

Town of Bolton C.O.A. Meeting
May 10, 2022

Meeting at the Senior Center

Members Present: Panny Gerken, Chair; Barbara Brown, Tom Byron, Shirley Sefton, Charles McCormack, Alice Roemer, Janet Smith

COA Director Lisa D'Eon, Program Coordinator Heather Goodsell

Guests: Mary Cuimmo

The meeting opened about 9:37 AM.

The minutes from the April COA meeting were approved as amended.

Lisa reported the financials: common expenses are about the same each month; we're financially fine.

FOBS input: May is Senior Appreciation Month. On the 17th is the health fair and bag lunch here at the Senior Center. June hopefully there may be a theatrical performance, put off for two years. The senior picnic might be at Slater's again this year, August 16. May baskets were ok; perhaps a note should be included about who and where they came from.

COA website: homework: check it out, what do you like/don't like? Compare to library website.

Heather reports: How can we get folks thru the door? Boost participation? Perhaps activities with a purpose; knit hats; make blankets etc.; more STRP worker opportunities; get a table out for all town events; get volunteers; change the dialogue about who seniors are, how they contribute; a kindness club; do a better job giving back. [June is brain awareness month. Should we put up a banner?] Perhaps re-approach a mass mailing: better advertise ourselves. Not doing enough to get ourselves out there. Do an awareness thing for kids of elder parents? Advertising: perhaps a STRP worker to do weekly things to get out what's happening. A flag? Reusable shopping bags; pens; chapstic, magnets?

Chuck: Motion: It is the goal of the Bolton COA to inform and educate Bolton Seniors, their families, and residents about important issues affecting the health, safety, and well-being of seniors in our community.

Trips: Friday, September 30, Turkey Train, \$65. Cassino trip coming. Hampton sand sculptures. 14 people were helped with oil this year,

Lisa: Growing Places will be here on the 17th. Heather and Lisa will be taking vacation time.
Alice: Bob Roemer put together thoughts about a community center, as a handout.

Next COA meeting June 14, Flag day, at the Senior Center, at 10.
The meeting adjourned at 11:02.

Respectfully submitted: Tom Byron

Bolton Council on Aging
 FY22 Monthly Financial Report - May 2022

| <u>Category</u> | ----Actual--- | | Total Year | Remaining | Balance |
|------------------------|---------------------|---------|---------------|-----------|------------------|
| | <u>Year-To-Date</u> | % | <u>Budget</u> | % | <u>Remaining</u> |
| <u>Town Warrant</u> | | | | | |
| <u>Fixed</u> | | | | | |
| Salary | 36,506.46 | 82.78% | 44103.18 | 17.22% | 7596.72 |
| Wages | 26316 | 82.38% | 31946.4 | 17.62% | 5630.4 |
| Software Support | 1190 | 100.00% | 1190 | 0.00% | 0 |
| Building Lease | 4320 | 100.00% | 4320 | 0.00% | 0 |
| Cable/DSL | 929.8 | 70.87% | 1312 | 29.13% | 382.2 |
| Telephone | 395.9 | 74.98% | 528 | 25.02% | 132.1 |
| Subtotal-Fixed | 69658.16 | | 83399.58 | | 13741.42 |
| <u>Discretionary</u> | | | | | |
| Purchased Services | 4659.4 | 57.88% | 8050 | 42.12% | 3390.6 |
| Supplies | 1729.31 | 93.48% | 1850 | 6.52% | 120.69 |
| Subtotal-Discretionary | 6388.71 | | 9900 | | 3511.29 |
| Total Warrant Spending | 76,046.87 | | 93,299.58 | | 17,252.71 |
| <u>Grant</u> | | | | | |
| To be determined | 2207.6 | 32.64% | 6763 | 67.36% | 4555.40 |
| Fitness/Balance | 800 | 100.00% | 800 | 0.00% | 0.00 |
| Reflexology/Wellness | 1240 | 100.00% | 1240 | 0.00% | 0.00 |
| MCOA Dues | 265 | 94.64% | 280 | 5.36% | 15.00 |
| Transportation | 29.74 | 34.99% | 85 | 65.01% | 55.26 |
| Total Grant Spending | 4542.34 | 49.55% | 9168 | 50.45% | 4625.66 |

