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Council On Aging Board Meeting Agenda

Date:

Tuesday, January 24, 2023 - 10:00am

Senior Center at the Bolton Country Manor, 600 Main Street

Related Event:

[Council On Aging Board Meeting](#)

Council On Aging Board Meeting Agenda 01/24/23

10:00am -10:05am Citizen's Comments

10:05am - 10:15am Reading of Minutes from December 2022 COA Meeting

Approval of December 2022 COA Minutes

Financial Report

10:15 – 11:30pm FOBS Update

Corinne Mackie - 20K Subcommittee Update

Outreach/Program Coordinator's Report

Other Board Concerns and Discussion

Director's Report

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Town of Bolton C.O.A. Meeting
January 24, 2023

Meeting at the Senior Center

Members Present: Panny Gerken, Chair; Barbara Brown, Tom Byron, Shirley Sefton, Corrine Mackie, Alice Roemer

COA Director Lisa D'Eon, Program Coordinator Heather Goodsell, Mary Ciummo

A quorum being present, the meeting opened about 10:01 AM.

Readings of the December Minutes, the Annual Report, and the new Van rules draft in silence.

The minutes from the December COA meeting were approved as amended. The Annual Report was approved.

FOBS reported Tuesday Connections was very good. February is needle felting. LIV fund is \$25k.

Lisa: financials. Moved \$1k from the Grant to the Livery fund. All else is in balance.

Corrine: the \$20k subcommittee met last week and developed 4 spending categories:

transportation augmentation, capital equipment (card tables, welcome desk), **new programs** (veterans are underserved: can we coordinate/cooperate with other towns? Young seniors: how do we bring them in, encourage a continuum of age participation?) **enhance/expand current successful programs**. A fifth category that crosses over others: marketing and promotion, should be noted.

Heather provided a handout detailing Wheat, MART, fuel assistance, and the new pantry. Now it is time to name the pantry. 13 names were submitted and discussed. "COA Care and Share" was a unanimous selection. A Policies and Procedures for the MART van was reviewed and accepted in principle, then handed to Tom for editing. Adding a MART driver for Mondays was suggested in order to add more fun trips.

Lisa: will be meeting with the Town Veteran's agent to find out how many vets are in Bolton, and how the COA can collaborate with the agent to provide services. Lisa will also reach out to other town personnel such as Police, Fire, EMT's to make sure the COA knows about folks in need so that no one falls thru the cracks. Also note: STRP pays \$15/hr, up to about 100 hours, coordinated by Lisa and Heather, who will look to offload some of what they do to STRP workers in order to free their time for more pressing responsibilities.

A discussion was held regarding conservation trails, which can be a great draw for Bolton seniors, but perhaps should be vetted and rated for which trails are acceptable for challenged seniors.

The meeting adjourned at 12:14.

Respectfully submitted: Tom Byron

January 2023 COA Meeting Outreach/Programs Minutes

Upcoming Programs-

Jan 31, 2023 - Therapy Gardens will be here teaching a workshop on Indoor Gardening. There is still space available.

In February, Therapy Gardens will be back to teach a workshop on making pickles. (February 28th)

Nashua River Watershed Association will be here to give a presentation on Fishers, beavers and bears. (February 15th)

Superintendent Kirk Downing will be here for a coffee hour and to discuss with seniors the plans for a new high school. (February 7th)

Nashoba Neighbors will be holding a coffee hour/info session to talk up their newly launched program and answer any questions. (February 23rd)

For more than 2 years we have been mailing out the newsletter to everyone that lives in a senior housing development, and anyone 85 and older. I have gone through the list and taken off anyone that we have never heard from. I am going to add a new group to the automatic mailing list to see if this will help get our name out there to new people. (I am looking to send to 70-75 group, but I need to make sure this will not increase the postage drastically.

Wheat meals are now being delivered 2 days a week! We have volunteers for Monday and Wednesday and are able to provide 16 people with meals.

The MART pilot is coming along. They are at a place where they are adding more COA's to the group now that the software and tablet are functioning as we need them to. The reports section is said to be functional also. We have not had the tablet in use for a full month, so I have not used that area. I hope that the January reports will be ready and accurate. MART also mentioned that they received a grant to help

Summary Statistics from 12/01/2022 to 12/31/2022

Filters:

Age: >=0

Site(s): All

Activity Type	Duplicated	Unduplicated
Events	144	69
Rides	26	9
Meals	27	3
Services	64	51
Total People Served	261	95

Council On Aging

Panny Gerken, Chair.....	2024
Shirley Sefton, Vice Chair.....	2023
Janet Smith.....	2025
Alice Roemer	2024
Corinne Mackie	2025
Molly Myers	2025
Barbara Brown.....	2023
Thomas Byron	2023
Chuck McCormack.....	2024

Staff: Lisa D'Eon, Director and Heather
Goodsell Outreach/Program Coordinator

The Council On Aging (COA) continued to be a support system for Bolton seniors and their families in 2022. More than 4,000 services, rides, meals and events were provided to our seniors and adult children in the community.

