

BERKLEY COUNCIL ON AGING  
MINUTES OF MEETING  
February 8, 2024

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

- I. **Call to Order** - Margaret Moroff called the meeting to order at 9:30 in the activity center. Margaret Moroff stated the meeting is being videotaped and broadcast live.
- II. **Acceptance of Prior Minutes** – Carol Buote motioned to accept the December 7, 2023 minutes the motion was seconded and the board voted to accept the minutes. Cathy Charette motioned to accept the January 4<sup>th</sup> minutes and Kathee Strozyk seconded the motion. Margaret Moroff said that the minutes would be accepted with the corrections to the name typos and the board voted in favor.
- III. **FY 2024 Budget** - Krista Celia presented the financial report as of January 31, 2024
  1. Town Budget Balance: \$11,855.98
  2. Formula Grant: \$19,628.64
  3. Program Donations: \$8,803.42
  4. General Donations: \$4582.64
- IV. **Events** –
  1. Ceramics – Margaret Moroff stated a small group has been coming but she does not want to stop having the classes. Carol Buote said that she did not need anything else in her house. Nan Thompson said she had heard the same thing. Margaret suggested having people make things for the craft fair and Liz Monkowski said that people may not want to pay for a class if they are donating the item. Margaret said in the summer there is better participation because the items go outside. Krista Celia said there are people who sign up for ceramics or panting and that is the only activity that they do in the center. Krista Celia said maybe we could offer a free class and offer those items in the craft fair. She said it would cost the COA \$20 a person to do that. Liz Monkowski suggested holding classes later in the day.
  2. Blood Pressure Clinic & Brown Bag– Margaret Moroff stated that brown bag and the blood pressure clinic still continue. Krista Celia said that the number of people getting brown bag has gone down because a few people had passed away.
  3. Manicures – Krista Celia said manicures were moved by Kerrie Ann Auclair to February 20<sup>th</sup>. Krista said manicures have not been very popular and there are only 4 people signed up. Margaret Moroff said that it is winter and nails are not people’s priority right now.
  4. Bristol Elders Seminar – Margaret Moroff said that Bristol Elders will be coming to do a seminar on February 21<sup>st</sup>. Krista Celia said that the program would be an overview of the services that they offer.
  5. Holiday Card Workshop – Margaret Moroff said there will be a card workshop on April 4<sup>th</sup>. It would be \$5 a person for Berkley residents and \$10 for nonresidents. Krista Celia said that Lestyn Gilmore would be sending a poster with card examples and once she gets that the sign-up sheet will go out. Kathy Strozyk asked if the fee would cover the cost of the class. Krista Celia said it depends on how many people sign up. Kathy asked if Lestyn was clear that there would not be an additional fee charged for the class and Krista said yes that Lestyn has agreed to run the class for \$100 and did not think it was necessary to limit the number of people who sign up. Krista Celia said that Lestyn did not think as many people will sign up this time because it is not free. Krista Celia said that she would keep an eye on the sign ups and if it starts to get to a high

number then she would contact Lestyn about closing the sign up. The board said that was a good idea

