

Needham Council on Aging Board Meeting

October 10, 2024

Present: Colleen Schaller, Chair, Penny Grossman Vice Chair, Carol De Lemos, Helen Gregory, Ed Cosgrove, Kate Robey, Kathy Whitney, Ann Cosgrove, Ann DerMarderosian, Dan Goldberg, Sue Mullaney, Leanne Relich, Ted Prorok, VFW Representative

COA Staff: Latanya Steele, Director, Jessica Moss Assistant Director of Counseling & Volunteers, Aicha Kelley, Assistant Director of Programming & Transportation

Friends of the CATH: Anne Brain

Guest: Timothy McDonald, Director of Health and Human Services

SHINE: Amy Gomes

Call to Order The meeting was called to order by Ms. Schaller at 5:00 pm combination in person and on Zoom

1. MBTA Plan Continued Discussion

Ms. Schaller noted the Board voted to support the base compliance plan in September.

Mr. McDonald provided background on the financial figures and landlord ownership from the October 9 Finance Committee.

The Board discussed the broad Neighborhood Housing Plan. The Board agreed to take no position on the plan until Town meeting as there are too many unknown factors at this time.

A board member raised the issue of unemptied dumpsters around town. Mr. Cosgrove noted that the Board of Health is examining regulations so they can take over the monitoring of all the dumpsters in town including permitting and issuing fine violations. He noted that these types of regulations have worked well in Arlington and Lexington.

2. SHINE, Ms. Amy Gomes

Ms. Gomes noted that SHINE has been doing extensive outreach during September including Farmer's Markets in Belmont, Newton and Watertown as well as the Ashland, Dover and Needham COA. She proudly noted that MetroWest SHINE has done more outreach than any other area of the State. She also noted that the limited appointments registrations are happening much faster than in past years.

The Board thanked the SHINE team for all their work.

3. Aging Services Division

a. Social Work, Ms. Jessica Moss

Ms. Moss noted the numbers have been steady. A small number of seniors remain on the counseling wait list.

The Go Go Grandparent transportation service starts this month for medical rides in an 8 mile circumference which covers Boston.

She noted that the social work staff continues to participate in trainings. This includes Isabelle Dick participating in a new dementia training and also a training on nonpharmacological interventions.

The Coffee hours at Needham Housing Authority continue to go well.

The iPad tablet grant distribution should occur in the next month or so.

The Homelessness Prevention Coalition took the summer off but is meeting quarterly again. They are monitoring the crisis fund and are able to obtain in-kind necessities easily but it does not solve the overarching issue of a lack of affordable housing.

Ms. Moss also noted that the volunteer program is running smoothly with a steady number of twenty three volunteers.

b. Programming Report, Ms. Aicha Kelley

Ms. Kelley noted the event calendar is now in place through March 2025. She is adding more diverse programming whenever possible. She thanks Jennifer Garf for her fabulous work on the Compass.

Ms. Kelley noted they had one snafu with a Best of Times trip to Simon Pearce but the issue seems to have been resolved for trips going forward.

She is trying to be creative with space using the Café for programming space in the morning and also utilizing the underused game room whenever possible.

She also noted that both home health care agencies and assisted living facilities have started to advertise again in the Compass.

Six new Tuesday/Thursday evening programs are planned for October; Ms. Kelley will update the Board on the attendance in November.

The Saturday supper club at a local restaurant started on October 5. The group ordered off the menu but the staff had not been told about the separate checks. Ms. Kelley noted that most restaurants will not do prix fixe menus. She will continue to monitor progress and report back to the Board in November.

She also noted that in January and February she will start a Zoom Sunday supper club with the frozen meals delivered the Friday before. This had 18-30 participants during COVID and she hopes this will be another way to prevent social isolation.

4. Review and Approval of FY Schedule Fee

Mr. Cosgrove made a motion to approve the fees as distributed. Ms. DerMarderosian seconded. The fee structure was approved by unanimous voice vote.

Copy of Fee Structure is Appendix 1.

5. Approval of September 19, 2024 Minutes

Ms. Mullaney made a motion to approve the September 19, 2024 minutes. Ms. Robey seconded. The motion passed by unanimous voice vote

6. Chairperson's Report, Ms. Colleen Schaller

Ms. Schaller noted the Coffee and Chat will need to be rescheduled to another date as it interfered with Rosh Hashanah.

Ms. Schaller also asked for Board members to be present to answer questions after town meeting.

7. New Business

None

8. Old Business

In answer to Board questions Ms. Steele noted that the treasurer's meeting to discuss credit card payment for events was cancelled; she is rescheduling it for November.

9. Friends of the CATH

Ms. Brain noted that donations are going pretty well. The Exchange Club made a \$10,000 gift to assist with deck renovations. The postage costs continue to be high for the Compass at \$2200.00 a month. The ice cream social and strawberry shortcake summer events were a success. A scary afternoon movie is planned for later in October.

10. Mr. Ted Prorok, VFW Representative

Mr. Prorok noted that poppy days will be November 9 and 10 at both Roche Brothers and Sudbury Farms. A VFW regular who is a Navy World War 2 veteran and who is 100 years old this year will be part of the contingent for the poppy days.

November 11th Memorial Park Veteran's Day Memorial event is also coming up followed by lunch at the VFW post..

11. Motion to Adjourn

Mr. Cosgrove made a motion to adjourn. Ms. Grossman seconded the motion. **The Board meeting was adjourned by unanimous voice vote at 6:05 pm**

Respectfully Submitted,

Faith Crisley

Recording Secretary

Appendix 1 below

Schedule of Fees and Charges					
Department		Health & Human Services – Aging Services			
	Description	Rate	Frequency	Authority	Last Reviewed
1	Scott Brumit: Tai Chi & Qigong	\$5.00/in-person only	Per Class	Council on Aging Board of Directors	10/04/23
3	Lisa Cadigan: Interval Training	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
4	Lisa Cadigan: Stretchology Class	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
5	Lisa Cadigan: Floor, Core and More	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
6	Lisa Cadigan: Tabata	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
7	Stephen Cadigan: Train the Brain	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
8	Stephen Cadigan: Arthritis Exercise	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
	Stephen Cadigan: DrumFit				
9	Lisa & Stephen Cadigan: Fitness Room	\$25.00	Monthly	Council on Aging Board of Directors	10/04/23
10	Lisa & Stephen Cadigan: Personal Training	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
	Stephan Cadigan: Big Moves and Loud Shout Class	\$5.00	Per Class	Council on Aging Board of Directors	New
	Stephan Cadigan: Drum Fit	\$5.00	Per Class	Council on Aging Board of Directors	New
	Lisa Campbell: Mindful Living	\$5.00	Per Class		
11	Betty Hood: Ballroom Dance	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
12	Paul Hughes: Line Dancing	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
16	Karen Karten: LaBlast	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
	Halle Katz: Chair Grooves	\$5.00	Per Class		
18	Sandra Levy: Yoga	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
19	Ben Marder: Drawing	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
20	Pearl Pressman: Seated Strength & Balance	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
21	Randi Sharek: Move It, Shake It, Lift It	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23
22	Lulu Tsai: Zumba Gold	\$5.00	Per Class	Council on Aging Board of Directors	10/04/23