

Swampscott Council on Aging Board Meeting

Minutes December 13, 2022

In Attendance:

Barbara DiPietro, Maureen Callahan, Marilyn Cassidy, Kathie Kieser, Jenn Nisbet, Deb Newman, Molly Rowe, Marie Yannaco-Grant and Heidi Whear in person.
Guests on ZOOM: Mary Ellen Fletcher and Andrea Liftman.

Meeting called to order by Heidi Whear at 9:01 AM.

Minutes of November 22, 2022 meeting were reviewed. Heidi asked for comments or concerns, none were made. Approval was moved by Maureen Callahan, seconded by Deb Newman. Unanimously approved.

1. Dining Update:

- Meals on Tuesday, Wednesday and Thursday are provided by our in-house chefs, Theo Carangelo and Penny Ross.
- Discussion as to why the Tuesday numbers continue to be low. Board suggestions were:
 - post the menu's in advance;
 - post the menu's on PATCH;
 - more social media posting, ie FACEBOOK.
- Bids are out for a second time for the new stove. First set of bids have come in higher than expected.
- 90+ people were in attendance for the Holiday Dinner. Those in attendance were enthusiastic and pleased with the dinner. 10 meals were sent to shut-in's. Meal was scheduled for late afternoon and the timing may be switched to a week-end for the next dinner.

2. Program Update:

- Budget is expected to remain the same, but it may go down 10%.
- At this time, the classes are expected to remain the same.
- Discussion regarding the cost of classes and whether the classes pay for themselves.
- Discussion regarding certain classes and whether participants would agree to pay more for the classes.

3. Outreach Update:

- Housing Authority:
 - Efforts to work collaboratively with the Housing Authority are going well.
 - COA is assisting with their Whole Foods pick-up.
 - COA is starting a "solo seniors" group there.
- Many outreach calls have been made to seniors in the community.
- Increase in food deliveries.
- Middle School Students are making blanket deliveries to seniors in the community site.
- Meals on Wheels, a number of community groups are making deliveries. Rotary Club is very active in this effort.

- Exploring the bus routes for Monday-Thursday to see if there is a way to make it possible for more seniors to come to the center.
- Mass Council on Aging Grant:
 - Outreach Grant
 - Applying for \$8,000 to assist with Care Giving.
 - Tri-fold mailing to be created to self-identify care givers.
 - Conference to be held in April/May at the Swampscott High School. Day long event and Resource Fair. Goal to have 100 people in attendance.

5. Swampscott For All Ages:

- Officers now in place.
- Focusing on Agenda.
- Will assist with the Care Giving Conference.
- Transportation an ongoing issue.

6. New Business:

- Discussion of "How to expand the Food Program".
- Heidi met with the Town Administrator. It was suggested that more fund raising be considered. Board did some brainstorming and the following suggestions were made:
 - Senior Prom,
 - Comedy Night,
 - Talent Show.

Deb Newman made the announcement that she is now the Chairperson of the Commission on Disabilities. Hopes to collaborate with as many community agencies as possible.

Motion to adjourn meeting by Deb Newman, seconded by Marilyn Cassidy.

Meeting adjourned at 10:01 AM.

NEXT MEETING: January 10, 2013 @ 9:00 AM at the Senior Center.

Respectfully Submitted,

Marie Yannaco-Grant