

Town of Bolton C.O.A. Meeting
August 9, 2022

Meeting at the Senior Center

Members present: Panny Gerken, Chair; Barbara Brown, Shirley Sefton, Charles McCormack, Corinne Mackie, Molly Myers, Janet Smith COA Director, Lisa D'Eon Program Coordinator Heather Goodsell

Guest: F.O.B., Mary Cuimmo

The meeting opened at 10:05

The minutes previous months minutes were amended to reflect the correct information regarding the LIV to Give grant with money raised thru the International tournament.

The corrected minutes from July C.O.A. Meeting were approved.

Panny introduced and we welcomed new C.O.A. Member Molly Myers.

Lisa submitted grant to LIV to Give for \$45,000. For fuel assistance and \$15,000 for food insecurities.

The C.O.A. has been given a gift of \$20,000. from State Senator Cronin's office for the Bolton C.O.A. use. Consideration for making this gift impactful would be to use for veterans, veterans breakfast and additional programs. Also suggested to use for computers/tablets for Senior Center.

Mary (F.O.B) - highlighted Senior Cookout at Slaters on Tues. Aug 16 for a \$5. donation. Expecting an attendance of about 60 people including invitations to Rep. Kate Hogan, Senator Cronin and police.

There are cookie donations for dessert and possibly ice cream. There is no rain date.

Heather - Special event Sept. 30 called the Turkey Train; a ride around Lake Winnepesaukee and a meal at Hart's Turkey Farm.

Cost \$60.00 residents/\$65.00 non residents See attached for more events!

The C.O.A. has a table reserved for Backyard Bolton Aug. 20, 27 and Sept 10. Need volunteers.

Funds for van pilot program are depleting. Need to apply for a new grant. Continued discussion on WHEAT meal program. Need volunteers.

Panny- It was agreed by the board that "SENIOR OF THE YEAR" award will be Millie Rothman for her dedication to organizing volunteers for Wheat, doing home deliveries and her dependability.

Discussion for consideration for using a small space in the COA office as a small pantry for non-perishables ie. basic toiletries, shampoo, toilet paper etc.

Grant will be posted on the COA website.

Next meeting is Tues., Sept. 13,

10 am at the Senior Center.

The meeting adjourned at 11:10.

Respectfully submitted:
Janet Smith

Bolton Council on Aging
FY23 Monthly Financial Report - August

<u>Category</u>	<u>----Actual---</u> <u>Year-To-Date</u>	<u>%</u>	<u>Total Year</u> <u>Budget</u>	<u>Remaining</u> <u>%</u>	<u>Balance</u> <u>Remaining</u>
Town Warrant					
<u>Fixed</u>					
Salary	4,478.40	9.62%	46,575	90.38%	42096.6
Wages	3246	9.62%	33758	90.38%	30512
Software Support	1190	100.00%	1190	0.00%	0
Building Lease	720	15.50%	4644	84.50%	3924
Cable/DSL	93.68	6.49%	1443	93.51%	1349.32
Subtotal-Fixed	9728.08		87610		77881.92
<u>Discretionary</u>					
Purchased Services	245	3.04%	8050	96.96%	7805
Telephone	39.59	6.81%	581	93.19%	541.41
Supplies	372.85	20.15%	1850	79.85%	1477.15
Subtotal-Discretionary	657.44		10481		9823.56
Total Warrant Spending					
<u>Grant</u>					
Lisa- Extra 3 hours/TBD	559.8	8.28%	6763	91.72%	6203.2
Fitness/Balance	0	0.00%	800	100.00%	800
Wellness	0	0.00%	1240	100.00%	1240
MCOA Dues	265	94.64%	280	5.36%	15
Transportation	23.78	27.98%	85	72.02%	61.22
Total Grant Spending	848.58	9.26%	9168		8319.42

August 2022 COA Meeting
Outreach/Programs Minutes

August has some great programs scheduled. See the newsletter for all of the details, but some I would like to note are:

August 10- Picnic on the Patio, our last one was excellent, we had 15 people attend, it was a great mix of Manor residents and people from in the community.

August 16- FOBS Summer Cookout. Please make sure to sign up with me by the 10th. Also spread the word to all your friends and neighbors!

August 23- Fall Sign making workshop with SBT Designs, a local crafter.

August 24- Real Estate Downsizing workshop with Mike Roy from RHR Real Estate, along with a local attorney and a financial planner. This will be held at 6pm at the library.

Also, we still have plenty of space available on the Turkey Train trip on 9/30.

