

**WESTON COUNCIL ON AGING**  
**COMMUNITY CONNECTIONS COMMITTEE**  
Minutes – October 18, 2022

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

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

Absent: Peter Mitsakos, 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 September 13, 2022 were approved as written.

3. There were no residents' comments.

4. Old Business

4a. **Social Justice Working Group.** Shirley reported the International Day of Peace was recognized with a community discussion at the Weston Public Library. The event was well attended. The Rev. Alicia Velez Stewart and Rev. Fr. James M. Hairston discussed the elements of recognizing and incorporating diversity in civic discourse. The next event is a black history tour of Brookline, a walking tour of the history, places and events depicting slavery and freedom in the town of Brookline on October 26<sup>th</sup>.

4.b.1. **Retirement series.** Kristen requested suggestions for topics and presentation formats that would appeal to our constituents who are considering retirement. Vida and Susan Wagner discussed the importance of avoiding boredom and of the usefulness of volunteering. A program on volunteer opportunities could be helpful. Dianne referenced the multiple adult education opportunities in the area and the usefulness of publicizing them. Also, a discussion of Medicare and health insurance could be useful. Paul suggested that a discussion of the financial issues of retirement would be welcome. Vida noted that housing choices would be germane. John noted that domestic relationships potentially change with retirement and that it could be useful for couples to explore the nature of those changes. Vida thought there may be interest about primary care: whether to switch to a geriatrician?

4.b.2. **Housing and housing finances.** John recapped the meeting that he, Vida, Mignonne and Kristen had held about a housing program: a recommendation that a panel discussion be held on Zoom describing recent choices that Weston residents have made regarding housing including, but not limited to, moving to a CRC, making in house alterations to stay at home, and moving to a condominium. He further noted that an in-person housing fair would be desirable but not yet tenable given the level of Covid in the community. Names of possible panel members were requested. Sue Newbury, Don Goldstein, Rick Wohlers, and Harriet and Sheldon Jacobson were suggested. Susan Wagner thought that downsizing and assistive devices would an important part of such a discussion. Vida wondered if either Shirley or Paul might discuss their move to Brook School apartments.

Paul referred to a recent Economist article on newer technologies to assist older adults to age in place. Susan Pauker noted that adult children of aging parents would be interested in the newer technology, negotiating independence issues with adult children, and how to navigate sensitive issues such as driving.

4.b.3. **Internet and Social Media Use and Safety.** After discussion about these issues which have been addressed from time to time by a representative from the police department, the committee concluded that a periodic, if not monthly, item in the newsletter highlighting safety issues that continually arise would be the most timely way to keep constituents informed about current problems.

4.b.4. **Active Shooter Training.** Diane spoke to the effectiveness of a program that she had attended in Brookline. Mignonne noted that the topic has been of interest in town if only because of the publicity it receives. Prather suggested that a program might be put together jointly with the Weston Public Library as it is a topic of community wide interest. The committee encouraged Mignonne and Kristen to pursue possible presenters.

4.b.5. **Contemporary and Novel Subjects.** Susan Wagner suggested further financial topics, e.g. Elon Musk's adventures. John cited changes in terminology and understanding of gender issues that could bear illumination, especially among grandparents whose grandchildren may be navigating these issues. A program on pronouns is scheduled this winter. Diane referred to a recent article on hospital care at home using newer monitoring techniques and home visits. Other health care subjects were discussed including palliative care, hospice and assisted death.

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

The next meeting is scheduled for 10:00 am on Tuesday November 29, 2022 by Zoom. The meeting was adjourned at 11:10 am.

Submitted by John McCahan