The goal of the COA is to enhance and enrich the lives of Bolton seniors. We continued our mission in 2022 by counseling seniors and their families and providing referrals and information that helped them navigate the daunting continuum of care for older adults. Meals and groceries were provided to those who were experiencing food insecurity. Soaring fuel costs brought more than double the amount of seniors to the COA than last year seeking fuel assistance. Transportation was provided to assist with medical appointments and errands. The COA also monitored homebound seniors to ensure they were safe and secure in their homes.

We encouraged seniors to explore options that would allow them live a healthy and engaging lifestyle. Three different fitness classes were offered weekly, and the Town Nurse and a VNA nurse visited the senior center every month to provide blood pressure checks and address general wellness concerns. The COA also provided guest speakers who taught brain healthy cooking, lectures on brain and body wellness, and we also had a comprehensive and very well attended health fair that provided valuable information and support to the senior community. Two mobile markets visited 600 Main Street weekly. This is the where the senior housing building, the Bolton Country Manor, and the COA office and

senior center are located. These weekly visits increased access to fresh fruits and vegetables for seniors, as well as the Bolton community. The COA also collaborated with SHINE and Integrity Medicare Advisors in order to provide seniors with most up-to-date Medicare information, and to also provide assistance with the open enrollment process.

The COA has also long recognized the issues and dangers that are associated with loneliness and isolation. Many different events and programs were offered by the COA to combat loneliness, stave off depression, and inspire friendships and community connections. Some examples of the programs and events we furnished are weekly art lessons, weekly Fun Friday trips, movie matinees, coffee socials, senior book club, cooking classes, musical entertainment and concerts, interesting guest speakers, craft instruction, bingo, picnic luncheons, ice cream socials, holiday parties and more. There were three amazing bus trips that included a drive to see the Hampton Beach sand sculptures and lunch, a fall trip and scenic train ride around Lake Winnepesaukee that also boasted a fabulous turkey dinner, and lastly, in December we went to the Newport Playhouse to enjoy a holiday performance, generous buffet lunch and a cabaret show. Fun was had by all and these day trips were a great way for seniors to spend the day, meet new people and get a change of scenery.

The Council On Aging could not do what it does on its own. We are incredibly grateful for all of the wonderful volunteers and organizations who gave

Food/Toiletry Pantry Names

Helpful Hands Pantry

The Pantry Hub

The Giving Cupboard

Bolton Seniors Mini Pantry

Helpful Hands Cupboard

Bolton Council on Aging MART Van Policies and Procedures

2023 MART Van Fees.

All prices are for the round-trip ride.

Acton	\$3
Ayer	\$5
Berlin	\$1
Bolton	Free
Clinton	\$1
Fitchburg	\$5
Harvard	\$2
Hudson	\$2
Lancaster	\$1
Leominster	\$3
Marlborough	\$3
Southborough	\$5
Sterling	\$3
Stow	\$2
Worcester	\$5

If you do not see a town listed, give us a call to see if we can accommodate the ride.

If paying the van fare poses a hardship, please let us know, financial assistance is available.

Drivers may not accept gratuities. Please respect this rule as a violation may result in the driver being disciplined.

Required General Behavior for Van Riders

As a rider you are expected to:

Remain quiet enough so as not to distract the driver's attention from the road.

Refrain from shouting, using profanity or other boisterous behavior.

Refrain from talking directly to the driver while the van is in motion except in an emergency.

Show due consideration for the driver and the driver's responsibilities.

Riders will remain seated and the use of safety belts is mandated throughout the entire route.

Failure to follow any of the above Safety guidelines will result in the following:

1. A phone call and a registered letter from the COA Director will be executed after the first violation.
2. A second violation will result in suspension of all van services provided by the town of Bolton and the Bolton Council on Aging for 30 business days.

Failure to follow any of the above Non-Safety guidelines will result in the following:

1. COA Director will call the client within 3 working business days and explain the behavior in violation.
2. After 2 phone calls regarding non-safety violations within 3 months van service will be suspended for 30 business days. The COA Director will document all incidents and calls.
3. After the 3rd incident, a phone call and a registered letter will be sent informing the rider of the violation and services will be suspended for 60 business days.

"No-Show" Policy

Passengers must remember that there is a 30 minute pick up window for their scheduled ride. Riders must be at their pick up location 15 minutes prior to the scheduled pick up time and allow for up to 15 minutes after. The vehicle may arrive at any time within this 30 minute

2023 Holiday Schedule

The van does not run on the following holidays.

New Years Day (Observed)	Monday, January 2, 2023
Martin Luther King Jr. Day	Monday, January 16, 2023
President's Day	Monday, February 20, 2023
Memorial Day	Monday, May 29, 2023
Juneteenth	Friday, June 16, 2023
Independence Day	Tuesday, July 4, 2023
Labor Day	Monday, September 4, 2023
Columbus Day	Monday, October 9, 2023
Veteran's Day(Observed)	Friday, November 10, 2023
Thanksgiving	Thursday, November 23, 2023
Christmas	Monday, December 25, 2023