

## **Council on Aging (COA) Advisory Board**

### **Meeting Minutes**

**Monday, February 14, 2022 at 9:00AM  
at the Lowell Senior Center**

**I. Roll Call:** Andrew Hostetler (Chair), Lillian Hartman (COA Director), Judith Huber, Molyka Tieng, Beverly Gonsalves, Anne-Marie Porter and Joyce Dastou. Guests: Gilda James, John King, Leigh Hartwell and Sabrina Noel.

### **II. Pledge of Allegiance**

**III. Approval of January minutes.** First by Judy Huber, second by Anne-Marie Porter.

**IV. Chairperson's Report.** Age Friendly Lowell Action Group Meeting on February 28, 2022. Will include a pilot focus group on safety and sign-up for walk audits. Walk audit training can be @ UML, the Senior Ctr and will be open to a larger group including students and seniors.

**V. Director's Report.** Lillian gave her Director's Report for February. A safety concern was brought up concerning icicles on the roof.

**VI. Guest Presenter.** N/A

### **VII. Committees:**

**a. Outreach.** N/A

**b. Healthy Aging Committee.** Guests Leigh Hartwell (AgeSpan Nutritionist) and Sabrina Noel (UMass Lowell Nutrition) brainstormed ideas with the Board for the Senior Center to improve Lowell seniors' food access and nutrition. Brainstorm notes are attached on next page.

### **VIII. Items for Discussion**

- a. Old Business.** Joyce Dastou asked that a memo be sent to the Lowell City Council to vote her back on the LCOA Board.
- b. New Business**

### **IX. Other**

John King, guest, requested a Health Fair would be held regularly. A question as to when the Governor would open the State Offices.

**X. Adjournment:** First by Judy Huber, second by Molyka King, all were in favor.

Next meeting: March 14, 2022 at 9:00am.

# **Brainstorm – ways the Lowell Senior Center can address food insecurity and nutrition needs of seniors**

Lowell Council on Aging Board Meeting  
February 14, 2022

## **Existing Resources**

Q: Mill City – age breakdown of wants?

1. Leigh (AgeSpan) – offers 2x/year nutrition education at the Senior Center
2. Meals on Wheels available. Also Community Servings weekly delivery, often covered by insurance
3. Leigh – nutrition home visits are available from AgeSpan for their clients and others w/diabetes or kidney disease with Medicare.
4. Add list of food resources on Senior Center website/page
5. Leigh could also offer “Nutrition Days” for Medicare screened folks
6. Joyce Dastou – Asian restaurant monthly meals used to be offered here

## **Nutrition and Cooking Classes**

1. Group classes with cooking show live, chef’s culture, demonstrations for budget, with discussion (affordability big issues)
2. Sabrina will find out more how classes work
3. Company offering subsidized meal kits with local Health Center grants. Culturally tailored \$5/kit has recipe and nutrition education. Sabrina will share contact info.
4. Nutrition for bone health video demonstration available in English/Spanish from Sabrina
5. Groundworks Lawrence does in-person classes
6. Leigh – AgeSpan and YMCA – 3 videos w/exercise, nutrition, cooking demos
7. Leigh will share with idea for recipe box.

## **Increasing Use of SNAP benefits**

Q: SNAP gap by age group? Ali?

Q: Why don’t people apply for SNAP?

1. Newsletter reminder and website list of benefits
2. Host an outreach event with DTA here, Meals on Wheels, MVFB
3. DTA office hours here? Are they reopen now?
4. People shouldn’t have to prioritize food vs. meds/housing
5. HIP is very underutilized in SNAP - \$40/mo.
6. AgeSpan has pilot HIP delivery program (Mill City, too)
7. Stigma – not wanting to be perceived as needing help. How can we address that?
8. Undocumented families nervous
9. Wanting people to be comfortable sharing documents/feeling safe
10. Ensure Outreach Workers do full-service assessment
11. Make process easier and stay connected
12. 3-way calls with Senior Center or on-site
13. Sabrina – students research how agencies have addressed the SNAP gap? Summer
14. Campaign against stigma – normalize
15. Students post food security resources in laundromats, other places people might see without going to an agency.