

Adams Council on Aging Advisory Board (ACOAAB)

MEETING MINUTES

Monday, December 4, 2023

2:00 pm

3 Hoosac St., Adams, MA 01220

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Members Present: Aleta Moncecchi, Vice Chair; Elizabeth Mach, Secretary; Benjamin Acquista; Leona Meczywor; Pam St. John; Mary Whitman; Barbara Ziemba

Excused Absents: Bruce Shepley, Chair; Thomas Dubis;

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

Meeting Documents: Agenda; Meeting Minutes (November 6, 2023)

A. CALL TO ORDER/QUORUM: A. Moncecchi, Vice Chair, opened and called to order the regular meeting of the ACOAAB at 2:02 pm. Roll call was conducted with the establishment of a quorum.

B. REVIEW /APPROVAL OF MINUTES: Minutes of the November 6, 2023 meeting were submitted for approval. P. St. John made a motion to accept the November 6, 2023 meeting minutes as presented and waive the reading. L. Meczywor seconded the motion. The motion passed unanimously.

C. PROGRAM/OUTREACH REPORT:

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

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

December: 12/1 NBSWMD & Composting; 12/5 CHP Vaccine Clinic; 12/6 Craft w/ Izzie; 12/7 follow up to Fire Cider WOW Workshop w/ nbCC; 12/7 Holiday Party volunteer meeting; 12/11 Brown Bag (day & time change due holidays), tentative return of Karen DeOrdio/SHINE; 12/12 Mobile Food Bank, Caregiver Support Group, Holiday Party at Bounti- Fare, Office closing at 2:30 pm; 12/13 Bingo w/ Kayla from the Commons, Grief Support Group; 12/14 Holiday Lunch from Elder Services, BART Student Chorus, Possible Hazard Mitigation Plan Public meeting w/ Town contractor; 12/18 Social Group; 12/19 Foot Care and BP Clinics, Sounds & Soup (& Pie) Event; 12/20 Town Staff Holiday Party, Friends Holiday Tea; 12/22 Closed; 12/25 Closed; 12/26 Mobile Food Bank Canceled by Food Bank; 12/28 NYE Lunch w/ Mocktails and music by Lighten Up, Toast to Chuck Gebauer's last day.

D. OLD BUSINESS:

- A. Service Incentive Grant – The grant application was approved for senior center modernization including an automatic door opener for the front entrance and technology for a data tracking terminal for the 2nd floor. This reimbursable grant requires expenditures to be paid by June 30, 2024.
- B. ACOA Annual Holiday Party – The event will be held on Tuesday, December 12 at the Bounti-Fare restaurant. The event cost is \$25 per person and \$20 for Friends of Adams COA members. The deadline to purchase tickets is Wednesday, December 6.

E. NEW BUSINESS:

- A. Roundtable Discussion on Programs/Initiatives Ideas for 2024 – Thoughts included;
 - 1. Diversity month (April 2024) with programming to be developed.
 - 2. Hosting a volunteer recognition event (April 26, 2024) at Zucchini's Restaurant.
 - 3. Development of Alzheimer's awareness for the "shortest day" in addition to the "longest day" events.
 - 4. New desk for office customer service area (transportation logistics).

5. Programing to attract more men, reduce isolation, and move away from the perception that the COA is “for women” or “old people”. Programing to provide a hangout and male camaraderie e.g. March Madness tournament, “Coffee on the Court” sponsored by the ACOA (hoping if they attend one event, these men will find something else of interest and bring a friend), adding program topics aimed at men in areas such as investing, personal finances, and discussion groups to include men’s issues.
6. Fraud awareness messaging (brief feature) monthly in The Buzz newsletter during 2024.
7. Website update.

6. FRIENDS OF THE ACOA REPORT:

No report was presented. ACOA Director notified advisory board that Friends’ President Lynda Bianchi has stepped down. Remaining Friends officers are in communication about running the next scheduled meeting, Wednesday, January 3, 2024.

7. MEMBER ITEMS:

1. Dispel the negative stereotypes surrounding who attends a COA as aging is shifting, and more and more aging adults are embracing their older years seeking out ways and opportunities to continue to lead healthy, active lives and contribute to their communities.
2. Consider rebranding the ACOA to reflect the welcoming environment awaiting all older adults representing an evolution of everyone from 60 to 90+ years of age.
3. Development of a transportation flyer.
4. Development of a bring your child to the ACOA for current members to introduce their family members who may be approaching 60 years of age to the ACOA services offered.
5. Scheduling bus trips to local casinos during the first quarter of 2024.
6. Build ACOA awareness featuring testimonials of current clients to help dispel negative stereotypes, entice new clients to engage with the ACOA, and encourage existing clients to increase the frequency of their participation.

- 8. NEXT MEETING:** ACOAAB’s next meeting will be held on Monday, January 8, 2024, at 2:00 pm. (due to New Year holiday).

9. **ADJOURNMENT:** A motion to adjourn was made by P. St. John, seconded by B. Acquista, and passed unanimously. The advisory board vice chair declared the meeting adjourned at 2:58 pm.