

## **MINUTES**

November 9, 2016

Council on Aging Triad and SALT Council

230 Webster St. Marshfield, Ma 02050

**ATTENDANCE:** Deputy Chief Cipullo, Nancy Goodwin, Carol Hamilton, Kristina Fitzgerald, Becky Lee, Kathleen Small, Michelle Trepanier, Megan Stewart and Kerry Yetman.

**CALL TO ORDER:** The meeting was called to order at 12:37 pm.

**APPROVAL OF MINUTES:** The minutes of the October 12, 2016 were approved. Motion made by Nancy and seconded by Becky.

**DISCUSSION:** This Salt and Triad Group's last meeting was today. The Salt Council will not meet again until January. We discussed ideas for the 2017 calendar. Becky mentioned a potential speaker that recently appeared at another Carol lined up a speaker for January 11th and the Topic will be "Fit to a T" which will be on bone health with speaker Jim O'Neil. For the February meeting the Committee talked about reintroducing the SALT members with a panel presentation. The group will check with their own organization to see who would present. Kerry and Becky will speak with the Sheriff, Kristina will check with the DA, Deputy Chief Cipullo will check with the Fire Chief, Carol will check with Paul Taber, Emergency Management Agency and the police department. Michelle Trepanier from the NVNA and Megan Stewart from SSVNA would also like to participate. A question came up about bringing some brochures the day of the presentation which people felt would be a good idea. We would plan to have people speak for 5 minutes or so and then have a question and answer period. People could mingle at the end and pick up informational brochures. How do we insure that there is good attendance? Perhaps a raffle or food offered at the end of the program would work best. The SALT Council also discussed upcoming dates and topics. The group looked at a potential date for the Health Fair in May. It appears that May 9<sup>th</sup> would work for the Health Fair. The Committee also offered to provide screenings such as bone density, blood sugar, blood pressure and P.A.D. to name a few. Michelle will look into arranging for a special device for the health fair screening that weighs and measures fat within the body and around the organs. We discussed the fact that skin cancer screening is something that people would like to have but the companies that we have worked with cannot man the machine the day of the Fair. Prior topics still pending are; Emergency Devices, Nutritional Eye Health, Stroke Prevention, a Defibrillator and CPR Course and housing information.

The dates for next year's SALT and Triad Group were distributed as follows;

### **2016**

December 14, 2016 – no meeting

### **2017**

January 11, 2017 – Fit to a T – Bone Health Program

February 8, 2017 – Panel Presentation

March 8, 2017

May 10, 2017 –Health Fair

June 14, 2017

July 12, 2017

August 9, 2017 – No meeting – summer break

September 13, 2017

October 11, 2017

November 8, 2017

December 13, 2017 – no meeting holiday break

**NEXT MEETING:** The next meeting is scheduled for Wednesday, January 11, 2016 @ 1:00.

**ADJOURNMENT:** The meeting was adjourned at 1:00 PM and the SALT Council joined the Triad Group for a session with the Assistant District Attorney Jason Thomas.

Respectfully Submitted,

Carol Hamilton, Director  
Council on Aging