

City of Westfield
Minutes of the Council On Aging
July 12, 2021

I. The Meeting was called to order by the Chair, James V. Liptak at 12:59 p.m.

Board Members Present: Elizabeth Boucher, KerryAnn Kielbasa, James V. Liptak, Eileen Rockwal, Edward Ekmalian and Barbara Taylor. Also present was Tina Gorman, Director of the Westfield Council On Aging.

Before beginning the Agenda items, Mrs. Gorman introduced Ed Ekmalian as the newest member of the Council On Aging Board of Directors. Mr. Ekmalian has attended several Board meetings in the past, so he is familiar with the process.

II. Approval of Minutes of June 14, 2021 Meeting:

Upon a Motion duly made by Ed Ekmalian, and seconded by Eileen Rockwal, it was

unanimously VOTED: To approve the Minutes of the June 14, 2021 meeting.

III. Public Participation:

Bill

Boucher, complimented the Westfield Gas & Electric Company for the company's outstanding service during the recent storms.

Generally, power was maintained for Westfield's residents, particularly the City's older adults. Mrs. Gorman will share his sentiments with the Director of Westfield G & E.

IV: Items for Discussion/Information:

A. New Meeting Venue:

Mrs. Gorman advised that thanks to COA Liaisons Councilor Ralph Figy and Jim Adams, an amendment to change the City Ordinance regarding moving the COA Board meetings from City Hall to the Senior Center was sent to the City Council and referred to the Legislative and Ordinance Committee. Mrs. Gorman attended the L & O meeting on June

(L & O)

- Met in the Great Room Annex
- 16 people participated
- *Father's Day Curbside Picnic Fare Luncheon*
 - 125 appreciative participants
- *Channel 15: July/August Summer Performance*
 - Performer: Ed Bentley
 - Airing Wednesday afternoons at 2:40 and Saturday evenings at 6:00 throughout the months of July and August
- *'Westfield Council On Aging Presents' Series*
 - 'The Goodridge Decision' – the legalization of same-sex marriage
 - Presenter: Judge John Greaney
 - Airing Tuesdays at 2:45 p.m. throughout the month of July
- *Chair Yoga*
 - Indoors in the Fitness Room
 - Two (six-class) three week sessions: one in July and one in August
 - Registration was curbside with limited participation
 - Mary Lou contacted the most recent class participants by phone the following day
 - A total of 24 people have registered to date
 - Some have summer plans so are waiting until September
 - Some are still not comfortable with entering the Senior Center building
 - Some would prefer that we have a vaccine mandate
- *'Under-the-Tent' Fitness Classes*
 - 'Male Call!' – Tuesday and Thursday, 8 to 9 a.m. (very dedicated group of participants)
 - Line Dancing – Friday, 9 to 10 a.m. (will restrict numbers once we move the group indoors)
 - 'Totally FUN Fitness' with Carol Palmer – very limited participation, probably because of scheduling
 - Looking into more regular scheduling in the fall
- *Indoor programming*
 - Chess: weekly, no pre-registration

29, 2021 and presented the rationale for changing the meeting venue: a) greater accessibility for Westfield's older adults;

b) transparency of departmental issues; c) staff availability to attend portions of the meeting that pertain to their services or programs. The Ordinance change passed the first reading unanimously at the full City Council meeting on July 1.

The second reading will take place at the next Council meeting.

The date of that meeting has not yet been established. Therefore, the August COA Board meeting will be held in City Hall. The venue for September is dependent on the timing of the Ordinance change and the COA newsletter publication.

B. Clarification of COA Board Meeting Protocols:

Mrs. Gorman advised that when the meeting venue is changed to the Senior Center, meetings will be held in the Multipurpose Room. The tables for the Board will be arranged in a horseshoe so that anyone attending the meeting will be able to hear and see the Board members and they will be able to hear and see each other.

The meetings will be conducted similarly to the City Council meetings. Those wishing to participate will have three minutes to speak during the Public Participation section of the meeting.

