

MINUTES

November 14, 2018

Council on Aging Triad and SALT Council

230 Webster St.

Marshfield, Ma 02050

ATTENDANCE: Deputy Chief Lou Cipullo, Maria Do Canto, Christina Fitzgerald, Nancy Goodwin, Carol Hamilton, Becky Lee, Katie Sikora and Kerry Yetman,

CALL TO ORDER: The meeting was called to order at 12:40 pm.

APPROVAL OF MINUTES: The minutes of the October 10, 2018 meeting were approved. Motion made by Kerry Yetman and seconded by Becky Lee. Motion passes.

DISCUSSION: The group talked about potential topics for future presentations. Arrangements and logistics are still being discussed to conduct a CPR and Defibrillator class at the Senior Center. A second suggestion was made to present information on an array of emergency devices. Ralph Poland is one potential presenter and the Safety Assurance formerly the R you Okay as another presenter that we could schedule. A second recommendation was made to ask Michelle Ellicks of the RMV to come and talk about the new licenses/Real ID and possibly other topics offered by the DMV. One last idea was a presentation on Macular Degeneration of the eyes, as this seems to be a common health problem with older people. Carol mentioned that the COA is presenting a safer driving course through AARP on December 7th from 10-3. The women's group is also meeting on November 27, 2018 and the COA's health educator will speak on hypertension. We have booked 2 programs for 2019 the first is on hearing aids and technology which will take place on January 9th. The second topic is on medical marijuana and it will be presented in February.

The public safety luncheon was successfully held at the Pine Hills in Plymouth on October 25 2018. There were several seniors in attendance from Marshfield and other communities. The program was sponsored and organized by D.A. Tim Cruz and Sheriff Joe MacDonald, Jr.

The Plymouth County Sheriff's Department will hold their annual "Christmas Day at the Farm" event which is being planned on a Saturday for early to mid-December in Plymouth. There will be festive activities and Christmas items for sale.

Schedule of upcoming topics reviewed

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 - the Physiology and Anatomy of the Ear and How Hearing Affects You on so many levels.
W/ Elena Schepis Tzeng, Clinical Audiologist

October - 10 - Fire Department National - Fire Safety Month

November – 14 – Mark Lemo, Physical Therapist on Knee and Back Pain

December - 12 – No Meeting due to Holiday

NEXT MEETING: The next meeting is scheduled for Wednesday, November 14, 2018 @ 12:30 for SALT and @ 1:00 pm for Triad.

ADJOURNMENT: The meeting was adjourned at 1:00 PM and the SALT Council joined the Triad Group for presentation on pain management and physical therapy.

Respectfully Submitted,

Carol Hamilton

Council on Aging