



City of Westfield
Council On Aging
Monthly Meeting
May 13, 2019
City Hall, Room 201

59 Court Street, Westfield, Massachusetts

I. The meeting was called to order by the Chair, James V. Liptak, at 1:00 p.m.

Board Members present were: Elizabeth Boucher, KerryAnn Kielbasa, James V. Liptak, and Barbara Taylor. Also present were our Executive Director, Tina Gorman and our City Council Liaison, Councilor Ralph Figy. Board Members absent were: Eileen Rockwal and Alan Sudentas.

II. Approval of Minutes of the April 8, 2019 meeting:

Upon Motion duly made by Elizabeth Boucher and seconded by KerryAnn Kielbasa, it was unanimously:

VOTED: To approve the Minutes of the April 8, 2019 minutes.

III. Public Participation:

There were two guests at this meeting: Edward Ekmalian and Tom Sharp. Mr. Sharp thanked the Board of Directors and Tina Gorman for having such a wonderful Senior Center and so many programs for our elderly here in Westfield.

IV. Items for Discussion/Information:

A. **Highland Valley Elder Services (HVES) Report:** Our representative to HVES, James Liptak, presented his report of the May 6, 2019 HVES Board meeting:

- a. Mr. Liptak advised that HVES has a position open for a full-time nurse.
- b. Mr. Liptak informed the Board that a new Secretary of the Executive Office of Elder Affairs (EOEA) has been named: Elizabeth Chen.
- c. Mr. Liptak described a merging of the contracts of the Commonwealth's 26 ASAPs (Aging Service Access Points). The Executive Director of HVES will be coordinating the change.
- d. HVES will hold its Annual Meeting on October 1, 2019. The location will be the same as last year, but the format is as yet undetermined. Those who will be invited are still undecided.
- e. Mr. Liptak said the issue of confidentiality was discussed again. The HVES Board has set up a subcommittee to set policy on what can be discussed outside of their Board meetings.

B. Hydroponics 'Earmark' Grant Update:

- a. Mrs. Gorman reported that all of the \$5,500 from the EOEA Earmark grant has been spent to purchase equipment and supplies for the Westfield Technical Academy (WTA) hydroponic garden. The equipment has been assembled in the

greenhouse and the supplies have arrived. However, Nate Sperry, Horticulture instructor will wait until September to begin growing vegetables. The students will be monitoring the garden and it's close to the end of the school year. In addition, some type of white powdery mold has been found in the greenhouse and Mr. Sperry wants to make sure that situation is rectified before growing new vegetables. The Senior Center will have fresh vegetables next winter.

C. HVES Malnutrition EOEA Grant-Funded Program

- a. The Executive Office of Elder Affairs is concerned about the increasing number of malnourished older adults in Massachusetts. The reasons vary. Grants have been given by EOEA for educational purposes on this topic. Ms. Gorman is working with the nutrition staff from HVES on a 'Lunch and Learn' to be held May 15, 2019 at noon. Nicole Chivas, Dietician with HVES, will do a 15-minute presentation between the entrée and dessert. She will be available to answer questions and to meet individually with participants after lunch. Approximately 70 tickets have been sold to date at the regular \$3 lunch price. HVES is grateful for the collaboration on this project.

D. Friends of the Westfield Senior Center Annual Meeting

- a. The Friends group will hold its Annual Meeting on Tuesday, June 4, 2019 at 1:30 p.m. All current members will receive invitations. In addition, the public is welcome to attend. The Friends Board will review the year's fundraising efforts, expenditures, and support of various COA programs. Certificates of Appreciation will be presented to the Westfield Police Department for its support of the establishment of the Senior Safety Office as well as the Senior Safety Officer, Mark Carboneau.

V: ITEMS FOR ACTION:

A. Election of Officers

- a. Barbara Taylor, on behalf of the Nominating Committee, presented the results. The slate of officers presented by the Nominating Committee was as follows:
Chair: James V. Liptak
Vice Chair: KerryAnn Kielbasa
Secretary: Elizabeth Boucher
Treasurer: Barbara Taylor
- b. There being no nominations from the floor, upon a Motion duly made by Elizabeth Boucher and seconded by James Liptak, it was unanimously:

VOTED: To elect the slate of officers as presented by the Nominating Committee.

