

**Weston Council on Aging
Board Meeting Minutes
January 17, 2019**

Present: Mignonne Murray (Director), Gerri Scoll (Chair), Vida Goldstein (Associate Member), Marge Ackerman (Vice Chair), Leslye Fligor, Alice Benson, Betsey Boyd, Carol Ott, Tom Nicholson, Wayne Johnson, Jean McQuiddy, Prather Palmer, Phyllis Ritvo (Associate Member), Wayne Johnson

Absent: Bob Froh, Melissa Galton

Guests: Sue Berger, Caitlin Coyle

The meeting was called to order at 8:33am.

There were no resident concerns presented. The minutes were reviewed and discussed. Tom moved that we accept the minutes as amended; Alice seconded and all approved. The minutes passed unanimously.

Treasurer's Report:

Marge reported that the Formula Grant money has not been processed at this point but this is normal. We have used 50.3% of our budget which is right on target since we are half way through the fiscal year.

Needs Assessment Presentation: Tom gave a brief summary and time line of the "needs assessment" survey. We heard a presentation by Caitlin Coyle and Sue Berger from the UMass Boston Center for Social and Demographic Research on Aging. We got an overview of the research and a copy of the slides that are part of the presentation. The researchers were pleased with the response rate and they feel that Weston residents are concerned about the topic of aging. The town of Weston's aging population is increasing. The survey gives the Council on Aging a view of the challenges of the residents that are 55+ years old. Some of these residents need help at home and some amount of caregiving. The contractor list at the COA was a popular topic for the survey respondents. The survey shed light on the percentage of residents who use the COA and how often they use the COA. The number one reason that people do not use the COA is that they "are not old enough". Today's presentation is just a summary of the raw data. A very large percentage of respondents value the role of the COA in our community. Every town in Massachusetts is unique so it is difficult to compare one COA to another, but the data is available. A large number of the Weston respondents actually took the time to respond to open ended questions. There was a discussion about "memory cafes" which are social/support groups for people with dementia and their caregivers to socialize together in a non-stressful environment. There was discussion about having a "master calendar" on the town website. Next steps: the draft of the report will be sent to Mignonne and the Needs Assessment Sub-committee on February 15th, and the final report will be presented to the Selectmen in March, and then to the community at large. There will be an executive summary included in the final report.

Director's Report:

Mignonne reported that the process of hiring an office assistant is moving forward. Among other things, this office assistant will work fine tuning the contractors list. A new manager has been hired at the Brooke School Apartments. Case House renovation is moving forward and may impact the COA in the future. We are continuing the collaboration with the Regis College Occupational Therapy students.

Chair's Report –

In order to keep the meeting moving in a timely manner, Gerri asked that the UMass Needs Assessment presentation and dialog occur early in the meeting. Board members were asked to give their committee and working group reports after the presentation.

Committee Reports:

Community Connections – Vida mentioned they are meeting with Liz Darling about a finance presentation. Also, this group had a discussion about a case campus walking trail. Their group also discussed some Medicare changes involving in-home caregiving. Another future presentation will be with the Joyce Funeral Home to discuss end of life planning. Bus tours of assisted living facilities will be happening and are already organized. Leslye and Liz will be speaking on getting your home ready for sale.

Governance – Marge mentioned that Melissa is going to be giving a session on how to use Google Docs. Also, this committee will be engaged in preparing for the next round of Board vacancies.

COA Senior Housing – Alice will report at a future date. Carol mentioned that they have a meeting set up with the town and they have other appointments on their agenda.

Working Groups/Liaisons:

FCOA – Betsey reported the FCOA has started a website: www.westonfcoa.org .

Springwell – Wayne reported that there is a very interesting report that was just completed by Tufts comparing the different aging communities in all the towns in Massachusetts.

Other concerns mentioned were: transportation data requested by Gerri and the renovation of the rec center mentioned by Carol. Wayne motioned to adjourn, Betsey seconded and the meeting adjourned at 10:26am.

The next board meeting will be held on Thursday, February 28, 2019 at 8:30am.