

COUNCIL ON AGING BOARD MEETING

DATE: June 8, 2021—1:30 pm

Virtual Meeting via ZOOM Pursuant to Governor Baker's March 12, 2020 Order
Suspending Certain Provisions of the Open Meeting Law

Board members present: Dilla Tingley (Chair), Laura Crosby (Vice-Chair), Dan Boynton (Recorder), Donna Rizzo (Trip Committee), Sally Kindleberger (provides humor at the meetings and volunteers for difficult tasks), Don Milan (SHINE services), Florence Montgomery and Hope White (Diversity Initiative), Jane O'Rourke (WIDE), and Kathy Ramon. Terry Perlmutter was absent, due to her husband's recent death.

Staff: Abigail Butt, PhD, COA Director; Amy Gagne, Assistant Director

Welcome and Introductions:

Dilla called the meeting to order. Dilla individually polled members of the board and each affirmed their presence.

Approval of minutes: Dilla made a motion that the LCOA minutes of May 11, 2021, be approved, Laura made a motion that the minutes be approved; Don seconded this motion, and all board members present voted unanimously to approve these minutes.

Liaison Reports:

Report on recent trips and trips planned for the future – Donna Rizzo

Donna said that her committee is thinking of going to the Norman Rockwell Museum in Stockbridge in October. She will meet with Abigail and Amy to discuss the trip schedule.

Report on Minuteman Senior Services board meeting – Wendy Kusik

The Minuteman Board is addressing racial and social issues and they are striving toward HealthEquity. There are several communities that are underserved so they're enhancing their advocacy efforts to promote aging services in these areas. They feel that aging people have been disproportionately affected by the pandemic. In the future they have to figure out a different way of helping people so they're redesigning their website to make it more accessible. They realize now that so many people are going remote, they don't need a 17,000 square foot building, because all their staff doesn't have to be there. Instead, they've invested a lot in the iPads and computers.

Report on SHINE counselors meeting and update on SHINE services – Don Milan

Dan said the workload is still relatively low, as it always is in the summer. The schedule for in-person SHINE appointments has been publicized, and Rhonda and Greg have been seeing a few clients. Don said "It is unpublicized but I'm available, if needed, on another day." The counseling room that was shared with SHINE has been taken over by COA staff, so all we need is a private counseling space available on our scheduled days of appointment.

Report on Diversity Initiative –Florence Montgomery and Hope White

Florence said, last month Benjamin Banneker was mentioned because he was the first man to note this 17-year cycle of cicadas. Banneker was an African American.

This weekend the TED talks featured Clint Smith who spoke about raising a black son in America. We will have a print-out of this talk in our collection.

The Tulsa Race Massacre. This print-out book gives information which most of us probably didn't get in school. This Massacre took place 100 years ago; it involved a mob of white people who attacked and destroyed a prosperous black neighborhood over a minor incident. It was covered up for many years.

Juneteenth. We have a children's book and printouts from last year (or before) with additional factual information. A new book will be added, On Juneteenth, by Annette Gordon-Reed, a professor at Harvard who has written many books on black experiences.

Gay Pride Month. We have a children's book about a parade very like what usually takes place in Boston. Many celebrations for Gay Pride Month are cancelled again this year. Some suggestions were found online which might help children with same sex parents feel included at traditional family events. A print-out book which presents information about the Stonewall Inn event will be included in our collection.

Dr. J. Drew Lanham spoke June 2 at the Lincoln Land Conservation Trust. His first book is The Home Place. His book of poetry, Sparrow Envy, just came out. He intertwines his keen observations about his racial identity as a black person with his knowledge of birds. The tape of his talk is available through the Lincoln Land Conservation Trust.

Additional print-out books: Joy Harjo, a native American, three times poet laureate of U.S.; Tracy K. Smith, African American, two times poet laureate of U.S.; Mary Oliver; Amanda Gorman's Inaugural poem; and the friendship between Yuri Kochiyama, Japanese American activist, and Malcolm X.

Hope added "June 19th is the official date of the celebration of Juneteenth, the emancipation of slavery. Bemis Hall is hosting a lecture on Juneteenth which will be on the actual day, Saturday June 19th, from 4 to 5 PM. It is entitled "Slavery in Lincoln Massachusetts, reckoning with our past for an inclusive and more honest future". It's a free virtual lecture on the web.

Sally asked, "Who's giving the lecture?" Kathy responded, "I think it is Lisa Lemire. I signed up for it and it is an online lecture."

Hope continued, "The Lincoln Metco Parent Board is hosting a Juneteenth lecture called "Diversity and Dialog" and that's going to be on June 15th from 6 to 7:30 PM, and that's online as well."

Report on WIDE training – Jane O'Rourke

Jane said "I have to defer to Abby because I've been out of town for the last few weeks so I have not actively participated in what our next steps are and I apologize for that, but before I turn it over to Abby, I want to mention that my wife and I raised our daughter in Lexington through the school system from the time she was in 3rd grade through graduating from high school. If there's ever an opportunity to talk about that experience, which was actually an incredibly positive one for my wife and myself and our daughter, I'd be happy to offer that perspective." Abigail answered, "Thank you, Jane, we will take you up on that."

Abigail continued with a brief update on the WIDE training. She said we had concluded the WIDE training, but they gave us homework. The members of the COA board who participated in the WIDE training, along with the members of the Friend's Board who participated in the WIDE training, had to meet a couple times over the summer and then put together an action plan of things that we had noted within our organizations that could use some improvement. At our joint meeting on September 14th, participants in the WIDE training will share their conclusions with both full boards.

