

East Longmeadow Council on Aging (EL COA)
Tuesday, January 10, 2023 – Board Meeting Minutes

- I.** Meeting called to order at 8:59AM by Chairperson Theresa Govoni-Moylan.
- II. Roll Call:**
Erin Koebler, Alicia Smith, Doreen Harrison, Julie Dunlop, Michael Sweeney, Frank Guimond, Jane Desilets, Melinda Mandeville, Joseph Barker, Robin Frechette, Barbara Farrell, Pastor Timothy Sheranko, Theresa Govoni-Moylan and Sharon Giordano.
- III. Approval of the December 13, 2022 minutes:**
Melinda Mandeville entertained a motion to accept the minutes; seconded by Joseph Barker. The motion was carried.
- IV. Director’s Report:**
- a. Year 2022 Statistics**
- i. **Tri-Town Trolley** – 117 new riders since April
 - ii. **Meals-on-Wheels** – served 10,053 Meals served to 107 people
 - iii. **Congregate Lunches** (in-house) – 6459 meals served to 596 people
 - iv. **Outreach Units** – 43
 - v. **Volunteer hours** – 98 volunteers spent 7397 hours volunteering (3254 volunteer sign-ins)
 - vi. **Pantry** – 871 pantry visits or deliveries
 - vii. **Staffing** – Tri-Town Trolley hired a new driver; a Veteran’s Service officer started
 - viii. **Dementia Friendly Initiative** – Employee training will be on January 12; East Longmeadow’s clergy training will be January 31; and a town-wide training will be offered on February 28
 - ix. **Fiscal year (FY) budget** (2023) the FY 2024 budget submitted along with the capital plan
 - x. **Local cultural council grants** – received 2 local cultural council; SIG (Service Incentive Grant) received “Caregiver Respite” in partnership with Wernick Adult Day Health
 - xi. **Meeting** - The COA’s Director attended the LEPC Meeting. The Massachusetts MEMA (MA Emergency Management Association) representative was present.
 - xii. **Food Pantry** – OASIS (software) training held on January 6; the operating system of reporting will save time on a monthly basis
 - xiii. **Nutrition** – Annual grant report completed and nutrition is still breaking the budget
 - xiv. **Tri-Town Trolley** - rides continue ticking upwards; reviewing the PVTA pick ups

- xv. **Fitness/Wellness** – a new Falls Prevention Class (via Springfield College) begins in January 2023
- xvi. **Social Services** - is assisting with fuel assistance; Sand for Seniors; and in full compliance by DTA's review of SNAP (formerly food stamps)
- xvii. **Monthly Newsletter** - still in flux regarding printing; right now, an expensive process; a subsequent email containing updated and reminder news is distributed to over 1,000 people
- xviii. **Other** – ADA (Americans with Disabilities Act) Commission; annual report due in February 2023; monthly foot care re-stated, cost is \$30; a pop-up blood pressure clinic held on January 6; recipes being collected for a COA Cookbook; sock drive through February 2023 and the Podcast Program gaining interest

V. Program & Volunteer Coordinator's Report:

a. December 2022

- i. **Christmas Luncheon** – Great feedback; especially enjoyed games and caroling

b. January 2023

- i. **Winter Concert Series** occur on Fridays at 12:45 – first concert a success;
- ii. **Monthly New Members** will meet on January 13 (10:30), meeting will be held the 2nd Friday of each month
- iii. **Forastiere Lunch and Learn** – Wednesday, January 18
- iv. **Stamp Club** – Starts January 24 – 2nd and 4th Tuesday of each month
- v. **SAIL Program - (Stay Active and Independent for Life [balance and falls prevention])** with Springfield College starts January 24
- vi. **Personalized Fitness Program** – starts March 2, 2023 – 5 sessions + 1 initial assessment

c. February 2023

- i. **MAC (My Active Center)** - February 6, 10:30

d. March 2023

- i. **Arty Fartsy Artists and Authors' Fair** – Fair will be held on March 22, 10:30 - 2:00; MOBA and local artists/authors. Daily programs will be cancelled
- ii. **Trips** – May 22 – Aqua Turf, Tribute to the Bee Gees; August 2-4, Pennsylvania Dutch country

- e. **Volunteers** – Yearly Kitchen/Meal-on-Wheels training is February 8th; Volunteers will be notified if a CORI is due

f. Committee Reports:

- g. **GSSSI – First Meeting will start the end of January**

- h. **Emergency Planning – Many attended the December 13th meeting; COVID was the major topic**

- i. **Representative Ashe's (Robin Frechette) Report** – New session with new bills started; gambling at Senior Centers will be introduced during this section

VI. New Business:

- a. No report

VII. Old Business

- a. No report

VIII. Next Meeting:

- a. February 14, 2023 at 9:00AM.

IX. Adjournment:

- a. A motion to adjourn the meeting was made by Julie Dunlop; seconded by Joe Barker at 9:40AM. Motion carried.

Respectively submitted by Jane Desilets – January 10, 2023