

**Council on Aging  
Board Meeting Minutes  
July 6, 2022**

**Presented by:**

Arlene O'Reilly

**Members Present:** Mary Ann Easley, Chair, Alison Forsgren, Suzi Spring, Nancy Swain, Linda Williams Robert Kucharavy, and Arlene O'Reilly.

**Staff Present:** Jericho Mele and Laura Stewart.

**Guest Speaker:** Margaretta Andrews.

Meeting called to order 1:30pm remotely online pursuant to chapter 20 of the acts of 2021. This meeting was ensuring public access does not ensure public participation unless such participation is reputed by law this meeting will not feature public comment. Please note this meeting is being recorded and that all attendees are participating by video conference and available on the town's website.

**1. Reading of the Minutes:**

Mary Ann Easley stated that the council needs to elect a new secretary, was not on the agenda today. Requested a volunteer to take minutes. Arlene O'Reilly raised her hand. The next task is to approve the minutes of the last meeting, but was not available, intending to approve in the next meeting.

**2, Officer Reports:**

*Chair Report:* Mary Ann Easley

- We have two new members appointed by the Select Board. Requested self introductions and Arlene O'Reilly and Bob Kucharavy.
- Two of our board members have been reappointed: Alison Forsgren and Kendra Lockley. Kendra could not join us today, she is sick with COVID.
- Introduced Margaretta Andrews, Executive Director of Community Foundation of Nantucket. Margaretta is here to tell us about an initiative that the COA would be interested in.

• *Guest Speaker Statement:*

Margaretta Andrews informed the COA that the CFN has an advisory committee that touches all aspects of the community.

- Findings and needs for seniors in community.

- Process The CFN meet with local organizations, and conducted an island wide survey. We along with ReMain Nantucket conducted the survey. This yielded information of priorities for seniors well-being, along with mental health, substance use, housing, affordable childcare, transportation, and diversity initiatives.
- Last month CFN invited anyone who had a vested interest in the care provided to our seniors to meet with them. They looked for gaps and overlays of services, and identified the lack of hospice debts for our seniors either at the hospital or at home.
- Next step is to conduct another confidential survey to those attendees and anyone who could not attend. The intention is to create a visual map of service. Alison had attended this meeting and provided the list of existing services for seniors. CFN hopes to update this, it needs exposure and some marketing so that residents know how to access these services for seniors. Opened to questions.
- Linda Williams Q&A with Margareta and cross referencing past senior service.
- Jerico explained that the Town does have a rough plan for campus for human services related functions.
- Linda is concerned with duplicating efforts (old island home) wants clarity and not duplicating efforts.
- Margareta agreed, this is the point of the conversations.
- Mary Ann stated this is the beginning and exploring needs and facts and wants everyone on the council to be well aware of this effort CFN is making.
- Linda wanted to confirm the number of COA members partaking in these meetings and not in violation of open meeting law since we are appointed by the town.
- Alison thanked Margareta, wants to stay informed as COA considers how to utilize what the town is planning on regarding salt marsh and the island home.
- Margareta stated follow through with survey and forum in the fall T/B/D in development of resources, etc.

*Activities at the Saltmarch:* Laura Stewart

1. NCEA board with a grant from the Landmark Foundation will underwrite additional lunches Tuesdays and Fridays through the month of July.
  - a. Provides food
  - b. Gets seniors out of the house and social
2. Had our first Sailing trip with Nantucket Community Sailing.
  - a. Six people attended.

- b. Future trips are booking up fast with seniors.
- c. NCS may offer more trips
- 3. Q&A on men's breakfast, should be taking over by NCEA. If not for any reason, COA will pick it up again.

### *Suzi Spring*

- 1. Suzi was looking for clarification spend on people getting money for travel to the Cape /caregivers.
- 2. Mary Ann defined this as scholarships for senior caregivers, 30 people qualified, each received \$200 gift certificate to choose from 33 local vendors on island, Stop & Shop being the most popular. This also included off-island transportation.
  - a. Given out 17 or 18 of June, managed and processed by the Town's finance director.
  - b. Positive feedback from a dozen people.
  - c. There was enough money for 38 people, disappointment that only 30 people obtained them under a tight deadline.
  - d. The funds were from a grant from the MASS Council on Aging. This grant was designed for caregivers (non-paid) of elders or disabled.
- 3. Alison pointed out that better outreach to the community for people to apply, is needed.
  - a. There was some confusion on who would qualify.
  - b. People most likely felt others needed it more then they did.
  - c. New grant was not done before and logistics proved to be challenging in the beginning working with PASCON and Elder Services of Cape Cod.
  - d. If this grant is obtained again next year, logistics will flow much easier and more funds will be given out.
  - e. Summary report/lessons learned/best practices to follow from Mary Ann to COA members.
- 4. Arlene inquired about obtaining the data from surveys conducted to help shape future development on a grant like this.
  - a. Jericho responded the CFN should have the data on their website under elder affairs. If not, we can request it.
  - b. Mary Ann added there was a survey for seniors seven years ago, but CFN, ReMain and Nantucket Center for Elder Affairs. It is available on the Town's website under Saltmarsh.
  - c. Alison also added this older survey was conducted by UMASS Amherst and was a comprehensive report.

