June 2021
Arlington 60+ News

Summer Programs
We Are Starting to Gather Again Safely Outdoors

Bring your water bottle and wear some sunscreen for outdoor fun! We will provide the chairs.

Pre-registration is required as space is limited to 12 people per activity in June as we work to expand our programming following current Massachusetts State safety guidelines regarding COVID-19.

Please note: The Senior Center is still closed due to major construction on the premises.

Please e-mail Shannon at smurphy@town.arlington.ma.us or call 781-316-3404 to sign up for:

- **Chair Yoga with Mimi Izzo** weekly at Robbins Garden every Tuesday from 10 to 11 starting June 8.
- **Walking Club with Shannon** every Thursday from 9:30 to 10:30 at McClennen Park walking path, Summer Street starting June 17. **(see page 9 for Walking Club details)**

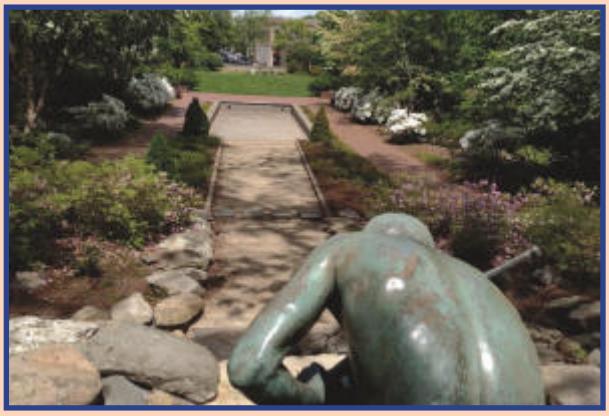
Please e-mail Marci at mshapiro-ide@town.arlington.ma.us or call 781-316-3419 to sign up for:

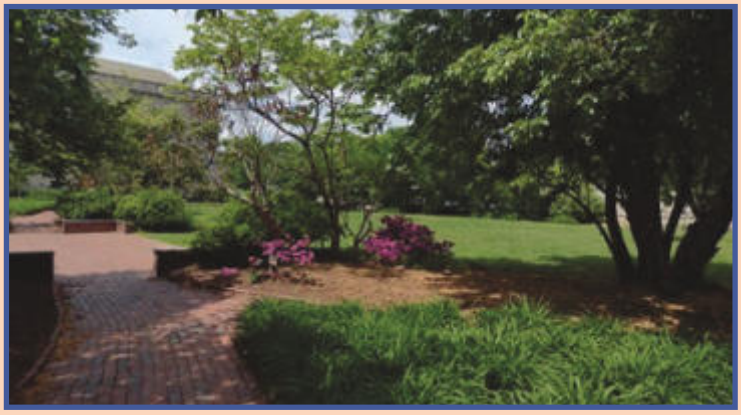
- **Yarn & Yarn with Marci** once per month at Robbins Garden on Thursday, June 10 from 10 to 11
- **LGTBQ+ and Friends with Marci** once per month at Robbins Garden on Tuesday, June 15 from 2 to 4

*Please note Marci will still offer Yarn & Yarn and LGTBQ+ and Friends virtually for those who wish to participate from home.

Where is Robbins Garden?

Many of our summer programs are taking place at "Robbins Garden". This is the grassy spot in front of the “Menotomy Indian Hunter” statue, between the Library and Town Hall. You can enter Robbins Garden from Massachusetts Avenue or through the back Library parking lot. Please be aware that the sidewalks around Robbins Garden are uneven and not completely flat. We strongly suggest using the COA Van to get to our outdoor programming, please call 781-316-3403 to schedule your Van ride!





NEWS, INFO AND EVENTS

Outdoor Podiatry Clinic
Monday Morning , June 21

Since summer is here, our monthly Podiatry clinic will be held outdoors behind the library this month. The clinic will take place in the far parking lot, under a tent, near the Whittemore Robbins House (670R Massachusetts Avenue). You will enter through the Library Parking lot off of Massachusetts Avenue.

The cost is $30. Please plan to bring exact change or a check made out to Dr. Seligman.

