

Adams Council on Aging Advisory Board (ACOAAB)

MEETING MINUTES

Monday, September 11, 2023

2:00 PM

3 Hoosac St., Adams, MA 01220

CLERK

TOWN CLERK
ADAMS MASS.

23 SEP 27 AM 11:46

RECEIVED-POSTED

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

Excused Absents: Thomas Dubis; Aleta Moncecchi, Vice Chair

Also Present: Sarah Fontaine, ACOA Director

Meeting Documents: Agenda; Meeting Minutes (June 5, 2023)

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

ACOAAB members were sworn in by the Adams town clerk and agreed to abide by the laws, bylaws, and policies of the town in the performance of their duties on the ACOA advisory board.

2. **REVIEW /APPROVAL OF MINUTES:** Minutes of the June 5, 2023 meeting were submitted for approval. A motion to approve the minutes as submitted was moved by L. Meczywor and seconded by M. Whitman. The motion passed unanimously.

3. **PROGRAM/OUTREACH REPORT:**

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

June: 6/6 Building closed- no water service; 6/7 MCOA Board Training; 6/7 Friends Meeting; 6/7 Annual Town Meeting; 6/8 Building closed- staff at Western MA Elder Care Conference; 6/9 Drumming class; 6/12 BaneCare Bingo & Ice Cream Social; 6/13 Mobile Food Bank; 6/13 Caregiver Support Group; 6/14 Crafts w/ Izzie- Faerie Crowns and Wreaths; 6/15 Father's Day Linen Lunch; 6/19 CLOSED for Juneteenth Holiday; 6/20 Foot Care & BP Clinics; 6/21 The Longest Day; 6/22 Chair Massages \$20; 6/23 Dutch Apple Cruise; 6/23 Brown Bag; 6/26 Meraki

Discounted Hair Cuts; 6/26 Pride Documentary & Discussion- "Stonewall Uprising"; 6/27 Mobile Food Bank; 6/28 Movie: Beginners; 6/30 Cabaret at Barrington Stage \$57.60/pp

July: 7/11 Mobile Food Bank; 7/11 Caregiver Support Group; 7/12 Million Dollar Quartet at The Colonial- Adams COA tickets SOLD OUT; 7/13 Pizza Luncheon w/ Oasis Senior Care; 7/14 Card Making; 7/17 Art w/ Annie; 7/18 Foot & BP Clinics; 7/18 OD & Naloxone Discussion; 7/19 BINGO w/ Sweetwood; 7/19 Friends Meeting; 7/24 Movie: 80 for Brady; 7/25 Mobile Food Bank; 7/26 Craft w/ Izzie; 7/26 Drumming; 7/28 Brown Bag; 7/31 Art w/ Annie

August: 8/2 Friends Meeting; 8/8 Mobile Food Bank; 8/8-8/17 No Chair or Dance Yoga; 8/8 Caregiver Support Group; 8/9 BINGO w/ Fallon Health; 8/15 Foot Care & BP Clinics; 8/15 Taco Tuesday w/ HNE; 8/16 Chair Massages; 8/17 Lions Club/COA Senior Picnic; 8/21 Senior Citizens Day/Linen Lunch; 8/22 Mobile Food Bank; 8/23 Craft w/ Deb & Izzie & Betsy; 8/24 Grab & Go because of Town Staff Picnic; 8/25 Brown Bag; 8/28 Ecu-Health Care Presentation at lunch; 8/28 Art w/ Annie; 8/30 Movie: Somewhere in Queens;

September: 9/1 Nonagenarian (90+) Birthday Party at Bounti-Fare; 9/6 Presentation from MA Behavioral Health Line; 9/6 Friends Meeting; 9/8 Musical Bingo; 9/11 BINGO provided by Sweetwood

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

September: National Senior Center Month; 9/1 Nonagenarian (90+) Birthday Party at Bounti-Fare; 9/6 Presentation from MA Behavioral Health Line; 9/6 Friends Meeting; 9/8 Musical BINGO; 9/11 BINGO w/ Sweetwood; 9/11 Drumming; 9/12 Mobile Food Bank; 9/12 Caregiver Support Group; 9/13 Craft w/ Izzie; 9/13 Living with Loss Support Group; 9/14 Chair Massages; 9/18 Meraki Discounted Hair Cuts; 9/18 Art w/ Donna returns; 9/19 Foot Care & BP Clinics; 9/19 Craft w/ Williamstown & North Adams Commons Admissions; 9/20 Presentation from nbCC Community Health Worker; 9/22 Brown Bag; 9/25 Linen Lunch; 9/26 Mobile Food Bank; 9/27 Pizza & Salad Lunch w/ COA Staff; 9/27 Gen Silent Documentary Screening & Discussion Group; 9/29 Adams Historical Society Presentation; 9/30 Walk to End Alzheimer's at the AVC

