

Blandford Council on Aging
Meeting of the Board of Directors
Minutes of Meeting Monday, March 27, 2017
Monday, April 24, 2017

Present: Edna Wilander, Margit Mikuski, Barbara Langmore, Judy MacKinnon

Absent: Linda Barnard

Meeting began at 4:05pm

Minutes of February 2017 meeting were read and accepted by Barb and Margit. Minutes were approved.

Treasurer's Report was read and accepted by Judy and Barb with corrections. Treasure's Report was approved.

New Business

- Discussion took place around setting a date for the upcoming Veteran's Appreciation Program. Judy made a motion to set aside Saturday, November 11th, beginning with a dinner at 5pm. Edna seconded the motion. Date was approved. Margit will be sure date is acceptable with Josephine whose group will provide a program. Our dinner menu will include lasagna, salad, bread and tiramisu. We will buy sturdy plates and silverware, so we don't have to wash dishes.
- Cabinets for COA room-Rick Barnard has checked the counter area and thinks he could make a wooden floor under the counter and make pull out trays for storage. He will get us an estimate. We will talk with selectboard ahead of doing the work. We do have money in the state and town for the work. Edna made a motion to go forward with getting estimate from Rick and Judy seconded. Motion passed.
- New Printer – Judy made a motion to go forward with getting prices for a printer. Edna seconded. Motion passed.
- New chairs – We will go forward with purchasing additional new chairs. We have already voted on the purchase.
- Post Office issues were discussed. P.O. wants us to fill out paperwork on line for bulk mailing, print it out, and then bring all to the post office in Huntington. Phil Bissonette will come from

P.O. in Springfield to speak to departments and help us out. We seem to have the wrong permit number, as well. Margit has let the town administrator know to invite others. Judy will call Phil for appointment on a 1st or 3rd Friday of the month.

- Monday morning exercise group – Heidi will be away for two weeks. Participants can take a walk, but we cannot have another participant lead the class without being bonded. Judy made a motion to permit Linda to lead a walk on the two dates Heidi is absent. Edna seconded. Motion passed.
- Footit Health Care Store- someone could come out to discuss different help aids for people with disabilities and needs for the seniors. Judy will look into the idea.
- Judy will investigate new type of fire alarm that doesn't go off as frequently and is easier to use.

Old Business

- Consortium news – each of the towns in the consortium will form a focus group of 5 or so people to meet one time to discuss issues of seniors in the hilltowns. The results would be sent to Office of Elder Affairs. Edna mentioned that the board should answer some of these questions since we are more aware of some of the issues. We all agreed. We will ask people to attend.
- Book Discussion – Judy reported it is going well because of all the viewpoints being shared around Being Mortal, the book we are reading.
- Nutrition program – discussion around how to schedule appointments to make them more efficient
- Movie – Margit will order the movie
- Breakfast – pancakes will be cooked in the morning in the kitchen, syrup from Sue Bloomrose, sausages and fruit (Edna), blueberry muffins from Barb, low sodium V8 and ice(Judy), orange juice with less sugar(Barb), cranberry juice with minimum sugar(Edna)
- Social Hour – slider sandwiches with Hawaiian rolls, ham and cheese and something without meat, kale salad, sherbet
- Fifth Friday- Barb made a motion to add a coloring activity on the fifth Friday from 12-2. People could bring their lunch. Edna seconded. Motion passed.

- The Office of Elder Affairs sent out a questionnaire asking how COAs raise money to offset expenses. Discussion took place. Some towns are raising money, but we all agreed that this practice does not seem legal.

- St. Patty's Day – Discussion about food bought and cooked
 1. Two loaves of soda bread would be fine
 2. Meat should come from grocery store to make it uniform and easier to cook
 3. Less cabbage could have worked and maybe we could make a recipe with cabbage cut up to replace large pieces we have been cooking
 4. Pies should be purchased elsewhere

Adjournment- Judy made a motion to adjourn and Edna seconded.
Meeting adjourned at 5:30pm