

Swampscott Council on Aging Board Meeting

Minutes November 22, 2022

In Attendance:

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

Meeting called to order by Heidi Whear at 9:06 AM.

Minutes of October 18, 2022 meeting were reviewed. Heidi asked for comments; none were made. Approval was moved by Andrea Liftman, seconded by Molly Rowe. Unanimously approved.

1. Climate Action Presentation:

- Presentation given but Jerry Falco and Doug Thompson.
- Select Persons have endorsed a resolution to move toward a comprehensive plan to address climate control.
- At this time there are many town endorsements.
- Moving toward a 2025 master plan with goals and actions.
- Climate Action Committee is speaking at many town boards to share the data that has been developed to date.

2. Dining Update:

- Currently meals are served on Tuesday, Wednesday and Thursday.
- Bagels are served every Friday morning.
- Theo is cooking on site on Tuesday, meals come from the high school on Wednesday and Thursday
- Cost is \$5.00/meal, guests pay \$4.00/meal.

3. Program Updates:

- Heidi shared the AARP Video. Swampscott was one of three towns featured. Memory Cafe was a highlight.
- Dementia training is being provided for interested people in Swampscott by staff at the Senior Center.
- Thanksgiving Dinner was a huge success. It was reported that the food was delicious.
- Thank you to Deb Newman who provided 70 Apple Crisps for the Meals on Wheels. Cards were included and written by the Middle Schoolers.
- Center for Active Aging Website is now live. Heidi walked the board through the use of the site. Site is easy to use and comprehensive. Board was asked to submit a picture and a few lines of background information to be included on the website.
- Tech Ninja is again in place.
- Pen Pal Program is not in place at this time, but is still being explored as a possibility.
- Grant now being written to Mass Council on Aging.

4. Dementia Art Program:
 - Staff are working on a grant to train a number of High School Students who are interested in providing an art program with those living with Dementia
 - Dementia Care Givers will participate in a support group at the same time.
 - Supportive Day Care still being explored.
5. Data:
 - Heidi shared the following info:
 - Members: 2021-185, 2022- 221
 - Members involved in activities: 2021- 5078, 2022- 8425.
6. Elect Officers:
 - Andrea Liftman nominated Robert Powell to be Chairperson. Bob agreed and said the COA has always been of great interest and a commitment for him.
 - Unanimous vote.
 - Bob will be serving a three year term.
 - Thank you to Marilyn Cassidy for her many years of leadership.
7. Housing Authority Outreach:
 - Deb Newman gave a report of her outreach efforts with the Housing Authority.
 - Deb has been attending the Tenant Association Meetings to assess what the needs may be and to represent those needs to the Town.
 - Unfortunately, due to a misunderstanding, communication has broken down and Deb is no longer involved.
 - Food Pantry may be discontinued due to a transportation issue. COA transportation may be able to help with this issue. Currently being explored.
 - Exploring whether an invitation to a Housing Authority Representative to attend a COA Board Meeting. Goal to have on-going and open communication between the two.
8. Swampscott for All Ages:
 - New committee in place.
 - Year Three Action Plan in place.
 - Dementia Training a goal.
 - Affordable Housing options to be explored.
9. New Business:
 - Heidi shared a difficult story of an elder family in crisis. Highlighted the need for on-going outreach. Board acknowledged the reality that there are probably more cases than we are aware of.

NEXT MEETING: December 13, 2022 @ 9:00 at the Senior Center.

Meeting adjourned at 10:06 AM.

Respectfully Submitted,

Marie Yannaco-Grant