



**TOWN OF BOXBOROUGH**  
Council on Aging Meeting Minutes

COA Members Present: Barbara Birt (by phone); Anne Canfield; Bill Litant; Maureen Masciola & Karen Whitcomb  
Others Present: Kim Dee, COA Coordinator; John Fallon, FCOA Liaison & Maria Neyland, FinCom Liaison  
Members Absent: Tina Bhatia & Marney Stoumbelis, COA Members

Meeting Date: February 13, 2023

The meeting was called to order by COA Chair Bill Litant @ 3:09

The minutes of January 9th were approved with date correction.

**Buzz Update:**

- The March Buzz is ready for proofreading now.
- March 20th will be another Breakfast Day outing.
- March 22 at 1:30 pm Fran Hart will present a program titled "A Cultural and Historical Reflection of the 1960s through the Music of the Beatles."
- A van trip to the Concord Museum is scheduled for March 30th. This will be a guided tour.
- In April there will be a trip to the Isabelle Stewart Gardner Museum.

**Grant Report:**

- The CHNA group is not offering any programs this month. A new program with Emerson Health will be starting.

**COA Coordinators Report:**

- January's COA lunch was attended by 40 seniors and sponsored by Argento Electric. Everyone enjoyed chicken parmigiana with pasta, green salad, and mini pastries from Il Forno's of Littleton.
- After the luncheon, there was a presentation by local author, Francie Nolde, who spoke about her book She Looked to the Sky for nine Boxborough residents. Francie discussed her mother's life as a pioneer aviator during WWII and read several passages from her book.
- February's COA luncheon last week was attended by 40 seniors. Benchmark Senior Living at Robbins Brook sponsored our meal. They provided a delicious meal of pot roast, gravy, mashed potatoes, green beans, and a salad with pink frosted cupcakes for dessert. Acton Boxborough Family Network supplied handmade Valentine's hearts to decorate the tables.
- Our first podiatry clinic with Dr. Alyssa Kuizinas was very well received. People were so glad the clinics are being offered again. These clinics will be held about every six weeks.
- The Bach's Lunch concert was attended by 12 Boxborough seniors. They really enjoyed the concert of the Stone Arch Piano Trio. Unfortunately, Bach's Lunches will no longer be offered. They will be refocusing their vision for Bach's Lunch Concerts and limiting them to high-need facilities and nursing homes. In its place, they are offering two new free daytime Community Concerts on Wednesday, March 29, 2023, and Wednesday, May 24, 2023, at 12 noon. More information to follow.
- We had five people attend the Reiki Talk and Demonstration today. The hope was for this to be successful enough to offer Reiki Clinics but it seems unlikely at this time.

- Two new programs are being offered this month, “Coffee & Chat with Kim” and “Out to Breakfast”. We hope to have these become monthly programs. Next month Michael Johns will be Kim's guest at “Coffee & Chat with Kim”.
- We are planning a trip to the Concord Museum in March and to the Isabella Stewart Gardner Museum in April. We will offer transportation by our MART van to the Concord Museum and by a transportation service to the Isabella Stewart Gardner Museum. The transportation service is quite expensive and the Friends of the Council on Aging will be taking care of the cost for our seniors.
- Minuteman Senior Services is looking for a representative from the town of Boxborough to serve on the Board of Directors. They meet on the first Wednesday of the month from 9:15 am to 11 am. The meetings are currently virtual but may return to in-person or hybrid in the future. They provide the Shine Program, Meals on Wheels, and Home Care Services at a reduced rate to name a few programs. If interested please see Kim for a list of duties.

#### COA Chair Report:

- Bill attended the Affordable Housing Forum. Jamie Eldridge spoke at the forum.
- Possibility of doing a Transportation Forum.
- Bill belongs to a group of residents that are discussing the possibility of a newspaper for Boxborough
- Bill would like to look into offering help to senior residents with IT questions.

#### FCOA Chair Report:

- Spring fest will be in April.
- The annual FCOA Meeting will be held on April 26th.
- FCOA will sponsor the Seniors Luncheon in June.

#### FinCom Liaison Report:

- Continuing to work on getting the budget down.
- Schools are at 5.3%.
- Laying off 13 teachers/staff.

#### Other Business:

No

Date of next meeting: Monday, March 13, 2023, @ 3:00 pm

Adjourned: 4:03 pm