**COUNCIL ON AGING BOARD**
Minutes September 12, 2023 10:35 a.m.

Members Present: Chair Nancy Butler, Cindy Bloomquist, Geri Cellini, Inez Murphy Members Absent: Dottie Martel
Friends of COA Present: Geri Cellini, Cindy Bloomquist,
Guests: John and Brenda Traynor
Staff Present: Colleen Thompson, Jean Pacheco

1. **Opening**: Chair Nancy Butler opened the meeting at 10:35 a.m.

2. **Minutes**: August minutes were approved as written

3. **Reports**:
A. Business Report – Jean Pacheco
 1. Warrants for August: $1,603.21
 2. Pantry served 32 people, 23 households including two new households.
B. Friend’s Report – Cindy Bloomquist made a brief report.
C. OCES Report – None. OCES Board did not meet in August.
D. BOS Report – John Traynor updated the Board on BOS/Town activities (incl. jake brakes, town hearse, Ferguson bridge sign, Saturday Coffee, D. Sampson stamp, MBTA Community zoning, Sauchuk corn maze, town buildings, etc.)
E. Director's Report – Colleen Thompson

1. GATRA service began on September 5, 2023. The fee is $1.75 per each leg of a trip. Ten trip booklets are available for $15. Colleen asked if the Friends would be willing to purchase some booklets if the need arises. They informally said yes but will confirm this at their next meeting.
2. Qi-Gong, a form of mind/body exercise, is being considered for Tuesdays at 9 am at $5/person.
3. The Director was asked by some town residents to look into offering a swing dance. Some Board members are also interested in this and possibly in line dancing.
4. The upcoming Health Ed./Ask a Nurse sessions will be: 10/11 “First Aid”, 10/25 “Winter Breathing Concerns, incl COPD” and 11/8 “Caregivers”.
5. Nurse Pat gave Colleen the name of a podiatrist who travels to Carver COA. Some members thought it might be advantageous to have him come to the Plympton Town House on every other month. Colleen will look into this.
6. Special thanks to Deb Anderson for donating a copier to the COA.

4. **Other Business:**

A. The previously discussed possibility of joining with Halifax TRIAD – no action taken to date. We will likely stay with Carver.

B. 2023 Events

1) Pie Day – 10/4/23 at the Church. Decided to serve macaroni and cheese and salad as the meal. Homemade pies with ice cream or whipped cream will be the dessert. Friends will provide the salad. Colleen will get the “extras”. Entertainment will be Dave and Marcia Burbank. Friends will prepare and sell a few raffle items.

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| **Cook** | **Mac & Cheese** | **Pie** |
| Nancy | - | 2 chocolate cream |
| Geri | 3 w/bacon and tomato | 1 water pie (custard?) |
| Cindy | 2 traditional | 1 squash, 1 pecan |
| Jean | - | 1 banana cream |
| Colleen | As needed | 1 winter fruit, 1 blueberry |
| Helen\* | - | 2 apple |
| Debbie Batson\*\* | 1. traditional
 | X |

\*To be confirmed by Cindy. \*\*To be confirmed by Colleen

2) December 13 will be the Annual Holiday Luncheon at the Upland Club. We will ask people to bring something for the food pantry. Please bring an item or two for the food pantry. Sarah Troxler will lead us in a Christmas sing-along.

C. 2024 Events – We will aim to have an event every other month beginning with a silent movie in February. We will plan on asking Steve Lanzillotti and Aidan Keen to return as entertainment. Other entertainers and food is yet to be determined. Colleen will try to firm up plans and apply for Cultural Council Grants.

D. Next meeting: Tuesday, October 10 (because of Columbus Day. The Board discussed the possibility of moving the meetings to Tuesdays. This is easier for Nancy and Colleen but difficult for Inez. This will be revisited.

The meeting was adjourned at 11:50 am.

The minutes were prepared by Geri Cellini and transcribed by COA staff.