



Watertown Council on Aging

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PATRICIA GOLD, *Chairperson*
MARIE MORELLO, *Vice-Chairperson*

CARYL LESLIE FOX
Director of Senior Services

Minutes of C.O.A. Board Meeting – March 10, 2010

Present: Pat Gold, Marie Morello, Will Twombly, Jane Stadolnik, Dottie Fleming, Hagop Sarkissian, and Mike Donham.

Members Excused Absence: Mary Keenan and Betty Finnell.

1. The meeting was called to order at 5:30 by Chairperson Pat Gold.
2. The minutes of the January meeting were reviewed by Board members. (The February meeting was cancelled due to weather.) Will Twombly made a motion to approve and Dottie Fleming seconded. Passed.
3. Financial Statements:
The financial reports for the month of February were included in each member's packet.
4. No correspondence for the month.
5. Staff Reports for February were included in Board packets.
6. Old Business:
 - a. Springwell Update:
Pat Gold reported for the committee (Pat Gold, Will Twombly, Mike Donham, and Caryl Fox) that met on February 1, 2010. At this meeting, it was suggested that Board meetings focus more on issues that affect seniors and on problem-solving. The By-Laws were considered appropriate for now.
7. New Business:
 - a. Open Meeting Law Changes – Information in Board member packets.
 - b. Discussion: Isolation and Older Adults
Board members discussed wanting to stay independent and the difficulty in asking for and accepting help, even on a temporary basis. The group also talked about how hard it is to realize that you may not be able to do what you used to do. The idea that being older tends not to be valued in American culture influences everyone, including senior and the choices they make. Mike Donham suggested a concept called "Don't Forget To Be A Good Neighbor". Flyers would be made to remind Watertown residents to be aware of something different from the usual routine of their older neighbors. A suggestion on the flyer would be to contact the Police Department or Senior Center if they had concerns. Caryl Fox suggested that

Kathleen Wolf, Program Coordinator, could work on a flyer for the next Board meeting.

c. Senior Sticker Project:

Caryl Fox had been contacted by the Town Manager. He is interested in instituting a sticker program for Watertown seniors to park in the three municipal lots similar to the program in place in Waltham and Newton. Ms. Fox will be gathering more information on these programs as will the Watertown Police Department.

8. The meeting was adjourned at 6:55 p.m.

Submitted by Caryl Leslie Fox