

**MINUTES**  
**COUNCIL ON AGING BOARD OF DIRECTORS MEETING**  
**Wednesday, June 21, 2023**

**PRESENT:**

Bill Scott, Sheila Gagnon, Barbara Van Houten, Fred Monaco, Maureen Saunders, Janice Fletcher, Maria Maggio, Carol Hamilton-Director

**ABSENT** - None

**GUESTS:** Suzanne Almendinger

**QUORUM:**

A quorum was present.

**CALL TO ORDER:**

Meeting was called to order at 3:27 PM

**APPROVAL OF MINUTES:**

Sheila moved to approve the minutes of May 17, 2023. Fred seconded. Motion passes with one abstention from Bill Scott.

**ACKNOWLEDGEMENT OF BILL SCOTT AS HE RETIRES FROM THE COA BOARD:**

Bill Scott retired from the COA board, effective June 22, 2023, after servicing since 2012 – 11 years. The Board acknowledged Bill's dedication to the Senior Center, thanked him for his exceptional leadership and his many accomplishments throughout the years.

**RECOMMENDATION AND VOTE OF NEW BOARD MEMBER:**

The Board agreed unanimously to recommend Ben Bembenek to the Select Board as a new board member filling the seat of Bill Scott. A vote was taken. Maria moves and Maureen seconds to recommend Ben Bembenek to the Select Board as a new board member to fill the vacancy created by Bill Scott whose term expires on June 30 2025. Vote was unanimous. Carol will follow-up and send a letter to the Select Board recommending Ben Bembenek to the COA Board as voted on by the COA Board.

**TOPICS OF DISCUSSION:**

**LIAISON REPORTS:**

**COA Boosters** – Bill Scott appoints Janice Fletcher, COA Board member, as the new liaison to the Boosters Board of Directors due to Bill's retirement from the COA Board effective June 22, 2023

Suzanne reported on the COA Booster's Board Meeting of June 21, 2023.

- Suzanne expressed her thanks and appreciation to Bill Scott for serving as Liaison. She is very grateful for Bill's support to her in her role as President and also for his assistance to the Booster's Board.
- At today's Booster Meeting a discussion was held regarding raising membership dues, however, it was decided that dues will remain the same for now and will be revisited in the next cycle.
- The Boosters will be updating their bookkeeping and transitioning to Quick Books to record their financials.

- Maria will be holding a workshop for the Boosters on Google Docs
- The Craft Fair has just about sold out. To date, there are sixty-five (65) crafters.
- Looking at fund-raising - possibly a 50's & 60's Music Event to be held at the High School featuring The Corvettes.
- Still thinking of a signature event – however, a thought that the Craft Fair might fill that endeavor.
- Goals of \$10K (for a signature event) and \$20K (for membership) as targets for future funding. There may also be options added for people to donate such as for scholarships for Social Day Program.
- Carol attended the Booster's meeting and presented an update on various programs being held at the center including the Age Friendly Program.

**Old Colony Elder Services** – Maureen attended the OCES Board Meeting on May 23, 2023. The COA Satisfaction Surveys have been sent out and a final report should be issued soon. OCES is hosting a table at the Plymouth Pride Festival on June 25 and the “March Against Elder Abuse” was held today in Plymouth.

**Old Colony Planning Council** – At the May 17<sup>th</sup> board meeting, Carol reported that a Pre Grant-Application for Title III Funds were approved for \$7500 to support Social Day. As the result of the preliminary approval a full grant application was submitted for the \$7500.00 and we should be notified sometime next month regarding the final decision.

## **COMMITTEES:**

**AGE FRIENDLY/DEMENTIA FRIENDLY –**  
No Meeting

**BUDGET-**  
No Meeting

**EVALUATION –**  
Meeting June 5, 2023 – Nutrition Survey – overall positive, no price concerns raised. Feedback to increase the number of days for congregate lunch (currently at three days) possibly drop the boxed lunches. Marilee to investigate adding programming to increase attendance for the Congregate Lunch Program.

Lifelong Learning – Winter 2023 – Participation increased but still below pre-Covid levels.

AARP Tax Aide results shared – 400 returns prepared this season. Need to explore ways to increase the number of volunteers as appointments ran out in March.

Explore social services needs and services as part of budget discussions.

