

Swampscott Council on Aging Board Meeting

**Minutes
April 11, 2023**

In Attendance:

Kathy Kieser, Andrea Liftman, Deb Newman, Jenn Nisbet, Robert Powell, Molly Rowe, Marie Yannaco-Grant and Heidi Whear in person.

Members on ZOOM: No one in attendance

Meeting called to order by Robert Powell at 9:04 AM.

Minutes of the March 14, 2023 meeting were reviewed. Heidi asked for comments or concerns. Approval was moved by Andrea Liftman, seconded by Deb Newman. Unanimously approved.

1. Dining Update:

- Number of people in attendance for lunch is varied.
- Responses to the cooked lunches are always very positive.
- Lunches are served 4X's/week.
- Theo Carangelo is cooking on Friday's and provides meals also for those in attendance for the Social Day Program.

2. Program Update:

- Social Day
 - Board was able to tour the space that has been created for the Social Day Program. The purchases for the furniture and program came from the \$15,000 allotted by the Town Budget. Comments were that the space is warm and welcoming.
 - Heidi is still seeking art work for the walls.
 - Two sessions have already occurred and it has been very successful.
 - It is a four hour day and the cost is \$40.00/per day, inclusive of lunch.
 - Caregiver is able to drop the person off and the ratio for care is 1-4.
 - Heidi has hired one person, to date, for the program.
 - At this time time, there are four participants in the program.
 - Discussion for transportation for this program is underway.
 - IMPORTANT to note, this is a social support program, not a medical model.
 - All other activities are going well
 - Discussion of the knitting group; group has gotten smaller and the goal is to expand the numbers. Group is not just for knitters, but anyone who does hand work, ie., embroidery, crotchet, crewel, etc. All are welcome, Wednesdays 12:45-3:00.

3. Outreach Update:

- The two Social Work Interns have been a huge success; one is a BSW Candidate the other a MSW Candidate. Due to supervisory time requirements, we are reducing the number of student interns from two to one next year.

- Heidi shared her meeting/conversation with Swampscott Fire Department Personal. There was discussion of the need for more outreach, wellness visits and coordination with Adult Protective Services @ GLSS.

4. Caregiver Conference: May 6, 2023

- Conference will be at the High School.
- Development and planning for the conference is in place.
- Swampscott for All Ages calling the vendors, some in place already.
- Molly Rowe is providing services from her agency for the conference.
- Speakers are all set up.
- Brochure was sent out to all households in Swampscott using the census information.
- At this time, there are 20 people reserved for attendance.
- Board was asked to continue to spread the word regarding the conference.
- A number of volunteers are in place.

5. Transportation:

- At this time, transportation is going well.
- Vans have been going to the three Swampscott Senior Housing Sites to transport to the Senior Center and, to date, no one has utilized the transportation.

6. TRIAD:

- This is a partnership among the Essex County Sheriff, the Swampscott Police and Fire Chiefs, the Council on Aging, supportive services in the community and seniors.
- Future meetings are a priority, but they are difficult to set up.

7. Swampscott for All Ages

- Dementia Friendly Initiative:
 - Select Board voted three years ago that town staff was to be trained, goal to reach 80% trained.
 - Two trainings have occurred to date.
 - Future trainings to be tabled until after Town Meeting.
 - Training with *Dementia Friendly America* can be done in person or on ZOOM.

Motion to adjourn meeting by Robert Powell, first by Andrea Liftman, second by Deb Newman. Unanimously approved.

Meeting adjourned at 10:04 AM.

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

Respectfully Submitted,

Marie Yannaco-Grant