



MINUTES

TOWN OF NORTON

Town Clerk Date/ Time Stamp

Board/ Committee: Council of Aging

Meeting Date: December 10, 2015 Time: 3 pm

Meeting Location: 55 West Main St.

Members & Staff Present: Beth Rossi, Ruth Schneider, Joan DeCosta, Judy Leroux,
Natalie Lima, Tom Burke, Tim O'Connell, Kathy Eno,
Carol McLaughlin, Bill Byrnes

The meeting was called to order at 3 pm and adjourned at 4:15

Minutes from the 11/12/2015 Meeting were reviewed & Approved as written.

Meeting Motions / Actions and Summary of Discussions:

OLD BUSINESS:

Pat Zwicker accepted the Treasurer's position and a vote was taken to approve the change.

Voted on by Kathy and a seconded by ~~Joan~~ JOAN

C.O.A. Christmas Party: Roche Brothers and Golden Living donating food. South East Rehab to sponsor the entertainment.

Amendment made and voted on to limit gatherings to 60 Norton residents from now on. If there is room, all are welcome. Approved by Judy and seconded by Ruth.

Citizens On Aging Account will remain unchanged. The money ~~will go to the Friends and~~ will be allotted to us when needed and approved. Pat's name will be placed on the account.

No vote necessary.

Friends Group Liason will be Kathy Adams or Bill Byrnes in the future.

NEW BUSINESS:

Volunteers to receive an update on training in January. Kathy and Beth will arrange it.

Appreciation dinner will include the "desk jockeys" and will be planned in June.

The new LED lights will be installed and purchased by the town.

Research is ongoing concerning the purchase of lighter, safe and comfortable chairs.

DIRECTOR'S REPORT:

We need to purchase visual monitors for our hearing impaired members, a coffee cart and an office intercom. We will request the money from the Friends. Approved by Natalie and seconded by Tom.

Janet will be on the Friend's Board to replace Tom DeLuca. JANICE NORTON

We will try to have a trip to Foxwoods once a month.

Next meeting: 1/14/2016

Refer to attached Director's Report for further updates.

Minutes respectfully
submitted by:

Carol McLaughlin

Minutes Approved by Committee on: _____

Chairman Signature: _____



COA Director's Report

12/10/2015

- **November Program Highlights**

- Wheaton College students along with their freshman seminar professor hosted a lunch and discussion on the changes in diet over the years. Both students and seniors enjoyed this conversation.
- Matter of Balance -This weekly, evidence based program sponsored by YMCA concluded on November 16th. We will offer this program again in the spring.
- Lisa Sarkis, director of the SHINE program, spoke on Medicare changes for 2016.
- Education programs were offered by Hahn Home Health Care (Stress Mgmt.) and The Residence at Five Corners (Healthy Cooking). Both presentations were well attended and appreciated.
- Seniors continue to enjoy the craft classes sponsored by Golden Living, Daggett Crandall Newcomb Home, and the card making classes with Barbara

- **Upcoming Special Events**

- 12/14 - Holiday Trivia sponsored by Community VNA
- 12/18 - Entertainment sponsored by Epoch
- 12/21 - COA Christmas Party at the Senior Center with Piano Music sing-a-long and Raffle donated by Southeast Rehabilitation.
- A February Foxwoods trip is being planned by the Friends Group

- **Upcoming Programing**

- Yoga will be offered twice a week starting in the New Year. The new class will start with only twelve people and includes a weight strengthening component I am still working with Karen regarding the time of this class.
- Wayne has volunteered to teach a computer class starting in February.
- St Mary's Confirmation candidates we be providing seniors with Computer/Tablet/Phone 1:1 assistance starting in February. I am not sure if this is going to be a one-time or ongoing program.
- I established a new relationship with Marian Manor, Taunton. They will be providing an educational program in February.

- **Human Services**

- Medicare open enrollment ended on 12/7. We have been very busy with the SHINE program. I assisted 40 residents with Medicare Counseling during the Month of November. All of Bills appointments were filled. He will continue to offer Shine Counseling on Thursday Mornings. I will continue to take Shine appointments on Fridays or by special appointment.
- TMAC Karate studio is providing 80 Christmas Dinner Baskets to residents in need this town wide list was coordinated out of this office.

- The senior center is operating at capacity for our social and fitness programs. Seniors need to band together to let the town know that we need a bigger facility.
 - I was informed by Norton House of Pizza that seniors will not be able to park in his lot come the first of the year. They rented out the front space to a bagel shop which will be open for business from 5 am to 5 pm. Parking continues to be a big problem!
 - Capital Budget Requests are due. Five year plan. I will be requesting funds for the converted office space and redesigned closet space. I will also request for the parking lot to be paved including the back lot and request funds for a new senior center.
 - I am looking into getting monitors for the community room to help hearing impaired seniors play bingo. I have found software that would be purchased out of Bingo proceeds and will request monitors from the Friends.
- Personnel
 - Betty Fogerty is an emeritus member of the COA Board
 - Janice Norton has agreed to be the liaison to the friends.
 - Karen Emery, Zumba instructor is going to take a leave of absence. Her classes will be covered by Kelly.