You MUST have an appointment—please call us at 781-316-3400. We strongly encourage you to sign up for a COA van ride to this clinic since parking is extremely limited behind the library.

The clinic will follow the latest Massachusetts State guidelines in regard to COVID-19 safety protocols. Please do not come early, as there is limited space to wait safely.

Get More Fresh Produce into Your Diet—Use SNAP and the HIP program at Farmers' Markets

Did you know you can use your SNAP EBT card at some farmers markets, farm share programs, and farm stands? It's true! In Arlington, simply look for the 4-5 vendors who have a SNAP sign up at their stand. These same vendors also participate in the program called HIP (Healthy Incentives Program) which gives you access to at least $40 additional SNAP dollars each month (the amount increases according to family size) toward fresh produce purchased at these farms stands etc. HIP saves your food dollars because the SNAP dollars you spend on HIP produce goes back onto your EBT card instantly for you to spend at any SNAP retailer like always. You don't have to sign up for HIP, it is automatically a part of your SNAP account. There is a farmers' market locator at the website DTAFinder.com. To learn more or to apply for SNAP give us a call. We are a SNAP outreach partner. Council on Aging at 781-316-3400.

Stay full with SNAP food program. The COA can assist you with your application for SNAP. We are a SNAP Outreach Provider and we process applications right from our office in Arlington. Call to see if you qualify at 781-316-3400.

This message is funded in part by the USDA. The USDA is an equal opportunity provider and employer.

A limited amount of laptops are available for loan to seniors

More than 50 Arlington seniors have borrowed a computer from our **Technology Loan Library.** This is a great program that the Council on Aging is excited to offer. Call us at 781-316-3400

Watch Our Show The Arlington 60+ Connection on ACMI Cable TV!

Join host Kristine Shah, COA Executive Director, as she shares interesting information just for Arlington Seniors! Weekly at 4pm Sunday, 9pm Tuesday and 8 am Wednesday on ACMI Public Channel on Arlington Cable TV.

Medicare Virtual Fair
Wednesday, June 23 from 3 to 7pm

This online fair is for people turning 65 or joining Medicare because of a disability. Learn about eligibility, enrollment and coverage options. Join for all or part of the fair. Sponsored by State Health Insurance assistance Programs (SHIP). Go to www.shiphelp.org for details and to sign up.

NEWS, INFO AND EVENTS

Update on The Senior Center and COA Activities and Staff

Some COVID-19 restrictions have eased and we are following Massachusetts COVID safety guidelines. However, please note that due to construction hazards at 27 Maple Street, **the Council on Aging is not open for walk in meetings or activities at the Senior Center until further notice**. Staff is working every week day to assist Arlington seniors and we are just a phone call away. **Our office is accessible by appointment only. Do not try to enter the building without an appointment. Call us and be sure to LEAVE US A MESSAGE as sometimes we are working offsite.**

Virtual Scouting "Campfire" Event & Grab & Go S'mores Kit
Led by Arlington Boy Scout Troop 306

Thursday, June 10 at 7 pm

Please join Juan Rafael Lenger-Caballero, a recent troop Senior Patrol Leader, and members of his High School aged troop as they bring joy to all whom may have been stressed by the pandemic. This intergenerational "Campfire" activity will include presentations from the scouts, including songs, poems, stories and a brief slideshow as well as a question and answer session!

Please RSVP to Shannon at smurphy@town.arlington.ma.us to get the Zoom link and info on the optional Grab & Go S'mores by June 7.

Experience the Beauty and Wonder of the Historic Wang Theatre
Live in Your Home Through this Virtual Tour!

Monday, June 8 at 11:00 am

Go behind the scenes of one of Boston's most prominent landmarks! The Boch Center is opening its doors digitally with new virtual tours of the historic Wang Theatre. Guests will go behind the scenes and see hallways walked by entertainers like Bruce Springsteen, Ella Fitzgerald, Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli and more! This is not a prerecorded video! Each tour is led by a trained guide that will take viewers through the building and backstage and answer questions about its unique history; from its roots as a hotel and glamorous days as a movie "cathedral", to today's role as an impressive venue for performances and events. Email Shannon at smurphy@town.arlington.ma.us for the Zoom link by June 4.

