



## **Plymouth Council on Aging (PCOA) Advisory Board Minutes**

44 Nook Road  
Plymouth, MA 02360

**July 13, 2023**

### **MISSION STATEMENT**

*To provide our community with safe and trusted environments, both physical and virtual, where information and access to programs and services foster a healthy and vital lifestyle throughout the aging process*

**Board Members Present:** Amy Naples (Chair), Kathy Castagna (Vice Chair), Janice Capofreddi (Secretary), Pat Achorn, Terry Mucci, Elizabeth Cadigan, Kevin Manuel, Dan Holland

**Board Members Absent:**

**Staff:** Michelle Bratti, CAL Director

**Liaison for the Board of Selectmen:** Harry Helm

**FRIENDS Representative:** Barbara French

**Guests:** Ann Hieser

### **CALL TO ORDER:**

Amy Naples called the meeting to order at 9:05 with a quorum present.

**MINUTES:** Kathy Castagna moved to approve the June 8, 2023 minutes. Pat Achorn seconded the motion. The motion was approved, with one abstention.

### **DIRECTOR'S REPORT:**

#### CAL Director's Report June 2023

- U.S. Senator Elizabeth Warren chose CAL as the statewide site of a senior "meet and greet!" This event was a huge success.
- CAL, in partnership with The Alzheimer's Family Support Center (AFSC) is proud to offer, AT THE CAL FACILITY the Community Alzheimer's Respite and Engagement Program (CARE), a person-centered social engagement program for people living with Alzheimer's and other dementia-related diseases. CARE is designed to provide caregivers with a few hours of respite time, and people living with cognitive loss an enriching activity-based program. This in-house program is expected to begin mid to late August on Tuesdays from 10 am until 1 pm, and lunch will be included. This program is offered free of charge, but space will be limited, and pre-registration will be required.
- CAL has chosen the BSU Clinician who will oversee the Mental Health Grant counseling program at our facility, and we are happy to welcome Shannon McKenna to the team! Shannon's field placement at CAL will be from September 2023 through May 2024.
- Director was officially voted in as an MCOA Board member at the June Annual Meeting.

- CAL Title III Nutrition Grant was formally submitted: verbal feedback for approval was positive but formal approval pending. This grant funds the Meal Site Coordinator position in full.
- The Receptionist position has been filled! Volunteer Coordinator Margaret Martin has accepted this position and will transition once her role has been filled. Matron position is still open.
- CAL's 4<sup>th</sup> of July cookout was held on June 29<sup>th</sup> and was a great success! Other successful programs this month: 50's Poodle Skirt and Leather Jacket Party, First Summer Concert Series, Curry College Nursing program presentation.
- **Future Endeavors: "Cheers to 11 Years," to be held on September 14<sup>th</sup> in the evening and will feature a "blues style" theme and include a bourbon and beer tasting event and food truck.**
- Town Manager was contacted regarding Plymouth hosting an event for the state regarding Mass Health redeterminations. CAL will be holding this event in either September or October.
- The Walk to end Elder Abuse was very successful with many participants marching downtown. CAL presented 5 awards for excellence in elder abuse advocacy, and those awarded included 3 Plymouth Police Department members and CAL's Social Outreach Workers Lindsay Reik and April Thompson.
- The Senior Task Force continues its mission for Plymouth to become an Age and Dementia Friendly Community. This month, the final two Community Forums were conducted, including one virtual event and one held at the Library focused on the local business community.
- Constant Contact stats: 21 emails sent to 2,755 contacts with an open rate of 38%.
- The CAL Café opened outdoor dining and has now moved to a permanent menu consistent with true restaurant operations. Specials are created daily, along with soup de jour and breakfast is back!
- Quarterly Division Head meeting was held this month at the Emergency Management facility. Employees were encouraged to take a creative approach to new initiatives and revamping job descriptions to accurately reflect current responsibilities (many job descriptions are outdated-changes to job descriptions must be bargained/approved by unions).

