

City of Westfield
Minutes of the Council On Aging
August 9, 2021

RECEIVED

By City Clerk's Office at 3:43 pm, 9/23/21

I. The Meeting was called to order by the Chair, James V. Liptak at 1:03 p.m.

Board Members Present: Elizabeth Boucher, Ed Ekmalian, James V. Liptak, Eileen Rockwal and Barbara Taylor. Also present was Tina Gorman, Director of Senior Center . There were two guests: Michael Ballway of the Westfield News and Bill Boucher.

II. Approval of Minutes of July 12, 2021 Meeting:

Upon Motion duly made by Elizabeth Boucher and seconded by Ed Ekmalian, it was
unanimously VOTED: To approve the Minutes of the July 12, 2021 meeting.

III. Public Participation:

None

IV: Items for Discussion/Information:

A. Update, Meal Program Changes

Mrs. Gorman advised the Board that the new meal program changes for August will go forward as these changes are printed in the August, 2021 *Voice of Experience* newsletter. Beginning in September, there will be a new plan as a result of guidance from the Executive Office of Elder Affairs and the State Department of Public Health as well as an emergency meeting with COA staff.

On September 1, the meal program changes will be:

Monday, Tuesday, Wednesday, Friday - Meals will be distributed curbside, with no indoor dining on those days.

Thursday meals will be indoors with no curbside pickup on that day.

The September newsletter will reflect these changes.

Mr. Liptak asked Mrs. Gorman what she is finding out about other Senior Centers' plans for dining. Mrs. Gorman has been

talking with other Directors who are advising that they are getting minimal participation for indoor dining. Mrs. Taylor asked Mrs. Gorman if she foresees a mask mandate. Mrs. Gorman told us “not right now.” Seniors are being told it’s their individual decision on whether or not to wear a mask in the building. A reminder is posted on the front door and throughout the building that those who are unvaccinated, must wear a mask when inside the Senior Center building. Staff members are generally wearing face coverings when they are with groups of Senior Center participants. They want those who are most comfortable masking, whether or not fully vaccinated, to be at ease doing so.

B. Update, COVID-Related Protocols, Room Capacities

Mrs. Gorman and Program Director, Mary Lou Niedzielski, met with Joe Rouse, Director of the Westfield Health Department and Deb Mulvenna, Assistant Director of Health. They discussed face coverings, vaccines, and room capacities. In order to determine a safe and practical room capacity for each space, the four went into each room in the Senior Center and considered both the square footage as well as the activities that would be done there. Following the meeting, signs were posted with the maximum capacity noted for each room. Guidelines were also established for the number of chairs that can be set at various sized tables.

- Fitness Room: 16 for Chair Yoga; 14 for all other fitness classes
- Great Room: 40 (indoor dining; Do Re Mi Singers, beginning in September; Bingo)
 - o Four chairs to a round table
 - o Two chairs to a six-foot rectangular table
- Creativity Center: 12 (Art; Chess; Sassy Stitchers; quilters)
 - o Two chairs per table
- Multipurpose Room: 14
- Learning Center: 7
- Games Room: 18 (pool; cards)
 - o The Pool League will be split into two groups, one playing on Thursday afternoon and the other on Tuesday afternoon.
 - o There is no room for card players during the Thursday afternoon pool group, which is maxed out at 18.
 - o Four chairs per large round table.
 - o Two chairs per small square table.

C. Senior Safe Grant

Mrs. Gorman advised that the Senior Center was awarded approximately \$3,000 from this Grant. She will use the funds as follows:

- Re-institute the residential lock box program. These boxes have been ordered.
- The Senior Center will purchase buckets and sand for safety on the sidewalks this winter (*Sand for Seniors* program).

D. Fall Flu Clinics

The flu clinic at the Senior Center is typically done during the first week in October as a partnership with the Westfield Board of Health. In 2020, the clinic was successfully held as a drive-through clinic. The COA staff will once again partner with the Health Department to offer the flu clinic on Tuesday, October 5 and Wednesday, October 6 in the afternoon. One hundred doses of the vaccine will be available. An additional 50 doses of the flu vaccine will be available at the Senior Center on Friday, October 8 through a new partnership with Stop & Shop Pharmacy. The plan is to hold the clinic in the Great Room.

However, depending on the COVID environment, we can shift to a drive-through clinic with the Health Department, if necessary. Pre-registration will be required.

E. 'Cops for a Cause' Chili Luncheon Event

This event started two years ago as a fundraiser for our local Alzheimer's Association, and has been a great success each year.

