



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

COA Members Present: Barbara Birt; Tina Bhatia; Anne Canfield; Maureen Masciola; Marney Stoumbelis & Karen Whitcomb  
Others Present: Kim Dee, COA Coordinator; John Fallon, FCOA Liaison  
Absent: COA Chair Bill Litant

Meeting date: June 12, 2023

Due to the unexpected absence of the COA Chair, a motion was made and moved to have the Vice Chair run the meeting.

The meeting started at 3:07 pm

The minutes of May's meeting were reviewed and approved by all.

**Buzz Update:**

- The June/July Buzz has successfully gone out. August/September is in the works.
- Kudos to Barbara Birt for her exceptional editing on the Buzz.

**Grant Report:**

- We are still working on the original grant from CHNA to help people with isolation. We have \$3,300 left to spend.
- Kimball Farm's ice cream event was a success. We had 95 people from Boxborough sign up for this event. There is talk about doing this again in September.
- Stroll @ Nara Park had six to eight people sign up. Two were from Boxborough.
- Another grant, Grant #1, from Emerson is to help with isolation and depression caused by COVID.
- Grant #2 from Emerson is "Understanding and Coping with Dementia".
- One program that is being offered on Thursday, October 12 is "Understanding and Caring for Older People with Cognitive Decline" and another program on Thursday, January 11, 2024, is "Planning for and Dealing with End of Life Care".

**COA Coordinators Report:**

- We had 47 seniors attend the May Lunch sponsored by the Boxborough Police Department and Police Union. About 20 people stayed to listen to Veteran's Agent James MacRae that followed the lunch.
- Seven people enjoyed a delicious breakfast at the Stow Café on May 15th.
- Five seniors attended the Coffee & Chat with Kim. We discussed not having one in August, but those in attendance felt it would be better for consistency to hold it every month.
- The Birding Walk that was rescheduled from May 3rd to May 9th because of weather had five people join Becky Harris at Flerra Meadows. They identified a wide variety of birds.
- "Growing Up Grubby," a presentation by storyteller Todd Goodwin was enjoyed by six people.
- We canceled the tasting at Pony Shack due to a lack of interest.
- However, the chocolate tasting at Two Friends Chocolates on May 30th had 12 seniors attend who raved about the information they learned about chocolate and chocolate making and enjoyed tasting chocolate.
- The Essential Estate Planning program by Attorney Cathleen Summers was co-sponsored by the UCCB Open Door Team on May 25th. This event had 30 seniors and seemed to be appreciated by all. Several people indicated they would like to hear more, and some thought it would be good to offer it again in the fall for anyone who missed it.
- We had 11 seniors get a free ice cream at the CHNA program on June 6th.
- We launched our IT Assistance Program in this June/July edition of our Buzz Newsletter. We have four volunteers willing to help our seniors but no requests to date.
- This month's lunch is Wednesday, June 14th, sponsored by the Friends of the Council on Aging. We have 49 seniors signed up.
- In July, we are offering an Ice Cream Truck, Grab N 'Go, sponsored by the former Boxborough Liquor and Convenience Store owners.

- We are also co-hosting an Indian Vegetarian Lunch and meditation with the UCC Church on June 20th. It is being offered by the Friends of Indian Senior Citizens Organization, also known as FISCO. We have 13 people signed up for that.
- We are doing an Out to Lunch instead of an Out to Breakfast trip this month on June 22nd at the Club Car Café in West Concord. We have ten people signed up for that.
- Ten people signed up for the trip to the Charles River Museum on June 28th.
- We are hosting an Elder Law Education Program the Massachusetts Bar Association sponsored on June 26th. We have eight people signed up for that.
- John Clark's Great American Experience called "Music of the Civil Rights" on June 15th.
- We also have a baseball program called "What Do You Know About Johnny Pesky?" on July 20th
- I spoke with attorney Catherine Summers about an "Ask a Lawyer" program to provide some free legal advice for our seniors as she does in Acton, and she is interested but isn't sure she will be able to do it monthly.
- We will have our wellness clinic on the same day as our monthly lunch on June 14th and the same day as the Ice Cream Truck on July 12th from 11 am-noon. They are pleased with getting more people to attend the clinic. However, the seniors only come when it is closer to lunchtime. They asked if we could change the time to 12 noon – 1 pm, but I preferred to keep it as it is.
- We will give some COA brochures to Les Fox for the Town's booth on Fifer's Day.
- Kim brought up the problem of having the blood pressure clinic on the same day as the luncheon. The nursing staff arrives at 11 am and stays till noon. Unfortunately, most seniors don't come to the luncheon until 11:45 am. Would we better serve our seniors if we had the blood pressure clinic on another day? Maybe when the Podiatrist Clinic is being held? We could suggest bringing their cuffs prior to the luncheon and having the nurses check them for accuracy. We will continue to brainstorm this idea.

COA Chair Report: Not present

FCOA Chair Report:

- We will sponsor June's luncheon on the 14th. We are going with a picnic theme.

FinCom Liaison Report: Not present

Other Business:

- Tina asked about possibly getting grant funding for a senior center. Although a fantastic idea, the consensus was with the Town still trying to settle on a new fire/police station, now is not the best time.
- Our new lease for the Community Center starts on July 1st. It is for one year. We are very fortunate to have this space available to us.

Date of next meeting: July 10th @ 3:00 pm

Adjourned: 4:08 pm