

NEWBURYPORT COUNCIL ON AGING

November 17, 2011

The Board of Directors of the Newburyport Council on Aging met this date at the Salvation Army building.

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

MEMBERS PRESENT:

Charles Carroll	Jane Kelly
Donald Miller	Frances Munroe
Cynthia Muir	Frances Reslewic
Jack Ronan	Martha True
Roseann Robillard, Director, Newburyport Council on Aging	

MEMBERS ABSENT:

Richard Eaton	Excused
Tom Lyons	Excused
Helena Thurlow	Excused

The Secretary's minutes of October 27, 2011, were presented for approval.

There being no discussion, it was moved, seconded, and

VOTED: to accept the Secretary's minutes of the meeting of October 27, 2011, as presented.

SENIOR CENTER:

There will be a vote in April for a debt exclusion to fund a new Bresnahan School. If the debt exclusion passes the City will begin building a new school. Once the new school is completed and students are in the building, work will begin on converting the old Bresnahan School building into a Senior Center.

Several topics were presented by Jack Ronan for discussion including square footage and funding needed for the restoration of the old Bresnahan School to accommodate the Senior Center and other appropriate City agencies.

PROGRAM UPDATES:

Jane Kelly reported that the Web site is up and running, showing some interesting photos. The Web site address is fncoa.lemonade.net.

Jane reported that the Annual Meeting of the Friends of the Newburyport Council of Aging was very well attended, great speakers Dr. Maureen O'Connor and Dr. Melissa Kraft, Center for Cognitive Wellness of Burlington, gave an excellent presentation. They spoke about the importance of exercise and nutrition for seniors, keeping minds alert, cognitive therapy, aerobic exercise and dental hygiene.

Director Roseann Robillard reported on the Holiday impact on the following programs:
No Bingo on 11/22 and 12/20; no Line Dancing on 12/15 or 12/22; no Drop In on 12/20. The Salvation Army needs space for their Holiday Programs.

DIRECTOR'S REPORT:

Director Robillard reported that the Mayor's 2nd Annual Health Fair and Flu Clinic will be held on Saturday, November 19th at City Hall from 10:00 a.m. to 1:00 p.m. Director Robillard will have a table set up at the Health Fair displaying the services of the Council of Aging.

OLD BUSINESS:

Cynthia Muir reported that she has a good contact at the Newburyport Daily News. She is open to suggestions from members regarding topics of interest about the Council on Aging and/or articles for the Daily News or the Newburyport Magazine.

The Board accepted the resignation of Donald Miller. Don was congratulated for his many years of service to the COA. Director Robillard expressed the Council's thanks and deep appreciation to Donald for his dedication, expertise and hard work over the past 11 years.

NEW BUSINESS:

On December 7, 2011, a seminar will be held at the Council on Aging presented by Dr. Don Conant. He will be speaking on nutrition, weight loss counseling, personal fitness, motivation and chiropractic.

On December 12, 2011, a seminar will be held at the Council on Aging presented by Kevin Downes. Kevin will be speaking on long term care insurance.

In Planning – Memoir Writing and/or Haiku Poetry – Jeannie Martin MSW Ed.D.
She has been invited to come to the drop in group for an informative session on “what” it is, “why,” and “what it covers.”

Jane Kelly reported that Mahjongg is ongoing at the Hilton Center in Salisbury from 11:30 a.m. – 2:45 p.m. on Tuesdays and at the West Newbury Sr. Center from 11:30 a.m. to 2:45 p.m. on Thursdays.

There being no further business it was moved, seconded and
VOTED: TO ADJOURN

Meeting adjourned at 10:42 a.m.

The next meeting will be held on December 15, 2011, at 9:30 a.m.



Frances Reslewic, Secretary