

BERKLEY COUNCIL ON AGING
MINUTES OF MEETING
March 7, 2024

Board Present: Arlene Medeiros, Carol Buote, and Cathy Charette,

- I. **Call to Order** – Arlene Medeiros called the meeting to order at 9:01 in the activity center. She reminded everyone that the meeting is being broadcast live.
- II. **Acceptance of Prior Minutes** – Carol Buote motioned to accept the February 8, 2024 minutes the motion was seconded by Cathy Charette and the board voted to accept the minutes.
- III. **FY 2024 Budget** - Krista Celia presented the financial report as of February 29, 2024.
 1. Town Budget Balance: \$9,600.98
 2. Formula Grant: \$17,990.82
 3. Program Donations: \$8,618.42
 4. General Donations: \$4582.64
- IV. **Events** –
 1. **Ceramics** – Krista Celia said Dale Pagano would be in on the 27th to do a macrame hanging planter. She explained it will be fired.
 2. **Painting** – Krista Celia said that Amy King will be in on April 25th and she is doing a button project. Carol Buote asked for more details about the project. Cathy Charette explained that a participant can make a picture out of buttons into a picture like a tree shape or a bird shape. Krista Celia mentioned that there was a picture at the signup table with examples.
 3. **Brown Bag and Blood Pressure Clinic** – Krista Celia said the blood pressure clinic and brown bag is always the 4th Wednesday of the month.
 4. **Manicures** – Krista Celia said she wanted to have a discussion with the board about manicures. Krista said she had spoken with the manicurist Kerrie Ann about participation. Krista said that Kerrie Ann felt that because she was doing the manicures in the conference room that people were not aware that she of what she was doing. Krista said Kerrie Ann had asked about doing manicures in the activity center while the other actives were going on. Krista said Mondays have Aerobics and Coffee Talk, which would be affected. Carol Buote asked if there were a lot of people in aerobics. Arelene Medeiros answered yes and that there had been concerns that people do not want manicures going on during Aerobics class. Carole Buote said that we do not want anyone tripping. Krista Celia said that her concern was the smell of nails during exercise class. Elisabeth Monkowski said that it would be a distraction for either activity. Krista Celia said that we can schedule manicures for a Monday but just keep it in the conference room. She went on to say that there may come a day that the town double books the conference room and, in that case, manicures would need to share space in the activity center but that would be a one-time thing. Krista Celia asked the board if that is what they think is best. Carol Buote asked if there some way to show what is going on? Krista Celia said that you can smell it as soon as you leave the center. Carol Buote said that yes, most people probably can smell it. She went on to say it is on the schedule. Arlene Medeiros suggested a way to let people know that manicures are taking place is to hang a sign in the COA that says Manicures Today. Carol Buote and Cathy Charette both agreed with that suggestion. Carol Buote asked if Kerrie Ann was hoping to attract walk ins. Krista Celia answered that Kerrie Ann was not hoping to attract walk-ins rather she was hoping more people would see that she was doing manicures and sig up next time. Krista Celia said that it sounds like we should keep it in the other room. Carol Buote said she agreed and that aerobics and the smell of nails are not compatible. Krista Celia clarified she will schedule Kerrie Ann for Monday just not in the activity center.

