

# BARNSTABLE COUNCIL ON AGING MONTHLY MEETING

825 Falmouth Rd, Hyannis, MA, 02601

MINUTES August 20, 2014 9:00 AM

MEETING MINUTES: Submitted by Herbert K. Bodensiek, Secretary

(P=Present A=Absent E=Excused)

Members: B. Burke\_P\_\_ R. Burke\_P\_\_ T. Cobb\_P\_\_ B. Cross\_P\_\_ P. Curley\_P\_\_ K. Evans\_P\_\_ H. Kennedy\_P\_\_  
E. Letterie\_P\_\_ T. Pelish\_A\_\_ E. Rollins\_A\_\_ H. Stretch\_A\_\_ A. Tromba\_A\_\_  
H. Bodensiek\_P\_\_ Alternate\_V\_\_ Associate J. Melpignano- \_P\_\_ Associate\_V\_\_ TCL: \_P\_\_  
FBCOA: G. Sylvester\_P\_\_ Direc\_P\_\_ Councilor Cushing\_P\_\_

The meeting was called to order at 9:05 am. There was a quorum. The minutes of the previous meeting were accepted and approved

**PRESIDENT'S REPORT:** The FBCOA was well covered in an article in the Barnstable Patriot. The Needs Assessment and Bridge Club (BC) issues are taxing SC staff. COA needs to speak up on behalf of the Senior Center (SC), calling for participation, especially in support FBCOA, and thus seniors, especially the needy. COA members are urged to attend events and join the FBCOA.

**DIRECTOR'S REPORT:** The SC clients were supportive of the article by The Patriot's Susan Vaughn. August 15<sup>th</sup> meeting, attended by Town Councilors Dagwan and Hebert and 25 SC members. BC letter received 8-19. Again calls for another meeting. BC not well informed of other SC activities. BC gets more time than any other club, here and across the Cape, and for free. Stated letter needed to BC. BC says the SC is overstepping their bounds. BC players would not comply during power outage. BC thinks the SC intentionally turned off the lights. Town of Barnstable (TOB) Legal Dept. will probably be consulted to rewrite club agreement. Town Manager requested that BC representative(s) deal directly with SC.

**Aging Mastery Program:** An NCOA pilot program. 5 SCs including Duxbury are focused on in Massachusetts. It is a 12 week course focusing on the facets of Aging. Incentives include points for prizes for lifestyle changes. \$4,000 was received, there are 8 core topics including diet, physical fitness, sleep etc. HYCC walking track is one of the rewards. Program runs from October 15<sup>th</sup> – February 4<sup>th</sup>, 14 weeks total (tentatively scheduled for Wednesdays 2-4PM, details TBD) including graduation, to be partnered with a Health Care Org. (CCHC) Duxbury is partnered with Beth Israel Hospital. One goal is to attract new SC attendees and volunteers. 40 participants needed who will receive goodie bags filled pertinent items.

**Needs Assessment:** First meeting addressed the scope and timeline. Prof. Mutchler developed components. It is important to reach out to all 7 villages through the Village Civic Associations. From January to March, meetings will be conducted with the Civic Associations. A random sample survey of 4,300 postcards will first be sent out looking for a 20% response. A week later a second survey will be sent. A peer comparison with other SCs will also be conducted. There will be quality of life focus groups focusing on; 1. Public Safety and 2. Social Services. A Needs Assessment Forum will be held on October 7<sup>th</sup> at 2PM and 5:30PM with a UMASS Professor facilitating. COA members should plan to attend.

**TOWN COUNCIL LIAISON REPORT:** Complimented the Director of the SCs handling of the BC issue. Forum, will attend. Discussed several topics not related to the SC, which included TOB landfill and shooting range issues.

COMMITTEE REPORT: NEEDS ASSESMENT- COA REPS Bob Burke & Eleanor Letterie.

Bob: Lay person's perspective important to determine the balance between more programs or more services. COA involvement could be in the form of referrals. Concerned about how Needs Assessment questions will be phrased. COA could advise on which programs and services are most helpful. Concerned about funding; Programs are funded by FBCOA, and Services are funded by TOB. Since the 80+ age group is less responsive to surveys, a personal focus group knowledgeable on 80+ issues would be helpful.

Eleanor: wants statement of study's purpose clarified. Also, questions the definitions of Age Groups.

Paul Curley is concerned if the UMASS approach is flexible enough for our needs.

Barbara Cross asked about possibly having a small initial pilot Needs Assessment questionnaire circulated.

FBCOA LIAISON: Gary Sylvester: Masquerade Ball needs update. Nothing new for 2 months.

Is scheduled for October 24<sup>th</sup> at Alberto's. \$50 / \$35 for seniors.

OLD BUSINESS – There remain 2 opening on the COA but may have an application from a BC member.

Updated COA Member Handbook material was distributed. There may be additional changes to by-laws at the next COA meeting.

The following changes are to be made on the COA Committee Assignments, as approved July 16, 2014:

The Volunteers Committee Chair should be Katherine Evans, and the Vice Chair should be Ella Rollins.

The Committee shown as the Cross Health Information Center is the Cross Wellness Information Center.

Long Range Planning Committee will meet in September.

NEW BUSINESS: COA members are asked to help set up of the FBCOA Masquerade Ball. The ball will have a 100 person limit. There will be an auction. Costumes are optional. COA turnout is critical to the success of this event. Gary will furnish additional information as it becomes available.

Participation by COA Members in the Needs Assessment, initially consisting of getting the word out, was urged.

A motion was made to adjourn and approved at 10:30 AM

**NEXT MEETING September 17, 2014 @ 9:00 AM**

Meeting adjourned at 10:30 AM

Public files are available for viewing during normal business hours.