

**Council on Aging (COA) Advisory Board
Lowell Senior Center
Meeting Minutes**

Monday, March 14, 2022 at 9:00am

- I. **Roll Call:** Chairman Andrew Hostetler, Director Lillian Hartman, Board members: Judith Huber, John Lawlor, Beverly Gonsalves, and on the telephone, Joyce Dastou, Molyka Tieng. Guests. John King, Gilda James and Bobby Tugbiyele.
- II. **Pledge of Allegiance**
- III. **Approval of the February Minutes:** First by Judy Huber, second by Beverly Gonsalves, all others were in favor.
- IV. **Chairperson's Report:** Andy spoke about the Age Friendly Action Group, which will meet in two weeks. Last meeting they provided helpful feedback about safety and security focus groups. Student walk-audits have begun to evaluate sidewalks, crosswalks and other outdoor elements, and there will be opportunity for volunteers to get training. This or fall semester, up to 4 UML students might be able to host tech support hours at the Senior Center.
- V. **Director's Report:** Lillian gave her report for March and spoke about the the Outreach Program.
- VI. **Committee Reports**
 - a. Outreach: Suggestions by Board members to promote the senior center and senior outreach team include:
 - i. Neighborhood Council presentations, Downtown and Pawtucketville
 - ii. Building management organizations such as Peabody Properties
 - iii. LTC announcement via video and powerpoint slides
 - iv. Request City Council presentation
 - v. Target audience frequents laundromats, drug stores, groceries, banks, bodegas, houses of worship
 - vi. Tabling outside Market Basket
 - vii. Engage CTI YouthBuild or UML students to do outdoor outreach?
 - viii. Larger investment long-term: city information kiosks
 - ix. Senior Center could reconnect lunch room TV with City e-bulletin board.
 - x. Approach UML Steve Mishol to have students create a video tour of senior center
 - xi. Attend CHOP dinners with senior outreach information
 - b. HAC: Suggested next steps for nutrition programs:
 - i. Think about what is achievable now vs. long-term
 - ii. Advertise free lunch bus more clearly
 - iii. We have a UML nutrition intern Katherine Pittsley beginning mid-May

- iv. Monthly program spotlight: Nutrition one month in the future. May is Alzheimer's Awareness month and Older Americans Month. Possible nutrition focus in June? Judy Huber volunteered to help organize events.
- v. Invite AgeSpan for Nutrition Day one-on-one counseling
- vi. Request Leigh Hartwell provide an article for that month's newsletter
 - 1. Topics: Seniors are eating more processed food, frozen food that have more salt, feel unmotivated about cooking when alone.
- vii. Ask Paula at LHA if she wants to offer "nutrition for one" programming for LHA residents, who often live alone.
- viii. See if CBA's CHOP dinner could have a nutrition theme
- ix. ARPA investments – public health focus on food security for underrepresented groups?

VII. **Items for Discussion**

- a. Old Business: Lil will follow up with HR regarding Board vacancies.
- b. New Business: Looking for someone to organize day trips for the Friends.

VIII. **Other:** John King asked Lillian about sending E-mails to seniors. The Senior Center has sent limited announcements by email and text, usually vaccine related.

IX. **Adjournment**

Next meeting Monday April 11, 2022 at 9:00 am