5. **Card Workshop** – Krista Celia brought up that this workshop effects the next COA meeting because when she scheduled the workshop, she didn't realize she was setting it up in the exact same time and place as the next COA meeting. She went on to say the town scheduled a training in the hearing room at that time so the other room is not available. Krista Celia said she was hoping to move the COA meeting to April 11th since there were already people signed up for the card workshop. Carol Buote said that change is fine with her. Arlene Medeiros said that she was iffy anytime in early April. Cathy Charette said she is good with the time change. Arlene said that we would tentatively schedule for the 11th.
6. **Oral Health Seminar** – Krista Celia said the seminar is Wednesday, March 20th. Krista Celia said that this is a little different program for us and that she is hopeful there is good attendance.
7. **Bristol Elders Lunch and Learn** – Krista Celia said the lunch and learn is Wednesday, April 10th. Krista Celia said that the sign-up sheet is full and we are on a wait list for that one. Krista Celia said as people back out, she will move people onto the active list. Krista Celia said she has already been able to move people off the waitlist.
8. **Do you know what to do in a medical emergency** – Krista Celia said that last month when this event was presented it was called Coffee and Doughnuts with a Fire Fighter. Krista Celia said that the seminar is now: Do you know what to do in a medical emergency. Carol Buote said that the event sounds wonderful and a very useful topic. Krista Celia said we will still have some snacks to go along with the seminar.
9. **American Folk Revival** – Krista Celia explained that this is a presentation from a cultural council grant and it would be following the Friends Mother's Day Brunch. Krista Celia said that lunch would be at 11:00 and that the music would follow so we would advertise them both together.
10. **Oasis Senior Living** – Krista Celia said that she scheduled the Oasis Senior Living lunch and learn. That would be Wednesday, June 5th at 11:30. Krista said that she was not sure what the lunch would be yet. Krista Celia went on to explain that the presentation and the lunch happen all at the same time. Carol Buote asked what type of thing will she do. Krista Celia explained that it will be about senior living and the options you have when trying to find senior living arrangements. Krista went on to say that the title of the program is, Getting Savy on Senior Living. Krista Celia said the next newsletter will contain a full description of the program.
11. **Historical Society Event Room use** – Krista Celia said the Historical Society received a grant for a program called, Cro-Magnon Blues, History and Legends through song. Krista Celia said that they asked to use the room. It is Thursday, June 13th at 6:00 p.m. It is the Historical Society event but we will put up a sign-up sheet. Krista explained that she would put up probably just chairs and not tables. Carole Bute said that it sounds good.
12. **Fran Heart** – Krista Celia said The Cultural Review of Music of the 70s was scheduled for at night. Krista Celia said the Fran Heart was the person who did the Beatles presentation. Krista Celia said that last year we had that event catered. Krista went on to say that she wanted to ask the board if we should have this event catered and if we should ask the friends to pay for it. Carol Buote said the whole thing sounds good to her. Krista Celia said Fran Heart did an excellent job last year. Arlene Medeiros said that offering the food will draw more people in. Carol Buote agreed and said when people are having trouble with groceries it is always nice offer these. Krista Celia said we used Deavilas last time and would like to use them again. She said it would be a meal like it was for the Beatles. Elisabeth Monkowski said she will bring it up with the Friends but she does not foresee an issue. Krista Celia said that she is trying to spread out the meal events so they are not altogether. Carol Buote said to spread out the music events too. Krista Celia said we have a lot of interesting music coming in the center this year.
13. **Podiatry** – Krista Celia said that podiatry would take place on Thursday, March 28th. Krista Celia said there is already only one spot left.

14. Proposed New Events –

- a. **Bristol Elders Course on Chronic Disease** - Krista Celia said that she had an update on the course that Bristol Elders wants to run in the center. Krista Celia said she spoke with Dawn DiMarco and the course needs to be advertised as 2 ½ hours but when they ran it in the past it only went for about 1 ½ hours. Krista Celia said she learned the class has to have at minimum 9 participants who come consistently, and that they can be anywhere from 18 years and up. Krista said participants can come from surrounding communities. Krista said she was looking at Thursday mornings before Happy Hearts and would run for 6 weeks. Krista Celia asked the board what their thoughts were. Arlene Medeiros said we can advertise it. Carol Buote asked if there was a cost. Krista Celia said it is free. Carol Buote said a lot of people are dealing with chronic illness and there maybe an audience. Krista Celia said that Bristol Elders will provide everything: textbooks, binders and refreshments. Krista Celia said she would put it in the newsletter and she what we get for a response. Carol Buote asked what time on a Thursday and Krista Celia answered that she was thinking 9:00. Arlene Medeiros suggested 9:30 – 12:00 and Elisabeth Monkowski said that would run up to Happy Hearts. Krista Celia said 9:00 will get us to 11:30 and we will need to let happy hearts know and share the space. Carol Buote said that the class might be over by 11. Krista Celia said the hope is that it will. Carol said she hopes to take the class but it may be to long. Krista Celia said that she informed Dawn DiMarco that the time was an issue and was told it typically does not run more than an hour to an hour and a half. Carol Buote said the time is an issue especially if you are looking to attract seniors to sit. Carol asked how many people are allowed to sign up. Krista Celia said she would find out before the next newsletter. Carol Buote said she thinks we will get the 8.
- b. **Hip Hop** – Arlene Medeiros said she noticed that the other Cultural Council grant want not yet scheduled. Krista Celia said they she did schedule it for September and she would put the date on the next agenda.
- c. **Medicine Bags** – Elisabeth Monkowski mentioned that Margaret Moroff was going to bring up the topic of the medicine bags. Krista Celia said yes, we were going to talk about those. Krista said she did not have the cost sheet for the bags and Elisabeth Monkowski said she thought it was \$575 for 100. Krista Celia said the COA would buy them and the Friends would reimburse us but Elisabeth Monkowski clarified that the Friends would provide the check. Krista Celia said that Margaret Moroff was interested in having the bags available for more than just seniors and that they would be available to people in the town if they would like to buy them from us. Carol Buote clarified that the seniors would not buy them. Carol Buote said that these bags could bring seniors into the center who do not typically use this space. Krista Celia said that she did not think it was a good use of her time to sell bags to non-seniors. Cathy Charette asked to clarify what the bags are. Krista Celia said that she believes you put the medicine in the bag and it deactivates it so that you can throw them away. Krista Celia said her next question is, if we are giving them away to just seniors are we limiting it to just Berkley seniors. Cathy Charette asked if we are only buying 100. Krista Celia answered that is another question, how many are we going to buy. Cathy Charette said if they can go outside of Berkley residents we will probably need to buy more. Cathy Charette asked why people would be getting rid of medications. Shouldn't they be taking them. Carol Buote answered that people get switched from medications. Elisabeth Monkowski said people pass away and have leftover medications. Krista Celia said that we could order 100 or 200 and see how it goes. Carol Buote agreed and said you could repeat it in 6 months if needed. Krista Celia said there was no reason why if it was super successful,

