



Town of Dudley

Council on Aging
November 15, 2022 at 3:30 p.m.
Dudley Municipal Complex
71 West Main Street, Dudley, MA

1. Call to Order/Pledge of Allegiance:

Janice Brady, Chairman, opened the meeting at 3:30 p.m.

In attendance was Janice Brady, Charle Marlborough, Carmella D'Ambra, Cheryl Leyden, Council on Aging Director, Deborah Johnson and Stephen P. Rogerson.

Chairman Brady Introduced the new Council on Aging Director, Deborah Johnson. Ms. Brady stated Ms. Johnson is planning on attending the Council on Aging monthly meetings. Mr. Rogerson stated Ms. Johnson was appointed at the last Selectmen's meeting.

Ms. D'Ambra made a motion to approve the meeting minutes from October 18, 2022. Ms. Marlborough seconded. Unanimous. Passed.

2. Old Business:

The Bemis Farms Nursery workshop that was to be held on Monday, November 14, 2022 was cancelled as there were not enough people signed up. Ms. Brady suggested at the time of sign-ups for these workshops, a phone number should be given. She wanted to call those who signed up to let them know it had been cancelled and had no way of getting in touch with them. Ms. Marlborough also stated it would be a good idea to have their email addresses as well. The next workshop is planned for Monday, December 12, 2022 - Centerpiece surprise - \$15. There needs to be a minimum of 15 people in order to hold the workshop. There is still discussion as to having the Webster seniors join the workshops as well.

There will be a nutritionist coming on December 2, 2022 to speak for approximately 15 minutes after the meal to discuss nutritious meals, cheap. She will bring samples from the Dollar Tree to show how you can make a cheap and nutritious meal.

Home batteries such as AA, AAA, C, D and 9 Volt can be disposed in your home trash as there is no mercury in them. Rechargeable batteries cannot be disposed in your home trash. They need to be recycled. Home Depot has bins in their stores where these can be disposed.

Ms. Brady did not have a chance to contact Lori Ducharme from Prestige Salon. Ms. Marlborough stated she did contact her and gave Ms. Brady's telephone number to her. She stated she should be hearing from Ms. Ducharme soon. She would like to speak to the seniors and veterans on foot care.

3. New Business:

The Memory Café will be held Thursday, November 17, 2022. Sandy Allen will be the entertainment. This will be her first time at the Memory Café. She works with woodwind instruments with background music. Ms. Allen stated she would go around and ask everyone what they like. She has worked with the elderly as well as dementia and Alzheimer's patients in the past. Ms. Brady stated it would be nice to have her as the entertainment once or twice a year.

The Thanksgiving dinner will be held on November 18, 2022. Ms. Brady stated there were 35-36 people who signed up. Sign-ups were one week before the dinner and it is now too late to sign up. The one week in advance sign up was to know how much food would be needed for the dinner. Linda P will be making two turkeys. She will cook at home, slice it then deliver it to be warmed up in the oven. The dinner is 11:00 am to 1:00 pm. There was a discussion on the logistics of the side dishes as to whether or not to heat at home and put in warmers at the senior center. Linda P has a list of what everyone will be bringing.

Ms. Brady stated this was their last meeting until February 21, 2023 at 3:30 pm.

Mr. Rogerson stated he attended a weeklong training in Leominster and it was very good. The main function of the training was around Massachusetts veteran's benefits and VA federal benefits. There was much discussion regarding the Camp Lejeune lawsuits. Mr. Rogerson stated he could do a claim for the veteran or they can hire a lawyer from the commercials. If they choose the lawyer and settle they cannot put in a claim with the VA or receive medical care from the VA regarding those issues.

Ms. Brady stated the senior center has been very cold and a technician will be coming in to fix the thermostat.

Ms. Marlborough stated there is a Veterans American Heritage Museum in Hudson MA. They are open Tuesday – Sunday from 10 a.m. to 5 p.m. She thought this would be a nice trip for not just the seniors but the veterans and their families as well. Tickets for seniors are \$18 a ticket and they could rent a bus. She was not sure if there is a group rate available. She suggested fundraising for this if there were no funds in the budget. She stated this is only 50 minutes away and suggested maybe stopping at a restaurant as part of the trip. Ms. Brady stated that the WRTA buses may be able to rent in the future. Mr. Rogerson stated he went to the museum and had lunch there. Mr. Rogerson stated they had food catered to the facility for lunch. Ms. Marlborough stated this would be a two-hour tour. Mr. Rogerson suggested looking for donations from veteran groups such as the VFW and American Legion.

Ms. D'Ambra stated they have been trying to get more men involved and thought this was a good way to do so.

Ms. Leydon asked if there was any decision regarding the Christmas donation jar. Ms. Brady said she would check into this and contact each council member when she has an answer.

Ms. Marborough has a new, friendly, great Pyrenees puppy and suggested bringing the puppy to the memory café. She believes the people with dementia would enjoy this.

The next council on aging will be held on February 21, 2023 at 3:30 p.m. in the Dudley Municipal Complex, Veterans Memorial Hall, Room 321A.

Ms. D'Ambra made a motion to adjourn. Ms. Leydon seconded. Unanimous. Passed.

The meeting adjourned at 4:06 p.m.

Respectfully submitted,

Lisa L. Berg