

Swampscott Council on Aging Board Meeting

Minutes March 15, 2022

In Attendance:

Marilyn Cassidy, Molly Rowe, Marie Yannaco-Grant and Heidi Whear.

Meeting called to order by Marilyn Cassidy at 9:20 AM.

Minutes of February 8, 2022 meeting were reviewed but not approved due to lack of quorum. Approval tabled until meeting on April 12, 2022.

1. COVID Re-Adjustments:

- Heidi reported
 - Masks are no longer required, optional.
 - Filters have been ordered for two rooms.
 - Windows will soon be opened.
 - COVID town wide meetings have gone from weekly to monthly.
- Participants report they are excited to be back.

2. TRIAD:

- Triad consisting of representation from Police, Fire, Sheriff and Senior Center.
- Talk About Town Segments to be scheduled with Police, Fire and Sheriff Offices.
- Educational programming to be set up by Police, Fire and Sheriff's Offices.
- Strong emphasis on safety education by all.

3. Kitchen:

- Part time chef has been hired, through a referral/collaboration from the High School.
- Chef will start week of March 21st, cooking on Tuesdays and Wednesdays.
- 24 people continues to be the max in the dining hall.
- \$100,000 was requested in the town budget. If approved, it is expected that a new stove and dish washer will replace the current ones at the Senior Center. The largest expense will be a new ventilation system.

4. Library Collaboration:

- Pop-Up Library offered every Tuesday at the Center.
- Book Club to be set up.
- Four Seniors were interviewed by high schoolers. Interviews were taped for Black History Month.

5. COA Promotion Grant:

- Resource Guide is due to be mailed by the end of June to all households in Swampscott.
- Resource Guide is a comprehensive compilation of resources available to assist seniors and to keep them safe as they age in their homes.

- Plan is to also get a website up and functional.

6. Transportation:

- Senior Center owns three vans.
- Per Diem Driver was hired, a second driver is being sought.
- More trips are being planned, expansion of our current services.
- Medical Rides are the most expensive rides and one of the most needed.
- Transportation of individuals to the Senior Center is beginning now.

7. Dining Room:

- Friends has contributed \$2,000 toward the purchase of a smart TV.
- Under consideration are scheduled sports events utilizing the TV.

8. Swampscott For All Ages:

- Discussion regarding inter-generational activities and community for active living.
- Currently addressing issues of transportation.
- Sea Glass Village going very well, currently 74 members and 40 volunteers.

9. New Business:

- Dementia friendly restaurant options were explored. Discussion of Purple Table Reservations and how it positively supports those struggling with Dementia.
- Walking Challenge sponsored by Mass. Council on Aging. Opportunity for people to connect and to promote relationships. Example: youth could partner with a senior and walk for them or they walk as a team.

NEXT MEETING: April 12, 2022 @ 9:00 at the Senior Center.

Meeting Adjourned:

Marilyn Cassidy moved to adjourn the meeting. Meeting adjourned at 9:55AM.

Respectfully Submitted,

Marie Yannaco-Grant