6. Oral Health Seminar – Krista Celia said that a Cape Cod Community College student from Berkley wants to come to the center and discuss how aging affects oral health. The board discussed the student’s credentials. Margaret said it is an important topic. Margaret said that having coffee and water available is a good idea.
7. Coffee and Donuts with a Fire Fighter – Krista Celia said the Liza Amaral had reached out to her with this idea to have a Q& A session. Margaret asked who was providing the donuts and Krista Celia said the COA. Margaret Moroff said that recognizing when to call during an emergency is important. Kathee Strozyk said a handout of the numbers to call in an emergency would be helpful.
8. Bristol Elders Lunch and Learn – Margaret Moroff discussed the upcoming seminar that is shopping on a budget. Kathee Strozyk asked if the friends would be helping. Liz said yes, they would. Kathee Strozyk said that the friends did an excellent job getting the food out the last time.
9. America Folk Revival – Margaret Moroff said that it was tentatively scheduled for May 8<sup>th</sup>. Krista Celia said that the friends are having a lunch that day and this could go on after at 12:30. Krista Celia asked Arlene Medeiros if the program was fully funded and Arlene said that this program, Fran Hearts program, and the aerobics were all fully funded. Liz Monkowski said there would be a brunch that day. Krista Celia said that the singer normally starts his performance during dessert. Krista Celia suggested 11:00. The board voted in favor to schedule the American Folk Revival.
10. Oasis Senior Living – Krista Celia discussed Oasis Senior Advisors role in finding housing for seniors. Krista explained that the service is free to seniors and that the Oasis representatives want to come in and discuss their services. Krista Celia said it is not a selling program and that she had contacted the Plymouth Council on Aging because they recently had the program in their center and Krista explained that they gave a very good recommendation. Krista Celia said this would also include a lunch. Margaret Moroff said she thinks it is a good program to give people options.
11. Library Visioning Session – Carol Buote discussed the library holding a session in the COA about the future of the library. Carol Buote is looking for this information for her strategic plan and the library is looking at a construction grant. It would be from 10:00 – 12:00. Kathee Strozyk suggested the library have a facilitator for those meetings. Margaret Moroff suggested that the meeting be recorded. Carol Buote said the library really needs feedback and she would like people to come to the meeting rather than watch it. Carol Buote said there would be two visioning sessions. Krista Celia said that she would put the March session in the newsletter. The board discussed the process of town groups using the senior center for meetings. Krista Celia said there is a sign-up sheet in the hallway for the boards to sign up to use the room after hours.
12. Bristol Elders Services – Krista Celia said that she was contacted by Bristol Elders about them running a 6-week class about living with chronic disease. Margaret Moroff said that we should check to see if there is an interest because people may not want to take a class with textbooks on this subject. There was concern by the board that the 2 ½ hours is too long. Krista Celia said she would find out if the class could be run less than 2 ½ hours. Margaret Moroff said that she was wondering if Bristol Elders has any programs on dementia. Nan Thompson said that she would be happy to look into it and Margaret Moroff said she was going to wait to see what Bristol Elders has for programs.
13. Kathee Strozyk said she has been looking at newsletters from other COAs. Kathee said some centers have legal topics that are educational. The board discussed living wills and DNRs. Nan Thompson said a lawyer’s group did come to the center at one point. Arlene said estate lawyers

are who would be responsible for wills. Kathee Strozyk asked who came in before and Nan Thompson said she thought it was Amaral. Kathee Strozyk asked Nan Thompson to hold her input until public discussion and that the board needs to specifically have this discussion. Kathee Strozyk suggested George Miller. Krista Celia said that she would contact Bristol Elders to see if they have a recommendation. Kathee Strozyk said she would also be interested in having someone come in to discuss reverse mortgages. Margaret Moroff said she applied to Bay Coast Bank to purchase the medicine disposal bags. She went on to say that Bristol County Savings Bank also has grants and that she would like to get more comfortable chairs for the center. Kathee Strozyk and Margaret Moroff discussed looking at grants for the COA. Margaret Moroff said that the bank grants are good because they are for one-time purchases.

14. Kathee Strozyk said that Bristol Elders will be going to the state house to lobby for more funding. Krista Celia said that the formula grant did increase per senior. Kathee Strozyk said there is funding available both federal and state. The board discussed having politicians come in and talk with the seniors. Arlene Medeiros asked if there was an update on the director's position and Margaret Moroff said no. Nancy Thompson asked about getting meeting minutes and the board discussed the minutes being posted on the town's website. Krista Celia said they were not up to date and that she would send them to the clerk's office to have them posted that day.

V. **Friends** – Liz Monkowski said that the friends have funds available if the COA needs anything. Margaret Moroff said the friend have trips coming up. Krista Celia said that there will be games after the next lunch and a movie after the March lunch.

VI. **No public Input**

VII. **Next Meeting** – The board decided to have the next meeting at 9:00 on March 7<sup>th</sup>.

VIII. **Motion to Adjourn.** The board voted to adjourn the meeting.