

Council on Aging

Meeting Minutes

May 17, 2018

Present - Carole Mullen, Cheryl Moreci, Bob Casali, Diane Frazier, Nancilee Fuller, Claudette Hughes, Pat Johnson, Dan Malloy, Eileen Milaszewski, Rebecca Wesley

Minutes and Bills - Accepted and approved.

Transportation - Use of the van has been low during the first couple of weeks of operation. It has been used for bringing people to the grocery store, bringing people on personal errands, and bringing a few to the senior center for activities. However, we'll need more use of it to be able to keep it. Carole has plans to promote the use of it over the next several months.

Budget - One item in the budget is for paid vacation time for Nancy. Carole will write a letter to the town treasurer stating that Nancy works 22 hours a week. The only change in the budget will be to go from \$15,000 to \$20,000 for transportation. That won't be enough, but the Friends of Elders will give what will be needed to operate the three transportations systems we use. (Milford, Traveler's Transit, and our van)

Pre-diabetes program - Getting approval from Medicare by the Hockamock YMCA to provide a pre-diabetes program for free was much more difficult than they anticipated. This will result in a delay of possibly several months. At present, two people are interested in the program. There was discussion of how to get more involved, as there will have to be at least ten. Carole will work on promoting it.

Town Meeting - We have two items on the warrant. They're for revolving accounts - an instructor fee account and a transportation account.

Programs - Carole noted that it would be desirable to have more programs, but with our small staff it is difficult to find the time to learn what programs are available, what people are interested in, etc. Also, it appears that people are more apt to join programs if they are free than when there's a charge. A mah jong group will be added in June, and a reiki program will be added in July. A strength-training program will be started in the fall. Attempts to get men interested in joining activities have so far been unsuccessful, but Carole will continue to work on it.

Newsletters - Changes to the monthly newsletter were discussed. The matter will be brought up again in the August meeting. For next year, will look for a person on the tax credit program to help with the newsletter, and also help in other ways at the senior center.

Barbecue - June 26.

Policies - Updating of policies will be discussed at the August meeting.

Adjournment - The meeting was adjourned at 2:05.

Respectfully submitted,

Daniel Malloy, Secretary