

Council on Aging Executive Board Meeting – Wednesday January 12th 2022.

Present: (Meeting via Zoom)

Steve Gillespie, Nancy Hammond, Jen DeSimone, Kathy Bothwick, Jane Metrano Mary Hull.

Guests; Steve Gang, Veronica Matthews.

1. Minutes from October 13 were accepted.

2. Directors report:

Senior Center: No progress to report. Waiting for a written response from Masons about next steps. This was expected before Christmas but the town has not received a response. Nancy says while the Senior Center is not on the town's front burner, she would describe it as on the middle burner.

Senior Programs: All non-essential programs suspended until at least the end of the month. 2 van drivers have been out with Covid. One van driver has resigned and finishes on Friday. The remaining two will share the workload. Steve Gillespie suggested that Nancy look for hire another part time driver in preparation for when full services resume.

Virtual Senior Center: Channel 67. Friends of Council on Aging to sign a memoranda of understanding (MOA) in relation to contribution of funding as agreed at last FOCOA Meeting. Studio 1623 will provide 2 hours a week of a variety of fitness for seniors on Channel 67. Fitness programs can be recorded, or senior can go on line to Studio 1623 website.

3. Discussion with Steve Gang: Cape Ann Virtual Senior Center
Channel 67 is in large part devoted to local content aimed at seniors. Not a lot of support of promotion from Comcast. Steve Gang, Studio 1623 representative is wanting to perform market research on the senior populations on Cape Ann to tailor content to meet needs and to spread the word about what is available virtually – via cable TV. Wants to go beyond offering fitness classes. Discussed plant-based cooking classes, and "prehab" – support for getting onto shape before surgery to increase the chances of a complication free recovery of a successful surgery. Hopes to expand content and usage.

4. COVID: Nancy continues to organize twice monthly vaccination clinics with Conley's Pharmacy at Sacred Heart Church Hall. Next Clinic Saturday 29th 2-2pm.

Town has bought 700 rapid covid tests. Will go to town staff, local businesses to test staff and vulnerable seniors starting with those who currently receive Meals on Wheels.

5. In Memoriam:
Al Ireton, Roger D'Napoli, Judy Gamble, Doc Herrick.