

MINUTES

June 13, 2018

Council on Aging Triad and SALT Council

230 Webster St.

Marshfield, Ma 02050

ATTENDANCE: Lou Cipullo, Marilee Comerford, Nancy Goodwin, Carol Hamilton, Ann Marie Powers and Kerry Yetman.

CALL TO ORDER: The meeting was called to order at 12:32 pm.

APPROVAL OF MINUTES: The minutes of the April 11, 2018 meeting were approved. Motion made by Kerry and seconded by Nancy. Vote unanimous.

DISCUSSION: COA has had 2 Triad related requests from the latest suggestion box. One was for a “fire extinguisher training class” and the other for a “CPR Training”. Deputy Chief Cipillo suggested that we present the fire extinguisher training in October with the Fire Safety Month and at that point get people to sign up for CPR interest and run the course once we have a list. The fire department is anticipating a busy summer with the Levitate Concert Event and the Marshfield Fair. Heat related medical emergencies last summer were a common event. The Levitate event is scheduled for July 7th and 8th.

The NVNA will be hosting a fundraiser for the Hospice House on June 12th. Information is available for the fundraiser on their website. Anne Marie also suggested a future Triad Topic of “the difference between palliative care and hospice care”. Kerry suggested another topic on the effects of nicotine on the body as you age and strategies to counteract the effects and stay healthy. Perhaps we can enlist a pulmonologist to give this type of talk. Do older people vape instead of smoking and how does that impact health?

Marilee Commerford, Activities Coordinator for the Council on Aging gave an update on the age friendly and dementia friendly initiatives that the COA is working on. We are working with the Alzheimer's Association to raise awareness about the disease. The COA has invited the community to walk with our walking group on June 21st and all participants will wear purple scarfs provided by the COA. We will also begin a memory café in August. The activity that we will promote for the memory café will be “time slips” which is a story telling activity. Marilee will attend training to be able to conduct the “time slips” activity. This unique topic was suggested by Emily Kearns from the Dementia Friendly Initiative Leadership Group which will distinguish Marshfield from other local groups. The COA is taking small steps toward being an age friendly and dementia friendly community. The efforts will eventually involve others stake holders in the community for both initiatives such as business, town officials safety personnel and others. There are various domains to focus on such as: Transportation, Housing, Social Participation, Outdoor Spaces and Buildings, Community Support and Health Services, Communication and Information, Respect and Social Inclusion, and Civic Participation and Employment. Each community is different and makes a commitment to take small steps to make progress in some of these various domains.

Marilee also mentioned a community intergenerational walk at Harbor Park on September 2nd to raise awareness of the Age Friendly Dementia Friendly Initiatives. Marilee is working on an application through AARP to deem Marshfield an "emerging community".

The following schedule was presented to the SALT Council.

2018 Triad Schedule

January - 10 - Hypnotism

February - 14 - Laugh Therapy

March - 14 - Lyme Disease - (cancelled and rescheduled due to weather)

April - 11 - National Health Care Decisions Week with Meg Payne Cape Cod VNA

May - 9 (Health Fair on Tuesday, May 8th no regular meeting)

June - 13 Lyme and Tic Disease

July - 11 - Healthy Eating as You Age - Norwell VNA

August – 8 - No Meeting due to summer break

September - 12

October - 10 Fire Department National - Fire Safety Month

November - 14

December - 12 – No Meeting due to Holiday

NEXT MEETING: The next meeting is scheduled for Wednesday, July 11, 2018 @ 12:30 for SALT and @ 1:00 for Triad.

ADJOURNMENT: The meeting was adjourned at 12:57 PM and the SALT Council joined the Triad Group for a talk on Tics and Lyme Disease.

Respectfully Submitted,

Carol Hamilton, Director
Council on Aging