FREE Zoom Art Class: Expressive Arts with Erica

June 21 at 1:00 pm

Tissue Paper Flower Bouquets

Join us this month for a great summer craft: Tissue Paper Flowers. These fun flowers can jazz up any space in your home! Supplies needed are: tissue paper, stick for the flower, glue, and scissors. To register: email Shannon at smurphy@town.arlington.ma.us by June 17.

JF&CS Virtual Memory Café First Friday of Each Month at 10:00

Memory Café

A welcoming group for individuals & families living with changes in their memory or thinking. For the link: RSVP to Beth Soltzberg at bsoltzberg@jfcsboston.org or call 781-693-5628 at least 24 hours in advance. June 4th session will focus on music with guest artist Joshua Min on piano.

Social Services: What can we help YOU with?

Call and leave a message if you need us at 781-316-3400
Always leave a message as we check frequently during business hours

Decluttering Support Group
Mondays at 10:30-Noon

Have you spent the past year looking at stuff not knowing what to do with it? Looking to get some non-judgmental emotional support and finally deal with the clutter? Need some new ideas, a jump start, motivation? Are you ready to live in your space the way that you really wish you could? Join us for weekly support, along with tips, tricks, proven methods that work, and we will come up with a plan and personalized goals. We will meet virtually, until it is safe for us to be together in person. You can join by phone or tablet or computer.
Must be ready to commit to at least 5 weekly meetings.
Please call Marci Shapiro-Ide, LICSW at 781-316-3419 to register.

Caregiver Support Group

This is an opportunity for people who are caring for an adult family member to share with others regarding challenges and resources related to the Caregiving Journey. Issues about dementia are a common topic but concerns about any medical condition are welcomed. This is a drop-in group that meets at 10:15 the THIRD Tuesday of each month. **Until we can safely meet in person, you can participate in this group by either computer video or phone call.**

Contact Lourie August, social worker, for information at 781-316-3410 or laugust@town.arlington.ma .us

SHINE Calls for Medicare Concerns

Our SHINE volunteers are working from home in order to help answer your questions regarding Medicare. Please call 781-316-3400 for information on scheduling a SHINE telephone or outdoor counseling session.

We Have Both a Lawyer and a Financial Consultant on Call

We are grateful that Attorney Alex Moschella, and Financial Consultant Rick Fentin, voluntarily offer their advice to Arlington seniors. If you have a question for one of them call Shannon at 781-316-3400 or email smuphy@town.arlington.ma.us. She will coordinate a time for you to speak with them.

Phone Number for Food Hotline

For Arlington residents in need of food, please visit **arlingtoneats.org/requestfood** and choose "get food" for the quickest response. If you do not have access to the internet **please call Arlington Eats directly at 339-707-6761.**

Social Work Corner

COA Social Workers and Nurse

Do you need help? Would you like a check in call? Are you concerned about an elderly neighbor or family member who may need some extra services? Please call us at 781-316-3400 and leave a message.

If you feel there is an emergency safety or health situation, please call 911.

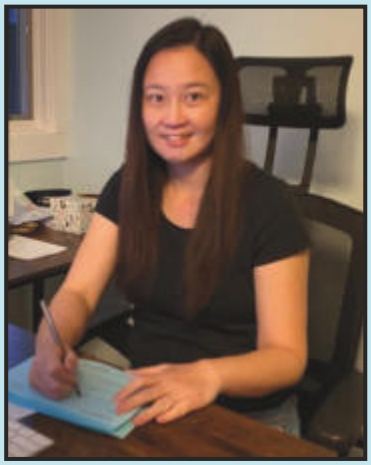
By Lourie August, LICSW

THE ART OF ACCEPTING HELP

All of us need help at some point in our life, including as we get older. Though we retain many valuable attributes as we age, it is very likely that at some point there will be things that we will not be able to do as well as when we were younger and will need assistance. How do we adjust to this major change in our sense of who we are? How do we develop a new mindset that allows us to accept the help that may be helpful to us? Here are some thoughts:

