

WESTON COUNCIL ON AGING
COMMUNITY CONNECTIONS COMMITTEE
Minutes – October 12, 2021

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

Present: Kristen Frady, Vida Goldstein, Frank Hillery, Peter Mitsakos, Mignonne Murray, John McCahan, Shirley Small-Rougeau, Prather Palmer.

Absent: Marge Ackerman, Dianne Sullivan, Susan Wagner, Teresa Young.

1. John read the following statement:

“Pursuant to Governor Baker’s March 12, 2020 Order Suspending Certain Provisions of the Open Meeting Law, G.L. c. 30A, §18, and the Governor’s March 15, 2020 Order concerning imposition on strict limitations on the number of people that may gather in one place, meetings in the Town of Weston will be conducted via remote participation to the greatest extent possible. We will strive to provide access to such meetings via a link to call in, or other similar option. In the event we are unable to accommodate the same, despite best efforts, we will post recorded sessions of the meeting as soon as possible following the same. No in-person attendance of members of the public will be permitted, but every effort will be made to ensure that the public can adequately access the proceedings.”

2. The minutes of September 14, 2021 were approved as written.

3. There were no residents’ comments.

4. Old Business

- 4a. Programming for common health issues. In follow up to prior discussions about issues of intimacy among older adults, Kristen referenced Jane Fleishman, a sexuality educator who spoke at the Massachusetts Councils on Aging. Although she would apparently expect to speak for a fee, the committee agreed that it would be worthwhile to at least explore a possible presentation by her. Peter advanced the idea of a presentation on physical therapy and other non-surgical approaches to the treatment of osteoarthritis as well as other forms of joint and muscle disorders. The value of exercise and various injectable medications were discussed. Frank noted the personal benefit that he had gained from these modalities. Vida will talk with Kevin Wagner who is both a physical therapist and personal trainer.
- 4b. Social Justice Working Group. Shirley reported that she, Colm McGarry and Jane Donnelly meet weekly to discuss the progress of the group and plan future meetings. The Working Group meeting on October 4 had focused on a presentation by Bryan Stevenson, founder of Equal Justice Initiative, and had been very valuable. The next Working Group meeting is November 1st at 2:00 pm. Vida complimented Shirley, Jane and Colm on the thoughtful and constructive way that they were proceeding.
- 4c. “No Surprises Act”. Prather updated the committee on the act which is scheduled to go in effect in January. Regulations are presently being written. It isn’t clear how much leverage can be brought to bear by patients who have received surprise bills. Prather recommended that a program be scheduled for early next year once the act is implemented. It is not immediately clear who might be best able to make that presentation.
- 4d. Further discussion on future programming. Shirley had raised the possibility of a program on the new, Biogen drug for Alzheimer’s Disease, aducanumab (Aduhelm). Since the efficacy of the drug is

not certain and insurance will not pay for it at the moment, the committee thought it best to watch for further developments before scheduling a talk.

A housing fair was briefly discussed. It would be planned for this next fall. Holding it outside is deemed to be too problematic because of the uncertainty of weather conditions.

Cryptocurrency was again confirmed as a subject worthy of programming, but it is still not clear who would be an appropriate and satisfactory presenter.

Kristen noted that two programs have been run this past year on end-of-life issues: Estate Essentials for Older Adults and Planning Ahead: Preparing for Long-Term Care. Both were well attended.

5. Scheduling and administrative matters. There was not business under this item.

The next meeting is scheduled for 10:00 am on Tuesday November 9, 2021 by Zoom. The meeting was adjourned at 10:55 am.

Submitted by John McCahan