

COA Board Meeting Minutes

January 12, 2023

9:00 AM

In Attendance: Bert Lannon (Chair), Helen Daly, Bill Brown, Meredith St. Sauveur, Elizabeth Derwin, Patty Kayo, Debbie Sand, Brooks Corl

- Minutes from the November meeting were accepted. The December meeting did not have a quorum so Patty is checking if those minutes should be posted.
- The **budget** was reviewed and no issues were raised. A total line was added for Income and Expenses.
- Brooks gave an update on the **Friends budget**. He is going to give updates every 6 months. At our February meeting we will see the report for July 2022 – December 2022. We did see the November revenue that came from Dues, Donations, six programs that charged a fee, and Candy's Corner. In November the Enhanced Fitness bill for 6 months was paid to the YMCA, so it was pointed out that looking at just one month of Revenue and Expense is not a good indicator of financial status. A six-month picture is a much better representation.
- An update from the January **HESSCO** board meeting is at the bottom of the minutes. We also discussed a change at HESSCO to screen people requesting Meals on Wheels – this slows down when a new person will begin the service. The food pantry will try to fill that gap.
- **Outreach** – In December 167 individual people sought assistance a total of 402 times who were over 60 years of age. Eleven people under the age of 60 sought assistance a total of 31 times. This compares to a total of 106 people and 394 total interactions a year ago. Main drivers of the increase are food and housing. The wait for housing is now 2 – 3 years if someone is currently in a home; 6 months if homeless. There is also a waiting list now at shelters.
- The reformatted **newsletter** has been very well received. Also, with now asking people how they want to receive the newsletter (and eliminating people who don't want to subscribe) we saved on both printing and postage costs. Total savings for the January/February edition was \$527. It is also a big time-savings in folding and labeling the newsletters requiring less volunteer time. It was requested that when the Center is closed (like Martin Luther King Day) that the calendar specifically note the Center is closed that day, and perhaps note on the front sheet holidays the Center will be closed for that month.

- There is a request for the next **budget cycle** to add a new staff person the Senior Center. This will enable someone to focus on programming and keep the Center open more hours each week and offer programs in the afternoon. The budget process is in progress now.
- Ellen Rosenfeld is coordinating with the Permanent Building Committee to set-up a discussion on next steps on a **New Senior Center**. We discussed a scaled back version of a new center that would offer less programming. Ellen is also going to reach out to our State reps to discuss under what (if any) conditions a State grant is possible.
- We discussed each **Board Member having specific responsibilities** and areas of focus. This will not only make sure we have all of our major areas covered, but when an opening on the board comes up, we know what type of person would be best suited, and we can explain exactly what that person's initial responsibilities will be. Before our next meeting we will compile a list of responsibilities. The start of this list is:

Setting the agenda for the board meetings

Facilitating the board meetings

Recording meeting minutes and posting them

HESSCO representative for the town

Budget – coordinate with Friends, work on annual budget, track annual budget

Program offerings – this can be broken down into social, service, and well-being/health

Outreach – being the board's point person on outreach requests and services

Communications – newsletter and any other communications meant for broad distribution

Benchmarking other senior centers to see what they offer that might be a good fit for Millis

- **Lovin' Spoonfuls** is well received. They drop off on Monday and the items are distributed on Tuesdays. Items include frozen meat, fresh vegetables, prepared meals and desserts. 40-50 people have been coming to the Center on Tuesdays to pick-up items.
- **Valentine's Day** brunch is February 14 at 10:30. Registration is required by February 9.

Action Item

Send to Elizabeth any additional COA Board roles we want to include in the list for the February meeting. Elizabeth will send out the consolidated list before the meeting.

Next Meeting – February 9, 9:00 AM.

HESSCO update

The emphasis of today's meeting was on the meals (nutrition) programs. HESSCO conducts a yearly survey of the recipients and the results were presented. They sent out 536 surveys and received 174 in return (33%). There were 4 respondents from Millis.

From all of the respondents, 85% rated the program Excellent or Good, and 15% Fair (no one ranked in poor). There were questions around taste, presentation, contribution to health, and all were ranked highly. Also, the comments were positive with many noting how important the program is to them, and in half the cases, the recipient lives alone and the driver is an important check-in for them each day.

After the survey results the discussion turned to the deficit that is running in the nutrition programs - expected to be \$322K this year. Each person is asked to donate \$3 per meal (HESSCO delivers 700 meals a day across all of the towns; this was 400 a day before the pandemic). They are only receiving 24% of the requested donation, and they are not seeing the demand drop toward pre-pandemic levels.

Also, people receive the meals under different programs. Some called Home Care, ECOP, and Choices get reimbursement through the government (Massachusetts). There is no government reimbursement for people not in one of these programs. Pre-pandemic to today the ratio of government reimbursed meals to non-reimbursed has moved from 50:50 to 30:70. HESSCO is reaching out to recipients to see if they can move into one of the reimbursable programs, and we also talked about a marketing campaign to see if more recipients can make the \$3/meal contribution.

In the month of November Millis residents received \$35K in services from HESSCO contracted providers.