

**RECEIVED**  
**APR 28 2017**  
**STOW**

**COUNCIL ON AGING BOARD MEETING**

**Minutes of the Council on Aging Board Meeting held on March 9, 2017**

**Members Present:** Newt Wesley, Ruth Banfield, Steve Dungan, Ruth Delmonico, and Susan

**Pauley Absent:** Bill Byron, Susan Matatia, Brian Burke, Kate Hogan

**The Director of the COA,** Alyson Toole, was present.

**Outreach Workers,** Sharon Funkhouser and Suzanne Howley were in attendance.

A quorum being present, the meeting began at 10:05 a.m.

**Secretary's Report:** The Minutes of January 12, 2017 were unanimously accepted.

**No Liaison Reports**

**No Chair's Report**

**Outreach Reports:**

**Sharon Funkhouser**

- A meeting of the volunteer receptionists was held; new opening and closing tasks were discussed; and a communication notebook was introduced to allow for questions and comments.
- On February 11th, the Community Center Open House was held. There was a great turnout. Different committees were represented who gave tours and mingled. There were refreshments from Emma's Cafe and piano music. Eight people filled out volunteer applications. Two are coming for office training.
- We are now providing hearing and vision clinics.
- **Climate Change and You** talk has been scheduled with the Elders Climate Action Members.
- A minister who is also a geriatric care manager will be discussing spirituality and aging.
- There are a number of new games and classes: poker, mahjong, pool, Brains & Balance, and Poetry & Reminiscing.
- Two tax preparers are offering free income tax help. Stow residents have priority, but others will be helped if there's space. Not every town has this service so clients are referred to Stow. Nineteen per cent of clients from mid-January to present have been from out of town.
- An average of 52 people come in to the COA daily. Ninety-eight was the highest number recorded. Sixty-nine per cent are female and thirty-one percent are male. The average age for class participation is between 70 and 74, for Outreach it's over 85.
- Bridges Together will take place in May and June with five fourth grade classes participating. Forty volunteers are needed for this program.
- Outreach consults with the social worker and nurse frequently about seniors who need comprehensive care..

**Suzanne Howley-**

**Trips and Events-**

- "Name that Tune" was a successful event with the presenter playing songs from different eras. Participants enjoyed the program and the free lunch.
- The Valentine Party was well attended. There were strolling musicians and trivia. Guests enjoyed a variety of desserts and candy.
- A trip to the Boston Flower Show is scheduled for March 22nd.
- A Medicare Fraud talk given by the Massachusetts Senior Medicare Patrol will be on March 23rd at 1 P. M. Medicare fraud is estimated to cost taxpayers 60 to 90 billion

dollars annually. The program will include how to prevent, detect, and report healthcare errors, fraud, and abuse. This has been advertised and open to the public. We have not yet met the presenter's minimum of ten.

- The "Brains & Balance" class is very popular. Body and brain exercises are alternated. I assist the presenter during the class. The new series begins on March 30 and continues for ten weeks until June 8th. The cost is \$30 per person and the instructor is partially subsidized by the Friends.
- A cyber expert is scheduled for March 29 at 1 P.M.

#### **Client Work**

- The Meal site is now here, and we're encouraging people to attend.
- Visited with a long-time confused client with her son and found her to be as well as possible.
- I'm assisting the Town Services Coordinator with a non-senior who was referred through the state representative's office. Fuel assistance was suggested, but didn't have all the necessary documentation. A detailed e-mail was sent to the fuel assistance manager asking what was needed in this case.

#### **Fuel Assistance**

There has not been a demand for fuel assistance although the season is not over until the end of April. A press release was sent the Stow Independent to inform citizens help was still available.

#### **Trainings**

I have registered for a MCOA forum, "Housing Issues and Resources," at the Natick Senior Center on April 12. They will discuss decisions seniors face; should they downsize or stay where they are. Also, what modifications are needed and their cost; and how to discuss the pros and cons with clients.

#### **Director's Report**

- Lauren Abraham, our social worker, sent her report which included graphs clearly presenting how her time was used.
- Met with Bill Wrigley to defend budget. Bill Byron and Steve Dungan came also to support the budget.
- Have been preparing the Annual Report which is always very time consuming. The following are some statistics which are included.
  1. Approximately 200 pieces of durable medical equipment has been borrowed in the past year.
  2. Transportation-About 34,000 miles were traveled, and there were 750 rides.
  3. We billed M.A.R.T. \$43,000 since we provide our own vans.
  4. The Friends contribute about \$20,000 to supplement the COA budget.
- There have been some issues with the heating system in the building some areas getting no heat.
- Joe Jacobs, the Veterans' Agent is now having office hours every Tuesday morning in his Community Center office.
- The piano has new large wheels; can be moved easily.
- Looking into a carport for the vans, but it's complicated.
- Friends offered to pay for afternoon position.

**No other business.**

**The meeting adjourned at 11:22**

**Respectfully submitted, Ruth Delmonico, Secretary**

*Accepted on April 13, 2017  
Ruth A. Delmonico*