- **Be honest with yourself about your abilities and when you need help**. There is no shame in admitting that you are getting older and that you are not able to do everything you used to do. I like to think of it as part of the cycle of life. Sometimes this means you need help for a period of time while you are recovering, or maybe you don't have the energy you had before and it is time to pass a task on to the younger generation, or perhaps additional help is something you will need on an ongoing basis. Regardless, the first step in the process is to recognize your current abilities and challenges and be open to assistance.
- **Be reflective about your behavior and your feelings**. Perhaps you are finding yourself grumpy and argumentative with others. Perhaps you are feeling defiant and trying to prove to others (and yourself) that you are doing 'just fine'. If so, have a talk with yourself and ask, "Why am I acting this way?" Try to understand your feelings below the surface. Perhaps you are feeling sad or angry about the physical changes that are slowing you down. Perhaps you are scared about losing control. Perhaps you are worried about what the future will bring. Acknowledging your feelings is the first step in getting to a better place emotionally.
- **Be open to a new style of relationship with your adult children.** If you are a parent you probably have been in the role of providing help and advice to your children for decades. But sometimes as we get older it makes sense for us to shift roles and allow our offspring to provide assistance and sometimes even give us advice! It is helpful to recognize that this role reversal is often uncomfortable and it takes time to learn to accept help from others graciously. Many of us say that we do not want to be a burden to our children as we get older but in most cases, offspring view attending to their parents as a way to 'return the favor' that you bestowed on them years before.
- **Give others the opportunity to do an act of kindness**. Most of us feel good when we help others so I invite you to create more joy in the world by letting others feel good about helping you! You can look at it as <u>you</u> doing <u>them</u> a favor! Another way to make it easier to accept help is to find a way to return the good deed… but maybe not to the person who helped you out. The concept of 'paying it forward' says that when someone helps you out, you reciprocate by doing an act of kindness for someone else down the road. And it is important to remember that we are all in a position to be helpful to others, no matter what our abilities or conditions are – even a kind word can go a long way.
- **Speak up and communicate with others**. Let others know what help you need and in what manner you would like to receive it. Let the people who are assisting you know that you want to be listened to and considered with respect and empathy. It is also helpful if you share <u>your</u> most important priorities out loud so that others know how best to be of assistance. You may want to try asking others to join with you as a team when making big life decisions. For example, "How about if you do research on these two options and come back and we can talk and then figure out the next steps." This way you work together, rather than as adversaries, to realize <u>your</u> identified goal.

Transportation News



We offer COA van service with the goal of keeping our drivers and riders safe! The van can take you to places IN ARLINGTON such as: grocery shopping, the bank, the pharmacy , the hardware store and other errands such as hair appointments.
This program is limited and **we must have 2 business days advance notice** to schedule a ride.
Rides are $3 each way **within** Arlington. Pay cash on the van.

Medical Rides at No Cost:
Thanks to a generous grant from Lahey Hospital and Medical Center, we are offering medical transportation to most locations, including rides to Podiatry, at no charge until further notice. **We need at least 2 business days advance notice to arrange a ride.**

Call Michelle to Schedule Your Van or Medical Ride at

781-316-3403

and always leave a voicemail message including your telephone number

Free Taxi Rides - Where Will You Go?
Pre scheduled taxi rides may be available to many locations during COA business hours thanks to a recent grant we received to support the taxi industry. Call to find out more.

Sanborn Free Taxi Rides are Available for Arlington Residents with Cancer
Call us if you need a ride for cancer treatment.

DART (Dial a Ride Taxi)
Our DART program is for taxi rides to anywhere within Arlington even when the COA is closed. Tickets are $5.00 each way for rides within Arlington.

Call us at 781-316-3400 if you need to purchase DART tickets by mail or to find out more about how to use our transportation and van service.

