

Adams Council on Aging

Advisory Board Meeting

Monday, Sept 11, 2023

2:00-3:00 PM

3 Hoosac St Adams, MA 01220

AGENDA

1. Call to order

2. Reading and acceptance of minutes

June 2023

3. Program/Outreach Report

a. Recent Events

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: ~~7/5 Friends Meeting~~; ~~7/10 Home & Fire Safety for Seniors~~; 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 Meraki Discounted Hair Cuts~~; 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 Meraki Discounted Hair Cuts~~; 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 w/ Sweetwood;

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## b. Upcoming Events/Programs

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 w/ Williamstown and North Adams Commons Admissions; 10/18 Friends Meeting; 10/18 Adams Food Pantry at First Congregational Church; 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 w/ Amedysis

## 4. Old Business

- a. Volunteers needed for: Rogue Drivers, Office Phone Coverage, Rita's Rides Bike Drivers
- b. Volunteer Form and Website Review- Sarah dedicating time at the end of September to complete.

## 5. New Business

- a. Volunteers needed for: Adams Food Pantry at First Congregational Church 3<sup>rd</sup> Wednesdays 5-7pm, target start date of 10/18/23; AARP Tax Aide Program, Adams at risk of not being able to host it because AARP does not have volunteers tax preparers or intake workers
- b. Mobile Food Bank and Brown Bag time changes due to Food Bank of Wester MA move to Chicopee  
MFB still 2<sup>nd</sup> & 4<sup>th</sup> Tuesday, but now at 12:30pm; Brown Bag delivery now at 11am instead of 10am.
- c. Walk to End Alzheimer's at AVC Saturday, Sept 30<sup>th</sup>, Join the COA Team!
- d. Living After Loss: new grief support group at the COA in partnership with Hospice Care of the Berkshires
- e. Rainbow Seniors of Berkshire County Partnership
- f. New Van Drivers- David Ronnow and Greg Trottier
- g. Digital Literacy/Equity and Hybrid Programming Grants
- h. EOEA FY24 State Formula Grant

## 6. Friends of the ACOA report

7. Member items

8. Next meeting: Monday, October 2<sup>nd</sup> at 2pm

9. Adjournment