

**Meeting of the Northborough Council on Aging  
August 8, 2023 – 5:30PM – Northborough Senior Center**

*As the hub for all aspects of healthy aging, the mission of the Northborough Council on Aging/Senior Center is to enrich and enhance the lives of older adults.*

**Call to Order:** A meeting of the Council on Aging of the Town of Northborough was called to order at 5:30 PM by Adrienne Cost, Chair with the following also present:

Linda Cragin, Member	Elizabeth Nasser, Member
Alli DellaRovere Member	Fran Bakstran, Member
Jerry Anderson, Member	Ron Doucett, Friends
Paula Moore, Member	Henry Squillante, Friends
Virginia Simms George, Member	Kendra Faldetta, Director

Guest: Julianne Hirsch, Select Board. The following COA members were not present: Theresa Lee, Mitch Cohen, Select Board rep, Joan Frank, School Committee rep.

**1. Approval of the Minutes:**

The minutes for the July 2023 meeting were approved.

**2. Friends Report:**

Ron provided the Friend's report with input from Henry. There was no meeting in August. The August 4<sup>th</sup> car wash was postponed due to rain until August 18<sup>th</sup>. Two tables have been purchased for the Applefest street fair in the usual place. The payment of postage for the Northborough Times was again discussed. As this is a re-occurring item for discussion, it was agreed that a small group representing the Friends, and COA, plus staff and the general public would meet to develop some recommendations. Adrienne and Ron will work on this.

**3. Director's Report:**

Kendra provided some updates. The Featured Senior interviews have been going well. Kathy Daghiesh from Northboro Cable has been very helpful – she is retiring and will be missed. A Cooking with Rose class filled quickly. The July BBQ was very successful as was the Corn Hole tournament and 80 root beer floats also disappeared in seconds.

DPW has been invited to a thank you lunch since they have been so helpful – with a requested pot roast meal. 80 for Brady has a wait list and the Dull Men's Group will host 75-80 men from five other towns for an early dinner.

Applefest will start on Thursday at the Senior Center with the annual Bake-off; Kendra is considering judges. Adrienne will send out a sign-up list for staffing the booth at the street fair.

In the planning stages is a long list of events including Senior Shred Day, AARP Smart Driver, a presentation about NEADS Service Dogs, several Halloween events including the popular Trunk or Treat and the annual Veteran's Luncheon will be on Nov. 9<sup>th</sup> with MA State Senator Robyn Kennedy invited.

The Northboro Senior Center will be highlighted in the October edition of the Blue Cross and Blue Shield newsletter, Healthy Times.

**4. WRTA:**

Salary increases went into effective July 1 and Kendra hopes this increase assists with recruitment as 2-4 more drivers are needed.

**5. Springwell (formerly Bay Path):**

In the near future the area COA directors are going to meet to discuss the relationship with Springwell.

**6. Old/New Business and Community Awareness:**

As discussed last month, a building use policy is needed. Kendra did some research and

found a policy drafted about the time the new building was opened but it was never signed. The policy was reviewed and discussed, and several minor edits were suggested.

Upon motion made (Virginia) and seconded (Fran), it was **unanimously voted to approve** the version as edited with a final version to provided by email.

The Garden Club has requested, via Julianne Hirsch, to use the Senior Center for a one-time event on Saturday, Dec 9<sup>th</sup> for their Holiday Enchantment. The event would include local garden clubs and be open to the public, with coffee, tea and desserts provided. As previously discussed, the Senior Center staffing is limited and there is no capacity to cover after hour events. Staff are not paid for overtime and cannot accept payment for additional services. Staff volunteer to cover Senior Center related events like Applefest and the Friends' Country Fair; there is also no available additional assistance for set-up or clean-up for events.

Discussion followed and upon motion made (Fran) and seconded (Linda), it was **unanimously voted to deny** the request from the Garden Club to use the building. The COA is willing to relook at this decision if staffing capacity is increased in the future.

As discussed last month, the Master Plan committee needs representation from the Senior Center/COA as Adrienne has not been able to attend. Discussion followed including a note that Fran's prior at-large position has ended, and she is willing to assume Adrienne's position; no one else expressed interest.

Upon motion made (Liz) and seconded (Virginia), it was **unanimously voted to approve the nomination** of Fran Bakstran to the Master Planning Committee as the Senior Center representative.

Linda passed around information about the fitness parks highlighted by AARP: <https://fitlot.org/> that are designed for all ages and abilities and could be incorporated into the Master Plan and walking trail at the Senior Center. Fran will keep this in mind and the Board will continue to explore the feasibility of this.

The Strategic Plan should be shared with the new members.

The meeting adjourned at 6:50 pm.

A handwritten signature in cursive script, appearing to read "Linda Cragin", written in black ink on a white background.

Linda Cragin, Secretary