

**Lancaster Council On Aging
695 Main Street
Lancaster, Ma.**

Meeting Date: 03/13/2019

Location: Lancaster Community Center

The Council On Aging Board meeting was called to order by Chairman Jay Moody at 12:04 p.m. Jane-Anne Crossman recorded the meeting minutes.

COA Members Present:

Jane-Anne Crossman Nicole Kanis Elsie Lively Michele Macdonald Judie MacLean (Vice Chair), Jay Moody (Chairmen) JoAgnes Santangelo

Alix Turner: Program Director

David James: Friends of Lancaster Seniors

Non-members: Sheila Casey, Roberta Winsor

COA Members Absent: Ann Mazzola, Frank MacGrory

- Review/Approve Minutes
Motion made by Nicole to approve minutes, seconded by Michelle. Discussion: Roberta made a correction on the spelling of her last name. Correction noted. Minutes approved unanimously.

New Business:

- Discussion was held on why COA minutes were not posted on the COA website. Michelle will discuss this with Mr. Pacheco at their March 19 meeting.
- Jay met with the Nashoba Rotary Club regarding the Red Sox Opening Day Cook-Out to be held at the Lancaster Community Center on April 9, 2019 at 2:00 p.m. Ballpark type of food will be fully provided by the Rotary Club with no fee for attendees. Volunteers are needed for set-up between 12:00-12:30. Members who can help should notify Alix.
- The Rotary Club is also looking at providing a "gift" to seniors. Alix suggested pots of flowers for people who receive Meals on Wheels. The Rotary is also looking for a list of supplies that the Center might need.
- Jay noted that the Rotary Club meets each month in Stow, and that people might want to attend these meetings. The monthly social will be held at Slater's in Bolton on March 26 from 6-9 p.m.

Director's Report

- Alix again reviewed the new computer software program, *My Senior Center*. A day of training on March 29 will be offered to staff employees. John from IT should be invited to attend this training session. Alix to follow-up on inviting John to this meeting. Alix noted several area towns have found that the transportation model is difficult to use. Alix suggested having "seasoned" dispatchers from the MART towns at the meeting so that questions and concerns can be addressed to the trainer.
- Alix welcomed new members Jane-Anne Crossman, and Ann Mazzola (absent) to the COA Board.

Jane-Anne spoke with Fire Chief Hanson regarding implementing some Fire Safety programs for seniors. The free smoke/CD that were available through the Clinton Elks were wonderful, yet we would like to see the instillation of smoke/CO detectors. There is also a \$2,400.00 S.A.F.E. Seniors grant that the town was awarded. Chief Hanson will be contacted by Jane-Anne the week of March 25 for more information from him and after he does some program planning.

- Jane-Anne presented some ideas for new Fitness Classes to be funded by the Friends of Lancaster Seniors. She will look into an instructor for Cardio Drumming, Indoor Golf, and inquire about the use and hours of the AUC Gym and Fitness Room. Disc Golf was also brought up as a possible fitness activity. Alix mentioned that Devens has an 18 “hole” course. Jane-Anne will look further into this. Nicole will ask at The Perkins School regarding the use of the indoor pool.

Friend’s of Lancaster Seniors:

- David James reported that there is \$5,000.00 available for fitness programs. The Friends have a balance of \$18,513.34 in their account. David stated that he waiting for a reply from Cheryl at the Town Hall regarding the Friends proposal to make all classes at the Community Center free for Lancaster residents. David also stated that the Friends will purchase all food and supplies needed for Alix to run her programs. Alix and David will discuss this further.

Next Meeting: April 03, 2019 at 12:00 p.m.

Adjournment:

Motion made by Judy, seconded by JoAgnes. Meeting adjourned at 2:50 p.m.