Respectfully submitted,

Michelle Bratti, Director of Elder Affairs/CAL

Town of Plymouth

#### **DIRECTOR'S REPORT DISCUSSION: -- Michelle Bratti**

- Elizabeth Warren's "Meet and Greet" was well received. CAL staff transformed the area beautifully and there was a chorus singing "God Bless America" to greet Senator Warren, who was engaging and warm. The Senator and her team stated that they will never forget Plymouth.
- The mental health grant to Plymouth and Duxbury will provide in home and in center one to one mental health services to seniors beginning in September through a mental health intern, Shannon McKenna, who is eager to start two days per week. Michelle met with the MCOA Director and the goal is to take this program state wide and ultimately national. Kevin asked that the Commissioners meet with her to connect.
- CAL has partnered with The Alzheimer's Family Support Center (AFSC) of Cape Cod. The Community Alzheimer's Respite and Engagement Program (CARE) will provide, through a grant, its respite services to Plymouth residents at the CAL beginning in August, Tuesdays from 10:am to 3:00pm. It is expected to fill very quickly. Lunch will be provided. Ann pointed out that there is an over 40% mortality rate among caregivers, so this service is essential.
- Please note change of date on actual invitation. "Cheers to 11 Years" will be held on Thursday, September 21 from 5 to 7:00pm.

## **CHAIR AND VICE CHAIR REPORT: -- Amy Naples, Kathy Castagna**

- Amy introduced and welcomed Dan Holland to the Advisory Board. Dan provided a brief summary of his background.
- Amy and Michelle met with Tiffany Parks, Town Grant Writer, to go over key areas for needed CAL funding. Tiffany could then be on the lookout for grants in these areas, including health and wellness and transportation.
- Amy and Michelle attended a Duxbury “Black-Tie Bingo” fundraiser for the senior center. The Plymouth Chamber is planning to host a fundraiser for CAL and the American Legion Veterans in October. Any money raised for CAL would go into the Friends account.
- Amy and Kathy are waiting to hear back from Monica Mullin for a good date and time to get together.
- The Senior Task Force is waiting for the survey data analysis from UMASS Boston. Forums are completed. UMASS plans to set up focus groups with adults under the age of 60, caregivers for dementia patients and residents of senior housing regarding age and dementia topics.
- All data will then be summarized, reported to the town and Advisory Board. An action plan will then be put together for the community.
- Michelle added that some actions can be taken in the near term. Plymouth and other towns will consider accessibility, such as benches with arms, when updating public spaces. Amy suggested exercise equipment for seniors in parks.
- Harry indicated that the new dog parks in Cedarville and Forges will also be ADA accessible and have age and dementia friendly components.

## **FRIENDS’ REPORT: by Barbara French**

- Friends is establishing an on-line store selling hats, t-shirts, and sweatshirts with the Friends logo.
- Friends will have a table at the “Cheers to 11 Years” celebration and will have items to raffle off. Sale of tickets for the summer cash raffle will also be available then.
- The Bingo installation is completed and has been very well received. The old heavy bingo board went to High Cliffs.
- Friends will also attend the Red-Carpet Bingo planned by the Chamber.

## **COMMITTEE UPDATES:**

### **Community: --**

### **Grants: --Kathy Castagna**

- There will be no more meetings for the remainder of the summer.
- The work on this committee is labor intensive to complete the necessary research. Time frames for submission are often short and require extensive data. The requests must also be reviewed with the Friends.
- The current structure is under review and the committee would welcome new members from the Advisory Board or CAL volunteers to help in this very important endeavor.

### **Marketing Committee: by Elizabeth Cadigan**

- The Hometown Welcome Club postcards that were designed have not been printed yet, and so could not be distributed to new Plymouth registered voters over 55 and others.

- Two publications that went out from CAL did not include information about the July 2023 Hometown Welcome Club.
- Social media posting for the last event was successful and will be used again.
- July is a quiet month, so changing the date to some time in September is being evaluated.
- Planning for the 2024 Senior Conference will continue.

