

## Council on Aging Board Meeting Minutes

Meeting Date: Thursday, May 26, 2022

A meeting of the Council on Aging Board was held on Thursday, May 26, 2022, at 10:00am at the Walpole Council of Aging with the following members present; Josette Burke, Jim Pellegrine, Janet Fasanello, Linda Winslow, Mary Jones, Meagan Priest, Sandhya Malur, Marcia St. Louis, Richard McCarthy, and Joanne DiPietro. Also in attendance was Select Board Member Ben Barrett, COA Director Kerri McManama, COA Outreach Coordinator Laurel St. Pierre and Nancy Aicardi. One guest was present.

Absent: None

10:03 AM: The Meeting was called to order by Josette Burke

The Pledge of Allegiance was recited by all in attendance

Josette Burke asked for a vote for flexibility to the Agenda to allow Ben Barrett to give a report. Janet Fasanello made a motion and Richard seconded. The vote to allow the flexibility was unanimous.

1. Ben Barrett representing the Select Board
  - Ben sees the need for greater communication between the Select Board townspeople, and other Boards
  - He feels good municipal governing is finding a balance between growth in Town and the burden it places on townspeople
  - The Town is offering the maximum tax relief to veterans and seniors
    - a. The State is looking at passing a Bill so that cities and towns won't have to change their By-Laws to initiate tax relief
    - b. This could take 6 months to a year (or longer) to get through the Legislature
  - Ben also spoke on the State ruling that towns with MBTA stations needing affordable housing and development of their downtowns
    - a. Walpole not only has a train station, but an MBTA bus route that starts and ends in Walpole Center
    - b. Walpole is in a good place as the downtown has parking and green spaces
    - c. The Select Board will continue to follow up on this Regulation as the requirements for affordable housing has not been established yet
  - Walpole Prison closing
    - a. The Town has been told that the mediation money it receives will be phased out gradually and not cut off all at once
    - b. The Select Board is cognizant of the fact that the Town must be involved in any decisions regarding the use of the site going forward
    - c. One big problem is the pollution at the site (such as the Southwood site) which will make it very difficult for the State to sell the property
    - d. The State currently has no plans for the site
2. Josette mentioned that the Center is very busy with staff shortages
  - a. The Center received a nasty telephone call regarding the staff when the caller felt they had not been "serviced" as soon as they would have liked
  - b. Janet has been out on medical leave– Sherri will be out for family leave – Laurel will be on medical leave in July – Mark Bryson, VSO, is out on medical leave for June
  - c. This leaves only Kerri and Debbie covering all positions throughout the summer

3. Attendance was taken
4. Outreach Review – Laurel St. Pierre
  - Slides were provided
  - Total for month was 400 plus 4 service providers a decrease in numbers from March
  - Numbers that were down were AARP Tax Assistance (down almost 100), food assistance, medical rides, wellness clinic, and well-being checks
  - Phone calls remain the largest number of outreach, and client self-referral the greatest percentage
5. Center Statistics – Kerri McManama
  - Kerri provided slides
  - Attendance is starting to level off and staying around 125 per day
  - Kerri requested Board support for upcoming Town events
    - a. Saturday June 11th – Walpole Day (11 – 3)
    - b. June 10<sup>th</sup> – Meet and Greet with Mark Gallivan
    - c. June 22<sup>nd</sup> Downtown Historical Tour
  - Center Events
    - a. Encore Boston Casino – 6/8/2022
    - b. Cape Cod Canal Cruise – 7/19/2022
    - c. Isabella Stewart Gardner Museum – 8/17/2022
    - d. Lake Winnepesaukee – 10/18/2022
    - e. Yuletide Newport Tour – 12/13/2022
  - Summer Schedule returning July 5<sup>th</sup> – the Center to close early on Fridays in July and August and stay open until 8:00pm on Tuesday evenings
    - a. July 6 – Ice cream truck and games night
    - b. July 12 – Medicare 101 in Old Colony
    - c. July 19 – Wellness Night at the COA
      1. Classes: chair yoga, mat yoga, meditation, ballet barre
      2. Chair massage, reflexology, fitness room orientations, wellness education and presentation
    - d. July 26 – Cupcake decorating and Concerts on the Common
    - e. Addition programs continue throughout August
    - f. Kerry is looking for help for some events from 5:30 – 8:00
  - Staffing
    - a. Kerri reiterated the issue with absences
    - b. Part-time Outreach position (12 hour) has been posted with the Town and hopefully interviews will start soon
      1. The additional hours will provide 5-day coverage for Outreach
      2. The Formula Grant will provide some funding
    - c. Breakfast -target start date is September
      1. Since this is a collaboration with WPS and Maria Hall, the schedule will coincide with school schedule
      2. \$3.00 donation – can use COA gift cards
      3. Grab and Go style in the Café area
6. Review of April 28th Meeting Minutes
  - No corrections or admissions were noted. Janet made a motion to accept the Minutes as is and Rich seconded
  - Both Josette and Jim abstained from the vote as they had not attended the meeting
  - The vote to accept the Minutes was carried 8-0-2