Participants may offer an opinion regarding any of the Agenda items. Participants may also request that a particular topic be placed on the Agenda of a future meeting. The Public Participation portion of the meeting is not a question and answer period.

C. Update, Scaling Up Operations:

Mrs. Gorman advised the following:

- Curbside lunches will continue through July and the first week in August.
- Currently, three fitness programs are operating under the tent in the Senior Center parking lot.
- All indoor programs are being held in the afternoon. Pre-registration for all programs was necessary throughout the month of June. As of July 1, the only program requiring advance registration is the Totally FUN Fitness class.
- Every person participating in Senior Center programs or services must sign an updated Release of Liability form. The participants are advised verbally that the COA staff is taking all precautions to keep participants safe from COVID. Participants are encouraged to get vaccinated, wash their hands, wear masks (if appropriate), and stay home if they are

- sick. The City is not responsible for participants who get sick with COVID or other illnesses.
- No meals will be available during the week of August 9 as the staff prepares to transition to in-house dining.
 - Beginning August 9, the Greeter will be stationed at the front desk all day, the doors to the building will be unlocked, and the Games Room will be open from 8:30 a.m. to 4 p.m.
 - Morning coffee service will resume in September.
 - The Great Room will be open for in-house dining beginning August 16. Changes to the logistics of purchasing meal tickets will be outlined in the August newsletter. Indoor dining will be available Monday, Tuesday, Thursday, and Friday.
 - A pilot program, 'Wednesday Curbside Cuisine' will be launched on August 18. Curbside meals will be available weekly on Wednesdays from 11 to 11:30 a.m. Those at the Center wishing to purchase a meal to go, may do so. Pickup will be 11:45 to noon in the Senior Center lobby area. There will be no indoor dining on Wednesdays.
 - o The COA Western Mass Directors are concerned about those curbside meal recipients who cannot participate in the indoor congregate meal program either because of mobility issues or caregiver responsibilities. A weekly curbside meal will allow staff to physically interact with those participants. The pilot program will run for two months and then will be reevaluated. Ludlow is following Westfield's lead on this program

V. Items for Action - NONE

VI. Director's Report

Review of Programs

- *Diabetes Dialogue ~ Controlling Cholesterol Levels*
 - o Diabetes support group offered the third Wednesday of the month during the *Wake Up Wednesday* cable Channel 15/WSKB radio show (June 16, 2021)
 - o Facilitator: Jennifer Giffune, Registered Dietician and Licensed Nutritionist
 - o Discussing bringing back in-person Diabetes Dialogue support group in September and a monthly general nutrition program with Jen on cable Channel 15
- *Novel Ideas Book Group*

- Sassy Stickers: weekly, no pre-registration
- ‘Art Unlimited’ class: weekly, no pre-registration
- ‘Piecemakers’ quilting group: weekly, no pre-registration
- Bingo: Two Friday afternoons in July and two in August, no pre-registration

- *Curbside*

- Daily lunches (Monday through Friday)

Upcoming Programs

- *Games Room will open on Monday, August 9*

- Hours: 8:30 a.m. to 4 p.m.
- Cleaning and sanitizing at the end of the day

- *Seasoned Bombers Billiards League*

- Will resume on Thursday, August 12, 1 to 4 p.m.

- *Indoor dining resumes on Monday, August 16*

- Four days per week: Monday, Tuesday, Thursday, Friday

- *Wednesday Curbside Cuisine*

- Will begin Wednesday, August 18

- *Sassy Stickers*

- Will return to regular morning hours on Wednesday

- *Side By Side Support Group*

- Will return to regular meeting day and time: fourth Friday of the month from 9:30 to 11 a.m. (August 27)

VII: The Chair reminded the Board that our next meeting is scheduled to be held on

Monday, August 9, 2021 at 1:00 p.m., at City Hall, Room 201.

VIII. Prior to ending the meeting, Mrs. Gorman advised that the medical equipment loan program is going strong. The Western