

East Longmeadow Council on Aging (EL COA)
Tuesday, April 11, 2023 – Board Meeting Minutes

- I. Meeting called to order at 9:13AM by Vice Chair Pastor Timothy Sheranko.
- II. **Roll Call:**
Erin Koebler, Alicia Smith, Doreen Harrison, Barbara Farrell, Michael Sweeney, Frank Guimond, Jane Desilets, Joseph Barker, Robin Frechette, Julie Dunlop, Pastor Timothy Sheranko, Sharon Giordano and Melinda Mandeville. Excused: Theresa Govoni-Moylan
- III. **Approval of the February and March, 2023 minutes:**
Michael Sweeney entertained a motion to accept the minutes; seconded by Melinda Mandeville. The motion was carried.
- IV. **Director’s Report:**
- a. **March Statistics and April Information**
 - i. **Tri-Town Trolley** – 621 riders/350 East Longmeadow trips
 - ii. **Meals-on-Wheels** – served meals to 937 to 56 people
 - iii. **Congregate Lunches** – 651 meals served – 190 people
 - iv. **Sign ins** – 680 participants signed in - 2865 hours total (30% increase)
 - v. **Volunteer hours** – 714 hours contributed by 62 volunteers
 - vi. **Pantry** – 17 visits
 - vii. **Mobile Pantry Deliveries** – 13 deliveries
 - viii. **Participants** – seventy-two (72) new members joined the senior center
 - b. **Dementia Friendly Initiative** – town-wide training – April 28/10:30-12:00
 - c. **Fiscal Year Budget (2024)** Town Council met to review 2024 budget
 - d. **Grants** –
 - i. awarded Age Friendly Best Practice grant for \$22,267. An assessment of East Longmeadow and PVPC (Pioneer Valley Planning Commission) will be conducted
 - ii. distributed > 100 survey to seniors in preparation, working with regional initiate
 - iii. grant received for a Walk MA kick off
 - e. **Food Pantry** – reports should take less time once entering food pantry data (OASIS) is completed
 - f. **Nutrition** – Met with GSSSI (Greater Springfield Senior Services) to create a “satellite meal program” for Supportive Housing residents in most East Longmeadow assisted living communities. A re-inspection of the kitchen indicated no issues
 - g. **Tri-Town Trolley** – A van was borrowed from PVTA (Pioneer Valley Transit Authority) due to the lack of one of EL’s van being out of commission
 - h. **Fitness/Wellness** – adding a cardio “Drumming” class and a Tai Chi class
 - i. **Partnerships** – meetings held on Asset Mapping at First Congregational Church, and MCOA membership; continue to work with United Way for food pantry assistance

- j. **Other** – SWAP (Senior work off Abatement Program) placements continue to change; MassHealth Redetermination meeting to provide resources to help those facing redetermination; once a farmer jumps onboard, a market will be held (senior center) the 2nd and 4th Friday of each month, starting July 14th through September 29th;

V. Program & Volunteer Coordinator’s Report:

a. March/April/2023 Review

- i. **Volunteers** – Sixty-two (62) individuals volunteered over 714 hours; volunteer applications continually arrive.
- ii. **Myths and Truths of Grief** – partnered with Baystate Hospice. A grief Support Group was requested
- iii. **Artsy Fartsy Artists and Authors’ Fair** – Fifty (50) individuals attended. Will be held again in 2024
- iv. **March Mania** – Fourteen (14) individuals participated in the program. EL Skilled Nursing Home donated \$25 gift cards
- v. **Hands Only CPR and AED** – Thirty (30) individuals attended
- vi. **St. Patrick’s Day** – luncheon was very successful
- vii. **Chair Yoga at Heartsong** – will continue classes at Heartsong
- viii. **Volunteer Appreciation Luncheon** – Thursday, April 20th; Nathan Bills; 12:00

b. May 2023

- i. **Walk Massachusetts Challenge Kick Off**– May 1, 10:30-12:00. MCOA sponsoring snacks, presentation and Fitbit door prize
- ii. **Kentucky Derby** – May 4
- iii. **Cinco de Mayo** – May 5, lunch cooked and sponsored by Loomis Communities; Jose Paulo/musician
- iv. **Support Group with Golden Years** – starting the week of May 22

VI. Legislative Report

- a. **Representative Ashe’s (Robin Frechette) Report** – Preliminary budget released on April 12, 2023.

VII. Committee Reports:

- a. **AAA** – Meetings will be held every other month
- b. **GSSSI** – Ann Fancy attended her first meeting.
- c. **Emergency Planning** – Massachusetts is the first state to offer an “Active Shooting Program.” The objective of the program is to train all police officers in the case of a “shooting in progress.”

VIII. New Business:

- a. **Operating Procedures** – motion made and accepted to create a committee to review operating procedures.

- b. SWOT Analysis - Strengths/Weaknesses/Opportunities/ Threats Analysis to prepare for Strategic plan

IX. Old Business

- a. **Golden Cane Award** – Potential candidate Valerie Albano- going to be 102

X. Next Meeting (Annual)

- a. May 9, 2023 at 9:00AM

XI. Adjournment

- a. A motion to adjourn the meeting was made by Doreen Harrison; seconded by Joseph Barker at 10:26AM. Motion carried.

Respectively submitted by Jane Desilets – April 11 2023