

WESTON COUNCIL ON AGING
COMMUNITY CONNECTIONS COMMITTEE
Minutes – January 16, 2019

Present: Marge Ackerman, Laura Efron, Vida Goldstein, Leila Hewitt, John McCahan, Ireta Metchik, Mignonne Murray, Prather Palmer, Phyllis Ritvo, Shirley Small-Rougeau.

Absent:

The meeting was called to order at 8:30 am.

1. The minutes of October 3 were corrected to show that the elderly housing forum occurred on September 27th.

2a. Personal Finance Group.

There will be a program by the Joyce Funeral Home on March 13th to include death expenses and related planning. They were recommended by a resident who had an excellent experience with them.

Two professional women in finance, Liz Darling and colleague, will meet with Mignonne and Leila to develop a program involving wealth management for seniors. A good title needs to be selected.

There will be small bus tours to a variety of housing and care facilities for anyone interested; first people to sign up will go. If more want to go, we will schedule another one. These facilities can only offer small group tours. Maplewood will be the first. Susan Wagner has begun the development of a list of questions for participants to consider. Ireta has already developed a glossary of housing information. A book from ALFA (Assisted Living Federation of America) has a "Guide to Choosing an Assisted Living Residence".

The Age Lab at MIT has been discussed by personal finance to be a possible presentation.

Liz and Leslie will talk to Leila about developing a program about preparing your house for moving or downsizing. A follow up program on decluttering is also being considered. Ireta suggested Marie LeBlanc, a vendor at our recent housing fair, as a possible contact.

Consideration is also being given to a program on preparing one's house for moving.

2b. Make Your Home Work for You vendor fair. Leila and Mignonne noted that approximately 80 people attended the recent vendor fair. Twenty five vendors were present and seemed happy with the turnout and interest. Tom Weiss's presentation on personal health monitoring was well received. A listing of the vendors can be found on the COA website. There was agreement that the fair, that included a very informative brochure, was very well organized and managed. Also noted were many attendees who were not the usual participants at the COA.

2c. Continuing the conversation. Ireta and John noted that no one showed up for the most recent session. Since December's session had to be cancelled, it may be that potential participants had not registered the reinstatement this month. It may also be that it has run its course for the time being. The committee discussed refreshing and reoffering the session possibly by using a movie such as "What They Had" as way of starting off. Other "conversation" topics might also be considered. The session is scheduled again in February, but if no one turns up for that it will probably be put on hold until the fall.

3a. Future programming – Medicare. Vida referenced a Globe article on Medicare coverage of in-home services. Ireta and Mignonne thought that Michele would be the person best able to address the issue. Ireta will talk with her. Since the enrollment period for Medicare has just closed, a potential program may best be presented later this year.

3b. Case Campus – walking possibilities. John briefly reviewed the history of the new Field School construction, revision of the Case Campus, and the potential for creating a safe, paved, attractive walk system that elderly might access with the COA anchoring the walk. Because of school traffic, there are certainly safety issues where walks cross the internal roads. The Town Green and new Rail Trail were added to the discussion. Come spring, additional thought will be given to programming and advertising the value of outdoor exercise.

3c. Other ideas. Prather suggested a periodic dinner with a guest chef. It was noted that Land Sake, the Boy Scouts and the Fathers Group have done that successfully in the past and that it could very well work again. As a generalization, sponsorship of more communal events was supported. Ireta noted that it was worthwhile to try to get people involved who are otherwise isolated. Leila summarized new programs that will be offered soon: A Matter of Balance (8 week course) and a joint program with the Regis Occupational Therapy department. Vida wondered whether a joint offering with the Life Long Learning program at Regis might be useful.

The next meeting was set for Wednesday March 20, 2019 at 8:30 am

The committee adjourned at 9:35 am.

Submitted by John McCahan