

**WESTON COUNCIL ON AGING**  
COMMUNITY CONNECTIONS COMMITTEE  
Minutes – May 31, 2022

The meeting was called to order at 10:05 am on the Weston COA Zoom application.

Present: Kristen Frady, Vida Goldstein, Peter Mitsakos, Mignonne Murray, John McCahan, Prather Palmer, Shirley Small-Rougeau, Dianne Sullivan, Susan Wagner.

Absent: Marge Ackerman, Frank Hillery, Teresa Young.

1. John read the following statement:

*Pursuant to Chapter 22 of the Acts of 2022, which includes an extension of Governor Baker's March 12, 2020 Order Suspending Certain provisions of the Open Meeting Law, G.L. c. 30A, §18, this meeting will be held via an online meeting platform. No in-person attendance of members of the public is available but every effort will be made to ensure that the public can adequately access the proceedings in real time including a dial-in option.*

2. The minutes of April 26, 2022 were approved as written.

3. There were no residents' comments.

4. Old Business

4a. Social Justice Working Group. Shirley noted that a number of residents at Maplewood have become active with the group. The focus of the group is now on Race Amity Day which is designated by the State to occur on Sunday, June 12<sup>th</sup>. In response to a question from Peter, Shirley noted that the Working Group did not have specific plans for June Teenth but would be joining the Democratic Town Caucus commemoration. The Working Group is expecting to reconvene in September.

4.b. Housing and housing finances. Kristen asked Arthur Bergeron about possible presenters for a program on the issues involved in selling one's house, whether by oneself or through a broker. Someone from his office will be getting back to her.

4c. New programming. Vida reflected on programs that been run jointly in the past with the PTO that highlighted COA services to younger adults with aging parents. These services may not be well known, and we might, as we did in the past, advertise them through the Recreation Dept. bulletin or the PTO. Vida suggested adding a younger resident liaison to the Board who is also active with the schools.

Kristen described end-of-life programming that was continued in the form of a 5-week course last fall given by Sandra Batra who offers a 'life transition binder'. Forty people attended. The course was produced in person making it possible for the presenter to address participants' specific questions and concerns. Though the number of sessions can be off-putting, it was recorded so that participants could review the course at leisure. The course may be given again this fall. MOLST forms were almost certainly included though the presenter was not prepared to discuss them in depth. MOLST forms have also been the subject of successful prior programming.

Dianne suggested that further programming on hospice and compassionate care be considered. Vida recalled scheduling a palliative care physician Vicki Jackson. Since only two people signed up for the program, it was not held. Such programs have not attracted much of an audience in recent years, and Kristen suggested that more focused or timely approach needed to be adopted. Mignonne referred to a palliative care task force at Newton Wellesley Hospital that is also concerned with improving knowledge of these programs among lay people. In a general discussion, the committee considered other ways of getting out information besides producing a specific program: a "Did You Know" or other entry in the monthly newsletter or brochures available at the front desk as examples. Susan will soon be volunteering with Care Dimensions and may obtain some ideas from her experiences there. Susan also

suggested the possibility of a palliative/compassionate/hospice care panel composed of residents who have cared for a terminally ill relative.

Navigating social media sites is another programming possibility that Vida introduced.

The notion of identifying Weston residents and others who might be knowledgeable and interesting speakers, regardless of topic, has been considered. Susan suggested Bill Brisk who is a Latin American scholar, lawyer and now life coach as a speaker about models of retirement. Though very personable, it wasn't clear how effective he might be as a speaker. In regard to retirement choices, Peter suggested the addition of a regular blurb in the newsletter that listed volunteer opportunities in the community. Kristen said that they are working on developing more opportunities at the COA because, right now, they are filled.

Health care issues were discussed as topics for further programs. The talk on surprise billing is coming up; seven people are signed up so far. Stroke and hypertension were mentioned by Kristen, movement disorders by Susan.

A housing fair has not yet been planned.

Prather opined that a program on guns would be timely. Discussion led to consideration of programming on what-to-do if a loved one is becoming unreliable and on active shooter precautions.

LGBTQ issues were raised. Mignonne and Kristen have been looking for a suitable program that would include effective responses that one might make upon encountering these issues.

5. Scheduling and administrative matters. There was no business under this item.

The next meeting is scheduled for 10:00 am on Tuesday September 13, 2022 by Zoom. The meeting was adjourned at 11:05 am.

Submitted by John McCahan