

COUNCIL ON AGING
September 28, 2016 at 9:15 am
Middleton Senior Center

Members Present: Dr. Joan Shea-Desmond, Barbara Tilton, Barbara Sanborn, Martha Fucarile, Leah Magnifico, Carol Carr, Frank Leary, Alice Tierney,

Others Present: Susan Gannon, Executive Director
Leanna Harris, Recording Secretary

Absent: William Walczak, Kay Martinuk

Dr. Shea-Desmond called the meeting to order at **9:15 am**.

Minutes

MOTION: Ms. Tilton moved to approve the Minutes from the July 27, 2016 meeting.
Second by Ms. Carr. All in favor.
Motion carried.

Director's Report

Ms. Gannon stated they were awarded \$15,000 from the Title 3B grant (transportation & outreach). They will receive \$7,500 a year for the next two years. They are alternating years so the Title 3B grant is 2017 to 2019. The Title 3C grant (nutrition) is 2016 to 2018 and is \$9,000. Both of the grants begin October 1st and run through September 30th. Next week Ms. Gannon is meeting with the Town Administrator to get an early start this year. They have added the 4th lunch day so there will be lunch every Friday. It's not in the budget so they are trying to be cost effective and are going to serve soup and sandwiches. Sometimes Brother's Deli donates soup but every week they get soup from Twin Oaks. They would like to attract people from the Food Pantry.

All the paperwork has gone in for the Formula Grant and so they should be hearing soon. Ms. Gannon has received verbal feedback that they are all set. Sometimes the grant isn't released until December/January but they are able to charge against it before that.

They will not be receiving \$2,000 from New England Biolabs and they have been told not to apply for a few years. For a minimal fee, Ms. Gannon has signed up for an online grant search. There are 3 possible grants she will apply for. One is due October 5th, the other two are due October 15th. Ms. Gannon has also spoken to Elder Services about a regional grant. Ms. Gannon is thinking that if they were to partner with Boxford and Topsfield next year they may be able to apply for regional grants.

Sue Tilton gave her notice. She will be doing outreach in North Reading. Patrick Maher who is a veteran and also does counseling is picking up more hours and making himself available to do

some of the outreach that Ms. Tilton was doing. There is a rotating list for home deliveries that is split amongst Charlene, Tom and Andy. There have been times that Charlene has spent an hour and a half at one home. Terri Getz has been hired and she shadowed Charlene yesterday and will do so the next two Tuesdays so she gets to know the routes and the clients. The visits Ms. Getz are assigned are just friendly visits. Weekly reports are turned in to Ms. Gannon that state who was visited, how long the visit was and what was discussed. This is how Ms. Gannon is using the bonus funds from NSES. Statistically there is a much higher instance of depression, anxiety, alcoholism and loneliness in the fall heading into the winter. People are more house bound.

Ms. Tierney stated the Friends had a meeting on the first Monday of September. Ms. Gannon had talked to her about the Friends providing gift cards for Walgreens, Bouchards, Market Basket and gas cards. Ms. Gannon will give them out as she sees need. The Bouchards gift cards are being used for people who need to get to work and are struggling. Prescriptions have gone up and so the Walgreens and CVS gift cards are being given out for prescriptions.

Mr. Leary stated that people in the Food Pantry have raised about \$1,600 to help a handicap woman who needs to service her vehicle so that it will pass inspection.

Ms. Gannon stated most of the people she has given gift cards to receive Fuel Assistance, SNAP, etc. so she doesn't delve into screening because she knows other agencies have already done so.

Ms. Tierney stated Andy is doing Blue Hair Group at the Galas Theater in Salem on December 30th at noon. The Friends will offer enough tickets for full vans. If they go above 30 people, then those people will have to take other transportation. It will be in the Newsletter.

This summer the Friends did the Lobster Rolls, the ice cream and they paid for 2 trips. On October 26th following the COA meeting, the Friends would like to have a small reception for Ethel Lee to present a plaque to the Council on Aging from Ethel's family and the Friends. This will be in the Newsletter too.

Chairperson's Report

Dr. Shea-Desmond stated there is a card for Sue Tilton but if anyone would like to do more to just let her know.

Richard Muzzy is a new member of NSES. He has just retired as Executive Director of Catholic Charities. Mr. Leary, Ms. Gannon and Dr. Shea-Desmond have met with him. Mr. Muzzy will be traveling for four or five months but once he returns he will become more involved and be a great addition. Mr. Leary stated he is very smart and has many good contacts. Ms. Gannon asked Mr. Muzzy about joining the Council on Aging and when he returns in March he will submit a letter of interest to become an alternate.

Committee Reports

- **Trips/Activities:** Ms. Fucarile stated on August 19th they took the ferry from Salem to Boston and it was a wonderful day. On August 28th they had the outing at Ethels, the grounds are beautiful and it was so perfect it should be done again. September 6th they

went to Apple Crest in Hampton, NH. There was a lot of good foods that are grown right there and the little restaurant was also very good.

