

**Council on Aging
Board Meeting Minutes December 6, 2023**

Members Present: Mary Anne Easley, Robert Kucharavy, Judith Perkins, Abby Camp, Arlene O'Reilly, Linda Williams, and Rocky Fox.

Staff Present: Jerico Mele. Laura Stewart

Guest Speaker: Jessica Trimble. Tucked In Elder Care

Meeting called to order 3:10 pm, hybrid, in-person and remotely online.

Approval of Agenda: Bob moved to accept; Linda seconded. All approved.

Review of the Minutes:

November and December minutes were approved.

1. Mary Anne:

- Welcomed everyone back and introduced guest speaker, Jessica.

2. Jessica Tremble overview of health aid for elderly.

1. Best of Care is the home health care company

1. Assist with moves, transportations and families that live off islands that are decision makers.

2. Office moved into Sherburn Commons

1. Education and community outreach
2. Activities for older adults such as paint day
3. Solid staff of about 50, most are licensed to drive.
4. Participated in the elder affairs at the hospital.
5. Setting up to Provide monthly support group for caregivers.
6. Moving mentors – assistance and emotional support for elderly preparing to move.

3. Linda Williams raised questions about memory café care, care givers are involved and are you going to reach out the caregivers? And does Medicare cover your services? Response is “no” on both questions. Linda raises further concerns and discussions. Who pays for your services?

1. Elder services and Cape Cod and the Islands provide financial support.

2. Linda, concerns over elders that are not high income to afford nursing care and home health aids.

4. Mary Anne – this is something we should revisit as the COA. This problem is a nationwide problem. Continued discussions on logistics and services on Our Island Home verses assisted living and affordable units.

5. Mary Anne reported that the COA has officially ending our involvement with Hospital health Fair and will be focused more on the Elder Expo and invited the hospital to be involved in the Elder Expo for 2024. Further review on location and insurance, selecting the date: traditionally was held in the fall, proposed October 19 to reserve the space with the high-school. Checking with Chamber and Visitors Services to see if 10/19 is good to lock in. 10/26

would be the second choice. Mary Anne also will speak with NCEA to partner with COA as the nonprofit partner for the Elder Expo for funding/grants.

6. Jerico is going to investigate towns funding for outreach costs. We could cover vaccines on this day for flu and Covid shots and include a mini clinic. Further discussions on potential budget and what would the Elder Expo provide- speakers, demos, etc.

7. Robert's Report:

1. NHA on the Road Continued
2. Festival of Trees were open for free admittance to all residences.
3. Mindful History in February designed for cognitive dimension.
4. Cape Cod and Islands Elder services is having a Aging and Disability Consortium Feb 9, breakfast.

8. Jerico's Report:

- Overview of Human services
 - Staffing issues
 - Reviewed newly retired staff
- Not much to report from last month, working on end of the year tasks
- Working on grants for transportation
- One more Covid and Flu vaccines clinics possibility in February
- MV provided analytics to share with state, we are the highest in the state of testing positive, but low in hospitalizations. Expecting spike to occur this week and next week. And again to spike after February break.

9. Laura's Saltmarsh Report:

- Happy to report the both the NHA and Egan Maritime is coming to the Saltmarsh
- A member has started a Mahjong (going well)
- Knitting group (good attendance)
- A person who works with Children's comedy show (not Kevin) but will come to SM to work with elders to put a comedy show together. Will update.
- Jerico teaches once a month tech clinic, looking for someone to come once a week as a volunteer. Please pass on to Laura with any leads.
- Abby questioned mask requirements at the Saltmarsh since there are such spikes. Jerico follows percentage in waste water that patterns pass threshold of when masks will be required.
- Mary Anne mentioned the NCEA

4. COA Grants:

- Mary Anne reported transportation.
 - Transportation Grant is waiting for Libby's signature, a reimbursement grant for travel off island.
 - Linda is concerned with Uber and Taxi's.

- Arlene Questions handicap access transportation – NRTA has one that you have to call 24 hours in advance, cost is \$1. Island Ride operates at night or whenever, must call in advance.
 - Linda mentioned a slide board that works well with transportation, many of her older friends have their own slide board.

5) Questions or comments:

Arlene – fill seat for COA. Jerico - Applications happen in May, Mary Anne added it is helpful to approach anyone who maybe interested to think about it before May.

All adjourned.