October: 10/9 COA CLOSED; 10/10 Mobile Food Bank; 10/10 Caregiver Support Group; 10/11-10/13 MCOA Fall Conference in Danvers; 10/17 Foot Care & BP Clinics; 10/18 BINGO with Williamstown and North Adams Commons Admissions; 10/18 Friends Meeting; 10/18 Adams Food Pantry at First Congregational Church (TBD); 10/24 Mobile Food Bank; 10/27 Brown Bag; 10/27 – 10/29 Pumpkin Walk at AVC; 10/31 Costume Party and "I Scream" Social with Amedysis

4. OLD BUSINESS:

- A. The ACOA has volunteer opportunities for short-term and long-term commitments to fit the volunteer's schedule including; Rogue Car drivers for medical transportation; office phone coverage and support, and Rita's Rides bike drivers.
- B. The website content worksheet and ACOA volunteer application/registration draft are under review for the next steps.

5. NEW BUSINESS:

- A. Additional community volunteer opportunities include; the future Adams Food Pantry, under development and sponsored by the First Congregational Church on the 3rd Wednesday of the month from 5-7 pm; the AARP Tax-Aide Volunteer Program is requesting volunteers to provide free tax assistance and preparation service. *(The ACOA may be at risk of not hosting the service if AARP does not have volunteers tax preparers and/or intake workers.)*
- B. Mobile Food Bank and Brown Bag food distribution times changed due to the relocation of the Food Bank of Western MA warehouse to Chicopee, MA. Mobile Food Bank will continue distributions on the 2nd and 4th Tuesday of each month at its new time of 12:30 - 1:30 pm; Brown Bag delivery/distributions will continue on the 4th Friday of the month at a new time of 11 am.
- C. The Walk to End Alzheimer's will be held at Adams Visitors Center (AVC) on Saturday, Sept 30. Community members are invited to join the ACOA team.
- D. In partnership with Hospice Care of the Berkshires a new support group, Living After Loss, will be offered at the ACOA. The support group will meet every month on the 2nd Wednesday at 2 pm. Preregistration is not necessary, but welcome.
- E. Rainbow Seniors of Berkshire County, working in partnership with the ACOA and the Adams Free Library, will sponsor a showing of the Gen Silent documentary followed by a group discussion on Wednesday, Sept. 27 at 12:30 pm at the ACOA.
- F. With the retirement of John Naughton, the ACOA welcomes two new van drivers, David Ronnow and Greg Trottier.
- G. Digital Literacy/Equity and Hybrid Programming grants were secured to purchase, promote training, and provide equipment for 10 COAs, including the ACOA.

H. EOEY FY24 State Formula Grant increased from \$12 to \$14 per town resident aged 60 and older. ACOA will receive a flat fee for the inclusion of the Savoy town residents aged 60 and older in programming.

6. FRIENDS OF THE ACOA REPORT:

Pam St. John reported early results for its major fundraiser, which included musical BINGO, raffles, and a silent auction, were successful. A formal fundraising report will be provided at the next meeting.

The ACOA Friends are currently reviewing venues and liability insurance options for its afternoon tea party.

7. MEMBER ITEMS:

Item 1: ACOA and diversity

ACOA is committed to ensuring diversity, equity, and inclusion and will work to promote its services for all populations. ACOA is expanding its partnerships with the Rainbow Seniors of Berkshire County. Adams town profile statistics will be provided at the next meeting to understand the potential underrepresented community members.

Item 2: Alzheimer Training Options

The Alzheimer's Association provides free, training that features content to understand dementia and create safe, respectful, and welcoming options for interacting with people living with dementia. Training options recommended included; Dementia Friendly Training, Purple Table, and First Responder Training.

8. NEXT MEETING: ACOAAB's next meeting will be Mon., October 2, 2023, at 2:00 pm.

9. ADJOURNMENT: A motion was moved by P. St. John to adjourn and seconded by B. Ziemba.

The motion passed unanimously. The meeting adjourned at 3:16 pm.