

## **Minutes**

### **COA Advisory Board Meeting minutes of February 26, 2024.**

J. Cooperman, R. Edelston, N. Grossman, R. Lopez, K. Goyette, S. Kafka, E. Feldman, H. Switekowski (Select Board liaison to COA), R. Maidman, B. Caruso.

Meeting called to order 2:30 PM

Minutes from January 22, 2024 - Unanimously approved.

Discussion was held regarding the COA website. Suggestion was made to update COA website to include where to get information and resources in local area for adult senior services.

### **Directors Report (B. Caruso)**

The "View" newsletter was reviewed. There is limited space in the newsletter. Information that cannot fit – handouts will be displayed in the lobby.

Staffing – no issues

Lectures – averaging 18 people.

Monthly party -over 50 people attended.

Fitness classes – averaging 13 people.

Educational classes – averaging 26 people.

South Asian luncheon – 46 people attended. Sponsored by HESSCO.

LGBT luncheon was held today - 20 people attended.

Memory Café will meet March 11<sup>th</sup>.

The Lakeside Gallery new Generations Show – 36 people attended the reception. The exhibit runs through March 20<sup>th</sup>.

Paperwork was completed for the annual report with the Executive Office of Elder Affairs.

Budget updates – finalizing the budget.

The Legislative Breakfast for COA's will be held next Monday in Canton.

HESSCO reports an increase in scams.

COVID tests will be distributed when they come in.

MetroWest Legal Services holds a clinic every other month. Appointments can be scheduled through the Adult Center.

**Are you OK program** - A daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. (a handout was distributed explaining program). Info to residents can also be found in the "View."

### **Sharon High School participation status**

National Honor Society will have a Spring cleanup in April for seniors. Scheduling is through the Adult Center.

**MGH Research Project (R. Lopez) – "Healthy Brain"** The Project will be back at adult center in spring to discuss recruitment for program.

### **COMMITTEE REPORTS**

- HESSCO (E. Feldman): no report
- FSCOA (M. Kempner): no report
- AARP events: (<https://states.aarp.org/massachusetts/events-ma>)

**The next COA Advisory Board Meeting will be Monday, March 18, 2024@ 2:30PM.**