

## **Minutes**

### **COA Advisory Board Meeting minutes of December 11, 2023.**

J. Cooperman, R. Edelston, B. Gladstone, N. Grossman, E. Feldman, R. Gorden, R. Lopez, P. Remy, R. Maidman, B. Caruso. Guests: Katherine Lee Goyette, Steve Kafka.

Meeting called to order 2:30 PM

Minutes from November 20th, 2023 - Unanimously approved.

### **Director's Report (Beth Caruso)**

Door counter: Tracking attendance at Adult Center' Will keep monitoring patrons visiting Adult Center. Numbers are good.

An average of 30 incoming calls a day to Adult Center is handled by volunteers at the front desk.

Lectures – an average of 14 people attended. Five were scheduled this month.

Field trips – 2 trips were scheduled, maximum for each trip is 10 people.

SHINE counselor – 30 people had appointments with counselor.

Memory Café – 16 people attended.

Fitness classes – looking for a Zumba instructor.

Free COVID tests were depleted in 2 days. Center expecting another delivery of tests.

Transportation – Smaller bus are on road – all vehicle paperwork updated.

Snow Shoveling – inquiring with High school to get program started again.

Art Gallery – Generations Show is scheduled for January 24<sup>th</sup>.

Are You OK Program – residents can sign -up for a daily check- in. This program is offered by Norfolk Sheriff's office. See the View for details or call Adult Center

Staffing – all doing well.

**Paul Remy, Commission on Disabilities** – Paul shared that the Post Office does not have an automatic door.

**Sharon High School Participation -**

High school Principal is starting to hold conversations with High School Dept. Heads to initiate ideas to participate with adult center. Both Rob and Beth will be in contact with appropriate High School Dept. heads.

Two High School Volunteers from Vocational Program will be hosting a coffee on December 19<sup>th</sup>.

**MGH Research Project (R. Lopez) – “ Healthy Brain”** Ruth is scheduled to give presentation on “healthy brain” and at the Adult Center on December 21<sup>st</sup> @ 1PM, This is not a recruitment for program but just to get to know the senior community for the project

**COMMITTEE REPORTS**

- HESSCO (E. Feldman): Labor supply is limited for home visits.
- FSCOA (M. Kempner): no report.
- AARP events: (<https://states.aarp.org/massachusetts/events-ma>)

**The next COA Advisory Board Meeting will be Monday, January 22, 2023@ 2:30PM.**