

MINUTES

July 8, 2015,

Council on Aging Triad and SALT Council

230 Webster St. Marshfield, Ma 02050

ATTENDANCE: Nancy Goodwin, Christina Fitzgerald, Carol Hamilton, Bill Hocking, Becky Lee, and Kerry Yetman.

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

APPROVAL OF MINUTES: The minutes of the June 10, 2015 were approved. Motion made by Nancy and seconded by Kristina. Motion passes.

DISCUSSION: There will be no meeting in August and the schedule is wide open for the fall thus far. Some potential topics are a self- defense course that teaches both strategies on both the body and the mind. The group felt that this looked like a good presentation that incorporates more of a comprehensive approach to self-defense. The program is called D.Y.A.T.A. (Defend Yourself Against The Aggressor). The presentation includes methods of communication, recognition of verbal and physical aggression, awareness, action verses reaction, personal bubble zones, diversion/distraction, mental conditioning, and self-esteem. Another program option is aromatherapy for the fall. There is a local hospice agency that has offered to do a presentation on this topic. We were also approached by Monarch Homes who has a sampling of community education programs such as maintaining your brain, normal aging vs. Alzheimer's, activities for cognitive therapy, resources for adults, understanding memory loss or Alzheimer's 101. Christina talked about the District Attorney's Office and her role as Elder / Disabled Abuse Coordinator. They receive all types of referrals from public safety and elder abuse agencies. The amount of referrals from Marshfield is less than other communities. Is that because people are not aware of the resource or is there less abuse? Christina may be able to get some statistics that have more information about Marshfield and some comparison communities.

We would still like to have a representative from the Police station at the Triad meetings. Carol will call and inquire about this.

NEXT MEETING: The next meeting is scheduled for September 9, 2015 at 12:30 for SALT and Triad at 1:00.

ADJOURNMENT: The meeting was adjourned at 1:02 PM and the SALT Council joined the Triad Group for a presentation by Doug MacClaren on acupuncture.

Respectfully Submitted,

Carol Hamilton, Director
Council on Aging