Announcements/Director's Report – Abigail Butt

Annual Town Meeting

The Town voted to rename the Council on Aging, Council on Aging and Human Services at annual town meeting. It also voted to double funding of the Lincoln Rental Assistance Program from \$30,000 to \$60,000, which will support, at minimum 12 Lincoln families by reducing the burden of their rent to a level closer to 30%, which is what is considered to be sustainable. We are hoping to assist program applicants with as many other means-based programs as possible during the application process so as to streamline the process and support residents more fully. Finally, the Town has approved the preferred budget, so starting January 1st of this next year, the Town will pay for Natalia's salary.

Lincoln Woods Office Hours

With the general reopening of the state, Natalia has begun holding office hours at Lincoln Woods again. The response has been immediate, and clients are very glad to have her back in person where they can easily access the services she provides.

Wellness Clinics

We are delighted that Wellness Clinics with Town Nurse, Trish McGean, have resumed! They are scheduled to coincide with Podiatry Clinics and Lincoln Woods Office Hours. This "one stop shopping" approach increases program participation to both activities and helps consumers receive services more easily. The Covid numbers have gone down substantially.

Podiatry Clinics

The Podiatry Clinic has been running consistently with such a long waitlist, that we have added another clinic on the second Wednesday morning of each month. We are happy

to report that this has made the waitlist more reasonable and clients are being seen without having to always book several months in advance.

Lincoln Foundation Partnership

The Lincoln Foundation is offering homeowners in affordable condo units at Battle Road Farm grants of up to \$5,000 for repairs and maintenance. The response has been less than expected. Thus, the COA&HS partnered with the Lincoln Foundation to assist with targeted outreach to affordable condo owners through a “robo” call. Phone inquiries in response to the call were immediate and hopefully will increase the number of grant beneficiaries.

Noteworthy June events

In person groups recently added:

Ukulele gathering

Knitting Group

Men’s Coffee – Donaldson Room at Town Hall

Russian Conversation (beginning July)

Spanish Conversation

Scheduled Events

Meet the COA Team at Bemis Hall Lawn-Tuesday, June 22, 1 pm (bring your ideas, learn what we have to offer, do a painting project, meet new transportation coordinator, and new summer intern) FREE ice cream sundaes provided generously by the FLCOA. FREE Grab N Go Lunch, Tuesday, June 29, 11:30-1 pm.

FREE Expressive Arts Watercolor, classes starting Thursday June 10, 9:30-11:30am. These classes will be outside Tues & Thurs - 4-week session with intern, Anna Fitzgerald.

Back to the Future Zoom with Claire Gerstein, June 9, 10 am.

Classical Piano Musical Recital with Wanda Paik, Wednesday, June 16, 2 pm

Juneteenth and Music of the Civil Rights Movement, June 18, 1 pm

Owl Intergenerational Event with Live Owl Presentation, June 21, 10 am

Pierce House

- Tuesdays and Thursdays, Stretch and Flex and Active Aging, Terri Zaborowski.
- Wednesdays, Line Dancing, Katrina Rotondi
- Fridays, SAIL Balance, Derry Tanner

Bemis Hall

- Tuesdays, Knitting (outside)
- Thursdays, Ukulele Gathering (outside)
- 1st & 3rd Wednesdays, SHINE Office hours in person/virtual on Wednesdays (inside)
- 4th Tuesdays, Podiatry

Traveling

- 2nd & 4th Tuesdays, Men’s Coffee virtual & hybrid

Virtual

- Chair Yoga

- Tai Chi
- SAIL Balance

Russian Conversation (beginning July)

Spanish Conversation

Sally said, I want to put a plug in for line dancing, at the moment only three of us are there and Katrina Rotondi, the teacher is fabulous. We do it outside under the tent and it's really fun. Katrina very good at integrating new people into the program, so if you've never done it, come try it.

Abigail said, "Amy is working on something very special for that class." Amy went on to say, "Since we are going to back off on some of our exercise classes, and for July the line dancing will still be happening, so we're going to do a special promotion. Some of the town public safety personal are going to attend, wearing their fire helmets and we're going to make sure to publicize this, so this will be a fun event."

Bemis Reopening Updates

Abigail reported that Bemis was open, the doors are unlocked, and you do not have to wear a mask unless you are in the basement. The air conditioner in the map room broke just in time for the heat wave and it's unlikely to be repaired until July, but we've got window units so it's manageable in the offices. On the second floor it is quite hot but that's about where we are.

Jane asked if letters of condolence had been sent to Dot and Terry, and Sally volunteered to send them on behalf of the COA Board.

Old Business

Status update of new community center: Dilla asked Abigail if there was anything new to report in regard to the new community center. Abigail responded, "Not new, we just want one." I will say that the more we move toward more intergenerational programming, the better we get to know our younger residents and their families, the more likely we are to get our community center, which needs to be a joint venture.

New Business

There was no new business

Adjournment: Dilla asked for a motion to adjourn, Sally "So moved", Donna seconded the motion, and all board members voted unanimously by raised hands to end the meeting.

NEXT MEETING:

Joint COA/FLCOA Board Meeting, September 8, 2021 at 12:00PM

COA Board Meeting, September 8, 2021 at 12:30PM