No new news to report from the MART pilot program. The software is still in the development phase. There is progress being made, there is a test version that we were asked to try last week. The Go Bolton grant that was obtained through MAGIC is about halfway gone. We have had to use Clinton Livery more often lately because of our driver shortage. Once the funds are gone, there will be an opportunity to apply for another grant. I will be working with the new town planner to see this happens. Being able to subsidize rides through Clinton Livery has been so helpful and allows us to serve more people.

I have heard back from Erik from Backyard Bolton! We are all set to have a table set up at all 3 Backyard Bolton events. We have ordered tote bags. Note pads were very expensive, so I didn't order those. I have created a "resource" guide (see attached) that we could have available, as well as newsletters, business cards, fuel assistance information, volunteer information, etc. I have a sign up sheet here, but I will also be emailing it to everyone later, so that everyone can find a time slot that works for them.

COA Services/Resources-

FOBS SOS Grants- Friends of the Bolton Seniors has a program to help seniors who are facing financial hardship. This program can help cover some of the cost of unforeseen emergencies.

New England Farm Workers Fuel Assistance- This program provides fuel assistance for low-income households. To apply, one must contact NEFW and go through their application process.

Town Fuel Assistance- This program is for low-income seniors who also qualify for NEFW fuel assistance. The town has a fund that provides 100 gallons of fuel to seniors once a year. The program runs from November until March. Contact Heather for more information or an application.

Snow Angels- Seniors who need assistance with snow removal and do not have the means to pay, may qualify for a snow angel to help with shoveling walkways, oil delivery paths, etc.

Meals on Wheels- Montachusett Opportunity Council provides lunch to homebound seniors. Delivery in Bolton is on Tuesday and Thursdays. There is a suggested donation of \$3 per meal, but payment is completely optional and has no effect on meal service.

Soup Groups- There is a group that delivers soup on a weekly basis to seniors who may have some food insecurities or just need help getting nutritious food. This is a free program.

WHEAT Food Deliveries & Pantry- Once a month a volunteer delivers a supply of food from the WHEAT food pantry to homebound seniors. WHEAT has also designated the 2nd Wednesday of the month from 12:45-1:45PM for Bolton Seniors to shop at the food pantry in Clinton.

Mobile Farmers Market- Growing Places mobile market delivers produce weekly to Bolton Seniors as part of their CSA program. The amount of produce is determined by the recipient. They sell locally sourced produce from small farms in North Central Massachusetts. They accept payments in cash, card, SNAP and HIP.

SNAP- Supplemental Nutrition Assistance Program. This is also known as food stamps. Qualified individuals receive monthly payments that can be used for food in most grocery stores. The monthly allotted amount is income based. Application can be completed online through the Department of Transitional Assistance. We are able to help with this process.

Health Insurance Counselors- SHINE stands for Serving Health Insurance Needs of Everyone. These counselors can help review and assist with Medicare plans and supplemental insurance. They can help with open enrollment, new Medicare participants or just help answer questions. They are willing to take a look at your existing plans and advise if they are the best "fit" for you. This service is completely free and is done by phone or via Zoom. We also work with Integrity Medicare which does insurance consulting and is licensed with all of the insurance companies serving Massachusetts. They meet with clients by appointment in person.

Town Nurse Checks- The town nurse is available on the 3rd Tuesday of each month to do wellness checks. This includes blood pressure checks and answering any questions you may have.

VNA Nurse Checks- The VNA Nurse is available at the Senior Center on the 2nd Tuesday of every month from 12-2PM to do blood pressure checks and wellness visits.

Medical Equipment- We have partnered with the Clinton COA to help distribute and collect new or gently used medical equipment for seniors. They have a great variety of equipment for use. This is a free service. Call Clinton COA to check on product availability or arrange pick up or drop off. 978-733-4747.

Fitness Classes- The COA offers 3 fitness classes a week. We currently have Zumba on Wednesdays from 10-11AM, Taijifit on Thursdays from 10-11AM and Silver Sneakers Classic on Thursdays from 11AM-12PM. These classes are held in person and meet at Davis Hall of First Parish Church.

MART Van Services- Our MART van is available to take seniors and handicapped folks to medical appointments, shopping, to run errands, bring them to the Senior Center and more. There is a small fee, ranging from \$1-5 depending on the destination. We ask for at least 3 business days notice, but more is better. Currently we are running the van Tuesday-Friday.

Monthly Programs and Activities- Each month we have a variety of activities and programs that range from card games, movies, educational workshops, meals and more. See our monthly newsletter for the most accurate schedule.