Last year, the event was held curbside and there were 175 participants. Because of the Great Room maximum capacity of 40, this year the event will once again be held curbside. Senior Safety Officer, Mark Carboneau, makes the chili in the Senior Center kitchen the day before with assistance from the kitchen staff. The kitchen staff makes cornbread with honey butter and ice cream sundaes for dessert. The Westfield Police Association covers the cost of the chili. Mrs. Gorman is awaiting confirmation from WPD Chief Larry Valliere of their participation again this year. The tentative date is Wednesday, September 15.

V. Items for Action

NONE

VI. Director's Report

Review of Programs

- *Games Room opened today, Monday, August 9*
 - Hours: 8:30 a.m. to 4 p.m.
 - Cleaning and sanitizing at the end of the day
 - Maximum capacity: 18 – that is the total number of chairs set up

- *Channel 15: July/August Summer Performance*
 - Performer: Ed Bentley
 - Airing Wednesday afternoons at 2:40 and Saturday evenings at 6:00 throughout the months of July and August

- *'Westfield Council On Aging Presents' Series*
 - Five 'Best Of' shows throughout the month of August on Tuesday afternoons

- *Chair Yoga*
 - Indoors in the Fitness Room
 - Participants are very grateful to be back
 - Classes and room hygiene are going extremely well
 - Fall sign-ups will be held curbside on Wednesday, August 25 at 2 p.m.

- *'Under-the-Tent' Fitness Classes*
 - 'Male Call!' – Tuesday and Thursday, 8 to 9 a.m. (very dedicated group of participants)
 - Line Dancing – Friday, 9 to 10 a.m.
 - Will be split in September with no more than 14 participants on Thursday afternoon and Friday morning
 - Most were grateful that we are offering a second time slot because of room capacity limitations
 - 'Totally FUN Fitness' with Carol Palmer
 - Sandra Fisher participated in the class on July 28, then called all of the former *Keep It Moving* participants and invited them to join in August. Six participants enthusiastically joined and plan to spread the word.
 - Hoping to offer the class in the Fitness Room in the fall.

- *Indoor programming*
 - Chess: weekly, no pre-registration (Moved from

Monday to Wednesday afternoons)

- Sassy Stickers: weekly, no pre-registration (unless the numbers begin to climb)
- 'Art Unlimited' class: weekly, no pre-registration
- 'Piecemakers' quilting group: weekly, no pre-registration
- Bingo: Because the number of participants climbed in July and because of the 40-person room capacity, participants must register the day before Bingo

- *Curbside*

- Daily lunches (Monday through Friday) ended on August 6

Upcoming Programs

- *Seasoned Bombers Billiards League*

- Will be split with no more than 18 on Tuesday and Thursday afternoons
- Organizational meeting on August 12 for all participants, in the Great Room

- Sassy Stickers

- Will return to regular morning hours on Wednesday
 - Depending on the number, we may have to split that group and offer it two different mornings per week.

- Side By Side support group will return to regular meeting day and time: fourth Friday of the month from 9:30 to 11 a.m. (August 27)

- Beginning September 1, meal schedule will be altered to four curbside meals per week (Monday, Tuesday, Wednesday, Friday) and one indoor congregate dining option on Thursdays.

- Do Re Mi Singers will resume rehearsals on September 13.

- Will switch to Monday afternoons beginning at 1 p.m.

- Beginning in September, Bingo will be offered every Friday from 1 to 2:30 p.m.

- Channel 15 fall entertainment: September/October will be Brad and Merrill Shepard singing Broadway show tunes

VII: The Chair reminded the Board that our next meeting

is to be held on

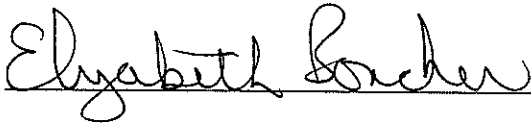
Monday, September 20, 2021 at 1:00 p.m. at a location to be determined.

**Please note change from the regularly scheduled second Monday of the month.

VIII. There being no further business to come before the Board, upon Motion duly made by Ed Ekmalian and seconded by Eileen Rockwal, it was unanimously VOTED to adjourn the meeting at 1:50 p.m.

List of Exhibits:

- Director's Report

A handwritten signature in cursive script that reads "Elizabeth Boucher". The signature is written in black ink and is positioned above a horizontal line.

Elizabeth Boucher, Secretary