

**Meeting of the Northborough Council on Aging
March 8, 2022 – 5:15PM – 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 5:20 PM by Adrienne Cost, Chair with the following also present:

Linda Cragin, Member
Muriel Swenor, Member
Theresa Lee, Member

Jerry Anderson, Member
Virginia Simms George, Member
Eileen Bogle, Interim Director
Kristin Wixted, Selectman rep.

The following COA members were not present: Elizabeth Nasser. Lee Beavers has decided to not seek reappointment.

1. Approval of the Minutes:

The minutes for the January 2022 meeting were approved.

2. Friends Report

Kerri provided an update via email to Adrienne and Adrienne summarized: A full year of events is planned, including a basket raffle, tea and auction, and the donated clothing drive with a trailer truck donated (April 29th to May 6th), a car wash and the annual appeal. Donations to the annual appeal are still coming in.

3. Director's Report

Eileen provided her report ahead of the meeting and reviewed it during the meeting:

- Activity numbers continue to increase.
- The Board of Health supported nurse is at the center on Monday (appt) and Wednesday (drop in) and is planning some presentations.
- The van drivers were at full staffing, but one is out with a medical concern.
- Site of multiple vaccine and booster clinics in support of the Board of Health's outreach efforts
- Linda DiMare, the part time Program Coordinator who started in December is doing great!
- May is Older American's Month and the theme is Age My Way and Eileen's suggestion was to make the fitness classes free that month. All agreed that this was a good idea.
- Be Well Northboro is a new cross town department effort addressing the mental health and wellbeing issues from the pandemic. There is good synergism across the departments and Eileen shared some ideas for the Senior Center: mindfulness/meditation multi-generational activities with a local company and a coffee house idea of music.
- The Memory workshops with Liz Nasser has had enough interest to hold a second class.
- Eileen mentioned the AV system needs to be addressed and she is working on it but the new director will probably need to continue the work.
- Eileen will most likely be here thru April and may be available to mentor the new director.

4. WRTA

Nothing to report.

5. Bay Path

Details related to the planned merger of Bay Path with Springwell Elder Services continue to be worked on. The status of the Area Agency on Aging and Protectives Services was asked but not answered.

6. Old/New Business and Community Awareness

There are two positions available on the board.

Interviews for the new director continue with an outcome possibly in the next week or so.

At the April meeting, there will be a discussion about affordable senior housing.

Continued thanks to Eileen for continuing in her interim role.

The meeting adjourned at 6:30 pm.

A handwritten signature in black ink, appearing to read "Linda Cragin". The signature is fluid and cursive, with the first name "Linda" and last name "Cragin" clearly distinguishable.

Linda Cragin

Secretary