

HOLLISTON COUNCIL ON AGING
Minutes of Regular Monthly Meeting
December 6, 2023 – 1:00 PM

Members Present: Yvette Cain, Kathy Anguish, Lynne Bajdek, Janet Alexander, Carmen Chiango (remote)

Absent: Georgia Papavasiliou

Staff Present: Lisa Borchetta, Cynthia Listewnik

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 November 8, 2023 were unanimously approved (moved by Kathy; seconded by Lynn) as corrected.

Chair's Comments:

Cynthia Listewnik was welcomed and introduced to the Committee as the new Outreach/Transportation Coordinator. Cynthia, a long-time Holliston resident, has a background in Social Work and Community Organizing and is currently being trained in the day-to-day activities as well as the *MySeniorCenter* software application program.

Millie Bedard's oral resignation was accepted by the Select Board.

Senior Center Director's Report - Lisa Borchetta:

- Indoors:
 - Acadia Farms donated a Yamaha Clavinova electric piano to the Center.
 - James Keast provided a couple of indoor space heaters for the office space. Thermostat programming is done on James' computer and updates have been made to help regulate the uneven heating in the building.
- Outdoors:
 - The Garden Club decorated the front entry flower boxes.
- Grants (On-going):
 - Senior Safe Program –To date, there are seven pending requests and fifty-two completed installations.
 - Habitat for Humanity – ARPA Program. Applications will be accepted and reviewed depending on the current available funds.
 - MA Development Finance Agency – Taxi Grant. Requests have slowed down from Covid phase, but it is still an important adjunct to our transportation needs.
- Grants (Possibilities):
 - MassDOT – Mobility Assistance Program. Since we are currently engaged with MWRTA Lisa will not be applying for a grant through this program.
 - Now that the Center is fully staffed, Lisa will be looking into other grant opportunities.
- Outreach/Transportation:
 - Part time Van Drivers – actively advertising for new drivers.
- Donations:
 - Lisa acknowledged and thanked all residents and businesses who continue to support the center with donations of time, energy, skills, talents, medical equipment, books, household items, and financial contributions.

- Staff Updates:
 - Assistant Director, Laura Parmensi – Programs
 - Volunteers:
 - Contacted EOA to have in-person LGBTQ+ training.
 - Overnight Trips through Collette Tours– *Shades of Ireland* May 1-10; *American's Music Cities* – September 29-October 6.
 - Programming Updates:
 - Birthday Celebration lunches. One free (non-special event) lunch will be offered to residents during their birthday month.
 - Too Fit to Fall. Balance Reduction and Fall Prevention with Dr. Geena Terino. A no-cost screening will also be available to determine if you are at risk of falling.
 - Pets & People Foundation – A program that offers pet-assisted therapy visits to people who could use some healing joy in their days.
 - Pearls of Wise Wisdom – Participants will learn the effects of, and how to address, stress on overall health.
 - Aging in Place -What we should know now! January seminar designed to provide great information regarding home safety, organization, and what care services are available to allow you to stay put safely.
 - Meditation in Times of Turmoil – Four week series in January to reduce stress and anxiety.
 - This “You” Program – Sharing stories with other participants on what makes you unique.
 - Administrative Assistant – Debbie Dupuis
 - In addition to her administrative duties, Debbie drives the van as needed and is working with Cynthia on transportation scheduling.
- SSF Requests: Motion to approve \$3638.50 was unanimously approved (moved by Janet, seconded by Kathy) for the following:

Two Card Shuffler Machines, eight wooden Card Holders for Games Group	\$70
Bingo – January & February	\$80
Veteran’s Coffee – January & February	\$60
Select Chat – January & February	\$60
HPD Coffee – January & February	\$60
Monthly Breakfast – January & February	\$200
Lunch & A Movie – January & February	\$275
Annual Holiday Staff/Kitchen Volunteer Lunch	\$250
Valentines Luncheon Entertainment – February	\$200
Valentine’s Luncheon Meal	\$1700
Pearls of Wisdom Managing Stress Workshop – February	\$195
Newsletter Folding (Food) – February	\$250
Greatest Sitcoms of all Times - March	\$155
Replacement of two pots and pans	\$67.50
Two Steamer Baskets	\$16

Lisa shared statistics captured from the *My Senior Center* software from July 2022 through June 2023. Data reflected how many people signed in for various activities and events, as well as services provided through the Outreach program, and volunteer hours. It was recommended that we

encourage people to swipe in so more accurate reporting can be captured. Lisa will be able to populate and manipulate needed data for requesting future grant opportunities, and track and measure the strategic plan and goals that have been identified by the Envisioning Holliston.

New Business:

Peter Eagan has accepted the open position vacated by Millie Bedard. He was unanimously voted into full membership in the Council of Aging (moved by Kathy; seconded by Carmen).

Senior Center programming needs to be updated in HCAT and on the Town's website. **Discussion was tabled for January 2024 meeting.**

Old Business:

Envisioning Holliston Update: Committee is continuing to fine tune the documents and embedding them into the final analysis.

Adjournment:

Motion to Adjourn was unanimously approved (moved by Kathy; seconded by Lynn). Next scheduled meeting is January 10, 2024 at 1:00 PM. Meeting adjourned at 2:15 PM.

Respectfully submitted,

Janet Alexander