

Rockland Council on Aging  
 317 Plain Street  
 Rockland, Ma. 02370  
 Secretaries Report  
 December 16, 2015

With a quorum (at least 7) present Chair Beverly Ladner called the meeting to order at 9:30.

**Roll Call:**

Lorraine Ahern	P	Chris Kelley	A	Rita Howes Alternate	P
Jean Callahan	P	Beverly Ladner	P	John Rogers Alternate	E
Cynda Childs	P	Audrey Ryan	P	Agnes Smith Alternate	P
Eleanor Cole	P	Patti Penney	E		
Jack Conway	P	Peter Stonis	P		
Lu Crowley	P				

**Approval of Minutes from previous meeting / Secretaries Report:** A motion was made by Cynda Childs to accept the report as read, seconded by Lu Crowley and the vote was unanimous.

**Old Colony Elder Services:** Agnes Smith – No meeting in December.

**Old Colony Planning Council:** Rita Howes reported that the next meeting will be in January. No December meeting.

**Financial Report:** A motion was made by Audrey Ryan to accept the report as read, seconded by Jean Callahan - the vote was unanimous. Current balance: \$45,530.96. (Note: \$1, 671.00 is earmarked for Winter Olympics).

**Warrant Report:** The Bill Warrant was duly signed by all members present.

**Outreach Report:** A motion was made by Cynda Childs and seconded by Eleanor Cole to accept the report.

- The Memorial Pen Pal Program, which was a tremendous success last year and will start again after the holidays.
- Fuel Assistance applications are being accepted.

- It was noted that our custodian Brian did an outstanding job assisting with the Christmas decoration displays. Brian does an outstanding job keeping the center safe for all visitors and exceptional clean.
- The senior center received two generous donations of a new Christmas tree as well as a Dicken's Village display.
- The Holiday Tea was a great success again this year. Almost 100 seniors attended and were delighted to an afternoon of fancy sandwiches, desert, fruit and outstanding music. The tea was served to all 100 attendees in a "Fancy China Tea Cup" with very fancy Tea Pots on each table. Everyone was so delighted.
- We had 2 seminars in the month of December regarding the aging process for adults as well as a presentation on low vision put on by the Norwell VNA.
- A seminar is planned for December 16, 2015 on Healthy eating as we age.

**Director's Report:** Director Peggy spoke about the Security for the senior center and what could be done to improve security all around. The following suggestions and ideas were presented:

1. All doors will be locked at all times with the exception of the two handicapped exits which are located at the front entrance and the side exit to the parking lot. All doors can always be opened from the inside in case of emergency.
2. Director Peggy has been in touch with the Rockland Fire Department requesting their input. A plan is in the development to have the Fire Department come to the senior center for a presentation on the best routes for escape (In emergency situations) as well as an outside safe meeting location. Also there will be a "test" fire drill so all persons will know the proper method and escape plan.
3. Possibly a Fire Alarm Box or switch will be installed at the front desk.
4. All volunteers and employees working the front desk must remain in that area for the safety and security of all. Employees will be relieved by another employee or volunteer for breaks. COA members thanked the Director for her constant diligence to meeting the needs and concerns of all visitors to the building.
5. Currently the Rockland COA is due re-imbusement from OCPS in the amount of \$1200.00. Payment is expected soon.
6. Starting in January on the 2<sup>nd</sup> Saturday of each month the Rockland Senior Center will be open from 8:00 – 12:00 Noon (on a trial basis). A continental breakfast will be served.
7. Starting on January 14, 2016 a new Yoga Class will begin from 5:00pm – 6:00pm. The class is free to town employees and \$3.00 for non-town employees. The current Zumba class on Monday nights from 6:00pm – 7:00pm will continue but it will also be free to Town Employees. All others pay a fee. Director Peggy has been working with the Town of Rockland Human Resource Director on these

programs for town employees. It is a tremendous opportunity for town employees and possible future programs might be add

8. The COA discussed the need for additional help at the front desk in the future. Possible an additional part time receptionist with 18 hours a week.

The council members discussed the positive attitude about the programs and increase in attendance over the last year. Visitors to the center are truly enjoying the programs and friendships made. The upbeat atmosphere and surroundings are making a significant difference in the lives of all who visit. The Holiday decorations made the center a fun place to visit and a very relaxing environment. The members are very proud of the direction the center is moving toward and the wonderful initiatives the Director has implemented.

With no further business a motion was made by Peter Stonis and seconded by Eleanor Cole to adjourn at 10:25.

Next meeting January 20, 2016 @ 9:30 AM

Respectfully Submitted,

Lorraine Ahern  
Secretary COA  
December 16, 2016