

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

**MARCH 21, 2023 4:00 PM**

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

**PRESENT:** Chair Penny Rogers and members Kim Love, Bill Quinn Jr., George Berube, Kendra Berube, Joan Chiffer, Elaine Crippen and Rusty Brady.

**OTHERS:** COA Director Kathleen Barbarisi and Associate Member Charlotte O'Toole

The Chair called the meeting to order at 4:06 p.m.

### **I. APPROVAL OF FEBRUARY MINUTES:**

Joan Chiffer made a motion to approve the minutes of February 14, 2023. It was seconded by Kendra Berube and the motion carried 8-0.

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

- COA Director, Kathleen Barbarisi is working on the May/June calendar.
- The first series of "Decluttering with Lisa" will begin on March 22nd at 9:30am.
- "Open Art Studio" on the 1st and 3rd Fridays has been great and will continue through June.
- COA Director, Kathleen Barbarisi received some information on Collette tours and there is a possibility for a future COA group trip. On May 30th, there will be a tour talk about Ireland, for those that are interested in learning more. Fundraising could be an opportunity for COA to raise some of the money to go towards the trip.
- A new group has been formed called, "Topsfield Community Alliance Group" which consists of members from the "Friends of The Topsfield Town Library", "Topsfield Historical Society", "Topsfield COA", "Topsfield Recreation Department" and "Topsfield Cultural Council." This collaboration will hopefully help with communicating and promoting across the community.
- There will be a Meals on Wheels breakfast fundraiser that will be on Friday, March 31st from 7:30am-9:30am at the Gloucester House.
- There will be a "RSVP Volunteer Appreciation luncheon on April 11th from 12:00pm-2:30pm.
- Art rails are finally being shipped!!
- The 2024 formula Grant has been approved to go up to \$14 per person, which was \$12 previously towards residents that are 60 years and over..
- COA Director, Kathleen Barbarisi mentioned that a food collection for the food pantry will be happening in the month of April. The COA plans to offer rides to the Acord Food Pantry in South Hamilton, MA on the opposite weeks that the Top Cupboard provides their open pantry every other Saturday.
- Tax preparation is underway and now complete!
- "Fireside Poetry" has been incredible! The COA is asking for a stipend to give Jack for his time with us.

### **III. REPORTS:**

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

According to COA Liaison Elaine Crippen:

- The FRIENDS meeting last month approved the COA letter to the Select Board.
- There will be two checking accounts, one in and one out.
- There will be a membership drive in May.

## **2. COMMUNITY CONNECTIONS (Dementia-Friendly Team, Intergenerational, Craft Connections):**

According to Dementia Friendly Liaison Joan Chiffer:

- Maggie Chiffer's "Dance Out Dementia" 5th anniversary party was held in the Town Hall and included a pop-up dance too! Around 30 people attended and Maggie gave out shirts to those who didn't have one. It was a great time!
- The virtual "Supper Club", hosted by Joan, has been going great! They are held every Wednesday night at 5pm. Themes included are "Club Chat" (which last covered "Ageism" and how to keep your brain healthy), "Table Topics" and fun games.
- June is Alzheimers/all dementias and brain awareness month. Joan asked if there might be a possibility of having Dementia-Friendly workshop that could teach the importance of keeping our brain healthy. It's never too early to start talking about brain health!
- "Live and virtual yoga with Joan" has been going great! The classes are held twice a week, Mondays at 3pm and Fridays at 8am. There were 23 people that attended the March 13th class!
- Joan mentioned how Yoga is great for your health and brain health, reduces physical frailty and increases muscle strength.

Intergenerational Liaison Hannah Adelman-Menzer

- Hannah was not present, no update.

Craft Connections Liaison Kendra Berube:

- Card making has been going great!

## **IV. OLD BUSINESS:**

- Chair, Penny Rogers and COA Director, Kathleen Barbierisi met with the Select Board and the Finance Committee to review the COA letter concerning impacts to the COA from the Emerson Homes project. The Finance Committee was very interested in learning more about the COA.

## **V. NEW BUSINESS:**

- COA is undergoing a staff change as Stephanie Sweeney, former Recreation Director, last day was on March 10th. Recruitment for a replacement is in the works.

Joan Chiffer made a motion to adjourn the meeting. It was seconded by Rusty Brady and the motion carried 8-0 at 4:50 p.m.

**Next Meeting will be April 11, 2023.**

Respectfully submitted,

Kim Love

Recording Secretary/Clerk

## **DOCUMENTS:**

- Agenda
- Draft Meeting Minutes – February 14, 2023