

MINUTES

January 9, 2019
Council on Aging Triad and SALT Council
230 Webster St.
Marshfield, Ma 02050

ATTENDANCE: Maria Do Canto, Nancy Goodwin, Carol Hamilton, Becky Lee, Katie Sikora and Lori Sullivan.

CALL TO ORDER: The meeting was called to order at 12:44 pm.

APPROVAL OF MINUTES: The minutes of November 14, 2018 the meeting were approved. Motion made by Becky and seconded by Nancy. Motion passes.

DISCUSSION: The group talked about potential topics for future presentations. Arrangements and logistics are still being discussed. The COA will hold a CPR/ Defibrillator/ First Aid class in coordination with the Fire Department at the Senior Center on January 14, 2019. Michelle Ellicks of the RMV has been booked to come to Triad in March and will talk about the new licenses/Real ID and possibly other topics offered by the DMV. One previous idea was a presentation on Macular Degeneration of the eyes and Carol has reached out to a local Ophthalmologist who specializes in the topic and they will get back to her. The women's group is meeting on January 29th and will speak on nutrition and life style changes and how this can help reduce risk for chronic disease. We have arranged for a presentation on Medical Cannabis in February for Triad. Lori talked about the recent "Romance Scams" that involve playing on people's fears and emotions. We tentatively scheduled Lori to come out to do a presentation on this in April and will discuss the details when we get closer to the date. See the new schedule for 2019. The Marshfield Health Fair will be held on May 14th this year and the Becky mentioned that Wareham's health fair will be on April 9th.

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, February 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 hearing aids and technology.

Respectfully Submitted,

Carol Hamilton

Council on Aging