

Adams Council on Aging Advisory Board (ACOAAB)

MEETING MINUTES

Monday, November 6, 2023

2:00 pm

3 Hoosac St., Adams, MA 01220

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Members Present: Bruce Shepley, Chair; Elizabeth Mach, Secretary; Leona Meczywor; Pam St. John; Barbara Ziemba

Excused Absents: Aleta Moncecchi, Vice Chair; Benjamin Acquista; Thomas Dubis; Mary Whitman

Also Present: Sarah Fontaine, ACOA Director; Barbara Proper, ACOA Outreach Coordinator

Meeting Documents: Agenda; Meeting Minutes (October 2, 2023); and the ACOA newsletter (November 2023)

1. **CALL TO ORDER/QUORUM:** Bruce Shepley, Chair called to order the regular meeting of the ACOAAB at 2:00 pm. Roll call was conducted with the establishment of a quorum.

2. **REVIEW /APPROVAL OF MINUTES:** Minutes of the October 2, 2023 meeting were submitted for approval. A motion to approve and waive of the reading the minutes as submitted was moved by P. St. John with an amendment to the Friends of the ACOA report on page 2. The motion was seconded by B. Ziemba and passed unanimously.

3. **PROGRAM/OUTREACH REPORT:**

A. **Recent Events Review:** A report of recent events was presented by S. Fontaine, the ACOA Director.

October: 10/6 Adams Historical Society Presentation; 10/8-9 Ramble Fest; 10/9 COA CLOSED; 10/10 Mobile Food Bank; 10/10 Caregiver Support Group; 10/11-10/13 MCOA Fall Conference in Danvers; 10/11 Craft w/ Deb G; 10/11 Living with Loss Support Group; 10/16 In It Together Social Group; 10/17 Foot Care & BP Clinics; 10/18 BINGO w/ Williamstown and North Adams Commons Admissions; 10/18 Friends Meeting; 10/18 Adams Food Pantry at First Congregational Church; 10/19 Chair Massages; 10/19 nbCC Working On Wellness (WOW)

Workshop- Fire Cider; 10/24 Mobile Food Bank; 10/25 Magnetic Poetry Class w/ Izzie; 10/27 Brown Bag; 10/27 – 10/29 Pumpkin Walk at AVC; 10/31 Costume Party and “I Scream” Social w/ Amedysis

B. Upcoming Events/Programs Review: A report regarding upcoming events was presented by S. Fontaine, ACOA Director.

November: 11/1 Holiday Party Planning Meeting; 11/2 CPR/First Aid Training for staff; 11/6 BINGO at Sweetwood; 11/7 ESBC Lunch & Learn “Nutrition Myths De-Bunked”; 11/8 Veterans Day Event, Living After Loss Support Group, AARP Tax-Aide Volunteer Fair; 11/9 Closing at Noon; 11/10 Closed; 11/13 Bus trip to MGM SOLD OUT; 11/13 Meraki Discounted Haircuts; 11/14 Mobile Food Bank, Caregiver Support Group; 11/15 Bingo w/ HNE, FCC Food Pantry; 11/16 Thanksgiving Linen Lunch, Chair Massages; 11/20 Shelf Stable Soup Discussion w/nbCC WOW Workshops, Brown Bag (day & time change due to Thanksgiving); 11/21 Foot & BP Clinics, Craft w/ Izzie; 11/22 Closing at noon; 11/23 & 24 Closed; 11/27 Lunch w/ Moon Pies, Social Group; 11/28 Mobile Food Bank; 11/29 Meal Site Volunteer Food Safety Training from ESBC, Hospice Remembrance Ceremony; 11/30 Retirement Party for John Naughton

December: 12/1 NBSWMD & Composting; 12/6 Craft w/ Izzie; 12/7 follow up to Fire Cider WOW Workshop w/ nbCC; 12/11 Brown Bag (day & time change due to Thanksgiving); 12/12 Mobile Food Bank, Caregiver Support Group, Holiday Party at Bounti-Fare; 12/13 Bingo w/ Kayla from the Commons; 12/14 Holiday Lunch from Elder Services, Possible Hazard Mitigation Plan Public meeting w/ Town contractor; 12/19 Foot Care and BP Clinics, Sounds & Soup Event; 12/20 Friends Holiday Tea; 12/22 Closed; 12/25 Closed; 12/26 Mobile Food Bank Canceled by Food Bank

4. OLD BUSINESS:

- A. New ACOA Van Drivers - New ACOA van drivers, David Ronnow and Greg Trottier, are completing their training requirements. Due to driver availability, the ACOA van will no longer provide service on Fridays beginning in November.
- B. Service Incentive Grant Due 11/9/23 - Grant applications for senior center modernization will include; automatic door opener, technology, data tracking, and outreach to build ACOA awareness featuring testimonials of current clients.
- C. ACOA Annual Holiday Party – The event will be held on Tuesday, December 12 at the Bounti-Fare restaurant. Donations will be accepted for raffle items. The cost is \$25 per person and \$20 for Friends of Adams COA members. The deadline to purchase tickets is Wednesday, December 6.

5. NEW BUSINESS:

- A. Retirement of ACOA Van Driver - John Naughton will retire on November 8, 2023, but has agreed to remain as a fill-in van driver and will assist with the new driver training. The ACOAAB thanked John for his hard work serving the ACOA clients and his devoted service over the last 7+ years. The community is invited to honor and celebrate John's retirement on Thursday, November 30 at 1 pm at the ACOA. Light refreshments will be served.
- B. MCOA Conference Review – The Massachusetts Councils on Aging (MCOA) conference was held in October. S. Fontaine, ACOA Director, and B. Proper, ACOA Outreach Coordinator attended conference workshops providing support, training, and advocacy.

6. FRIENDS OF THE ACOA REPORT:

Pam St. John reported the Friends of the ACOA fundraising committee has dissolved since the committee was appointed for a specific task.

7. MEMBER ITEMS:

- A. A SHINE and Independent Insurance Counselor are available to assist with Medicare plan reviews and changes by appointment at the ACOA on Mondays and Thursdays from October 16 - December 7, 2023.
- B. All Saints Episcopal Church in North Adams will provide free Thanksgiving meals to North Berkshire seniors age 60 and older who are alone. Reservations are required and ACOA clients may contact B. Proper.
- C. The Berkshire Food Project will host a free Thanksgiving meal for the community from 11 am to 1 pm and 4 to 6 pm on Monday, November 20. There are no reservations required; meals will be served on a first-come, first-serve basis. The Berkshire Food Project is located inside the First Congregational Church in North Adams.

- 8. NEXT MEETING:** ACOAAB's next meeting will be held on Monday, December 4, 2023, at 2:00 pm.

- 9. ADJOURNMENT:** A motion to adjourn was made by P. St. John, seconded by L. Meczywor, and passed unanimously. The advisory board chair declared the meeting adjourned at 2:45 pm.