**Senior Voices:** by Pat Achorn

- The 103rd birthday celebration at the Little Red Schoolhouse was a success. Terry and Pat, referred to as Senior Ambassadors, provided paper and plastic goods for attendees at the event. CAL flyers were made available. Feedback was very positive.
- Pinehurst Village approached Pat and Terry and is now on the schedule for September 20 for a visit. They are looking for Health and Wellness and Safety information at this two-hour event. Presentations by police and dieticians are being planned.
- The Plymouth Mobile Home Estates visit is booked for Saturday, October 16. The Sheriff's Department will participate to issue ID's.
- The Farmer's Market requested that Pat and Terry return this year, but that will probably not happen. The new parking lot location is more accessible for people with walkers or canes, but it would be difficult to circulate in the heat of the day.
- The October 16 visit will be the last for 2023.

**Strategic Planning:** by Ann Hieser

- The committee is working on the Annual Report planning for a rough draft in August and final copies September 1.

**Senior Task Force:** --

**OLD BUSINESS** —

**NEW BUSINESS:**

- There will be no August 2023 Advisory Board meeting.
- Amy will reach out to Monica Mullin to set a date to get together.
- Terry was asked by a neighbor if Plymouth is a safe community. Discussion ensued about recent events at Great Island and Miles Standish State Park. Police have been very responsive. Neighborhood Watch programs must be home grown. The police cannot sponsor or run them.

**PUBLIC COMMENT:**

**ADJOURNMENT:**

Elizabeth Cadigan made a motion to adjourn. Terry Mucci seconded the motion. The motion to adjourn was approved unanimously at 9:49am.

Respectfully submitted,  
Janice Capofreddi, Secretary

**LIST OF DOCUMENTS USED DURING THE MEETING:**

- Agenda – July 13, 2023
- Minutes – June 8, 2023
- CAL Director’s Report June, 2023 with Statistics June, FY 2023 by Michelle Bratti
  - CAL Director’s Report June 2023
  - U.S. Senator Elizabeth Warren chose CAL as the statewide site of a senior “meet and greet!” This event was a huge success.
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Michelle Bratti, Director of Elder Affairs/CAL

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FISCAL YEAR 2023	July	August	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June
Number of times in Center	3017	3816	3701	3515	3658	3284	3701	3971	4768	3496	4377	4153
Guests over 60	42	73	144	80	103	95	62	119	147	83	105	98
Guests under 60	11	8	19	5	16	2	5	18	27	33	17	12
Unduplicated Programs	85	89	95	97	108	96	91	98	103	112	100	101
Duplicated Programs	362	422	420	438	417	407	441	431	488	374	431	445
Medical Transportation Rides Unduplicated (# of people)	6	8	19	10	5	4	10	10	4	11	12	13
Medical Transportation Rides Duplicated	18	30	49	25	19	29	47	36	16	50	68	34
Social/Outreach Clients Unduplicated	127	194	204	189	180	142	150	126	145	113	137	155
Social/Outreach Clients Duplicated	195	311	314	315	331	227	281	207	217	164	199	216
Volunteers Unduplicated	141	147	145	183	181	172	180	178	185	169	185	163
Volunteer Hours Duplicated	1533	1587	1404	1630.13	1937.93	1817.17	1859.71	2457.26	2741.49	2648.37	2333.09	2044.87
Meals on Wheels Unduplicated	154	172	169	170	165	166	171	181	183	177	185	181
Meals on Wheels Duplicated	2287	2843	2793	2594	2684	2738	2590	2611	3130	2619	3157	2982
Friday Food Shopping	79	82	95	71	86	73	78	83	84	91	80	
Dine-In Lunch Unduplicated*	109	110	81	40*	172	206	164	169	155	149	141	163
Dine-In Lunch Duplicated	207	219	101	40*	112	297	352	359	271	290	338	368
Director Calls	10	10	10	10	5	5	5	5	5	5	5	5
Birthday calls	851	872	705	960	776	902	865	806	984	762	979	792
CAL Express (NEW)	169	214	183	141	167	150	164	155	198	UNK	see attached	173

\*Breakfast with PPD-Congregate closed in October for CAL Café construction