

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, Theresa Govani-Moylan, Melinda Mandeville and 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 Work Off Abatement Program) placements starting to be formulated; 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; 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 (5/12) 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, Mike Sweeney – Secretary
 - i. After discussion, Joe Barker entertained a motion to hold a vote on officers, seconded by Frank Guimond. 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 –May 2023