

Swampscott Council on Aging Board Meeting

Minutes January 10, 2023

In Attendance:

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

Meeting called to order by Robert Powell at 9:03 AM.

Minutes of December 13, 2022 meeting were reviewed. Heidi asked for comments or concerns, none were made. Approval was moved by Andrea Liftman, seconded by Molly Rowe. Unanimously approved.

1. Dining Update:

- Meals on Tuesday, Wednesday and Thursday are provided by our in-house chefs, Theo Carangelo cooks 1X/wk and Penny Ross cooks 2X/wk.
- Responses to the cooked lunches are always very positive.
- Bids are out for a second time for the new stove and ventilation system.
- New design is being submitted to accommodate a smaller 60 inch stove.
- Funding for the stove and ventilation system will be paid for from the Capital Improvement Budget.
- Goal is to be able to cook for more than 24 people.

2. Program Update:

- Heidi reported a slow, but steady return to pre-COVID attendance.
- ZUMBA has great participation and continues to grow.
- Chair YOGA has great participation and continues to grow.
- Participation at the center trends heavily toward women.
- Question and discussion regarding the Men's Group. Do we open the group to all? Decision to ask the Men's Group what their wishes are.
- Start a Veteran's Group? Possible collaboration with the VFW.

3. Outreach Update:

- Center has started to receive calls from Swampscott Residents who are in need. Heidi shared some particulars of a specific case and how it was handled.
- Neighbors have begun to call when there is a concern regarding a friend/neighbor in need.
- Maureen Callahan stated she has begun to post some of the activities and events from COMPASS on the bulletin board at the Doherty Circle.
- Transportation is available to all who are interested in activities from Doherty Circle.

4. Caregiver Conference, May 6, 2023:

- The grant for \$7,800, from the Council on Aging is funding the conference.
- Brochure for the conference was distributed to the board. The student interns designed the brochure.

- Bob Mauterstock, who has written a number of books on the topic of Caregiving, will be speaking at the conference.
- Heidi is going to reach out to Kathy Burns @ GLSS to inquire about additional speakers.
- SAVE THE DATE: MAY 6th!

5. Transportation:

- Center continues to provide trips and they are always well attended.
- Transportation is provided 4X's/week.
- Request has been made for a medical van.
- Medical rides are given to individuals 3X's/day or about 12X's/week.
- Discussion regarding raising the fee for medical rides, the cost is currently \$2.00/per ride.
- Consideration of a "suggested donation" toward the ride.
- Heidi is going to meet with other COA Directors to see how the cost for medical rides is handled in other centers.
- Board suggested consideration of \$5.00/per ride.

6. Cancellation Policy for paid events:

- Heidi distributed two policies for consideration.
- Board in agreement that if unable to give at least a 24 hour notice of cancellation, that the participant must pay for the event.
- Heidi will be speaking with other COA Directors to see how this policy is enforced and enacted.

7. Swampscott for All Ages:

- Committee is working with the COA on the May 6th Event.
- Committee will soon be sharing the Action Plan.
- Chairpersons for all domains are now in place.
- ADU's Meeting and discussion was well attended.

8. Annual Report:

- Heidi will be sending the Annual Report to the Board by email for review.
- Heidi has asked for an email discussion and vote.
- ZOOM Meeting will be held Tuesday, January 17, 2023 @ 9:00AM for discussion and vote.

Deb Newman announced and reminded the board that she is partnering with the Commission Disabilities. Hopes to collaborate with as many community agencies as possible.

Motion to adjourn meeting by Andrea Liftman , seconded by Barbara DiPietro.

Meeting adjourned at 10:03 AM.

NEXT MEETING: February 14, 2023 @ 9:00 AM at the Senior Center.

Respectfully Submitted,

Marie Yannaco-Grant