

Approved April 28, 2020

COUNCIL ON AGING BOARD OF TRUSTEES MEETING

March 10, 2020

In Attendance: Heidi Whear, Ruth Iarrobino, Mary Cobbett, Bill Hyde, Marilyn Cassidy, Marilyn Hurwitz

Minutes of the previous meeting reviewed and approved.

A. Old Business

1. Personnel changes for 2021

- a. Cleaning will be 5 days of the week and will include all surfaces.
- b. Gina has been told that she will go from 30 hours a week to 35 hours a week.
- c. A new position of executive director has been created and will probably begin in August.

B. New Business

1. There will be a Charlie Card event on April 8 for Swampscott resident members of the Senior Center.
2. Heidi talked about the Resource Fair which is planned for June 13 at the Swampscott High School. It is being planned by the Age Friendly Committee.
3. The need for a fulltime van driver from the Office of Community Development was discussed.
4. Seth Moulton Town Hall will be at the Senior Center on March 21, from 2:00 to 3:00 pm to discuss some subjects.
5. Advocacy needed in two areas.
 - a. Increase in salary for Gina for 2021
 - b. Increase in salary for outreach to seniors dealing with dementia and alzheimers

Meeting Adjourned at 9:30.

Next Meeting April 14, 2020

Respectfully submitted,

Marilyn L Cassidy

Approved April 30
voice/email

COUNCIL ON AGING BOARD OF TRUSTEES MEETING
APRIL 28, 2020
By Zoom

In Attendance: Mary Cobbett, Maureen Callahan, Norma Freedman, Bill Hyde, Ruth Iarrobino, Heidi Whear, Bob Powell, Kathy Keiser, Judee Cyr, Marilyn Cassidy, Marilyn Hurwitz

What's Happening at the Senior Center

1. There are 7 regularly scheduled employees every day: handling phone calls and helping with volunteer services.
2. 80-90 meals are delivered to seniors daily, as well as 4 meals on Friday for the weekend.
3. It is the location center for the Anchor Food Pantry which gives out 100-200 bags of food weekly.
4. Right now there are 20 volunteer sewers making masks to be given out to seniors.
5. Virtual exercises classes are being given by our exercise ladies. They are airing at 10:00 am: Chanel 22 on Comcast and 41 on Verizon.

Age Friendly Community Activities

1. Bob Powell talked about some of the activities.
 - a. There are webinar talks on the state website.
 - b. Also on Swampscott Facebook page there is a speaker series on Thursday evenings, 6-7:00 pm.
 - 1). First Thursday was a speaker on scams.
 - 2). Last Thursday was a talk on staying physical and mentally healthy during this time.
 - 3). This Thursday will be an attorney speaking on 10 mistakes to avoid with one's estate plans.
2. Heidi also spoke
 - a. Also on the web is a support group on Wednesdays at 1:30 which is for caregivers of dementia patients.
 - b. There are about 100 volunteers making calls to assess and provide for their needs, including meals and now masks.

They are also trying to start a Buddy Group to help with isolation: just chatty conversations to provide social interaction between isolated seniors.

At 1:15, a motion was made to adjourn the meeting as there was no further business to be discussed. The motion was seconded. The motion was unanimously passed by those still in attendance: Judee Cyr, Norma Freedman, Bill Hyde, Ruth Larrobino, Heidi Whear, Maureen Callahan, Marilyn Cassidy, Marilyn Hurwitz

Respectfully submitted,

Marilyn L Cassidy