

**MEETING MINUTES
WINTHROP COUNCIL ON AGING**

Date: Thursday, January 12, 2023
Time: 10:30 AM
Location: Robert A. DeLeo Senior Center
35 Harvard Street, Winthrop, MA 02152

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TOWN CLERK
WINTHROP, MASS.

Present: Kathy Dixon, Director, Council on Aging
Alice Haskell, Chair
Linda Cronin
Kathy Driscoll
Cynthia Huff
Mary Vitale

Absent: Nancy McHugh, Vice Chair
Traci Cucinotta, Secretary
Helen Haddow
Heather Martin
Barry Yaffee

Call to order at 10:30 AM by Alice Haskell, Chair

I. Approval of Minutes

Motion to approve the Minutes of the November 10, 2022, meeting was made by Mary Vitale and seconded by Cynthia Huff. Minutes were approved (adopted at this meeting as the December 8, 2022, meeting was canceled).

II. Announcements

No new announcements were presented.

III. Director's Comments

- A. Kathy Dixon reported that the Friends of the Winthrop Council on Aging are having a Valentine's Day party, scheduled for Monday, February 13, 2023, from 1PM to 3PM. Attendance will be limited to 60 people, and the cost will be \$2.00 per person. There will be ice cream and cupcakes, and there will be entertainment by George Athos, with singing, dancing and trivia. Alice Haskell reported that she has spoken with Twist and Shake, and they will donate the ice cream for the event.
- B. Kathy Dixon reported that she had spoken to Town Clerk Denise Quist and asked that her secretary send letters to the members of the Council on Aging who have been absent from most or all of the recent meetings to inform them that they will be removed from the

Council on Aging if they continue to no longer attend.

- C. Kathy Dixon reported that she had put together a lunch survey which was both online as well as in newsletters that were left in local town businesses and will continue to monitor the survey results through the end of the month. She indicated that people who have been receiving the Grab and Go lunches have been very pleased with that program. She will wait until the end of the month and decide if we are able to offer both in-house and Grab and Go lunches. Much will depend on whether Mystic Valley Elder Services would be able to handle both of these programs. They are currently handling the Grab and Go lunch program, and Kathy will see if they would be able to handle the in-house program as well.**
- D. Kathy Dixon reported that the front desk job position will be posted, hopefully by early next week. She was hoping for a part-time person three days a week, from 8:30 to 3:30, but because that would result in more hours than what a part-time Town position consists of, the position will be three days a week, from 9 to 3. Kathy also reported that we have now added Monday to the van schedule, so now the van will operate Monday through Thursday between 9 and 3. The van drivers' work hours are 8:30 to 3:30, and if there are other things at the Center the drivers can help out with during any lull in van trips or at the end of the day, they can do that instead of leaving early.**
- E. Kathy Dixon reported that we have purchased a new freezer. She reported that Dennis Boudrow made the arrangements for this at Home Depot. The price of the new freezer is \$1,000, and the removal fee for the old one is \$40. The Friends of the Winthrop Council on Aging are paying for the new freezer. It is scheduled to be delivered on Tuesday, January 17, 2023.**
- F. Kathy Dixon provided line item statistics for upcoming items.**
- G. Kathy Dixon reported that plans are in the works for a St. Patrick's Day lunch party in March. Alice Haskell reported that she is working with local businesses to have pizza delivered for this event. She has already spoken with Luigi's Pizza in Beachmont/Revere who said they would donate three pizzas. Our new Programs Coordinator, Sheila Hagan, who began her position in November, will be working on this also. Kathy Dixon reported that Sheila has been a wonderful addition to the Senior Center.**
- H. Kathy Dixon reported that she has also spoken to Sheila about arranging some pertinent informational sessions at the Senior Center. Kathy reported that a session with Cummings Physical Therapy regarding fall prevention is already in the works, and Sheila will contact some other local businesses. Alice Haskell said if anyone has any suggestions for future events to let us know. Kathy Dixon said that one suggestion could be Social Security topics. Linda Cronin suggested a session with a local bank regarding RMD distributions and also suggested a session with a local optician/optometrist regarding signs of early Cataracts or Glaucoma. Linda also provided information on the CVS Care Pack program whereby for a \$10 monthly fee, you are provided with such services as home delivery from CVS for medical prescriptions. She indicated that you are given numerous CVS coupons at the end**

of each month which basically reimburses your monthly fee. Cynthia Huff suggested a session with Rogers Hearing; Kathy Dixon reported she had been in touch with them but had not yet had a response. Kathy Dixon reported that the East Boston Neighborhood Health Center has an excellent eye program, but she had been informed that medical facilities often do not have staff to send out for informational sessions. She indicated she would ask Tricia Diaz from the East Boston Neighborhood Health Center Pace Program who conducts the monthly Arthritis Exercise class for the name of any potential contacts.

- I. Alice Haskell expressed concern at the difficulty and cost of getting to various errands, appointments, etc. that is being experienced by some seniors. Kathy Dixon reiterated that the van is available four days a week from 9 to 3, and the cost is \$3 round-trip for local Winthrop trips. She also indicated that the Senior Center does have some volunteers who will take people to errands, appointments, etc. as well.
- J. Kathy Dixon reported that the Friends of the Winthrop Council on Aging are looking for new members. She reported that Stephanie DeSisto, a volunteer who organized the Senior Center Library, had indicated that while she did not think she wanted to be an official member, she would be interested in helping out with any activities that come up.
- K. Kathy Dixon reported that the Senior Center needs a new roof and is hoping to get this done very soon. The cost for this comes from the Capital Improvement Budget, which is separate from the operating budget. She reported we might be able to get \$27,000 to replace the roof. There are leaks in the roof area above the large activity room, the kitchen and the Men's Room. She also expressed concern with the curbs near the handicapped parking spots which would need fixing/replacing.
- L. Kathy Dixon reported that our next meeting is scheduled for Thursday, February 9, 2023 at 10:30 AM.

IV. Adjournment

There being no further business, a Motion was made by Alice Haskell and seconded by Mary Vitale that the meeting be adjourned. The meeting was adjourned by Alice Haskell at 11:38 AM.

Respectfully Submitted
Kathy Driscoll
Member, Council on Aging

Adopted by the Board at the meeting of
February 9, 2023

Alice Haskell, Chair
Winthrop Council on Aging