

**RECEIVED**

By City Clerks Office at 3:31 pm, Aug 14, 2025

**Council on Aging Board Meeting  
Milano Center  
January 16, 2025**

**Board Members in Attendance:** David Kourtz (Chair), Ellen Cobau, Philip Hermann, Maura Sullivan, Kristin Thorpe

**Virtual Attendance:** Margaret Ivins (Vice-Chair), Nancy Messina

**Members Absent:** None

**Other Attendees:** Erica Brown, COA Executive Director

Meeting called to order at 8:06 am by Chair David Kourtz

Minutes of Board Meeting December 19, 2024 (in meeting packet) approved

**Milano Center**

*January:* Center will have a fitness focus. Fees waived on all fitness classes. Bring a friend to fitness class and receive a \$5 credit to member's "wallet."

*January 7:* Vegas Night had 70 attendees. Consider making this a twice a year event.

*January 28:* 2:30-4pm Milano Center Open House. Instructors from the Milano Center's classes and programs will be available. Tours of the Center will be offered. Existing members, who bring a friend to register at the center, will receive \$5 credit to their "wallet"

Watercolor Class is at capacity. Erica is reaching out to "Follow Your Arts" (FYA) to identify an instructor to run a beginner level watercolor class at the center.

**Friends of Milano Center**

- Friends will send representative(s) to the Milano Center Open House.
- Friends has agreed to manage Hamilton Hall Lecture Series.

Hamilton Hall Lecture Series will be held Tuesday evenings at 6pm; Feb 11- April 1. Cost is \$85 for 8 lectures, limited to 40 participants. COA can provide transportation to/from Milano Center for event.

**Board of Directors:** Margaret Ivins and Kristin Thorpe are up for re-appointment next month (Feb 2025)

**Council on Aging**

**Grant Updates**

- Age-Friendly/Dementia-Friendly Grant
  - Kara Showers, health educator (Health Department) & Rachael Cordella, LICSW (Milano Center) will do the trainings.
  - February: City of Melrose employees. The mayor has reported that one representation from each department will attend.
  - March: Community offerings (including Faith-based Communities)
  - April: Chamber of Commerce. Participating businesses will be designated as "Age-Friendly/Dementia Friendly" business
- \$50,000 grant earmarked to purchase new COA van.
  - Erica presented Mayor's office with quotes for pre-used vans.

**Safety Upgrades/Improvements:** IT Department will install security cameras in and around the Milano center. Entrances and exits will be prioritized

**Survey Action Items Progress**

*In order to increase outreach, the following activities have been scheduled:*

- January 28 Milano Center Open House
- Erica will utilize social media, MMTV, and Melrose Free Press to get the word out
- Bring a Friend Program: present members will receive a \$5 credit if a friend registers at the Open House or a friend attends a fitness class in January.

*Increase Programming by collaborating with other organization:*

Erica reaching out to FYA to identify instructor in response to interest (present class at capacity)

Next meeting Thursday, February 20, 2025 @8am Milano Center (2<sup>nd</sup> Floor Conference Room)

**Meeting adjourned at 8:40**

Minutes respectfully submitted by Ellen Cobau, Clerk