



TOWN OF HOLDEN
MASSACHUSETTS

COUNCIL ON AGING

Louise Charbonneau
Director

HOLDEN COUNCIL ON AGING
Thursday, October 10, 2019
Conference Room – Senior Center

Present: Susan Sullivan, Wayne Howard, Faye Ellis, Maureen Locke, Eric Johansen,
Nancy Melton, Stephanie Bacon, Louise Charbonneau, Maureen Buffone.

The Meeting was called to order by Susan Sullivan at 8:00 a.m.
The minutes from the meeting of September 5, 2019 were unanimously approved.

F.H.C.O.A. REPORT

Faye reported the Friends account balances as follows:

Leominster Credit Union	\$22,184.97
Leominster Credit Union (furnishings acct.)	\$ 1,861.10
Leominster Credit Union C.D.	\$26,105.68
LCU Trip Account	\$ 8,050.15

Faye reported that Suzanne Kasparson has been paid \$500.00 for her work on the Friends' website.

Eileen Gedraitis asked the Friends for \$200.00 for paper supplies for the trip flyers, which they approved.

The Friends Fair is all set for November 2 from 9:00 a.m. to 2:00 p.m. They received over \$500.00 in donations from over 30 businesses. There were also other donations of items that they are looking to have appraised. The possibility was raised for some of the items to be sold on EBay, as the library has done in the past with books.

Friends members are being called for donations of baked goods for the fair.

The senior van passed inspection.

HELP AT H.O.M.E. REPORT

Report not received from accountant.

BOARD OF ELDER SERVICES REPORT ~ Richard Mansfield

No report.

DIRECTOR'S REPORT ~ Louise Charbonneau

OCTOBER EVENTS

Monday, October 7 ... Free Legal Clinic w/Attorney Arthur Bergeron ... 10:30-12:15.

... Getting the Help You Need to Stay Independent... 1:00 p.m. ... What will it take to keep your independence in your community? Perhaps a little help from your kids? Maybe a lot of help from a local agency? A few home modifications? Attorney Bergeron and his guests, a local geriatric care manager, and a representative from your regional elder services agency, will they explain the options available in your community. Program is free and open to all. Call 508-210-5570 to reserve your seat.

Wednesday, October 9 ... Public Power Week Luncheon ... This year we will serve roast turkey, stuffing, gravy (from Bob's Turkey Farm), butternut squash, mashed potato, rolls, butter, apple pie (from the Pie Lady in Princeton) and coffee, water or apple cider from Clearview Farms in Sterling. We had 160 reserve a space – and approximately 148 attend.

Thursday, October 10 ... Flu Shot Clinic ... 1-3:30 p.m. We will hold our annual flu shot clinic this afternoon. We sincerely thank our friends from Walgreen's Pharmacy for providing this clinic.

Monday, October 14 ... Senior Center Closed in observance of Columbus Day

Monday, October 16 ... A Delightful Fall Concert... 1:00 ... Be here to enjoy a new concert with soloist Anne Tisdell. Anne will be accompanied by musician and accordion player, Dan Mackowiak. Dan has played at Finn Park, the Frohsinn Club and the Greendale Retired Mens' Club. They will offer a variety of music sure to please. The concert is free and open to all. Please call 508-210-5570 to make your reservation.

Thursday, October 17 ... Book Discussion Group ... 10:00 The Only Woman in the Room by Marie Benedict

Friday, October 18 ... 4th Anniversary of the Morning Glory Café ... 8:30-10:30 a.m. ... The Morning Glory Café is 4 years old this month. Join us as we say thank you to you for all of your support. If you attend the Café on **Friday, October 18**, your coffee and pastry will be FREE! It's our way of showing our appreciation for all of your support!

Wednesday, October 23 ... Ghosts ... 1:00 p.m. ... The famous Jeff Belanger, author, researcher, producer and speaker will be here just before Halloween to present a unique program on Ghosts. Belanger has authored over a dozen books and is an authority on the paranormal. His books include World's Most Haunted Places and Weird Massachusetts. He has served as writer and researcher on many television shows, including Ghost Adventures, Paranormal Challenge and many PBS series. Reservations are required.

Monday, October 28-Thursday, October 31 ... Absolutely Amateur Photo Contest ... Our Annual Photo Contest will be held from **Monday, October 28-Thursday, October 31**. Any New England scenes are acceptable. Please do not include pictures of people or pets. Please bring in your photos by Thursday, October 24. The contest is open to seniors age 60 & older who are Holden residents or members of the Holden Senior Center. Amateurs may submit up to 3 photos sized 3x5 through 11x14 matted or not. No frames please. Identification should be affixed to the back of your photo.

MCOA CONFERENCE

Louise and Maureen attended the MCOA's Annual Conference on Wednesday, October 2-Friday, October 4 at the Double Tree Boston North Shore in Danvers. They both felt that the conference this year was more than worthwhile. Between the two of them, they attended workshops that dealt with: New Trends in Encouraging Brain Wellness Behaviors; Understanding the Complexities of Hoarding and What Can Be Done to Help; Finding the Joy in Retirement; Practical Solutions for Inclusion of People who are Blind or Low Vision; Taking Charge Before You Go: Your Choice/Your Control/Your Options; Elder Victimization Intervention Best Practices; Current Trends in Elder Law and Aging; The Soul and Aging, to name a few.

NUMBERS FROM SEPTEMBER

Pumpkullent Workshop w/Tina Bemis – 26

Rusty Guertin Concert – 40

The Women Who Loved Hitler - 67

OLD BUSINESS

Board members were asked to revisit the survey and make notes for further discussion at the next meeting.

Wayne stated that many beneficial changes have been made to the senior lunch meals. It was suggested that Sue Donaldson, our meal site manager, be invited to one of the HCOA meetings, along with other meal site managers and subs. This is something that could possibly be arranged through Rick Mansfield and the Board of Elder Services.

NEW BUSINESS

Eric Johansen attended a meeting of the Oriol Foundation where they discussed using Uber for rides, as Oriol has looked into this service. Louise will send Deb Osipov an email to inquire.

The DPW is working on putting down stone on the back side of the parking lot to see if it will correct the drainage problem. We have outgrown our parking lot, and this area may be an option for additional parking spaces.

CITIZENS ADDRESS

None.

ADJOURNMENT

It was unanimously voted to adjourn the meeting at 9:08 a.m.

Our next meeting will be held on Thursday, November 7, 2019 at 8:00 a.m.

Respectfully submitted,

Maureen Buffone