

**Carlisle Council on Aging and Human Services Board Meeting
in the Clark Room at Town Hall
January 31, 2023 Minutes**

Board Members Present: Verna Gilbert, Ann James, Toni McBride, Ann Quenin, Mary Cheever, Sally Hayen

Associate Members Present: Abha Singhal, Jerry Lerman

COAHS Staff Present: Joan Ingersoll, Carol Grueneich

Select Board Liaison: David Model

Friends Representative: Jean Bagnaschi

Guests: Charlie Cox, Dan Barlow

The meeting was called to order at 10:30 a.m. by Chair Ann James.

Secretary Minutes: A **motion** was made by Toni McBride to accept the December 27, 2022 minutes submitted by Verna Gilbert. It was seconded and carried by voice vote.

Director Report:

- A **motion** was made by Verna Gilbert to accept the January 31, 2023 Director's Report; it was seconded and carried by voice vote.
- The January 26 Chinese New Year's lunch at FRS had 70 attendees, the largest number at a luncheon in about three years. Many attendees from the Asian community were new to the COAHS.
- Other successful programs/trips (kudos to Linda Cavallo-Murphy) include trips to the MIT Museum and the Tazo Chocolate Factory, as well as an Iceland in Winter program.
- The number of people participating in fitness/wellness classes has increased. Currently the total is 34 across Zumba, Cardio, and Balance & Agility.
- More services at Benfield have been requested, with the result of weekly Mah Jongg and Chair Yoga classes.
- A total of 243 rides were provided in January. Meals on Wheels provided 247 meals to 14 Carlisle households. Joan is investigating having deliveries three days/week rather than two, as more are using the service.
- Joan submitted our annual grant request to the Concord-Carlisle Community Chest on January 6, requesting \$20,000. The allocations Committee is meeting with us on February 7. We have distributed \$48,000 in ARPA funds for senior home heating assistance to 16 households.

Social Worker Report

- Four volunteers are shoveling walkways and steps for four seniors.
- Carol found a cleaning agency for a resident. This cleaning revealed plumbing issues, which will be fixed.
- Four eighth grade students have volunteered to help the COAHS as part of a civics class. An intergenerational event (board games with seniors and eighth graders) is being planned. Some students are also shoveling for seniors.
- Google analytics is being used to garner web site statistics.
- Two seniors have received Claris tablets from Minuteman Senior Services.

Carlisle Council on Aging and Human Services January 31, 2023

- Carol is starting an eight-week course on hoarding this week. This will help with understanding the problem and creating a hoarding task force.
- A presentation on home-sharing will be on April 18.

Financial Report

- Year-to-date we are slightly below budget. Joan is confident we will use most if not all our town funds and other funds that do not roll over.
- Mass Councils on Aging submitted their FY24 budget request to the governor and are requesting a \$2 increase/senior. If approved, this would increase our annual grant from \$19,308 to \$22,526.

Minuteman Senior Services (MMSS): MMSS plans to move to Burlington in the spring. They had a clean audit. The MMSS bylaw committee is working on changes, due to be completed by this summer.

Friends of Carlisle Council on Aging: Jean reported that fundraising continues. The Friends now have a new logo, created by David Freedman. The Friends board will all stay for next year. The Friends plan to update their bylaws.

Old/New Business:

- There was discussion about the COAHS's need for additional space, both in the short-term and long-term. Access to the Clark Room helps but is not sufficient, especially as a place where seniors could gather informally when there is no scheduled event. COAHS needs are being discussed along with those of the Fire and Police Departments. Barney Arnold and David Model of the Select Board met with Jerry Lerman and Christine Lear, with the goal of having Spring Town Meeting warrant articles to fund two studies. David assured us that the COAHS needs are not being relegated to the background.

Introduction: All attending the meeting introduced themselves to potential associate board members Charlie Cox and Dan Barlow.

Next Meeting: The next meeting will be Tuesday, February 28 at 10:30 a.m. in the Hollis Room at Gleason Library. The meeting was adjourned at 11:35 p.m.

Documents Provided:

- Meeting agenda
- Minutes of December 27, 2022 meeting
- January 31, 2023 Director's report

Submitted by Verna Gilbert, Secretary and approved on February 28, 2023.