

HOLLISTON COUNCIL ON AGING  
Minutes of Regular Monthly Meeting  
November 8, 2023 – 1:00 PM

Members Present: Yvette Cain, Kathy Anguish, Lynne Bajdek, Janet Alexander

Absent: Carmen Chiango, Georgia Papavasiliou and Millie Bedard

Staff Present: Lisa Borchetta

Associate Member Present: Peter Eagan

Call to Order:

The hybrid meeting was conducted in person in the Senior Center classroom, as well as online via Zoom. With a quorum being present, the meeting was called to order at 1:01 PM.

Minutes for October 18, 2023 were unanimously approved (moved by Kathy; seconded by Lynn) as corrected.

Chair's Comments: Millie Bedard will be resigning from the COA after 16 years of service. Once her resignation is presented to the Select Board, the open position will be posted.

Covid Test Kits are available at the Senior Center and Town Hall.

A condominium community in Holliston, "Village on the Green" will be offering four of their 16 units as affordable homes.

Senior Center Director's Report - Lisa Borchetta:

- Indoors:
  - All indoor carpeting is scheduled to be cleaned.
- Outdoors:
  - The 2023 Fall Fair cleanup is completed. Garage has been cleared and is re-housing vans and medical equipment.
  - Tent and outdoor furniture are in storage in the sheds.
  - Extra barrier has been added to the shed to deter snakes.
- Donations:
  - Lisa acknowledged another generous donation from the Superette which will help support the nutrition program.
- Grants (On-going):
  - Senior Safe Program –To date, there are four pending requests and fifty-five completed requests. Over 70 grab bars and smoke alarms and 45 CO<sub>2</sub> detectors have been installed.
  - Habitat for Humanity – ARPA Program. We have completed 3 jobs and have 5 pending projects. Applications are still being accepted and reviewed.
  - MA Development Finance Agency – Taxi Grant. From January through October 2023, 156 taxi rides have been used by Holliston residents for medically related appointments and social trips.
- Grants (Possibilities):
  - MassDOT – Mobility Assistance Program. Lisa is applying for a grant that could fund a 16-passenger van.
  - MetroWest Health Foundation: Internship Fund (*Tentative*). Hire/engage a graduate level intern to do psycho-education groups and possible short-term counseling. Dependent on fund availability and when other grant applications are completed.

- Outreach/Transportation Coordinator. Currently working with HR Department to fill this position.
  - Part time Van Drivers – actively advertising for new drivers.
  - Part Time, Temporary Assistant . Ellie Stackpole is temporarily providing office assistance.
- Staff Updates:
  - Assistant Director, Laura Parmensi – Programs
    - Volunteers:
      - Talking to 3 potential new volunteers.
      - Needs more assistance with Monday & Wednesday lunches.
      - Met with someone who can possibly teach Kundalini Yoga.
      - Contacted EOEA to see about doing LGBTQ+ training.
    - Gifts and Cards for Seniors:
      - Holiday gifts are coming in for Girl Scouts to wrap.
      - Newcomers & Neighbors will be delivering a Thanksgiving meal for seniors on the day before Thanksgiving.
    - Winter Luncheon Cards: Fifth grade teacher, Ms. Perpall and her students are making cards with notes and chocolates to add to the lunch deliveries for the Winter Luncheon.
    - Programming Updates:
      - Medicare 101 class held on November 7, was widely attended.
      - Drop in Tech Help will continue on Tuesdays during the months of November and December.
      - “Gourd-geous” Floral arrangements will be offered on November 17.
      - Birthday Celebration lunches will return in 2024. One free (non-special event) lunch will be offered during the month of your birthday.
      - Oh You Pick (Olympic) Games; Choose and play from assortment of outdoor games from November through February. Whoever plays the most games has a chance to win a gold, silver, or bronze prize. Winners will be announced at Valentine’s Day Party.
      - New Possibilities:
        - Meditation in Times of Turmoil – Four-week program led by Roberta Weiner.
        - Pearls of Wisdom Group – Exploring several off-site possibilities.
        - HCAT Collaboration – Meeting with Lisa and Don to discuss in-studio possibilities.
        - Senior U:
          - Social Media for Seniors.
          - The first three female senators and their stories.
          - Drop-in Art or Painting group.
          - Cooking Class.
          - Drop-in “Share Group” discussing theme-based topics.
    - Overnight trips 2024 with Collette Tours:
      - Shades of Ireland – May 1-10.
      - America’s Music Cities -September 29 – October 6.
    - Other Program Notes:

- Lisa and Laura are working on a tracking system to help to enhance diversity in the types of programs offered.
- Evening and/or weekend activities are being considered, dependent largely on staff availability, as well as utilizing other public spaces in town.
- SSF Requests: Motion to approve \$250 was unanimously approved (moved by Kathy, seconded by Janet) for the following:

Meditation with Roberta Weiner – January	\$250.00 Credit Card or Check
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Old Business:

**Envisioning Holliston Update:**

At the request of Travis Ahern, the Council on Aging reviewed and discussed the Draft of the Town of Holliston Strategic Plan specifically with emphasis on two Strategic Priorities that most affected the COA/Senior Center – namely the Performance Measures for, “Continuous Education and Enrichment” and “Flourishing and Engaged Community.” The discussion revolved around the “what is it” and “when” each performance will be measured. Yvette will email our feedback/comments to Travis for inclusion in next week’s meeting of the Envisioning Future Holliston.

Available Property – The property on Goulding Street is still available. Karen Sherman, Town Planner, will investigate the property to see if there is any interest or benefit to the town.

Adjournment:

Motion to Adjourn was unanimously approved (moved by Kathy; seconded by Lynn). Next scheduled meeting is December 6, 2023 at 1:00 PM. Meeting adjourned at 2:40 PM.

Respectfully submitted,

Janet Alexander