

NEWBURYPORT COUNCIL ON AGING
APRIL 21, 2016

The Board of Directors of the Newburyport Council on Aging met on this date at The Newburyport Senior/Community Center, 331 High Street, Newburyport, MA 01950.

Chairperson Frances Munroe called the meeting to order at 9:30 a.m.

MEMBERS PRESENT:

Charles Carroll	Richard Eaton
Miller Graf	Jane Kelley
Jo An Kincaid	Yvonne McQuilkin
Frances Munroe	Cynthia Muir
Frances Reslewic	Jack Ronan

MEMBERS ABSENT:

None

GUESTS: Nicole Shey's , Intern from North Shore Community College
Pam Palombo, BSN, RN Nurse from City of Newburyport Health Department
Deborah Hickack, Professional Facilitator

The Secretary's minutes of the meeting of March 17, 2016, were presented for approval. It was moved, seconded, and

VOTED: to accept the Secretary's minutes of the meeting of March 17, 2016.

OLD BUSINESS:

Senior/Senior Prom update: Director Robillard reported that only two tickets have been sold for the Senior/Senior Prom.

The Yankee Homecoming 2016 Nomination papers for Senior King and Queen were distributed. Requirements: 60+ The committee is looking for a man and woman who have made a difference in the lives of the residents of Newburyport and the surrounding town by giving of themselves by donating their time , efforts and energy. Deadlines for the nominations is April 29, 2016

NEW BUSINESS:

A very informative presentation was given by Pam Palombo of the Newburyport Health Department and Deborah Hickack, a Professional Facilitator explaining the mission of the Nutrition Focus Group – Nourishing the North Shore (NNS), focusing on healthy eating for folks age 65 and over. They spoke about the distribution of fresh produce from the Monastery in West Newbury, the garden site planned for the Bresnahan School, YWCA Garden, etc.

This group is now in the process of installing a greenhouse and developing gardens which will be a year-round classroom that will allow for year-round gardening.

During the 2015 growing season NNS grew and distributed over 1500 pounds of produce to low-income families and seniors in the greater Newburyport area. This season NNS expects to harvest over 3,000 pounds of produce to be delivered to food pantries and meal programs as well as low-income families and seniors.

The many aspects of the program were explained in great detail – gardening as a community gathering place, grants received, YWCA garden, student participation, cooking workshops, etc., etc.

Pam Palombo and Deborah Hickak were thanked for their incredible presentation and for their dedication to the health of the people of Newburyport and the surrounding towns.

NEW BUSINESS, CONTINUED

Secretary Frances Reslewic reported that the Newburyport City Council approved her re-appointment as a member of the Council on Aging Board on April 11, 2016. This term will expire on May 13, 2021.

The following names were placed in nomination for a term of one year.

Frances Munroe, Chairperson
Charles Carroll, Vice Chairperson
Frances Reslewic, Secretary

It was moved by Richard Eaton, seconded and
VOTED: that the Secretary place the names on the slate of nominees.

There being no further business it was moved, seconded and
VOTED: to adjourn. The meeting adjourned at 11:30 a.m.

Frances Reslewic, Secretary

The next meeting will be held at 9:30 a.m. on Thursday, May 19, 2016, at the Senior/Community Center.