 12:00 Noon - 2:00 p.m.  
March 26<sup>th</sup> - Book Club at 12:30 p.m. This month's selection is "Sarah's Key" by Tatiana de Rosnay.  
March 27<sup>th</sup> - FOSS Pancake Breakfast from 7:30 - 9:30 a.m. Fee is \$2.00 per person.

**c) Budget -** The budget was adjusted to include money for the new Senior Center. On Saturday, March 7<sup>th</sup> the Finance Committee will discuss fiscal 2016 for the new Senior Center. Karen and Barbara will be in attendance.

**d) Annual Report for the Town -** Karen will prepare a draft for the Annual Report booklet. The Report will include everything we do and offer at the Senior Center.

**15. Chair's Update -** Barbara thanked everyone for their donation to the gift for the Simes family. It also included a \$125 donation to the Rutland Food Pantry.

**16. Signing of the Warrant -** The Warrant was passed around for everyone in attendance to sign.

**17. Next Meeting -** The next Board Meeting will be held on Thursday, April 2, 2015 at 4:30 p.m.

**18. Adjournment -** The meeting was adjourned at 5:30 p.m. Connie made a motion to adjourn; Mary seconded; all in favor.

Respectfully submitted,

Sharon Bloom  
Secretary Pro Tem

Attachment