BOLTON COUNCIL ON AGING
600 Main Street (Rt. 117)
Senior Center Hours: 9am- 2pm
Tuesday, Wednesday, Thursday
For the Director & Info re Outreach and Activities CALL:
978.779.3313

COA Mission Statement/ Description/Welcome:

Lisa and Heather

Health & Wellness

Wellness Clinic with VNA Nurse. Purpose? Cost: Free

Time: X Thursday of month, noon- 2pm. Location: Senior Center

Town Nurse Appointments. Have general health questions? Meet with Nurse

Tamara. No appointment necessary. Cost: Free. Time: x Thursday of month, 9:30-11:30. Location: Senior Center

Fitness Classes.

- *Strength and Balance* : All fitness levels and abilities are welcome. Accommodations made for those who need to sit while exercising. Cost: \$3 per class. Time: Wednesdays mornings. 9:30-10:15. Location: Senior Center.
- *TaijiFit* : Descripton ?. Cost: \$3 per class. Time: Thursdays, 10- 10:45. Location: Bolton Library Community Room

Health Screenings, Health Related Education Programs:

Reiki. Time: Varies per month. 15 minute sessions. Call 978.779.3313. Cost: Free
Location: Senior Center

Reflexology. Time: Varies per month. 30 minute sessions. Call 978.779.3313.
Cost: \$10. Location: Senior Center.

Nail Salon Services. Manicure or Pedicure available. 30 minute appointments. Call 978.779.3313. Cost: \$10. Time: Varies per month. Location: Senior Center.

Clubs and Classes:

Senior Book Club: Cost: No Charge. Time: 4th Thursday of month, 7 pm.
Location: Bolton Library Community Room. Call 978.779.2216 for this month's title.

Needlework Club: Bring your project or just come to socialize.

Cost: No charge. Time: Every Wednesday, 11-1. Location: Senior Center.

Art Class: Cost: \$6 per 2-hour session. Time: Every Thursday, 10 am-noon.

Location: Houghton Building.

Local History Discussion with Roger Breeze. Cost: No Charge. Time: 1st and 2nd Wednesday of month, 1pm. Location: Bolton Library Community Room.

Geneology Instruction: Cost: No charge. Time: 3d Wednesday of month.

Location: Bolton Library Community Room.

Cultural, Social and Educational

Day Trips to local regional destinations. Cost: Variable. Time: Monthly.
Transportation provided

Tuesday Connections sponsored by FOBS. Join your friends for this monthly program followed by lunch. Past programs have featured lectures, entertainment, and hands-on activity. Cost: No fee. Time: 3d Tuesday of month, 11 am.
Location: Senior Center.

Coffee with ... Meet and greet the people in your neighborhood with members of the Bolton community...the Public Safety team, Town Selectmen , State legislators. This is a free monthly event although times and locations vary.

Community Education Programs:

Community Services and Resources for Seniors and their Families

The Outreach Coordinator provides information, education and referrals to community resources that support the health and independence of Bolton seniors. Below is a partial list:

MART Transit Van. Available to seniors (Age 60 +) and handicapped residents (all ages) for appointments, shopping, meals, etc. Cost: Between \$x- \$xx Time:

Available Monday – Friday, 9am- 4pm. Call 978.779.3313 for reservations at least 24 hours in advance.

SHINE: Health insurance counseling and assistance to all MA Medicare recipients and their caregivers. Cost: Free Time: Call 978.779.3313 for appointment.
Location: Senior Center

Senior Tax Abatement Program: Reduce your property tax in exchange for working in Town departments. Call 978.779.3313 for more information

Books To Go: Monthly book delivery to Homebound Bolton Residents from the Bolton Public Library. Cost: No fee. Call 978.779.2839

Medical Equipment Loan Program: Bolton residents are welcome to participate in Clinton's program. Call 978.733.4747 for information.

Meals on Wheels: Healthy meal delivery and nutritional assessment for homebound seniors and their spouses. Cost: No income eligibility requirement.

Please contact the Outreach Coordinator at 978.779.3313 for a confidential conversation re eligibility for the following services:

- Food, Fuel and Emergency Assistance
- Cell Phones- equipment and service