B. Completion of Signature of Authorization Form

- a. Ms. Gorman explained that the annual Signature of Authorization form is due into the City. This form authorizes Ms. Gorman to sign all contracts on behalf of the Westfield Council On Aging. Each of the Board members present signed his or her name to the form. Ms. Gorman will submit the completed form after the two Board members who were absent sign their names.

VI. REPORT, DIRECTOR:

Our Executive Director, Tina Gorman, then presented the Director's Report:

Review of Programs

- *Senior Options 2019*
 - o Had 33 vendor tables in the Great Room and Fireside Lounge
 - o Approximately 325 in attendance and an additional 60 vendors
 - o The vendors commented about the productiveness of networking with each other
 - o Changes to be made next year:
 - Will cancel all Wednesday afternoon programs except pool and fitness so that all tables are available for set-up
 - Name tags for the City Councilors who attend
 - Will block off the Senior Center entrance off Danek Drive until 9:45 so that all vendors enter through the main entrance, drop off their display items, and then park on McKinley or South Street
- *Brain Healthy Cooking for One*
 - o Mediterranean-style meal preparation demonstration by Chef Christopher Marsh, Armbrook Village
 - o Very well received by participants
- *Genealogy 101: A Beginner's Guide to Researching Your Family History*
 - o Eight-week course for beginners; Wednesdays, 1 to 3 p.m.
 - o Instructor: Wayne Wetherwax, Western Massachusetts Genealogical Society
 - o He showed up 25 minutes late for the first class so the participants had already left
 - o He will make up the class. Second class went well. Participants were enthusiastic.
 - o Mary Lou offered a reminder telephone call to the instructor
- *Two-Part 'Downsizing In Place' workshop series*
 - o Very successful; fifty people participated
 - o Participants continue to give Director a progress report

- *'A Moving Experience'*
 - Presenter: Lesley Lambert, Certified Senior Real Estate Specialist
 - Informative seminar about making real estate decisions in the retirement years
 - Topics included how to prepare the home, the best time to sell, and downsizing options
 - Some overlap with the Downsizing in Place participants
 - Extremely positive feedback from participants

- *Volunteer Recognition Breakfast*
 - A lot of work for the staff, but we received very positive feedback from the volunteers
 - Well planned and executed in terms of staff tasks, the flow of the event, and the meal
 - Will make minor changes next year

- *Sarah Gillett Annual Meeting*
 - We hosted the meeting at the Senior Center
 - Approximately 30 in attendance
 - COA related grant awards included:
 - Art Unlimited Class – \$560
 - Companion Program – \$2,560
 - Grandparents Raising Grandchildren - \$850

Upcoming Programs

- *Westfield 350th Parade*
 - Senior Center float

- *Mother's Day 'Spunky, Sassy' Luncheon*
 - Thursday, May 23
 - Featured entertainment: 11 a.m. – Spunk 'N Sass
 - Event sold out in four days

- *Estate Planning Beyond the Basics*
 - Elder Law Education Project
 - Sponsored by the Massachusetts Bar Association
 - Attorney Albert Gordon – Thursday, May 30 at 6 p.m.
 - No cap ~ To date, 60 have signed up to attend

- *Faces of Westfield, Art Show*
 - 350th anniversary project of the Westfield 'Promise' Program, a collaboration between Westfield High School and Westfield State University

- “Promising” high school juniors are enrolled in a WSU course with a wide variety of requirements spanning the school year.
 - As their capstone project, Promise students interviewed a diverse group of Westfield residents and partnered with WHS art students to create a portrait or representation of the interviewee
 - An art show featuring all of the portraits will be held at the Senior Center on Saturday, June 1.
- *Challenge Diabetes*
- With funding from the Westfield Lions Club, Springfield YMCA ‘Challenge Diabetes Program’ Coordinator, Chet Galaska, will conduct three sessions at the Westfield Senior Center in June
 - First session will be open to the public with no cap and provide a general review of diabetes (Wednesday, June 5 at 1 p.m.)
 - Second and third sessions are individualized and will provide the participants with the knowledge of how to lower their A1c (Thursdays, June 13 and 20 at 9:30 a.m.)
 - Second and third sessions will be capped at 25

VII: The Chair reminded us that our next meeting will be held on Monday, June 10, 2019, at 1:00 p.m. at City Hall in Room 201.

There being no further business to come before the Board, upon Motion duly made by Elizabeth Boucher and seconded by Barbara Taylor, it was unanimously

VOTED: to adjourn at 1:45 p.m.
A true record.

List of Exhibits:
Director’s Report

Elizabeth Boucher, Secretary