Market Basket Tuesdays - Free on the COA Van

Mike is on the job to make a few van trips to Market Basket in Burlington on Tuesdays. Space is limited and you will need to be able to carry your own bags. Call Michelle for details at 781-316-3403

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Meet Kristine Shah

Council on Aging Executive Director

This month the staff spotlight is on our Council on Aging Executive Director, Kristine Shah who we are so grateful to work with. Many of our seniors knew Kristine from talking to her when she was in her former COA position of Supervisor of Transportation and Volunteers. With her educational background and her excellent performance in that position, it was a natural transition for her to take the helm at the COA in early 2020 when we needed a new director. Little did we know that the day after Kristine became the Executive Director in March of 2020, the Council on Aging, and much of the world, would need to be completely reimagined due to COVID-19.

In addition to leading the COA staff, handling the budget, applying for grants and overseeing the operation of COA while our building is undergoing a total renovation, Kristine was propelled into crisis management overseeing the ordering system for emergency COVID-19 related food delivery for Arlington residents of all ages, quickly improvising virtual COA programs from scratch, organizing communication and wellness checks for seniors in need throughout Arlington, and finding ways to help the COA staff assist senior residents of Arlington with unique needs that came about because of the pandemic. She also nurtured the COA staff during this time as we all sought to accomplish our duties under difficult, technically challenging and sometimes sad circumstances.

When January brought the arrival of the vaccine to the senior population, Kristine worked with the Director of Health and Human Services, Christine Bongiorno, and the COA staff to find a way to get the vaccine to as many of the over 60 population as possible, including those who are homebound. Now Kristine is assessing how to follow the Massachusetts state guidelines to reopen our many programs and services as safely as possible. This includes expanding our limited van service to more riders and approving some in person outdoor social and exercise groups.

Even as we are able to loosen many COVID restrictions, we are still limited in what we can do because our building is still under renovation and is not yet safe to reopen to the public. Kristine is now focused on how the COA can offer services and programs that will keep seniors and staff safe from both COVID-19 and the active construction that is taking place in the Senior Center. She is also focused on getting ready to transition into the new space once construction is complete. That means looking at floor plans and thinking about furnishings for the new space as well as how seniors will move about and use the new center.

Before she joined the COA in 2018, Kristine worked for the American Heart Association, Easter Seals and St. Jude Children's Research Hospital doing fundraising events and volunteer management. She went to James Madison University in Virginia, majored in Political Science, and spent a semester working on Capitol Hill in the Senate. In her free time this busy mom of two can be found shuttling her kids to their activities, spending time outside with friends, gardening, cooking with her kids, or watching the latest new Netflix show.

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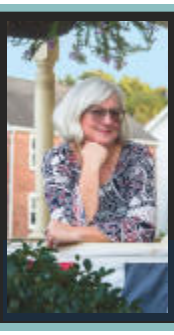

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Yarn & Yarn on Zoom on Thursdays at 10 am

Please join us online for a crafting-project "circle". We share ideas, give feedback, talk, tell stories, etc. NOT an instructional class, all are welcome. If you would like to join but don't have supplies, let us know and we will help you out. Please contact Marci at 781-316-3419 or mshapiro-ide@town.arlington.ma.us to join and for Zoom link info.

In person June 10-See Page 1 for Details-Must Register with Marci

Arlington & Beyond LGBTQ+ Seniors & Friends Zoom Meetings

We are still hosting weekly ongoing virtual meetings, every **Tuesday at 2 pm**. Check in, share our news & feelings, and then discuss a topic that the group has decided upon the previous week. Please call or email Marci for link information. YOU can join by landline telephone, too, even if you don't have technology at home, just a regular telephone will do!

Call Marci at 781-316-3419 for more information!

In person June 15-See Page 1 for Details-Must Register with Marci

Celebrate Pride Month at Arlington Rainbow Commission's Pride SWAG GRAB & GO

Sunday, June 13, 1:30-3:30 pm

In the Senior Center Driveway at 27 Maple Street

Please plan to pick up some fun new free swag from the Town's Rainbow commission to celebrate Pride Month. Open to All & All ages! Call Marci at 781-316-3419 to confirm date and time

Intergenerational Book Club on Zoom with Arlington High School Students

Final Meeting of this School Year on Thursday , June 10 at 3:30

We had a year of fantastic books, monthly discussions, and getting to know folks of different generations. Our last meeting is via Zoom, which you can access with a regular telephone line or computer or tablet. This month we are discussing our Summer Reading!

