

BERKLEY COUNCIL ON AGING
MINUTES OF MEETING
September 7, 2023

Board Present: Margaret Moroff, Arlene Medeiros, Cathy Charette, Kathee Strozyk, & Carol Buote

- I. **Call to Order** - Margaret Moroff called the meeting to order at 9:30 a.m. Margaret stated the meeting is not being videotaped. She stated that there is a need for people to tape meetings. Arlene Medeiros said that no experience is necessary, and training is available.
- II. **Acceptance of Prior Minutes** – Kathee Strozyk motioned to accept the minutes from August 3, 2023. Carol Buote seconded the motion and the board voted in favor.
- III. **FY 2024 Budget** - Krista Celia presented the budget report.
 1. Town Budget Balance: \$31,035
 2. Formula Grant: \$14,258.86
 3. Program Donations: \$7,671.12
 4. General Donations: \$4,199.36
- IV. **Events** –
 1. Ceramics - Margaret Moroff announced the upcoming ceramics class scheduled for September 13th had been cancelled by the instructor. Krista Celia said that Dale Pagano had to unexpectedly travel and was no longer able to have class that date. Margaret Moroff said that the Christmas Tree Workshop would be on November 14th and was not limited to seniors.
 2. Painting with Amy - Margaret Moroff announced that the upcoming workshop with Amy would be a Clay Pot Scarecrow Workshop and it would take place Thursday, September 21st from 3:00 – 5:00.
 3. Blood Pressure Clinic – Margaret Moroff stated that the blood pressure clinic will be 9/27/23.
 4. Ward 5 - Margaret Moroff spoke about the upcoming Ward 5 event and said it would be 9/28/23.
 5. Manicures and Refuse to be a Victim – Krista Celia said she spoke with the town and had been given permission to use the back conference room for manicures. She said that she is hoping to start in October or November. She said she hopes to schedule the Refuse to be a Victim workshop in that time frame as well.
 6. Tech talks with Kevin -Margaret Moroff talked about the Teck Talk program. She said she could not make it but heard it was really good and well attended. Roberta Poli said that it was awesome. Margaret Moroff said that there would be two more workshops. September 12th and October 3rd.
 7. Holiday Lunch – Margaret Moroff said that the Holiday Party was scheduled with the school for December 9th at 12:00. Margaret asked how many people that were not from Berkley signed up for the Ward 5 lunch and Krista Celia said there were not many. Margaret Moroff asked the group if we should open the Holiday party up to people outside of Berkley like we did for the Ward 5. Margaret Moroff then asked the group to think about it for next time.
 8. Bristol Elders Lunch and Learn – Margaret Moroff said Bristol Elders would have a Free Lunch Workshop on November 1st. Krista Celia said she asked to woman who is presenting if it was limited to Berkley and was told no. Krista Celia said they would bring the food but we would need to serve it.

9. CBD Program - Carol Buote said this program was presented at the library. There was a low turnout but the presenters talked about many benefits of CBD. Carol said that the products have trace or no THC. Kathee Strozyk said that there are medicinal benefits. Margaret Moroff said that she does not think that any orders should be taken. That they can give out their card but that's it. Kathee Strozyk asked if they would be at the craft fair. Liz Monkowski said No, she did not think so. Margaret Moroff said if it was strictly informational. Nancy Thompson said this had been a problem in the past. She expressed concern about opening to selling. Kathee Strozyk said that they could be given guidelines to follow. Margaret Moroff said it would need to be purely informative. Carol Buote said that they gave out a free collagen powder and the library. She said that CBD is from a different part of the plant and that Hemp plants can be used to clean the soil.
10. VR Workshop - Margaret Moroff said that she didn't know anything about this program. Carol Buote said that her son Richard is going through his Eagle Scout program. He is fundraising to purchase equipment for the library to use. He wants to come to the center and show seniors how to use the VR Equipment and to talk about what VR is. Carol Buote said that the seniors would be seated, and he would demonstrate games and things like google earth. She said so you can look around and go somewhere without going somewhere. Margaret Moroff said it sounds like a good program. Krista Celia asked when and Carol Buote said at the end of October. Krista Celia suggested a Tuesday or Thursday from 3:00 – 5:00. Carol said Richard would bring other boys to help out.
11. Holiday Card Class – Krista Celia said that Lestyn the Body in Motion Instructor had reached out to her and proposed a Holiday Card Workshop. She would charge the COA \$60 and she would supply paper. The group discussed and said that would be a good idea and if she needed more paper, we could get some.
12. Flu Clinic – Krista Celia said she was sent an email from CVS about hosting a Flu Shot Clinic. She said that it said in the email they were not scheduling COVID Clinics just yet only Flu. Nancy Thompson said that in the past it was open to everyone, and it was successful. It was mentioned that there are two vaccines and that they need to bring both. Margaret Moroff said maybe the RSV shot. Kathee Strozyk said maybe the shingles vaccine. Nancy Thompson said not all insurances cover the shingle vaccine. Margaret Moroff said maybe they do now. Nancy Thompson said in the past a sign was put up and people just came in.
13. New Programs – Krista Celia said she spoke with someone from the Old Colony History Museum and they have classes that sound interesting. Krista Celia said that Roberta Poli connected her with this person. Roberta Poli said they just recently made whoopie pies. Margaret Moroff said that sounds great. Carol Buote said they did berry ink at the library, and she would recommend them. Elisabeth Monkowski said maybe a program like that for grandparents with grandchildren. Nancy Thompson spoke about the Berkley Road Show. She said that the appraisers are very busy, and they do not have enough expertise to value all different things. Margaret Moroff said yes, they have specialties. Margaret Moroff said they the Somerset library had a book expert that was interesting. Elisabeth Monkowski said that the Happy Hearts had Rick Ferreira and he was good.

V. Outreach/Shine Update – Krista Celia said that Lucille is volunteering at the Somerset COA and is seeing Berkley residents for SHINE only during open enrollment. Outside of open enrollment the Taunton COA will see Berkley Residents. Krista Celia said that she will be helping with the fuel assistance until a new outreach worker is hired.

VI. Friends Report - Elisabeth Monkowski said that the Friends have 18,947 in funds available. Margaret Moroff said that the COA will be looking for funds for the Ward 5 and the Christmas Party.

- VII. Public Input- Nancy Thomson asked if people over 60 are getting the newsletter. Margaret Moroff said people who are 55 are not seniors. Kathee Strozyk said that that she thinks 60 is a state criteria. Nancy Thompson said when she turned 60 she got one. Krista Celia said she could check with the clerk about a list. Carol Buote said she was impressed with attendance at events. Margaret Moroff said part of the reason is the friends are so welcoming. People bring their friends and enjoy coming. The atmosphere is changing, people feel welcome. Kathee Strozyk said it is very welcoming. She said she has found that everyone is willing to talk. She went on to say it is a nice mix of young and older. Virginia Bryan said the Happy Hearts have a good group and they do not act their age. Elisabeth Monkowski said the Friends went from 27 members to 52 members in one year.
- VIII. **Notice of the Next Meeting** - October 5th in the hearing room at 9:30. Krista Celia explained that podiatry would be at the same time in the senior center so the board would need to have the meeting in the hearing room.
- IX. Adjourn – Carol Buote motioned to adjourn the meeting, Cathy Charette seconded the motion, and all voted in favor.