September 23rd they went to Fruitland in Harvard, MA. There was a lot of walking but it was very nice. Ms. Tilton stated it wasn't busy when then got there but it was in the morning. The hill was rather steep but Andy was very helpful. Ms. Fucarile stated the trips this year were wonderful, Ann does such a great job. They went to Apple Fest in Boxford. It was nice but there weren't many vendors. Pam from the Boxford Senior Center invited them in. The Center was so nice and neat. Pam also gave them a Newsletter.

Ms. Tilton stated they went to the Chinese Restaurant in North Andover and had such a horrible experience that the group all agreed to never go back. Yesterday they went to Grassfields in North Andover and that was a lovely time.

- **Newsletter:** Ms. Gannon stated this time of year there are several inserts. In January, there are a lot of events where there are conflicts with the library. There will be a community newsletter going out where someone from the voucher program will be assigned, the Board of Trade, the 1728, etc. All of this information is on the Town's website but a lot of people don't go on it.
- **NSES:** Dr. Shea-Desmond stated she gave Ms. Gannon the Director's Report from NSES. November is the annual meeting at the Boston Peabody Marriott at Centennial Drive at 11am. There will be a guest speaker and lunch. It's \$60 for lunch and the presentation, \$40 for students and seniors. The presentation is free and prior to the lunch. On Tuesday, November 15th is the We Give Thanks awards at Angelicas and that is \$85. They are offering a staff discount of \$60 but so far nothing has been announced about a senior discount. Both Mr. Leary and Dr. Shea-Desmond will attend to show their support.
- **Food Pantry:** Mr. Leary stated that Big Y has taken over Hannafords and he is hoping to negotiate successfully but it will be an adjustment if Big Y doesn't work out. Dr. Shea-Desmond stated Stop & Shop is usually very generous. Mr. Leary stated someone is already in there. The Food Pantry is doing very well with canned goods and dry goods. The Food Pantry recognizes how helpful Sue was. She was very efficient in handling the paperwork for the Food Pantry and she's very easy to get along with.

New Business

Ms. Gannon stated the raised beds produced more than they expected and everyone loved seeing all the fresh vegetables. People were able to take what they wanted. Essex Tech brought them bags of fresh vegetables and so those were also put out for people to take. The raised beds were designed to be taken apart, the tops lift off. Castors will be added. The DPW uses that space to put snow so the beds will be dismantled and put on the side building or in the shed if they have room. Aside from the initial cost of labor to compensate Jerry Gove to build the beds, the maintaining labor has been free either from the voucher program or a student. Rain barrels were installed but unfortunately with the drought there hasn't been much in there. Ms. Gannon stated

there are still some things growing out there but she is going to put some planting material into barrels for next year and in the spring they will add fertilizer to get it going again.

The side entry repair was completed and has been signed off by the Building Inspector.

People have already signed up for the Thanksgiving (\$10) dinner. They are waiting to hear back from Angelicas as to what the cost of the dinner will be and also if the Town will cap off a dollar amount or an amount of people.

Ms. Carr stated the 1728 is adamant that there is no charge for the holiday dinner but she doesn't know how many people they will pay for. Ms. Gannon stated in past years it's been capped at 150 people and Angelica's donates the food. This year they are limiting it to Middleton 55+ residents only. There are three people that do not live in Middleton that are at their Senior Center every week for either a meal or BINGO and so they are their "regulars". The fact is that they live out of Town but they don't go to another Senior Center. The Friends may pay for 15 people and so that would cover their regulars. There are other people who have offered to pay for themselves but they are going to cap it at 150 people.

Ms. Gannon stated for Thanksgiving if the Town pays for the first 150 people from the Mansfield Fund and they collect \$10 per person they can put that money towards paying for other people at the Holiday party. The Thanksgiving dinner is on Thursday, November 17th and the Holiday dinner is Friday, December 16th. Ms. Tilton stated, she knows Ms. Gannon goes through a lot of trouble of coordinating tables together and so Ms. Tilton suggested each one of the members sit at a different table to introduce themselves and help people to mingle.

Essex Tech has opened up the dining room again. Individuals need to call ahead to reserve a table and to provide names in advance. The bakery will also be included in the visits.

On Monday, the van is going to the Topsfield Fair.

The Town Administrator went with Ms. Gannon to The Goddard School. That same day it ended up being leased. The school had given the Town 3 weeks to come up with a plan to buy the school or lease it. It's been leased out for 15 years, with a 10-year renewal. The Town could still buy the building and honor the lease. They are looking at other property in town.

On November 9th they are having another Veterans event with the singing trooper and are easily expecting 100 people. At the end of May, they are hoping to have a dinner theater for \$20/person at the American Legion for two nights. The Neverland Theater needs to obtain a license for a play about Vietnam. Neverland Theater will offer some tickets.

Adjournment

MOTION: Mr. Leary moved to adjourn the meeting at **10:36 am.**
Second by Ms. Carr.
All in favor.

Respectfully submitted,

Leanna Harris, Recording Secretary