

Council on Aging Board Meeting
Ludlow Senior Center
228 State Street
Wednesday, March 19, 2025

Present: K. Martin, H. Grabowski D. Potter, B. Radowski, J. Zepke, D. Johnson, R. Forti, D. Peacey (attended by phone).
Excuse: B. Mishol, K. Ribero
Absent: F. Barroso, J. DaCruz
Guests: K. Green, L. Goodreau, D. Goodreau

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I. Roll Call – The meeting was called to order at 4:30 p.m. by Chairperson D. Peacey.

II. Secretary's Report

- a. Minutes from the February 19, 2025 meeting were reviewed and approved. M/S: B. Radowski/R. Forti. All in favor.

III. Treasurers Report

- a. The FY 25 budget is on target at 64%. There has been no news on FY 26 budget. Grant balance, including carryover from previous years, is \$134,424.74.

IV. Director's Report

- a. AARP Grant: H. Jolicoeur applied for an \$8,000 Walkability Grant to study the walking loop from the Center to the Riverwalk and back. Signs pointing to the Center, which are currently lacking, and two benches, would be purchased with the funds. The study would be conducted by PVPC. J. Zepke noted it ties in with the town's Age/Dementia Friendly project.
 - b. MCOA Certification: J. Zepke, M. Ardolino and H. Jolicoeur are participating in this certification program. Several requirements of this process is to develop a mission, vision and values statement and conduct a SWOT analysis. She discussed forming a small group to assist and provide input with several steps of this process. She will email the Board and perhaps the Friends asking for volunteers to assist her. D. Peacey and K. Martin volunteered.
 - c. Struggling: J. Zepke expressed frustration with some participants who do not follow the rules at times and may exhibit rude behavior toward others. No-shows continue to be a problem, as well as people sneaking into classes that are already full and refusing to leave. Program registration is not yet computerized, as the computers have not been installed and M. Ardolino is out for three weeks. Mike Squindo, Westfield COA director and a My Senior expert may visit the Center to conduct staff training on how to fully use the software. Self-registration by phone app is likely to be under-utilized; M. Squindo tried using self-registration for his Center's fitness classes and only 17% of the participants used it. Will continue to explore use at Ludlow Senior Center.
- R. Forti suggested that the Center may wish to consider activities that foster a sense of community. K. Green suggested a kindness campaign which could include a kindness board to recognize participants who have exhibited courteous and positive behavior and incorporating some type of reward system. The Board was supportive of the concept. J. Zepke said it could be part of the SWOT analysis. D. Peacey offered to write a newsletter article explaining the purpose and importance of registering for classes.

Putting personalized "reminder" messages on My Senior when participants scan their card is being considered.

V. Chairman's Report:

a. Election of Officers: Due April 2025. D. Peacey invited anyone who is interested in becoming an Officer to contact her.

b. Age/Dementia Friendly Ludlow Update: A planning committee has met several times and will be conducting two listening sessions for the public on March 20 and April 30. Because of the town's large Portuguese population, Portuguese translators will be available. The sessions will consist of a brief presentation on community resources and spaces that contribute to healthy aging in Ludlow. Participants will be given a list and asked to prioritize in order of importance, such as housing, transportation, walking areas, etc. Community feedback will help create a Community Assessment and Action Plan for making Ludlow an Age & Dementia Friendly Community. Peoples Bank will provide free ice cream.

VI. Adjournment: 5:30 p.m. M/S: K. Martin/H. Grabowski. All in favor.

The next Board Meeting will be at 4:30 p.m. on Wednesday, April 16, 2025.

Respectfully submitted,

K. Martin, Secretary, COA