

## **MINUTES**

February 13, 2019

Council on Aging Triad and SALT Council

230 Webster St.

Marshfield, Ma 02050

**ATTENDANCE:** Pat Acorn, Maria Do Canto, Marilee Comerford, Christina Fitzgerald, Nancy Goodwin, Carol Hamilton, Monica Mullen, Anne Marie Powers, Megan Steward and Lori Sullivan.

**CALL TO ORDER:** The meeting was called to order at 12:35 pm.

**APPROVAL OF MINUTES:** The minutes of January 9, 2019 meeting were approved. Motion made by Nancy and seconded by Marilee. Motion passes.

**DISCUSSION:** There was an announcement about the 3<sup>rd</sup> annual conference of grandparents raising grandchildren which will take place on April 22, 2019. Marilee the activities coordinator came in to update the group about the "Age Friendly Movement" through AARP. The Marshfield Council on Aging is working on the Dementia Friendly movement in conjunction with the Age Friendly movement. The COA is involved in encouraging wider community participation and has developed an Action Team with representatives from multiple sectors in town such as VNA's, the local assisted living, town officials, faith organizations and first responders. There will be training events scheduled to help people learn about interacting with people with dementia. The COA is also working on an electronic community resource list and a flyer for making the Marshfield Fair a more dementia friendly experience for loved ones. Other initiatives include a brain awareness walk last June, launch of the Memory Cafes and a grant from the Local Cultural Council to name a few. There will be an upcoming event with OCES in April 2019 on Family Caregiver support.

OCES is offering a workshop on "electronic pets" to enhance caregiving through technology. OCES is also offering training on the issue of hoarding. One course will start on February 12, 2019 for 15 sessions in Brockton and the other course will be in Carver and will start on March 5, 2019 for 15 sessions.

There is also new legislation on "Adverse Childhood Experiences" which addresses helping children deal with trauma that they have experienced in their lives, such as from opioid addiction. The group also discussed vaping and e-cigarettes as possible Triad topics. You have to be age 21 to purchase vaping products.

Megan announced that there is grant money available to those that want to apply through the South Shore Health System. There are \$930,000 grants available to non-profits who receive this award. It is related to access to health care and a letter of intent is due by March 2, 2019.

Personal Safety is another topic to explore, for example being safe while you are shopping. Another topic presented by the Norwell Police on violent intruders was well received in that community.

The Council on Aging will be holding a Legislative Breakfast at the Duxbury Council on Aging on March 1<sup>st</sup> with Scituate, Duxbury, Plymouth, Kingston and Marshfield COA's.

## **Triad Dates for 2019**

January 9 - Elena Schepis Tzeng on Hearing Aids

February 13 - Using Cannabis as Medicine by the Alternative Compassion Services Inc.

March 13 - Michelle Ellicks- Registry on new License etc.

April 10 - Sheriff's Department on Romance Scams

May 14 - Annual Health Fair (no Salt of Triad Meeting)

June 12 -

July 10 -  
August 14 - No meeting  
September 11 -  
October 9 -  
November 13 -  
December 11 - no meeting

**NEXT MEETING:** The next meeting is scheduled for Wednesday, March 13, 2019 @ 12:30 for SALT and @ 1:00 pm for Triad.

**ADJOURNMENT:** The meeting was adjourned at 1:10 PM and the SALT Council joined the Triad Group for presentation on Medical Cannabis.

Respectfully Submitted,

Carol Hamilton

Council on Aging