

Kingston Council on Aging
Secretary Report
Advisory Board Meeting
August 9, 2022
(approved by vote at the meeting held on 9/13/22)

Meeting was called to order at 11:30
Pledge of Allegation was recited.
Thank you, PAC TV,

Board Members present, Joseph Favaloro - Chairman, Austin Sennett -Vice Chairman, Caty Starr - Secretary, Donna Weinberg, Wes Meiggs, Joan Hutchinson
Also Present: Mary Beth Lawton- COA Director, Mary Hayes and Dennis Randall as guests.

Open Forum

Nothing discussed in Open Forum

Secretary Report - A motion to accept the July Secretary's report was made by Austin and seconded by Joan. All in favor. Copy attached.

Chairman's Report - Joe Favaloro presented his report which included Foods to Avoid as we Age. - Copy Attached

Joe introduced Mary Beth Lawton as the new COA Director. Mary Beth gave her report verbally, highlighted below:

Directors Report: Mary Beth is in the process of reaching out to volunteers using greeting cards. She reminded us that residents are eligible to use the senior center at the age of 60, and eligible for Medicare at the age of 65.

- She mentioned that Joyce does not need to become serve-safe approved because she is operating under Phil and Mary Beth's serve safe license.
- She will be bringing back movies and popcorn and candy on the first and third Wednesday of each month at 1pm.
- Brunch and Learn (formerly Lunch and Learn) will be continental breakfast with speakers at 11:30am on the third Wednesday of each month. The first speakers will be Elevated Roots who will be discussing their non-opiod product options. There will also be a Julia Child presentation planned soon.
- Work is beginning on cleaning out closets.
- Mary Beth is working with Joyce on menus. No-heat lunches will be served through Sept.
- Reach out to the high school to see if students need community service hours to help with programming electronics, and working on getting all seniors a cell phone.
- Working with the Outreach Coordinator to reach out to every senior in town within the year. No longer using volunteers to do this due to HIPPA restrictions.
- Working with the Fire Department to make Go-Bags for extreme weather events.

- If you want something or need something, tell Mary Beth. She will work hard to get it done and everyone will have fun doing it.
- Mary Beth is working with the Fire Department to discuss forming a Shelter Team, which would enable non-staff members the ability to use the building on weekends as a cooling/warming station.

Health Update - Given by Dennis Randall - Covid is still present in our towns but hospitalizations are down. Monkey Pox is not yet in our neighborhoods. He said this spreads through skin to skin contact and through textiles. He gave a reminder to all residents that do not have access to cooling down that they need to reach out to the senior center to get help. He also reminded all residents to reach out to the seniors in their families and neighbors to check on them frequently in the extreme heat/cold. Dennis mentioned he would like to have an opportunity to have a column in the monthly COA newsletter.

Friends of the Kingston COA update - Joe read a brief update from the Friends Group. On 9/13 they are having their Applelicious Tea, and there will be an ice-cream truck event coming soon.

Austin and Caty gave an update from the working group regarding the By-Laws project. The working group met with Kim Emberg who helped draft the proposed final version of the By-Laws that were presented to the board. We have been told that there will most likely not be a town meeting in the fall, therefore the final town approval of the By-Laws will not happen until Town Meeting in May 2023.

Discussion around the By-Laws Purpose to limit the ability to help seniors who are 60 years of age or older. Caty will make that change. The Board will have the opportunity to review the proposed final version of the By-Laws and vote on them in September's meeting. There was also discussion around why the By-Laws approval needs to go to the Town for Vote, and why it can't simply be approved by the Board of Selectman, because we are an advisory board and not a regulatory board. Mary Beth made the suggestion to confirm the path to approval with the Town Moderator. Caty will ask that question of the Town Moderator.

Budget Review - we did not have a copy at the meeting to review.

Remembered - Moment of silence for Kathy LaNatra's father, Paul Smith.

Suggestion/Comment Box was empty.

Motion to Adjoin was made by Joan and seconded by Austin. All in Favor.

Respectfully submitted,
Caty Starr, Secretary

Next meeting will be September 13, 2022 @ 11:30 at COA Senior Center and/or ZOOM