7. Finance Update – (Jim Pellegrine provided slides)
  - Total expenses were \$3,724.96
  - A total of \$3,428.18 of the Formula Grant was spent in April
8. Old Business
  - Walpole Housing Authority Meeting Update – Linda Winslow was unable to attend April's meeting
  - Master Plan Update – the meeting was postponed to June 1st
  - Select Board Update
    - a. Ben Barrett covered most of the topics
    - b. Walpole Food Pantry sees the need for a new location
      1. They were looking at a Stone Street location, but this location received much opposition, and it was agreed that the location would not work
      2. The Greater Boston Food Bank will support to some extent, but usually strings are attached, and they will not commit funds or help until a site is approved
      3. Bill Willoth would like to have a "food shopping" plan at the new site
      4. Right now there is no registration required so there's a good possibility that people from other towns receive items

(Switch to Meagan for her talk)

9. Meagan spoke on Memory Loss and Dementia
  - Strategies
    - a. People still need dignity
      1. Can be challenging for caregivers and loved ones
      2. People with memory loss may not be able to communicate their routine, but routine is very important
      3. Interests are also important
    - b. Second strategy – be sure to reinforce their favorite memories
      1. Sensory items are also important
    - c. Third strategy – make sure the environment is not overstimulating
      1. Do specific things at specific locations, such as keep the kitchen table only for eating
    - d. Fourth strategy – go with the person's flow, not your own
    - e. Fifth strategy – daily exercise is important, the best time is between breakfast and lunch
      1. Make sure visits are kept before 3:00pm
  - Validation
    - a. Techniques
      1. If it's not hurting anyone, don't "correct them" or continually say "No"
      2. Be fully present and keep eye contact – maintain a "warm" approach
    - b. Approach
      1. Ask "who", "what", "where", "when" and "how"
      2. Don't ask "why" as it may cause more confusion
      3. Reflect back what they say
      4. Sit with the person with where they are – mirror their feelings
    - c. Validate through music, especially music from the past
    - d. Validate through touch if the person is comfortable with being touched
  - Do's and Don'ts
    - a. Do make sure everything is positive - Don't ask "20 questions", it doesn't help
    - b. Do talk to the person in front of you – Don't talk to a professional in front of the person
    - c. Do limit options – Don't limit choice
    - d. Do simplify the message – Don't speak to the person as a child
    - e. Do take care of yourself – caregivers usually have the worst health outcomes

8. Old Business cont'd

- Friends of Walpole Update – representative unable to attend
- Topics/Speakers for Upcoming Meetings
  - a. June – Jim Johnson, Town Administrator will be here
  - b. Sandhya's friend Joe to come in October as our summer hiatus is July and August and September will be the Annual Meeting as well as a regular meeting
- Questions for Jim Johnson – his take on the Master Plan – his take on the Prison closing

10. New Business

- Formation of Nomination Committee – Rich and Joanne volunteered
- Trash Toter information
  - a. The Board of Health sent a letter out to residents regarding the use of trash toters for trash and recycling
  - b. The Town has a new 5-year contract with its current provider – Boston Carting – whose trucks can accommodate the toter style bins
  - c. The Town is not providing toters – Boston Carting has been acquiring toters from old contracts and have been periodically dropping them off for residents to pick up at the Composing Site free of charge
- HESSCO is relocating its offices to Walpole – on South Street next to the day care
  - 1. Office space is one half of the size of their offices in Sharon
  - 2. This is a cost-saving move for HESSCO

11. Open Forum – no questions as the guest had left earlier

**Next Meeting scheduled for June 23rd, 10:00 AM at the Center**

After a unanimous vote, the Meeting was adjourned at 11:34 AM