Leave a message at 781-316-3419 or email mshapiroide@town.arlington.ma.us for information.

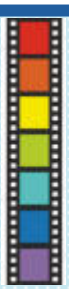
Virtual DRAG BINGO!! Prizes! Free! Open to All and All Ages!

Friday, June 18th 7pm on Zoom

Please join the Arlington COA and the Boston Sisters of Perpetual Indulgence (thebostonsisters.org) for a fun night of Bingo, like you have (maybe) never experienced before. RSVP to Marci at 781-316-3419 or mshapiro-ide@town.arlington.ma.us for meeting links and Bingo cards in by June 15.

Co-sponsored by the Arlington CoA, Arlington Rainbow Commission, and the Robbins Library

Reel Queer TeleParty: View "Disclosure" on Tuesday, June 22 at 6:30 pm



A documentary about how Americans and Hollywood feel about transgender people, and how they are taught to feel about themselves. Premiered at the 2020 Sundance **Film** Festival includes Laverne Cox, Chaz Bono and more. This virtual meeting of Reel Queer, is cosponsored by the Robbins Library! We're hosting a TeleParty (formerly known as Netflix Party) and will be watching together while chatting, (or you can watch on your own ahead of our discussion) with an optional Zoom discussion after the movie is over.

MUST RSVP via email to MShapiro-Ide@town.arlington.ma.us for meeting details and links !

A ZOOM and LIMITED IN PERSON ACTIVITIES

Walking Club Is Here! Thursdays at 9:30. Register Now!

Our Program Specialist Shannon Murphy will lead a weekly Walking Club at McClennen Park in Arlington. Our nurse, Joanne Sliney, RN will also be there to take your blood pressure. Walking with friends is endorsed by the Massachusetts Council on Aging and is rewarding to both the body and the soul. We are excited to make outdoor connections after these long months apart. Bring water and wear sunscreen. Located at 664 Summer Street, parking is available. Call Shannon to register or ask questions! 781-316-3404. Starts June 17.

Free At Home Exercise Classes Available By Zoom

- **Exercise Classes Monday and Wednesday at 9 am** by Joanna & Shannon
- **Muscle Strengthening Wednesdays at 11:30 am** by Bay State Physical Therapy
- **Chair Yoga Class on Friday mornings at 9 am** by Joanna

Email Shannon Murphy at smurphy@town.arlington.ma.us to join these classes from home.

Virtual Monthly Sing—Updated Information
2nd Tuesday of Each Month from 12:30 to 1:45 via Zoom

The Maple Street Singers continue to sing together monthly. Newcomers are welcome. Come sing songs of many styles. Contact Shannon at 781-316-3404 or smurphy@town.arlington.ma.us for more info, Zoom links and lyrics.

Watch Arlington 60 + Connection on ACMI for an Interview with Cheri Minton, coordinator of Monthly Sing!

No Computer? No Problem! Phone, TV & Mail Programs

We Will Mail You Our Paper Games for Seniors

"Never 2 Old 4 Games" offers interesting word, trivia and history games on **paper!** We will send them right to your home. Call us at 781-316-3400 to let us know if you would like us to mail you a few of these paper games . There are new games weekly so let us know if you want us to send more. They are fun and good for your brain!

Intergenerational Pen Pal Program

Are you interested in letter writing? Would you like to be a Pen Pal with a local 7th or 8th grade student? No computer necessary. You can communicate via email or by US Mail. Call Marci at 781-316-3419 for information.

Tai Chi & Home Exercise Classes on your TV via ACMI Cable Channels

Tune in to ACMI on your TV to watch Bill Barron teach Tai Chi or other instructors teach pre recorded exercise classes. **Check out your ACMI Public Channel on Arlington Cable Television on** Comcast: Channel 8 / RCN Channel 3 / Verizon Channel 31. Look for it under **Senior Fitness** in the listings.

