

**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, September 3, 2015 at 4:30 p.m.

- 1. Open Meeting**
- 2. Roll Call**

PRESENT

Anita Benware, Member
Bob Bloom, Associate
Sharon Bloom, Chairman
Irene Camerano, Member
Ken Day, Associate
Sue Doucette, Secretary
Barbara Foster, Vice Chair
Mary Higgins, Member
Debra MacLennan, Member
Karen Phillips, Director
Ellen Sesia, Associate
Peter Watson, Member

ABSENT

Constance Cleary, Treasurer

- 3. Approve Minutes** - Mary made a motion to accept the August 6, 2015 minutes; Barbara seconded; all in favor.

- 4. Senior Center Building Committee Update** - Bob Bloom gave a brief update on the ZBA special permit for the Senior Center. We are continuing with the building of the Senior Center as the ZBA approved the special permit, but there is a 20-day appeal period to the ZBA special permit approval. The hours will be limited from 7:00 a.m. to 10:00 p.m. daily unless authorized on a "per diem" basis by the BOS. It was reiterated that the primary use of the senior center is to serve the needs, interests, and welfare of the senior citizens of the town of Sterling. They also recognized that there could be other community usage. ZBA stated that all evening and night lighting will be directed away from neighboring residents; no access on Boutelle Road; and landscaping along the road will be planted and arranged to minimize noise and lighting issues.

Maureen Cranson said that the last ZBA meeting went well and stayed on point. She believes nothing the abutters asked for was outrageous, and are working to resolve these issues. At the Building Committee Meeting, Maureen asked Sharon Bloom to meet with abutters and give them copies of our suggestions. Their issue was that the center would be used for community usage. As Maureen stated, it is up to the BOS, which has authority, to let the center be used by the community.

Dick Maki said that Clinton Hospital agreed to donate \$1,000 for equipment for the Nurse/SHINE office. Maureen said that we will get \$65,000 from the State for the Nurse/SHINE office. Maureen said that the town will receive \$65,000 from the State which must be spent by June 2016. Also, Clinton Savings will donate \$7,500 to the Friends of the Sterling Seniors, which will be spent on the terrace at the new senior center.

- 5. Yard Sale – September 19th**

- a) Sign up for times** – Sign-up sheet was passed around. It was asked that if anyone knew of volunteers who would like to help set up on Friday night, they should arrive around 5:30 p.m. Sharon will be seated at the table which will be the center for managing the money/change, and selling coffee and baked goods. Baked goods should be put into baggies.

- 6. Fall Conference in Sturbridge October 7th, 8th and 9th** – This was already discussed in August. Irene is covering on Wednesday; Connie on Thursday; and Sharon on Friday.

7. Issues with new Senior Center –

- a) **Coverage of Reception Area** – In order to be ready for the new senior center, we need to have Corey checks on all new volunteers before the opening.
- b) **Hours Open** – 7:00 a.m. – 10:00 p.m.
- c) **New Programming** – Sharon asked all members to bring in new programming suggestions to the October meeting.

8. Volunteer Coordinator – Lyn Garafalo and Sharon Bloom went to visit the Northborough Senior Center and said that the environment was happy and bright. Lynn discussed some ideas regarding expanding different programming services; but Karen wanted her to focus on the new senior center's volunteer issues which must be met sooner rather than later.

9. Discussion and Possible Vote on Newsletter – Bob Bloom gave a detailed presentation on this topic. A number of senior center's Newsletters were passed around for perusal. Peter made a motion to have Liturgical Press print, mail (to include postage), place ads in the newsletter, which would include color; Debra seconded. All members present voted; it was voted down – 5 NO votes - (Anita Benware, Irene Camerano, Sue Doucette, Barbara Foster, and Mary Higgins); and 3 YES votes (Sharon Bloom, Debra MacLennan, and Peter Watson).

There also was discussion regarding Keith Cordial continuing with the current newsletter, or trying to improve it with color. This would cost an additional \$75.00 per month. Anita made a motion to continue with the black and white, and eliminate the color; Mary seconded; all in favor.

10. Discussion and vote on STM Article – The operating costs were not included at the last town meeting. At this meeting we are asking for the \$16,500 for operating cost from the time we open until the next town meeting in May of 2016. Barbara made a motion to support the cost; Mary seconded; all in favor.

11. Discussion on Hiring Another Driver – Pam Dell reduced her work days from 4 days to 3 days a week. Joan will now cover Thursday and Friday.

12. MySeniorCenter Update - Since January 2015, 252 different seniors participated in 5,837 events. If you count those over 40, the numbers increase to 265 different people and 6,026 events.

13. Topics for Future Meetings - Senior Center Building Committee update; yard sale update; fall Chinese lunch; other lunches and/or outings; new programming; flu clinic; tracking unmet needs; update on policies/rules and regulations; update on Sharon's meeting with the abutters; and MySeniorCenter Update.

14. Director's Report -

- a) **Van Report #1** - 1,123 total miles, transported 36 different people, for a total of 439 trips.
Van Report #2 - 330 total miles, transported 12 different people, for a total of 55 trips.

b) Upcoming Events

- September 3rd – Movie at 1:00 p.m.
- September 7th – CLOSED for Labor Day.
- September 9th – FLU Clinic from 9:00 – 11:00 a.m. in Room 205, Butterick Building. Bring your insurance cards. This is a free clinic offered to Sterling seniors over the age of 60. NOTE: **FLU clinic has been moved to October 7th from 9 – 11:00 a.m.**
- September 10th – Magic Show at 1:00 p.m. Mr. Magic (Larry Parker) will be entertaining us with a Top Hat full of magic tricks. Refreshments will be served. Mary asked for bakers.
- September 14th – Arthritis talk by River Terrace at 12:30 p.m.
- September 17th – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978/422-3032.
- September 17th – Elder Keep Well Clinic at 12 Noon. Meet with a nurse for blood pressures, medication management, and disease management.

- September 19th – Volunteers of the Senior Center Annual Yard Sale from 8 a.m. – 2 p.m. Help the volunteers raise money for entertainment throughout the year. Donations accepted until Thursday, September 17th at 2 p.m.
- September 21st – The Last Word talk by RSVP at 12:30 p.m. Most of us don't think about funeral arrangements until we are dealing with the loss of a loved one. Unfortunately, there are those who take advantage of us during this emotional time. Join the Retired and Senior Volunteer Program to learn in an unemotional setting, receive an outline of an obituary, and learn your rights regarding final arrangements.
- September 24th – Book Club at 12:30 p.m. This month's selection is "Water for Elephants" by Sarah Gruen. All are welcome.
- September 25th – Pancake breakfast from 7:30 – 9:30 a.m. \$2.00 a plate for pancakes, sausage, fruit cup, tea bread, coffee and juice. All are welcome.
- September 28th – Cancer Prevention talk by Dr. Diane Lockhart at 12:30 p.m. Cancer is the diagnosis no one wants to hear. Learn some ways to protect you and your loved ones.

15. Chair's Update – Sharon planned a meeting with the abutters of the new senior center on September 7th. She will update us with the results at the next Board Meeting on October 1st.

16. Signing of the Warrant - The Warrant was signed earlier that day because it had to be passed in before Noon.

17. Next Meeting - The next Board Meeting will be held on Thursday, October 1, 2015 at 4:30 p.m.

18. Adjournment - The meeting was adjourned at 6:20 p.m. Barbara made a motion to adjourn; Mary seconded; all in favor.

Respectfully submitted,

Sue Doucette
Secretary