

BROCKTON COUNCIL ON AGING

BOARD OF DIRECTORS MEETING

MONDAY, June 7, 2010

The monthly meeting of the Brockton Council On Aging,
(Board of Directors) was held on Monday, June 7, 2010.

The meeting was called to order by Chairwoman Irene Clague
At 10:05 a.m.

ROLL CALL: Sue Alves, Daniel Clague, Chairwoman Irene Clague, Betty Goldsmith, Lorraine Lalli, Dorothy Lufkin, Mari Mucci, Harry Owens, Mary Paul, Eucley Wooten and C. O. A. Director Anne McCormack were present.

Absent: Mary Virginia Curtis.

MINUTES OF The Minutes of the last monthly meeting (Monday May 3,2010) were
LAST MEETING: read and approved. A motion to accept the report as written was made by Harry Owens and seconded by Mary Mucci

FINANCIAL REPORT: Mary Paul, treasurer, reported on the financial status of the Howard
(HOWARD FUND) Fund which as of June 3, 2010 is \$48,585.52

CORRESPONDENCE: A letter was received from Mayor Linda Balzotti to inform us that she has appointed Betty Goldsmith and Dorothy Lufkin to the Brockton Council on Aging Board of Directors and it has been approved by the City Council.

REPORT OF THE DIRECTOR: There are so many reasons a Senior Center is important to a city such as Brockton. Why is a senior center important to the well being of the senior population? Memory loss and dementia pose a major public health burden among the elderly U. S. population. The results suggest that increasing social integration may help slow memory decline among older Americans and could help alleviate the public health burden, particularly because the aging population in the U. S. is expected to increase substantially.

Many studies have concluded that a lonely life takes a toll on the body that seems to accelerate with age. University of Chicago researchers reported in August 2009 Current Directions in Psychological Science that in their study of college students and of adults age 50 to 68, loneliness had little effect on the health of younger subjects. But the older people, compared with their more social peers, had higher blood pressure, lower levels of "good" cholesterol and higher levels of the "fight or flight" hormone epinephrine. The paper adds to growing evidence linking social isolation to problems dealing with stress, poor sleep, weak immunity, heart disease, Alzheimer's and suicide, say Shelden Cohen, a psychologist at Carnegie Mellon University. "There are roughly 20 large-scale epidemiologic studies now," he says "and they all show that the more socially integrated you are, the longer you live."

Senior centers offer a safe social gathering place. According to Bernadette Boden-Albala, professor of sociomedical sciences and neurology at Columbia University and her colleagues... Patients who have suffered a stroke and who are socially isolated are nearly twice as likely to have a second stroke within five years as were those with meaningful social relationships...

In order to remain healthy mentally and physically seniors must "move".

Jochanan Stessman, M.D. and colleagues at Hebrew University Medical Center and Hebrew Hadassah Medical School, Jerusalem, studied 1,861 individuals in 1920 and 1921. Participants underwent assessments in their homes at ages 70, 78 and 85 years, during which they were asked about their physical activity levels. The benefits associated with physical activity were observed not only in those who maintained an existing level of physical activity, but also in those who began exercising between ages 70 and 85. Physical activity may delay the spiral of decline that begins with inability to perform daily activities and continues through illness and death by improving cardiovascular fitness, slowing loss of muscle mass, reducing fat, improving immunity and suppressing inflammation.

"Despite the increasing likelihood of comorbidity, frailty, dependence and ever-shortening life expectancy, remaining and even starting to be physically active increases the likelihood of living longer and staying functionally independent," the authors write

"The clinical ramifications are far reaching. As this rapidly growing sector of the population assumes a prominent position in preventive and public health measure, our findings clearly support the continued encouragement of physical activity even among the oldest old. Indeed it seems it is never to late to start."

Brockton Council on Aging offers socialization opportunities through its many group activities such as card games; art class; parties; and trips. We offer Physical activity programs beginning with line dancing; tai chi; yoga; aerobics and two walking groups. The many workshops offered give the seniors information on health and safety issues. We are the first line of defense when it comes to elder abuse. Even though there are many opportunities in the city for the seniors to enjoy such as the library and Y, the senior center offers a safe welcoming environment where seniors are not intimidated by the young. I continually hear from our seniors how grateful they are for the center. If it were not for the center they would probably be stuck in the house all day watching television. The city has approximately 15,000 seniors. Although all of them do not attend functions offered by the center, they definitely call for information and help on many issues dealing with their health insurance, housing, legal assistance, nursing homes, Alzheimer's disease, food stamps, fuel assistance, free phone service and much much more. We are an important cog in the wheel of this city.

REPORT OF THE ACTIVITIES Janice Fitzgerald reported that World Elder Abuse Awareness COORDINATOR: Day would be held at Brockton City Hall on June 15 2010 at 02:30 P.M.

Janice handed out copies of coming events listing trips and workshops that would held at the center. She reported that on July 12 Congressman Lynch would be at the center to talk about health care reform. July 14 the COA cookout and penny sale would be held. She also reported that all coming events would be posted on the bulletin board and that if you want to attend any party or go on any trip that you should sign up, don't wait or you may get leftout.

UNFINISHED BUSINESS: None

NEW BUSINESS: The election of executive officers was held. Chair Irene Clague reelected, vice chair Lorraine Lalli reelected, treasurer Mary Paul reelected, Daniel Clague elected interim secretary.

OTHER BUSINESS: Harry Owens would like a vote taken at the next meeting that executive officers terms be changed from 1 year to 2 years and that it would have to be by an unanimous vote.

ANNOUNCEMENTS: None

ADJOURN: There being no further business to come before the board Dorothy Lufkin made a motion to adjourn and was seconded by Betty Goldsmith. Meeting was adjourned at 10:48.

Respectfully submitted
Dan Clague (interim secretary)