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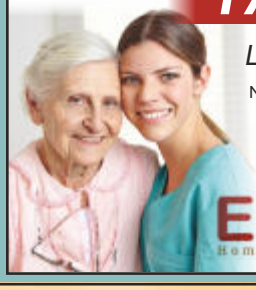
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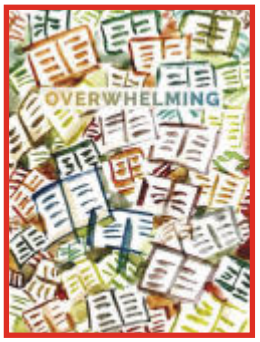
Our Welcome Statement

The Arlington Council on Aging values the diversity of our participants, staff, volunteers, & the Arlington community. We strive to model and promote a welcoming environment by embracing our aging community including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, & other forms of uniqueness.

Contribute to a Storytelling Project Commemorating Arlington's COVID Experiences



The Arlington Commission for Arts & Culture's Resident Artist, designer, and visual storyteller Nilou Moochhala, who began a daily drawing practice when the pandemic started, is calling out to the community to share experiences and perspectives through an on-line questionnaire. All of the stories will be collected and preserved in an archive at Robbins Library. Your account of the COVID pandemic will ensure that historians and journalists of the future understand how this virus shaped us.

Moochhala will create two fabric art installations in response to collected stories and her own experience during the pandemic. One will be at the Kickstand Cafe in Arlington Center and the other in Menotomy Rocks; both will be on view throughout the summer. More information and a link to the questionnaire is at ArtsArlington.org. http://artsarlington.org/artist-in-residence-2021/

Email, Text & Phone Scams Targeting Seniors Can Seem Very Real! Slow Down and Don't React! It's a Scam!

NEW SCAM: There is a problem with you Delivery/Order: You get an email or text that looks like it is from "Fedex", "UPS" or "Amazon" stating that there is an issue with delivering a package to you and it tells you that you just need to click the link or the attachment to fix the problem. **Stop before you click! These scammers are trying to scare you into clicking the link. Do not click on the link or attachment!** This is called a phishing scam and is a way that scammers will steal your personal and financial information.

NEW PHONE SCAMS: Do not press any keys on your phone if you get a call saying "your package" has been "confiscated at the border" and "you will be arrested". It is a scam. **Hang up!** Also: Your bank will not text or email you a code and then call to ask you to read them the code. This is a scammer trying to steal your bank information.

Do not give any caller a code that is emailed or texted to you.

Call the Arlington Police at 781-643-1212 or the COA at 781-316-3400 if you have questions.

CONTACT US:

The Arlington Senior Center is located behind Town Hall at 27 Maple Street, Arlington, MA 02476

www.arlingtonma.gov/coa Phone: 781-316-3400

Council on Aging Staff

Kristine Shah, Executive Director
Lourie August, LICSW
Marci Shapiro-Ide, LICSW
Joanne Sliney, RN, BS
Shannon Murphy, Info & Program Specialist
MichelleTse, Supervisor of Transportation & Volunteers
Chris Angell, Administrative Assistant
Jeety Gandhi, Assistant
Dana Whittie, Receptionist

Arlington Seniors Association

Malcolm Hamilton, President, Phone: 781-641-2942

Meals on Wheels Home Meal Delivery

Minuteman Meals Office: 781-221-7083

Town Appointed Council on Aging Board Members:

Pat Baillieul
Anne Brown
Sheila Connerney, NP
Nancy Cox
Rick Fentin
Jill Greenlee, PhD
Laura J. Liscio
Mary Hung
Michael Quinn, Chair
Marjorie Vanderhill, Secretary

Associate Members:

Anne Fitzgerald
Mara Klein-Collins
Karen Nichols
Bob Tosi, Jr.

Select Board Liaison : Steve DeCourcey

The Council on Aging Board routinely meets monthly on the third Thursday from 6 to 7 and is open to the public. The Board does not meet in July and August.