

COUNCIL ON AGING

Irene Spencer, Outreach	2004
Susan Tripp, Editor	2004
Ruth Johnston, News Correspondent.....	2005
Doris Campbell, Chairperson	2005
Shirley Sefton, Transportation/Meals on Wheels	2005
Eileen Griffin Wright, Senior Housing	2005
Sheila Chmielowski, Director	2006
Brooke James, Public Relations/Outreach.....	2006
Doris Ettinger, Secretary	2006
Shirley Hansen, Treasurer	2006

The Council on Aging (COA) is a department of the municipal government established for the purpose of coordinating or carrying out programs that meet the needs of the aging. The council meets monthly at the Town Hall every second Tuesday of the month at 10:00 a.m. with the exception of July and August. All meetings are open to the public. Observers and prospective new members are invited to any and all COA meetings. The members of the council are made up entirely of volunteer workers. All members are appointed by the Board of Selectmen and represent a cross-section of the community

The Council on Aging thanks the town government, the state Executive Office of Elder Affairs and the residents of Bolton for the continued support given to the elders of Bolton.

The COA's Office and Senior Center are located on the ground floor of the Town Hall located at 663 Main Street. Senior Center hours are Tuesdays and Thursdays from 10:00 a.m. to 2:00 p.m. Numerous programs have been put in place since its grand opening in January 2000 including paint and computer classes, low impact aerobics, musical entertainment, birthday parties and a quarterly foot clinic. The Fourth Annual Senior Picnic was held at Knox Trail Cub Scout Camp on August 23rd and was a huge success. The Friends of The Bolton Seniors sponsored our picnic this year. All the seniors that attended agreed it was a grand day of meeting old and new friends on a perfect summer day. Fran Visockas brought in, for the second year in a row, his delicious sauerkraut dish and shared his recipe with many of us. Dr. Bartlett and his Alley Cats provided the entertainment and "Marty" Fitzgerald, President of the Friends, once again secured the park for this occasion. Several members of the "Friends" and their children cooked the food, set the tables, served the seniors and cleaned up after the function was over. A special thank you goes out to all that catered to the seniors that day. Thanks also to the Knox Trail Cub Scouts for offering the seniors such a beautiful place to hold this affair. We will all look forward to next year's annual picnic.

Meals on Wheels, is one of the Council's most valuable and successful programs. The program provides nutritious meals to the frail, the homebound, and all seniors throughout the year. Prepared on Tuesdays and Thursdays, these meals are often the most nutritionally balanced dinners received by recipients during the entire week.

Another program for seniors is the distribution of surplus foods to those that meet the qualifications. The WHEAT van will continue to deliver USDA food commodities to the town hall for distribution the second Tuesday of each month from 10:00 a.m. to 12 noon. This program is very well received.

The COA plans and provides for five to six bus outings during the year. The bus transportation is subsidized by the Town Grant and the Senior Citizens Association. Interesting visits to educational or historical sites, invariably include a stop at a restaurant for lunch and entertainment.

The Senior Citizen Association meets at 1:15 p.m. the second Thursday of each month at the Town Hall except for the months of July and August. Typical meeting features guest speakers, and or entertainment. A Christmas dinner is held at Trinity Church every year. For the past four years entertainment was provided by Dr. Bartlett and his Alley Cats. This event is sponsored by the Council on Aging and funded by the Town Grant.

We would like to thank all those who volunteered their services and time to our elderly this year. It was certainly appreciated.

Senior Citizens are fortunate in this era and have these offerings, programs and services that were not realized by earlier generations of elders. Nevertheless, our culture has changed so much over the years that the elderly do need attention appropriate to these times.

The elderly population is not seeking something beyond their needs. Rather, they are hoping that they may continue as Citizens of Bolton, with the same opportunities the elderly of most towns throughout the Commonwealth provide for their seniors. The Council on Aging speaks not only for the current population of senior citizens, but also, for generations of seniors to come, in the quest for the continued support and kindnesses that were extended to us throughout year 2003.

**Financial Statement
July 1, 2002 to June 30, 2003**

Salary

Appropriated	\$11,585.00
Expended	<u>\$11,439.15</u>
Unexpended balance returned to general fund	\$ 145.85

Expenses

Appropriated	\$ 5,500.00
Expended	
Purchase of Services	3,913.80
Supplies	1,029.15
Miscellaneous	548.00
	<u>\$5,490.95</u>
Unexpended balance returned to general fund	\$ 9.05