

**Boxborough Well-Being Committee
Meeting Minutes: April 25, 2012**

Attendees:

Selina Shaw, Kate Smyers, Frank Powers, Channing Wagg, Liz Markiewicz, Maureen Adema, Susie Allen, Laura Arsenault

The minutes to the March 14 meeting were approved unanimously.

Channing reported on the BLF meeting he attended where the FinCom and BOS discussed who had the right and the responsibility to recommend the budget at Town Meeting. The budget that will be presented will not have the \$7,000 for Eliot Center recommended by the Board of Health. The BOH will have to move to amend. Frank urged committee members to speak in favor.

Channing also attended a BOH meeting. Marie Cannon, as chair, will be making the motion to amend the budget to restore Eliot Center funding. Channing said that Curtis Bates, Blanchard Superintendent, has agreed to read a statement from the school psychologist on the importance of Eliot Center for students with mental health issues. Selina is working with Eliot Center to get a contractual arrangement in place for services.

Liz handed out data on Boxborough residents served by social service agencies funded by ABUW gleaned from agency reports. Selina questioned how many of the numbers were duplicates.

Liz talked about working with Acton on a Wellness Initiative. She had a conversation with Cheryl Ball from the Acton Health Department who has been running "Wellness University" in Acton for several years with a CHNA grant. Cheryl is interested in regionalizing the program and is planning to apply for another CHNA grant. Liz agreed to ask her to the next meeting. Selina said that MIAA also has wellness grant money.

Susie Allen asked the group about our mission. Frank felt that we hadn't really bounded our mission to any specific thing. Channing said that he would like to keep collecting hard data. Wendy felt the committee should be considering the whole human being—intellectual, spiritual, physical.

Laura reported that there were already a number of wellness initiatives taking place in Boxborough already. She mentioned Michael Fleming, a retired physician's assistant, has been providing classes on health to seniors. She agreed to see if he would be interested in joining our group.

NEXT STEPS: It was agreed that the group would look into working with Acton on a wellness initiative and sponsor a booth at Fifer's Day. Kate, Susie, Wendy and Liz agreed to work together to develop a questionnaire on wellness needs for town meeting and Fifer's Day. Laura agreed to get back to the group on wellness activities that are already in place for seniors. Liz agreed to ask the Library and RecCom about their wellness activities.

It was agreed that the next meeting would be June 6 at 9am. The meeting adjourned at 10:15am.

Respectfully submitted,

Liz Markiewicz

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**TOWN CLERK
TOWN OF BOXBOROUGH**

Acton and Boxborough Residents Receiving Services

<u>Agency</u>	<u>#Residents Served</u>	
	<u>Acton</u>	<u>Boxborough</u>
Acton Housing	235	7
Community Supper	35	15
Cooperative Elder Svcs.	21	7
Domestic Violence Network	121	16
Early Childhood Council	5	0
Eliot Center	204	36
English-At-Large	27	11
First Connections	35	5
Friday Night Fun Club	8	1
Friend in Need	33	1
MinuteMan ARC	121	22
Minuteman Senior Svcs.	349	76
Miracle League	83	12
Restoration Project	16	2

Data is from grant applications from human services agencies funded by ABUW and represents individuals/families served in Fiscal 2012.