**GOVERNANCE** – No Meeting

**MARKETING, OUTREACH AND TECHNOLOGY – Meeting July 24, 2023**

**SELF ASSESSMENT – No Meeting**

**STRATEGIC PLANNING – Meeting scheduled June 26, 2023.**

**DIRECTOR'S REPORT:**

- 1) We have a new Assistant Director, Cynthia Dabkowski, starting her duties on June 26. She comes with a wealth of COA and municipal experience.
- 2) Old Colony Elder Services is working on finding a replacement for the site manager for the nutrition program for the congregate and meals on wheels program. We hope to have someone in place sometime in July.
- 3) We are starting a new Yoga Nidra class consists of deep relaxation techniques similar to guided meditation that can produce many health benefits. This will be a weekly class.
- 4) Lifelong Learning is finishing up this week and we will be onto the planning process for the Fall Semester.
- 5) June is World Elder Awareness Month and OCES has organized a March today, June 21 from 11-1 @ Tavern on the Wharf in Plymouth.
- 6) On Friday, June 30<sup>th</sup> the men's breakfast will host cardiologist Dr. Alan Berrick who will discuss the question; "Are most chronic diseases linked to what we eat?"
- 7) Delvena Theatre is coming on June 22<sup>nd</sup> at 1:00 and will provide a live performance on "All the President's Women". This was funded by a grant from the Marshfield Cultural Council.
- 8) We are offering a CPR training course on Friday June 23<sup>rd</sup>. The class is at capacity with a full waiting list. Thank you to the Fire Department for hosting this training session.
- 9) We will be holding an Older Adult LGBTQ and Friends and Allies brain storming session at the Marshfield Senior center on Tuesday, June 27, 3:30 – 4:30.
- 10) MCOA is working with Boston University on a CADER project in developing an evaluation module for COAs to make it easier for them to implement evaluations. The idea is that they will develop tools to measure key senior center goals: fostering independence, increasing socialization, maximizing functionality and connecting with resources. Marshfield has been invited to participate as one of three accredited senior centers in Ma to work on this project with BU.
- 11) We are also working in conjunction with Bridgewater University and a consortium of towns to work with assigned graduate social work students to provide elder mental health in the community. The graduate students would be supervised through a Clinical Social Worker from Bridgewater University and this would be paid out of a grant. I will be meeting the student this week to give her a tour of the facility.
- 12) A second intern from Bridgewater University, Amy Considine will be starting in September, she is an undergraduate student.
- 13) There are new safety railings on the stairs on the back of the building. Thank you to facilities for their assistance on getting this done.
- 14) The TV's are installed but vendor has to come back for a few minor enhancements. The IT department has to establish a new network for the sound bars which is impacting the installation. Conversation with Todd Goodwin, 4 days' worth of work.
- 15) Applied for 2 grants for recently for technology equipment from the state and DOT. If we receive it will include computer hardware, WI Fi equipment, technology classes.
- 16) More damage to Pickleball courts we are working with the police and IT. Company will come out at next availability to fix. There is also some net damage which we are working on and hope to have someone come out tomorrow to fix.

- 17) We are trying to advocate with MCOA on optimizing our state line item with an increase per elder and also the incentive funding. These are both important and the incentive money is where we have been able to access money to do new projects, for example last year we did two marketing projects. (new annual report and a mailer)
- 18) Attended the CPC meeting last week and will be applying for a grant for some park enhancements and Youth Baseball enhancements. Spoke with the CPC Chair and we may be able to hire a consultant if we can get funds approved at the fall town meeting.
- 19) Booster's furniture order should be in as of July. Café seating, art table and living room furniture.
- 20) Regarding the Age Friendly pursuit, we did not get the South Shore Partners in Prevention grant for \$3500 to help pay for a consultant. We are researching other grants or sources of funding by checking with our regional planning agency and Mass Healthy Aging. The cost of the consultant is \$15,500.
- 21) Boosters approved 10 new folding tables at today's meeting.
- 22) Toilets were replaced in both small bathrooms.
- 23) Peter Dewey helping Peter Crest in the café.

**VOTES:** Maria moves and Maureen seconds to recommend Ben Bembenek to the Select Board as a new board member to fill the vacancy created by Bill Scott whose term expires on June 30 2025. Vote was unanimous.

**ADJOURNMENT:** Motion to adjourn made by Sheila and seconded by Maureen. Motion passes. Meeting adjourned at 5:00 pm.

**NEXT MEETING:** July 19, 2023.

Respectfully submitted,  
*Barbara Van Houten, Secretary and Carol Hamilton, Director*