

**Senior Center Board of Directors Meeting
March 14, 2024
Director's Report**

Administration: Juli Moreno

Site:

- ✓ Energy assessment done, insulating pipes, and changing thermostats in March.
- ✓ Request meeting with Masons, more for site management and repairs, to be responsive and available.

Network:

- ✓ Partnering with Ashfield library for Astounding Writers on Saturdays (2x month), press release to Ashfield paper.
- ✓ Working with Mary Lyon Foundation for a grant to support grandparents raising their grandchildren, and the challenges they face. Jennifer Higgins, Consultant, partnering on this project with Kristen and Juli.
- ✓ Attending roundtable with Sec Chen at Deerfield Inn, to present senior challenges, sponsored by Lifepath.
- ✓ Juli continues to attend the Advisory Council for Lifepath monthly meetings, would like to be replaced with a COA member.
- ✓ Maintaining open communication and emails with Shelburne/ Buckland PD and Ashfield PD, sharing concerns, and supporting follow up needs.
- ✓ Juli will visit businesses in the area and look for new partners, to add to Open Air committee, Rec Committee, libraries, Fish Unlimited, Taselon Computer's, Community Orchard, Art Space, sharing items for newsletters and postings. **It is called 100 cups of coffee, launching in April.**

Staffing:

- ✓ Hired John Heddens to clean site 4 hours weekly, starting March 2024.
- ✓ Agenda-driven weekly staff meetings occurring, meeting notes available.

Programming:

- ✓ Hybrid Programming grant making progress. Laptop and i-pads delivered. Weekly classes have started, and through the end of May, weekly classes. Internet Café twice monthly as well.
- ✓ The Heart and Sole Walking Club has a sister group, in Ashfield at Sanderson Academy, both coming to an end in March, looking to walk at Mohawk.
- ✓ Never Alone, second and fourth Fridays a huge success, already over 15 people involved.
- ✓ Many activities, like B & B and support groups are doubling in size. Many more participants looking for Wellness activities.
- ✓ Starting preparation for two monthly podcasts, equipment being delivered, will launch 1st podcast at the end of March.

Marketing:

- ✓ Facebook presence, Instagram, increased followers by 8 this past month.
- ✓ Cookbook project, specific to seniors and modifying recipes and tools.
- ✓ Newsletter continues to receive positive feedback, more requests for mailing list slot.
- ✓ Sharing events with various vendor newsletters such as Lifepath, West County Shopper, Ashfield news.

Budget:

- ✓ Completed compiling data for budget preparation, and Annual Reports.
- ✓ Completed three bill runs, coding and budgeting. Completed four Turnover of cash and donations to Town Hall.
- ✓ Completed FRTA, RSVP, Caregiver Grant monthly reports.

Outreach: Teddy Doucette

Outreach 52 unduplicated individuals

Home Visit/transportation - 19

Risk / Counseling:

- ✓ 22 check-in calls or home visit to at risk and/or isolated seniors.
- ✓ Worked with police dept regarding protective service cases.
- ✓ Continuing work with fuel assistance status, many folks are still waiting.
- ✓ provided supportive counseling 10 times.
- ✓ provided support with Medical Management 15 times.

Off Site Office Hours:

- ✓ Outreach hours at Ashfield Town Hall 1st Thursday am of the month.
- ✓ Outreach office hours Buckland Town Hall, 2nd Thursday am of the month.

LifePath grant status:

- ✓ coordinated home repair or technology support for 16.
- ✓ co-facilitated monthly Caregiver Support Group with 10 attending, addition of companion for caree's during support group.
- ✓ co-facilitated monthly Memory Cafe with 18 attending.
- ✓ Facilitated Familiar Friends respite drop off, 10am-1pm.

Applications:

- ✓ referred 2 for Home Modification Program
- ✓ assisted 10 with housing applications and/or provided necessary information about housing.

Activities: Dot Lyman (weekly counts, unless otherwise noted)

Programming Status:

Meals

- ✓ Lifepath meal inside every Thurs - average 10-12 per meal

To Go Meals

- ✓ 2/13-Valentine meal: maple glazed pork, roasted potatoes, coleslaw, applesauce, dessert - 65
- ✓ 2/27 – turkey soup, cornbread, winter fruit salad, dessert - 64

Health and Clinics:**Foot Care-**

- ✓ 2/2(1/29 make ups) 7 (A3, B3, S1)
- ✓ 2/5 (1/29 make ups and others) 11 (B4, S7)
- ✓ 2/12 – 12 (5S, 5B, 1A, 1 other)
- ✓ 2/26 – 11 (4S, 5B, 2A)
- ✓ Ask the Nurse – 2/27 - 3

Fitness:

- ✓ Yoga with instructor 8-10
- ✓ Dance Aerobics exercise – 9 per session.
- ✓ Healthy Bones & Balance exercise program in person, Weds in Senior Center - 17 people, 2 instructors, Thurs at 10 in Ashfield – 13 people, 2 instructors.
- ✓ Tai Chi for Beginners- every Tuesday - 10
- ✓ Tai Chi for Arthritis every Thursday – 10

Social:

- ✓ BINGO every Thursday – 10-12 people each time.
- ✓ Cribbage – 4, Bridge - 4
- ✓ Knitting group – every Thursday 10-15 people
- ✓ Men's Night – no men's night this month

Education and Expression:

Sen. Learning Network –

- ✓ 2/13 “The Glorious Glaciers in Glacier Bay Nat. Park” – 3
- ✓ 2/27 “The Extraordinary Life of Rosalyn Carter” - 2
- ✓ Never Alone Support (twice a month_ – 8-11
- ✓ Veteran’s Agent here the 4th Wed. every month – open for drop ins
- ✓ Memoir Writing by Zoom – now facilitated by Joan Livingston
- ✓ Novel Idea Book Club – 8-10 people
- ✓ Drumming – every Monday – 10 people

Transport- Bob Szafran**Transport:**

- ✓ Feb24- logged in 2400 miles this month (A-23, B-20, S-71, other-64)
- ✓ **66 Med rides, 82 shopping trips, 18 others.**