

## **Scituate COA Board of Directors, May 8, 2013**

Scituate Council on Aging Board of Directors Meeting

Minutes of May 8, 2013

In attendance: Pam Davis – Chairman, Rocky Carrabes, Meg Stillman, Dale Balog, Joan Powers, Audrey Reidy, and Florence Choate – COA Director

Meeting was called to order at 6:00PM and the board was introduced.

The minutes of the April 17th meeting were approved. A discussion was had on the possibility of tax credits to aid caregivers (people who are caring for family members with dementia and Alzheimer's) which Mrs. Choate had brought to the attention of Senator Hedlund. As discussed in the previous meeting, and the costs of caring for their loved ones is often astronomical and there is presently no financial aid for caregivers. People with Alzheimer's and dementia can live for many years and the financial toll is considerable.

Meg Stillman commented on the new library program being instituted that will deliver 4 books a month to seniors at home, based on a survey of their preferences. The COA will be training the volunteers who will go into the homes of the seniors participating in the project.

### **Staff and Director Reports:**

Programs in May included the Scituate Garden Club class on flower arranging and the new season for memoir writers, with Dale Balog at the helm. The Health Fair was a huge success, with 170 people in attendance. The volunteer lunch is scheduled for June 21st at the Maritime Center.

Directors Report: More seniors are using the long distance transportation for their medical rides and the expectation is the need will continue to grow rapidly. Intergenerational programs are ongoing. The high school students are interacting with 15 senior volunteers for a Social Studies class, and a pizza party and talent show for seniors and 2nd graders from Jenkins School was held. In the future are a Senior reading project with Jenkins School will be held and volunteers are welcome. The success of the health fair was very gratifying considering the time and effort put into it by the COA staff and the many volunteers who gave of their time. The town has approved the addition of a Social Worker to be on the staff at the COA. With the increase in seniors in town this will be a huge help for the town.

Transportation: April daily rides were 486, LINK (out of town) were 87, volunteer rides were 6 for a total of 579. Volunteer hours were 16 and van miles were 1285.

Social Services: home visits -2, office visits @COA -23, meetings attended -3, telephone calls -44, referrals made -6, duplicated numbers (previously served)- 81, unduplicated (new) -40. Social services staff spent a lot of time and effort organizing and arranging the health fair during the past few months and it was a very successful event.

Mrs. Choate prepared a detailed report for the Town Administrator listing all the programs and events currently being held. It is broken down into classes held at the COA, the SHCB and classes that are planned for the future and where they would be held. The categories are exercise programs, events, education or enrichment, support groups, and meal delivered. The list will be a part of the minutes available at the Town Hall.

Old Business: NONE

New Business: Pam reported that she has been in contact with the Attorney Generals office and is pursuing the possibility of resurrecting the old 501C3 known as the Scituate Senior Assn. It was taken over 2 or 3 years ago by a group who didn't do any fundraising and we are hoping it can be transferred to a group in town that is willing to take it over. The SSA raised considerable funds that were donated to the COA over the years for project and the purchase of new vans. With the ability to raise tax-deductible funds they have a distinct fund raising advantage and would be of significant help to the SCOA. Bridgewater's COA was successful in getting their 5013C back in action after it had been disbanded for a number of years. Mrs. Choate has asked for assistance from Representative Cantwell also.

South Shore Elder Services: there is no waiting list anymore for home health services, and the community of aging is now called the community of living. SSES is advising their clients that if they are readmitted to a hospital too soon after being discharged to their nursing home, they may be held for observation instead of being admitted to the hospital for this second event. What then happens is the patients are held accountable for the hospital charges and not paid for by Medicare. Please check with the hospital if you find yourself going back too soon after a discharge! Are you being readmitted or held for observation? The Rotary dinner at St. Lukes was a spaghetti dinner and was a huge success. The May dinner is 5/26 and a spring chicken dinner.

There were no reports for the Commission on Disabilities or the Gates master plan.

The meeting adjourned at 6:55PM

Respectfully submitted,  
Pam Davis

#### PROGRAMS CURRENTLY BEING OFFERED

•REPRESENTS THOSE PROGRAMS BEING OFFERED AT THE SHCB\* CLASSES PLANNED \*\*

- Arthritis Exercise conducted by NVNA twice weekly
- Cardio Exercise 1 weekly and 1 weekly at SHCB \*
- Yoga 2 x weekly \*
- Chair Yoga 2 x Weekly\*
- Tai Chi 1x week
- Country Western 1 x a week
- Zumba 1 x a week \*
- Pilates 1X a week\*

#### EVENTS

- Men's Breakfast 1 x per month
- Men's poker 1 x a week
- Men's Soft Ball Meeting 1 x a MONTH
- Nutrition or presentation lunch 1 x per month
- Dinner or Special lunch with more than 45 1 x month\*
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#### •EDUCATION OR ENRICHMENT

- Informational Forum 1 x per month\*
- Italian class 1 x week
- Memoir writing 1 x per week
- Art class 1 x week
- Beginners Art AND CRAFTS 1 x week\*\*
- Current event Discussions\*\*
- Game Day 1 x week\*
- Wisdom Learning for Seniors 5 sessions of 6 weeks 4 x per year\*\*
- Computer classes and free time

#### SUPPORT GROUP

- Alzheimer/Dementia Group
- Bereavement Group\*\*
- AA/NA for Seniors\*\*

Meals /delivered

Daily and put up in kitchen—Cost to seniors \$5.00 a meal \*\*

Agenda and minutes of the April meeting are available at the Town Clerks office.

Staff and Director reports are available at the COA, 27 Brook St.