

Lakeville Council on Aging Meeting Minutes of March 6, 2024

The Lakeville Council on Aging held a meeting on Wednesday, March 6, 2024 at the Lakeville Senior Center. The meeting was called to order at 10:02 am by Chairman Deveney Boyadjian.

Roll call: Taken by Donna Adams

Present: Donna Adams, Joann Bowes, Deveney Boyadjian, Lori Fahey, Paula Houle, Charlene Montleon, Patricia Mustacaros, Nancy Richmond, Evajune White, Hilary Wood

Alternate: Rosemary Duclos

Absent: Gail Dragicevich, Alternate

1. Chair's Announcements
2. The Mission Statement ideas were collected and read by Deveney. The question was raised whether we are Board or Council Members. Deveney will ask the Town Administrator for his input/opinion.
3. Bills – This year's town expense account for the Senior Center is \$32,860. Lori informed everyone that this money is used for running the Center, minor repairs, and maintenance of the building. She read off a list of items that are paid from this account. Because the Senior Center is level-funded, any major emergency repairs of the building would be covered by grants.
4. Deveney made a motion to accept the January 6, 2024 minutes. Nancy Richmond stated that the discussion regarding the Yoga class should be clarified. The name of the class should be changed from Yoga to Cardio and Stretching. Once the discussion for this ended, the motion regarding the minutes was approved by Charlene Montleon and seconded by Joann Bowes.
5. A vote was taken and unanimously approved to recommend to the Select Board that Patricia Mustacaros be appointed a full-time member of the board.
6. Review of February Events:
 - Hearing Clinic is always full every month with a waiting list
 - Book Club not well attended. Joann suggested bringing in someone from her Book Club to help gain more interest.
 - Movies were not well attended possibly due to poor weather
 - Brain Builders was well attended with 11 at one meeting and 13 at the second meeting
 - Manicures – All appointments were full
 - Lucky Green Ladies was well attended
 - Bingo and luncheon were full
 - Valentine Music Bingo was a big hit
 - Congregate Meals are not working out on Thursdays. Will switch to Wednesdays in April
 - Tai Chi attendance is steadily increasing
 - Perfect Care Match was canceled due to no sign-ups
 - Review of Upcoming March Events:
 - St. Patrick's Day Luncheon full with a waiting list
 - Brain Builders March 5th and 19th – Sign-ups required
 - Book Club March 11th
 - Chair Massages March 8th – \$5 due at Sign-up
 - Hearing Clinic March 14th – full

Nutrition with Ashley March 15th – Sign-ups required
Hearing Assis Training March 21st – Sign-ups required
Police Breakfast March 22nd – Sign-ups required
Bingo and Lunch March 26th - \$5 due at Sign-up
Movie: *A League of Their Own* March 22nd - \$2 due at sign-up
Oasis Senior Living Presentation March 28th
Beginners Line Dancing Class March 6th
Pop Up Art Class March 14th - \$5 due at Sign-up
Coping with Parkinsons every Tuesday starting March 19th
Exercise Gift Cards now available
Illusionist Lyn Dillies April 1st – Sign-ups required
Focus on Lakeville April 5th - Author and Teacher Richard Tripp

7. Next Meeting April 3, 2024 at 10:00 am

8. Old Business:

Transportation for Seniors for voting – This is not something that the town can back us on. It was suggested that we reach out to neighbors who may need a ride to the polls or town meetings. The van will be available on Mondays, Wednesdays, and Fridays during early voting unless there is a medical emergency that the van is needed for.

Senior Work Off Program – If interested, an individual can go to the Assessor's Office and request a Resident Petition to get the ball rolling. This is not something that can be done through the Council on Aging Board or the Senior Center.

9. New Business:

2025 Census Forms - Survey – We can include a two-question survey to track transportation and emergency support needs for the senior population. These two questions must be submitted to the Town Clerk by September 2024 to be included in the Census Packet. The two questions must be typed on a half sheet of paper to avoid any cost to us.

A Grant was approved for computer classes and 6 laptops have arrived. The classes will begin sometime on June or July.

Nancy questioned why there is a \$2 charge for the movies when other centers offer them for free. Lori explained that all centers operated differently, and we do not use grant money for the movies. We also offer food and drinks at the movies where other centers may not.

Paula asked if a board member could attend the conference. Lori explained the expense involved, but she will get more information.

Hilary suggested that suggestions for topics at upcoming meetings be emailed to Deveney so they could be put on the agenda.

A motion was made by Deveney to adjourn the meeting at 11:25 The motion was approved by Hilary Wood and seconded by Evajune White.

At the end of the meeting, Deveney passed out copies of **A Guide for Board Members**, which was produced by the MA Executive Office of Elder Affairs dated August 2017. Additionally, a flowchart was disbursed illustrating steps to follow in the event anyone has an issue as listed on the chart.

Respectfully Submitted by: Donna M. Adams