

**TOPSFIELD COUNCIL ON AGING BORD OF DIRECTORS MEETING  
MARCH 12, 2019 4:00 PM  
TOPSFIELD TOWN HALL, 8 WEST COMMON STREET  
TOPSFIELD, MA 2ND FLOOR CONFERENCE ROOM**

**PRESENT:** Ruth Lucy, Penny Rogers, Jolene Guerra, Martha Davis, Lynne Bermudez, Bette Cullinan, Florence Brady, Charlotte O'Toole, Kim Love.

**OTHERS:** Joan Chiffer, Topsfield resident; Paula Burke, Executive Director of Topsfield Council on Aging; Susan Whelton, Liaison for the Friends of the Topsfield COA.

**I. Approval of the January Board Minutes** ( No February Meeting): Motion made and seconded to approve the January Board Minutes. Motion passed: 9 Ayes, 0 Nays.

**II. DIRECTOR'S REPORT:**

- Tuesday outings, including lunch at some top restaurants (as part of Dine Out Boston), has been going well. Many new seniors are taking part and meeting new people.
- Restorative Yoga, Monday Movies, as well as Speaking of TED (TED Talks) on Fridays are some of the new programs that are starting to attract new people to the senior space. Kathy Curran and Kathy Yanchus are coordinating Speaking of TED.
- When COA events are cancelled (due to weather, etc.) there will be postings on Facebook, as well as the Town website and COA site. Often the decision is made before the schools decide and we will never take unnecessary risks.
- Collaborations continue. We hosted a very successful ArtVenture recently with artist Carol White in the library.
- The COA bus has been in demand for medical appointments, trips to the bank, as well as personal needs appointments, like haircuts. The bus is generally available Monday and Thursday from 9 AM to 3 PM based on demand. On Wednesday, the bus is available at 1 PM after the shoppers take their weekly trip to Rowley Marketplace. On most Tuesdays and occasionally at other times, the bus transports seniors to excursions around New England.
- Trinity hosted a Valentine's Day Dinner for seniors that was a great success. Children made Valentine decorations with seniors that were hung from a fir tree in the courtyard. Seniors in the Dance Out Dementia group performed after performing for Lt. Gov. Karen Polito on stage in Public Hall as part of a special ceremony earlier that day.

**III. REPORTS:**

**FRIENDS LIAISON:**

- Need more members on the Friends "Board" as there is a need for fresh ideas. Mary Anne Cosgrove will be the newest member to join the Friends.
- Friends funds are being used to cover the costs of the Traveling Chef to keep it going.
- The Peoples and TD banks will be approached about donating to specific COA needs. Santander Bank does not donate to community organizations. Institution for Savings has already donated for specific items the COA requested...IFS local branch donated \$500 that was put towards the Swipe

Station Reception Table and Chair to the Friends of the Topsfield COA after being approached by a Friends board member.

#### **DEMENTIA FRIENDLY TEAM:**

- The DF team is in the process of developing a Mission Statement to be a guide in what the group can actually do. Joan Chiffer is now leading the group, following the resignations of Bette Cullinan and Lynne Bermudez.
- On March 29th, the Trinity Book Club will feature a Dementia Friendly discussion on Topsfield's Dementia Friendly efforts.
- April's Memory Cafe will take place at the Rest Stop Ranch on 4/6/19.

#### **INTERGENERATIONAL UPDATE:**

- Steward School has a school concert coming up and seniors are invited.
- The COA will be working with Zillie Bhuj (GREEN Topsfield) to plant the raised beds outside Proctor School. A Town Hall Lawn/Intergenerational Garden Committee is being formed to plan on getting this done with Proctor students and seniors.
- The Friends and Family Dinner will be held in the Town Hall Public Hall on June 20th. This is one of the COA's signature events and seniors are encouraged to invite the children in their families and among their friends. A planning session composed of members of the COA Board and Friends will take place on 3/14/19.

#### **IV. OLD BUSINESS:**

- A letter was recently sent to the editors of the Salem News and the Tri-Town Transcript by Board Chair Penny Rogers and several BOD members. The letter documented the positive impact of having a designated, visible space in Town Hall for seniors. The letter was published for the town boards and residents to see.
- Pickle Ball Update: Lynne Bermudez and her team looked at the condition and availability of 3 town tennis courts. The Tri-Town Elementary School Superintendent is excited about the Steward School courts which are in need of renovation. The cost would be between \$20,000 and \$40,000. Gretchen Rehak, from the Parks and Cemetery Commission, will get estimates for resurfacing the old tennis courts at Stewart School and having two sets of lines for tennis and pickle ball. Adjustable nets and pickle balls would be extra.

#### **V. NEW BUSINESS:**

- A motion was made to have Joan Chiffer nominated as a new member to join the COA Board. The motion was seconded. Motion passed. 9 Ayes and 0 Nays.

#### **VI. OTHER:**

- Motion made and seconded to adjourn the meeting at 4:50 PM. 9 Ayes; 0 Nays.
- Next COA Board Meeting will take place at 4:00 PM on Tuesday, April 9th. in the Topsfield Town Hall, 2nd Floor Conference Room. Beth Wideberg may fill in for Paula Burke for that meeting.

Respectfully submitted by Charlotte O'Toole, Recording Secretary/Clerk