

WESTON COUNCIL ON AGING
COMMUNITY CONNECTIONS COMMITTEE
Minutes – September 18, 2019

Present: Kristen Frady, Vida Goldstein, John McCahan, Ireta Metchik, Mignonne Murray, Prather Palmer, Phyllis Ritvo
Absent: Marge Ackerman

The meeting was called to order at 8:30 am. Kristen Frady, the new volunteer coordinator, was introduced.

1. The minutes of June 13 were amended to read that Leila Hewitt had resigned rather than retired.

2a. Personal Finance Group.

Visits to various care facilities have continued and have been fully subscribed. Ireta noted that Whitney Place, an assisted living facility in Natick, appeared to be an exemplary unit at a relatively modest cost.

Phyllis reported that only two members of the Personal Finance Group appeared for the last meeting. They will reschedule.

Michelle will be presenting the SHINE program on 10/17.

Marian Ryan, the district attorney for Middlesex County, will be speaking in October about elder scams.

In the spring, 2020, the group is considering the production of a housing fair and is trying to settle on a theme: whether to emphasize alternative housing or display a variety of housing options including remaining in one's home.

As an aside, it was noted that the vendor list is being updated. Ireta also described an option for minor home repairs in which a handyman is kept on payroll and "loaned" to homeowners who need small repairs. Whose payroll the handyman might be on is open for discussion: the Town's? the Friends of the COA? Mignonne referenced an organization entitled "Umbrella", operating in New York, which provides the kind of handyman services that elders often need.

Phyllis described some other possible program options:

- Talk by a finance advisor (Fidelity) on retirement income strategies
- Discussion by representative from Margolis and Bloom that builds on their publication "Five Ways to Divide Tangible Property"
- Talk by a lawyer, Rebecca Benson, on risks and rewards of moving to a CCRC
- Talk by tax expert on current changes in tax law

Mignonne noted that there would be a sign sheet for visitors interested in joining a working group at the Open House scheduled on 9/25.

2.b. Diverse Cultural/Ethnic Group Needs

Because of time constraints, the members of the committee agreed to postponing discussion under this item.

2.c. Meeting the Needs of Younger Generation Caretakers

Because of time constraints, the members of the committee agreed to postponing discussion under this item.

2.d. End of Life Issues

Ireta and John briefly discussed the need to program for end of life issues but felt that the series they had run in the past, Having the Conversation, should not be reinstated right away. Phyllis noted the Compassionate Choices organization and the possibility that there would be interest in hearing about their approach to death. Another organization that might be of interest is Ellen Goodman's the Conversation Project that emphasizes the importance of discussion about end of life issues. We also acknowledged the popularity of memoir writing and obituary writing programs in the past. Joan Parrish had been instrumental in leading these. Another idea, that of finding local authors who have written about these issues and would be willing to speak, was well received. Ireta will follow up with the Weston Public Library to identify potential, local speakers.

The next meeting was set for Wednesday October 16, 2019 at 8:30 am

The committee adjourned at 9:35 am.

Submitted by John McCahan