

Swampscott Council on Aging Board Meeting  
**Minutes**  
**December 12, 2023**

Received by Town Clerk  
December 27, 2023, 12:57pm

In Attendance: Board members Marilyn Cassidy, Maureen Callahan, Barbara DiPietro, Andrea Liftman, Robert Powell, Marie Yannaco-Grant and Heidi Whear in person. Attendance on ZOOM: Sheryl Levenson and Jen Nesbit.

Meeting called to order by Robert Powell at 9:02 AM.

Minutes of the November 14, 2023 meeting were reviewed. Heidi asked for comments or concerns, none voiced. Approval was moved by Andrea Liftman, seconded by Barbara DiPietro. Unanimously approved.

1. Dining Update:

- Expected start date of construction of the kitchen to be December 18th. This date will cause the least amount of disruption to the Senior Center.
- Ventilation system and installation of stove will take approximately one month.
- Hope is that at the end of the project there will be enough funds to purchase an industrial dishwasher.

2. Program Update:

- Social Day
  - It is a four-hour day and the cost is \$40.00/per day, inclusive of lunch.
  - Goal is to expand the program from 4 participants to 6 participants.
  - Four volunteers are in place and this is going well.
  - IMPORTANT to note, this is a social support program, not a medical model.
- OMA Grant - Opening Minds through Art:
  - Two year, Title III Grant funded by GLSS. GLSS will be invited to attend the Art Show.
  - Collaboration between Swampscott High School Health Classes and Siobhan McDonald, certified trainer in Dementia.
  - Siobhan is now conducting the second to last session.
  - There are three, six week sessions.
  - The first Art Show will be December 15th at the Senior Center. Community is encouraged and welcome to attend the show.
  - WBUR will be interviewing the participants for a segment.
  - Some of the artwork will be made into cards that will be available for purchase.
  - This project is the first "community" based OMA Project.

3. Outreach:

- Holiday Outreach:
  - Bret Henry provided the meal for 80 people on December 6th.
  - This year's gifts will be "Emergency Preparedness" items, flashlights, batteries, etc. provided by the Landing.
  - Middle Schoolers are preparing holiday cards for the baskets.
  - Baskets are going to the GLSS Meals on Wheels list and some Swampscott Shut-in's.

4. Transportation:

- Currently all three van positions are filled.
- One of the current drivers is interested in exploring the CDL License.
- MSW Student is working with Heidi on a grant to purchase an electric van. Grant will cover 80% of the cost and the remaining cost will need to be a 20% match.
- Heidi is re-submitting a grant for LYFT Rides. This is a program for low income and/or seniors to apply for assistance with Lyft Rides.
- Medical Rides:
  - No response from consumers regarding the increase in rides starting January 1, 2024.
- Shopping Rides:

- No response from consumers regarding the increase in rides starting January 1, 2024..

5. Swampscott for All Ages:

- Bob Powell and Heidi are presenting a request to the Capital Improvement Board on 12/12/2023, requesting \$100,000 to explore a new community center that would be multi-generational.
- Collaboration with Seaglass Village continues.
- Dementia Friendly Initiative:
  - Grant was secured and funds must be spent by late June.
  - The grant will explore "purple reservation" concept with town restaurants. Restaurant staff would be trained on how to be more inclusive of customers struggling with dementia and autism. The three restaurants being considered are: Cafe Avelino, Periwinkles and Mission on the Bay.
  - Logo to be explored.

6. Reschedule COA Monthly Meeting:

- Decision NOT to make any changes.

7. Discretionary Fund:

- Heidi will be meeting with Town Counsel to determine what is necessary and feasible to start a fund.

8. New Business:

- Caregiver Conference in March.
- One opening on the COA Board. Discussion of possible candidates.

Motion to adjourn meeting by Robert Powell, second by Barbara DiPietro. Unanimously approved and the meeting adjourned at 9:57 AM.

NEXT MEETING: January 9, 2024 @ 9:00 AM at the Senior Center.

Respectfully Submitted,  
Marie Yannaco-Grant