

**East Longmeadow Council on Aging (EL COA)**  
**Tuesday, May 9, 2023 – Board Meeting Minutes**

- I. Meeting called to order at 9:01AM by Chair Theresa Govani-Moylan
- II. **Roll Call:**  
Erin Koebler, Michael Sweeney, Frank Guimond, Jane Desilets (by phone), Joseph Barker, Robin Frechette, Julie Dunlop, Pastor Timothy Sheranko, Sharon Giordano and Melinda Mandeville, Alan Lefferts. Absent: Doreen Harrison Excused: Barbara Farrell
- III. **Approval of the April 2023 minutes:**  
Frank Guimond entertained a motion to accept the minutes; seconded by Joe Barker. The motion was carried.
- IV. **Director’s Report:**
- a. **March Statistics and April Information**
    - i. **Tri-Town Trolley** – 491 riders/289 East Longmeadow trips
    - ii. **Meals-on-Wheels** – served 800 meals to 58 people
    - iii. **Congregate Lunches** – 514 meals served – 181 people
    - iv. **Sign ins** – 605 participants signed in - 2288 hours total (30% increase)
    - v. **Volunteer hours** – 617 hours contributed by 61 volunteers
    - vi. **Pantry** – 12 visits
    - vii. **Mobile Pantry Deliveries** – 15 deliveries
    - viii. **Participants** – 60 new members joined the senior center
  - b. **Dementia Friendly Initiative** – town-wide training – April 28/10:30-12:00 – 18 attended
    - i. Trainings scheduled for June 22 and July 13
    - ii. Fall series with library being planned
  - c. **Fiscal Year Budget (2024)** Town Council met to review 2024 budget – no update
  - d. **Grants** –
    - i. \$75,000 allocated in state budget for a new ADA accessible van.
  - e. **Food Pantry** – continuing to work on transition to United Way. United Way visited EL COA last month to discuss procedures and processes.
  - f. **Nutrition** – Follow up meeting with GSSSI (Greater Springfield Senior Services) on the creation of a “satellite meal program” for Supportive Housing residents scheduled for Friday, May 12.
  - g. **Tri-Town Trolley** – Beginning process of Community Transit Grant. Requested letters of support from Board members.
  - h. **Fitness/Wellness** – cardio “Drumming” class and a Tai Chi class have started, both well-attended. Held Walk MA Kickoff and a Health and wellness vendor fair. Senior Health and Fitness day scheduled for May 31 at Bluebird Estates.

- i. **Other** – SWAP (Senior workoff Abatement Program) placements starting to be formulated; once a farmer jumps onboard, a market will be held (senior center) the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month, starting July 14th through September 29th; Master Plan implementation updated, held successful volunteer luncheon, starting SWOT analysis

## V. **Program & Volunteer Coordinator's Report:**

### a. **April 2023 Review**

- i. **Volunteers** – Sixty-two (62) individuals volunteered over 714 hours; volunteer applications continually arrive.
- ii. Volunteer Appreciation Month - great turnout of volunteers and response from sponsors!
- iii. Vendor and Health Fair - April 25th - MedMinder and CareGiver Homes put event together. Covid vaccine clinic run by HD. About 100 guests.

### b. **May 2023**

- i. Walk Massachusetts Challenge Kick Off - May 1st, 10:30-12:00. MCOA sponsoring snacks, presentation and Fitbit doorprize.
- ii. Cinco de Mayo - May 5th. Lunch cooked and sponsored by Loomis Communities. Jose Paulo musician - sponsored by Oasis Senior Advisors.
- iii. Loomis offered to sponsor and provide meals for more lunches!
- iv. Spring Tea Party with special guest, Rita Parisi. Wednesday, May 10th at 10:30. Local vendor will be providing tea.
- v. Chair Volleyball group is visiting Hampden COA this Friday to introduce the game to them.
- vi. First trip of the year happening on Monday, May 22nd. Aqua Turf - BeeGees tribute band.
- vii. Support Group with Golden Years starting week of May 22nd.
- viii. GSSS Cooking Demo on Wednesday, May 24th at 11:00. Cooking meals in the microwave for one.
- ix. Memorial Day Picnic - Friday, May 26th – FULL
- x. National Senior Health and Fitness Day - Wednesday, May 31st at Bluebird Estates, 10:00-2:00. Vendors and fitness class demos.

### c. **June**

- i. Sponsor Appreciation, Thursday, June 8th - We hope you will be able to join us as we say thank you to our sponsors! Meet and Greet at 11:30, lunch at 12:00, and a short ceremony at 12:30. Pre-register to sign up for lunch, or swing by to say thank you.
- ii. Shred Event at Monson Savings Bank in Hampden, Saturday, June 10th, 9:00-12:00. FREE event. Will be taking donations for our Tri Town Walk to End Alzheimer's team.
- iii. Save the Date: Longest Day Ceremony, Wednesday, June 21st at 8:00pm

## VI. **Legislative Report**

- a. **Representative Ashe's** (Robin Frechette) **Report** – Reported on budget highlights affecting seniors - \$75,000 budget amendment approved for Tri Town Van. Line items increased for Prescription Advantage, Community Choices, nutrition services, and Amount per elder increased to \$14 from \$12.
- b. Nursing homes were officially closed

**VII. Committee Reports:**

- a. **AAA** – No report. Representative not present
- b. **GSSSI** – Ann Fancy attended an orientation and provided the power point
- c. **Emergency Planning** – Tabletop exercise planned for June 21

**VIII. New Business:**

- a. Operating Procedures – committee reported that they have a rough draft. Will schedule a follow up meeting to fine tune the Operating Procedures to present to full board. The Operating Procedures are using the former bylaws as a guide, and updating into compliance with current COA Board bylaws.
- b. SWOT Analysis – Invitations to SWOT Planning Team have been sent.
- c. Elections – Officer self-nominations – Joe Barker – Chair, Julie Dunlop- Vice Chair, Mick Sweeney – Secretary
  - i. After discussion, Joe Barker entertained a motion to hold a vote on officers, seconded by \_\_\_\_\_. The motion was carried.
  - ii. Frank Guimond entertained a motion to hold a vote on full slate of officers, seconded by Tim Sheranko. The motion was carried. The slate was elected unanimously.

**IX. Old Business**

- a. **Golden Cane Award** –Valerie Albano (102) – will be presented May 18, 2023 @ 11:30AM. Board members are invited.

**X. Next Meeting (Annual)**

- a. June 13, 2023 at 9:00AM

**XI. Adjournment**

- a. A motion to adjourn the meeting was made by Julie Dunlop; seconded by Mike Sweeney at 9:50AM. Motion carried.

Respectively submitted by Jane Desilets –2023