we could not go back and get more. Krista asked if this is how the board wants to spend money. Carol Buote said yes, it is a good service for seniors and that is our job and we should do it. She went on to say order 100 or 200 and do not have people pay. Carol suggested giving them to anyone who comes into the center and Elisabeth Monkowski said first come first serve. The group discussed servicing seniors who use the center. Arlene Medieros asked Krista Celia what she would set up for people who came in and asked for the medicine bags, would Krista ask for their names or are you just going to hand them out. Krista Celia asked what the board thinks? Carol Buote said just keep a tally of how many you give out. Arlene Medeiros said that would start to get into this being too administrative again. Carol Buote said that we should try the honor system. Krista Celia said that having the bags in the office to give out as opposed to just out in the center keeps the honors system, honest. Carol Buote said this is a good cause and it shows that we are doing things for seniors. Arlene Medeiros asked if there was a limit to how many pills will fit in a bag. Krista said she thought it was 90. Krista Celia asked the board if they would like to vote. Carol Buote made a motion that we order 200 medicine bags and distribute them in the activity center to any person who comes by, Krista Celia clarified that the person is a senior and Carol went on to say a tally should be kept to show how successful the program is. Krista Celia asked how many per person and Carol said 2 per person. Cathy Charette seconded the motion and the board voted unanimously in favor to order 200 medicine bags to give out to any senior with a limit of 2 per person.

- V. **Friends** – Elisabeth Monkowski said they have money in the account for the COA some of that is for trips but to let them know if there is anything we need. Arlene Medeiros said there had been talk about comfortable chairs and wanted to know if anything came of that. Elisabeth said 2 years ago chairs were approved but it was never followed up on and one of the reasons is because the chairs need to be able to fold up. Krista Celia said Margaret Moroff looked into it found something. Carol Buote said they can be pricy. Arlene Medieros asked Elisabeth Monkowski if a dollar amount was approved and she said no but at that time the friends had less money. Krista Celia said that she would talk to Margaret about what she saw for chairs and look into it too so we could start to move forward on the chairs. Carol Buote said she will have catalogs sent to the library.
- VI. **Public Input** – Arlene Medieros congratulated Krista Celia on being named director of the Council on Aging. She said that Krista Celia has done a wonderful job and they are happy to have her. Krista Celia said that it is so nice to have a job that you love the people who come in. It makes everything so much easier. Krista Celia went on to say the people here are wonderful people.
- VII. **Next Meeting** – The board voted to have the next meeting at April 11th at 9:30.
- VIII. **Motion to Adjourn.** The board voted to adjourn the meeting at 9:34.