

**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, November 7, 2013 at 4:30 p.m.

**Roll Call**

**Present:**

Anita Benware, Member  
Sharon Bloom, Vice chair  
Irene Camerano, Member  
Constance Cleary, Treasurer  
Sue Doucette, Member  
Barbara Foster, Chair  
Mary Higgins, Secretary  
Ken Day, Associate  
Ellen Sesia, Associate

**Absent:** Karen Phillips, Director  
Debra MacLennan, Member  
Peter Watson, Member

**Approve Minutes** - Sharon made a motion to accept the October 10, 2013; Irene seconded; all in favor.

**Treasurer's Report** - None.

**Senior Center Building Committee Update** - No report (Karen & Peter not present).

**Program Committee Update** - Sharon and Barbara visited Sholan Farms, Clearview Farm and Rota Farm regarding hay rides next fall. They reported on what was learned and have contact information for next fall. They also visited Meadowbrook Farm for information regarding lunch opportunities. Mary and Sharon will follow-up so that information can be placed in the September 2014 newsletter. Connie visited her contact at the Chocksett Inn and reported what she learned. It was decided that the lunches were too expensive.

**Christmas Party - Sunday, December 1<sup>st</sup> at 1:00 p.m.** - Board Members were asked to bake for Christmas Party. All should attend.

**MySeniorCenter Update** - There were 273 different seniors participating in 7,985 different activities. If you count those over 40, you get 294 different people participating in 8,314 different activities. 80 people were served at the second pancake breakfast on October 25<sup>th</sup>. The next pancake breakfast will be held on November 22<sup>nd</sup>.

**Topics for Future Meetings -**

- Van to pick up riders who want to attend the pancake breakfast.
- Purchase dust buster.
- General things.

**Director's Report -**

**Van Report #1** - 21 unduplicated riders, 1012 total miles, 412 trips

**Van Report #2** - 12 unduplicated riders, 526 total miles, 111 total trips

**Upcoming Events -**

- November 7th - Independent for Life: Options for Staying at Home at Being Prepared for Your Future talk by Elder & Disability Law Advocates at 12:30 p.m.

- November 11th - Senior Center closed for Veteran's Day.
- November 13th - Game Night from 6:30 p.m. - 8:30 p.m. Pizza will be served.
- November 14th - **CANCELLED** - Local musician Ernie Spencer will be entertaining at 12:30 p.m. Tickets are \$5.00 each, free to the first 30 attendees. Ernie was in an automobile accident and was not able to perform so the program was cancelled.
- November 18<sup>th</sup> - Stroke Awareness talk at 12:15 p.m. by Augusta Ishola, a Nurse Educator and Wound Care Specialist at Fairlawn Rehabilitation Hospital in Worcester and Adjunct Clinical Instructor at Worcester State University.
- November 22<sup>nd</sup> - Pancake Breakfast at the Senior Center from 8:00 - 10:00 a.m. \$2 a plate.
- November 28<sup>th</sup> - Senior Center closed for Thanksgiving.
- November 29<sup>th</sup> - Senior Center closed for Thanksgiving.
- December 1st - Senior Center Christmas Party at 1:00 p.m. Roger Tincknell will be performing.

**Feedback from Training/Conference** - None.

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

**Next Meeting** - The next Board Meeting will be held on December 5, 2013 at 4:30 p.m. We discussed changing the January 2<sup>nd</sup> Board Meeting to the 9<sup>th</sup>. It will be decided at the December 5<sup>th</sup> Board Meeting.

**Adjournment** - The meeting was adjourned at 5:23 p.m. Barbara made a motion to adjourn; Mary seconded; all in favor.

Respectfully submitted,

Mary Higgins  
Secretary