



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 – April 14, 2010

Present: Pat Gold, Betty Finnell, Jane Stadolnik, Marie Morello, Mary Keenan, Hagop Sarkissian, Will Twombly, and Mike Donham.

Members Excused Absence: Dottie Fleming.

The meeting was called to order at 5:30 by Chairperson Pat Gold.

1. The minutes of the last meeting were reviewed. Will Twombly noted a correction. Mike Donham made a motion to approve the minutes as corrected and Will Twombly seconded. Passed.
2. Isolation and Older Adults Update:
The final version of the flyer for the Neighbor Helping Neighbor promotion was reviewed by Board members. This material was developed as a result of last month's discussion of the difficulty that seniors experience in reaching out for help. Members were pleased with this notice, which encourages people to be more aware of their older neighbors. A number of places for distribution were suggested.
3. Health Care, Health Insurance, and Seniors – Discussion
Caryl Fox gave the Board an article from AARP that was a guide to the Health Care Reform, which served as an introduction to the discussion. It was stressed that Watertown seniors need an opportunity for education about the law. Ms. Fox will try to find a speaker for the fall who can present the information objectively. One possibility is popular presenter, Fran Kollias, who has provided updates on social security and Medicare for many years.
4. Senior Parking Sticker Project Update:
Caryl Fox attended the traffic commission meeting on March 31, 2010 to discuss the possibility of a pilot project that would allow Watertown seniors to park their cars at the three off-street parking lots (using only the two hour meters) for free. Ms. Fox will obtain information from Waltham and Newton. Both communities currently offer this program. She will attend the next Traffic Commission meeting in April.
5. Correspondence / Director's News:
 - a. Food Pantry: The distributor that the Pantry coordinator, Deb Kaup, has used went out of business. She is working hard to find a new vendor.
 - b. Grants: We have been awarded \$3,000 for our Taxi Transportation program and \$720 for a series of Better Balance (preventing falls) classes.
 - c. Yard Sale: Our annual yard sale will be held on Saturday, May 1, 2010. Every-one is encouraged to donate goods to this fund-raising event. Monies raised go into the Senior Center Revolving Fund. The program also serves as an activity for senior and raises

awareness of the Senior Center in the community. Some Board members volunteered to help on both the day before and day of the yard sale.

d. FY '11 Budget: No new developments. The Town Manager will present the budget at the April 27, 2010 Town Council meeting.

e. Quarterly Attendance Numbers: Attendance at activities and programs in the months of January, February, and March were reviewed.

6. Financial Statements:

All of the financial statements for March were available for review by Board members.

7. Marshall Home Fund Notes:

Will Twombly suggested that the Tufts Health Plan may be a good source of funding for the Balance class in the future. He also proposed that Caryl Fox contact Marion Avtges, a community health nurse at the Greek Orthodox Church. The fund has awarded a grant to the Church to explore ideas for senior programs and as a lunch site.

8. The meeting was adjourned at 7:00 p.m.

Submitted by Caryl Leslie Fox