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**By Town Clerk at 11:27 am, Feb 22, 2023**

MAYNARD COUNCIL ON AGING BOARD

Minutes

January 17, 2023

In attendance: Paul Guthrie, Mary Mitzkavitch, Diane Wasiuk and Amy Loveless

Guests: Members of the Maynard Senior Center Focus Group

The meeting was called to order at 3:02 p.m.

Minutes from November 15, 2022 were approved. There were no minutes from the meeting on December 13, 2022 as there was not a quorum to officially hold a meeting.

**Public Comments:** None.

**Correspondence:**

"MAYNARD SENIOR CENTER FOCUS GROUP – Who Are We? and Interim Maynard Senior Center – 6 Mill & Main Suite 100" submitted by Peg Brown.

"Maynard Senior Focus Group," "Progress Report of the Maynard Senior Center Focus Group," "Maynard Senior/Community Center Committee," and "Study outlines challenges of meeting needs of growing senior population" submitted by Deb Roussell.

**COA Director's Report:**

Amy updated the COA Board members of their term expirations and who is eligible for a second term. COA Board to consider the possibility of adding alternates. Interested seniors should attend a COA Board meeting or speak with the COA Director. Deb Roussell recommended adding term expiration dates to the website.

Amy has a new agreement/arrangement with Action Unlimited for delivery of a bimonthly newsletter to all residents/in areas which were not receiving it. The February/March will be in mailboxes on February 3. Amy will reach out to seniors who were not receiving it/wait for feedback.

Minuteman Senior Services liaison, Annie MacIntyre was not able to attend today's meeting but will forward any updates as well as providing program ideas for the COA.

Programming highlights include a new acrylic painting group, seated senior fitness, and very well attended grab-n-go's luncheons. Sarah and Lauren Alford, Maynard High School sophomores, for their National Honor Society Service project, worked with students from the Green Meadow Elementary School to produce Cards of Kindness for our seniors. The beautiful handmade cards were distributed at the January Grab-n-Go as well as at the COA.

Continued

**Maynard Senior Center Focus Group update:**

Members of the group included Armand Diarbekirian, Peg Brown, Jack MacKeon, Deb Roussell, Lisa<sup>®</sup> Dahill, Diane Gauthier, and Mark Koenig. The focus group informed the COA Board that the UMASS Boston's Institute of Gerontology provides comprehensive needs assessment studies of seniors/their communities. The focus group had attended a Zoom presentation offered by Caitlin Coyle and were very enthusiastic about the opportunity of having a study done of Maynard's seniors. The focus group is considering asking the Select Board about funding of the study when they have the opportunity to present an update on their activity.

The COA Board, though not having been able to participate in the Zoom presentation, felt such a study would be very beneficial. The COA Board determined that they would send a letter of recommendation to the Select Board to consider funding a needs assessment study and recommend that the Select Board work with the Senior Center Focus Group to schedule a presentation by the UMASS Institute of Gerontology during an upcoming Select Board meeting. This will enable the Select Board and the general public to understand what this study entails.

The Council on Aging Board had reviewed the documents listed in Correspondence and decided to send a letter of appreciation and support for the Maynard Senior Center Focus Group's mission and efforts in pursuit of options for short-term and long-term space needs for the Maynard Senior Center to the Select Board.

**Old Business/New Business:** none at this time.

Meet adjourned at 4:15 p.m.