- d. Mary Ann recommend that Bob and Arlene review this report since it is a great resource in Elder data.

*Human Services: Jericho Mele*

1. Behavioral Health Initiatives update / workgroups areas of focus
  - a. Youth facing services
  - b. Crisis service
  - c. Both slated with expansion with new state mandates
2. Behavioral health work groups planned for socialization post pandemic relative to COA. More updates to follow.
  - a. Major issue in senior health post pandemic is isolation and lack of socialization options.
3. COVID update: Wastewater samples (prior to July 4th) indicated 25 people per day infection rate. Most likely is an undercount. There is a fair amount of transmission on the island.
4. Meeting with Joe Aguiar to review ways NCEA and the Salt Marsh staff interact with programming
5. There maybe revisions in the NCEA's lease of the Salt Marsh Center that has been outstanding for 3-4 years.
6. As of July 15, the exemption for open meeting laws allowing us to do these remote meeting sis going to expire. Next meeting we may need to either use a hybrid space. Hopefully, the legislation will pass a state build allowing us to continue to meet remotely.
7. Question, does everyone here prefer to meet remotely, present this to town admin. Additionally we have the town trailer set up as a meeting space for when we go back to in-person meeting. There was no objection to continue to meet remotely.
8. Food security program and Nantucket resource partnerships appears to be the umbrella nonprofit for Human Services for senior focus and general population.
9. Question from Mary Ann: Congregate lunch, when will this start?
  - a. To be determined
  - b. Will be taken over by NCEA
  - c. No indication of when medically prepared meals will start up
  - d. There will be a regular eating event at the Saltmarsh, started a month ago and should continue for the foreseeable future.

*Elder Service of Cape Cod: Alison Forsgren*

1. Sheri Hunt is looking for volunteers to help with congregate lunch program. The lack of help is what is holding up this program, not the lack of food.
2. The cost of a meal has increased greatly due to gas and food price hike, estimated cost is \$18 per lunch. \$3 is the suggested donation to eat.
3. Taylor Hills is a new Nantucket representative on the advisory council, this is very good news to have another local voice on the state side.
  - a. Being aware of and advocating for grants to support local efforts.
    - i. Such as the Home Modification grant
    - ii. New programs that COA develops
4. The CEO of Elder Service of Cape Cod and the Island retired. The new person (Marianne, last name we don't recall) was interview by the Frank and Mary Show. She has some very great ideas and recommend review.
5. Sara Franny manages Elder Services of Cape Cod and the Islands volunteer outreach. Recommend she could be a guest speaker with us.
6. The cape has 50 people waiting for program services, there is no waiting for services on Nantucket.
7. There will be \$25 gift cards for local farmers market available. We want to get those out there.
8. Home Care Team is a new program that will be administered by Elder Services. The focus is on hospital discharge care for seniors, that appropriate care is provided in the home.
9. Mary Ann asked if the new COA member could be on the email list of the MASS Council on Aging. Great deal of information and highly recommend it. Also is the source for grants if a member wants to apply on behalf of COA.
  - a. Jericho will forward a copy of the MA COA newsletter for sign up.

*Grants Report: Mary Ann Easley*

1. Report on two grants, one was already given earlier in this meeting (Caregivers Gift Certificates program).
2. Safety Home Medications in Seniors Homes.
  - a. \$7,500 for basic home safety improvements for seniors.
  - b. Grant is for one year, ends at the end of September.

- c. Slow start due to shortage of finding works to do the handwork/carpentry.
  - d. Lucky to have Steve Maylou, builder with 30 years of experience on the cusp of retiring. He has agreed to take on the needs of this project.
  - e. There are nine people at various points in the works.
  - f. Waiting list is established, Steve cannot keep up with the demand.
  - g. Advantage of being in this grant cycle, we can network with other grantees in the zoom meetings, coordinated by Sara Franny (Mentioned by Alison earlier).
  - h. Would like to offer this service to all residents, but limited to year-round residents.
  - i. Being done in collaboration with the hospital, fire department and Elder Service of Cape Cod and the Islands.
  - j. Alison mentioned the Landmark House Fund Grant. \$10k twice a year to a local nonprofit, COA cannot apply to this, we are not a nonprofit.
3. Wrap up, open to questions or comments.
- a. Laura stated she has Rich Leone's certificate for senior of the year and Linda Williams has offered to drop that off to his home. Do we need to vote on this?
  - b. Yes, that would need to be a vote (Jericho).
  - c. Alison moved that we vote to have Linda drop of Rich Leone's gift certificate.
  - d. Arlene seconded it.
  - e. All favored it and voted yes.
  - f. Arlene questioned what Alison stated about COA not being able to apply for a grant since we are not a nonprofit, but yet apply for other grants off island? Mary Ann explained COA applies to government grants of the state or regional government agency. Nantucket Center for Elder Affairs is our major source of funding.
  - g. Mary Ann forgot to mention Memory Cafes, been in touch with Brian Linnane (community school) and will be offer a place for this. We need to find someone who can conduct a memory cafe. Alison stated we need to find someone who is qualified and need to be paid.

Mary Ann motioned to adjourn the meeting. Bob seconded it. All in favor.