

## **TOPSFIELD COUNCIL ON AGING BOARD OF DIRECTORS MEETING**

**February 11, 2020, 4:00 PM**

**TOPSFIELD TOWN HALL, 8 WEST COMMON STREET**

**2ND FLOOR CONFERENCE ROOM**

**PRESENT:** Penny Rogers, Ruth Lucy, Lynne Bermudez, Hannah Adelman-Menzer, Elaine Crippen, Florence Brady, Charlotte O'Toole, Joan Chiffer, Kimberly Love, Kendra and George Berube, Paula Burke, Director

**OTHERS:** Laura Zalewski, Director of Library

**I. VOTE ON APPROVAL OF THE JANUARY BOARD MEETING MINUTES:** Motion made and seconded to approve the January Board Minutes, as amended, 11 Ayes and 0 Nays

### **II. DIRECTOR'S REPORT:**

-Intergenerational Open Mic Night last month was a nice community event. Attendees included Creative Coop and Tri Town Council.

-Indoor Memory Café, conducted by Mary MacDonald was held at the Library last month. Attendees included the 4<sup>th</sup> grade Girl Scouts and residents from Hogan. Mary has the first outdoor Memory Cafe in America. This provides a safe space for individuals and their caregivers.

-Topsfield Downtown revitalization efforts are underway including design of a new prototype solar street light to line both sides of Main Street, development of a streetscape design for Main Street (for a consistent look and feel of signage, public gathering spaces, etc.), and new events such as pop-up art at the library in the summer.

-Peg Beauregard retired from COA office, but is volunteering a few hours a week.

-Financial Committee Meeting attended by Penny Rogers and Friends, Chris Roman and Kathy Curran. Their support was most appreciated.

-Seaglass Annual Valentine's Luncheon was a great success. There have been new people attending some trips and events. Upcoming events to include Peirce Farm and St. Patrick's Day Luncheon at Masco.

-Getting ready for election/census. There will be 3 openings for the Board of Selectmen.

### **III. REPORTS:**

#### **1. FRIENDS LIAISON**

According to COA Rep. Elaine Crippen

-Large grocery bills for activities for COA. Looking into grants for funding.

-Made \$200 at Texas Roadhouse function, but have not received money yet.

-Maintenance people will setup and takedown of tables, at town hall, with a total charge of \$50.

-Membership Drive will take place in the Spring.

-Topsfield Library Theme – Fairy Tales

-Election of officers in March

-Looking for volunteers for shoveling for seniors; raking covered by Indian Guides. Looking into assistance from the Boy Scouts.

## **2. DEMENTIA-FRIENDLY TEAM:**

According to DFT Chairperson Joan Chiffer:

-The task force met with Linnea Hagberg, the Director of Community Programs and Planning at Senior Care, to learn more about ADFCA's (Age and Dementia Friendly Cape Ann) best practices. ADFCA is a regional age and dementia-friendly model covering four towns.

## **3. INTERGENERATIONAL**

According to IG Liaison Hannah Adelman-Menzer:

-Topsfield Library and the Council on Aging will present "Belva Lockwood for President" March 2, 3 PM at the Topsfield Library. Anne Barrett will be giving the speech that Ms. Lockwood gave in 1884 in her presidential campaign.

-Hannah attended the last "The Proctor Protectors" (grades 3, 4 & 5) Meeting where they planted seeds and recycled.

-they have more money this year to invest in the garden and have purchased some potato bins and other garden supplies. Hannah is looking for more ways to keep the garden intergenerational and will report back to Paula

-IG planting should take place in early Spring.

## **IV. OLD BUSINESS:**

-COA Policy and Procedures Update is still being worked on.

## **V. NEW BUSINESS:**

-Laura Zalewski, Director of Library, spoke about Geri-Fit – Strength Training Workouts. This is a licensed weight resistance program that is being used for seniors all over the US. The cost of the program is \$2500 which covers instructor, certified training and facility license. The training could be performed at the library. There would be no charge, if at the library. There would need to be volunteers to be certified as trainers. The training would be on-line. Volunteers could be library staff, as it would be part of library positions, just like crafts, knitting, etc. The library insurance would cover any injuries. Training would be open to all ages. Envision once a week for six weeks on and then take off for a time. It could start next FY Jul or summer session. Library would provide bands/weights at first, then individuals would purchase their own. Role of COA would be to advertise and market. Laura will do more research and come back to COA March meeting to discuss. (see attached info)

-Topsfield Fire Dept Grant. Fire Chief, Jennifer Collins, to discuss carcinogen suits at next meeting.

## **VI. OTHER:**

Motion was made and seconded to adjourn the meeting at 4:55 PM. Ayes: 11; Nays: 0.

Next meeting: Tuesday, March 10, 2020 at 4:00 PM in the 2<sup>nd</sup> Floor Conference Room/Activity Room in the Topsfield Town Hall.

Respectfully submitted by Florence Brady, Recording Secretary/Clerk